



March 30, 2022

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce.

Island Insight Submission: <https://home.army.mil/ria/index.php/contact/public-affairs>

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Commemorative Ceremony at Cemetery Continues 50th Anniversary of Vietnam War

The Rock Island National Cemetery hosted the Vietnam War – 50th Anniversary Commemorative Ceremony March 29 in a morning ceremony marked by cold and wind. This year is the fifth anniversary of the National Vietnam War Veterans Day.



This ceremony, held annually on National Vietnam War Veterans Day, had participants coordinated by Vietnam Veterans of America Quad Cities Chapter 299. Maj. Gen. Chris Mohan, commanding general, U.S. Army Sustainment Command, and senior mission commander of RIA, was the representative speaker for the arsenal. The keynote speaker was John Lavelle, a Vietnam veteran, who served from 1966 to 1969, and is vice president of Vietnam Veterans of America, Chapter 776 in Bettendorf. Jim Bell sang the national anthem and taps was played by Tracy Hepner, both of VVACQC Chapter 299. The chapter also provided the rifle salute. National Vietnam War Veterans Day is a U.S. holiday observed annually on March 29. It honors all United States veterans who served on active duty in the

Upcoming Dates

March-September: PCS Season
April: Sexual Assault Awareness and Prevention Month
April: Month of the Military Child
April: Military Saves Month
April: Child Abuse Awareness Month
April 2: Do-It-Yourself Saturday, Auto Service Center, 8 a.m.-2 p.m.
April 2: RIA Bloom on the Rock, Heritage Hall, Bldg. 60, 8:30-11 a.m.
April 5: Gold Star Spouses Day
April 6: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
April 7: Thirsty Thursday, Lock & Dam Lounge, 3-7 p.m.
April 7: Rock Island Arsenal Historical Society April Dinner & Program, Lock & Dam Lounge, 6 p.m.
April 8: ImpactLife Blood Drive, Building 333, conference room left of MWR lobby, 10 a.m. - 1:30 p.m.
April 8: Child Abuse Prevention Month Wreath Dedication, ACS Entrance, East Street, 10:30 a.m.
April 8: Trivia Night presented by Brain Gamez, Lock & Dam Lounge, 5:30 p.m.
April 8: Lock & Fam Night, Lock & Dam Lounge, 3-7 p.m.
April 9: U.S. Army Special Forces 35th Anniversary
April 9: National Former POW Recognition Day
April 11: [Exploring the Pillars: Nutrition "Fueling Your Future"](#), 1-2 p.m.
April 12: U.S. Army Aviation 39th Anniversary

U.S. armed forces from Nov. 1, 1955 to May 15, 1975, regardless of location; each year's theme is "Join the Nation ... Thank a Vietnam Veteran for Service to our Nation." (More: www.army.mil/article/255173)

JMC Launches Business Development Office to Increase Capabilities, Public-Private Partnerships

If your organization needs ammunition production, shipping, storage and demilitarization, or other logistics services, the U.S. Army has a solution for you. U.S. Army Joint Munitions Command and its arsenals, depots and ammunition plants across the country are seeking partnerships with government and private entities to collaborate on projects that hone the JMC enterprise's core capabilities while providing lower costs, access to military-grade equipment, use of hazardous waste permits, secure ISO-certified facilities and an experienced, deployable workforce to potential customers. JMC and ammunition plants produce, store, distribute and demilitarize all conventional munitions for the U.S. Department of Defense. The enterprise is accountable for \$64 billion of munitions and missiles. (More: www.army.mil/article/255246)



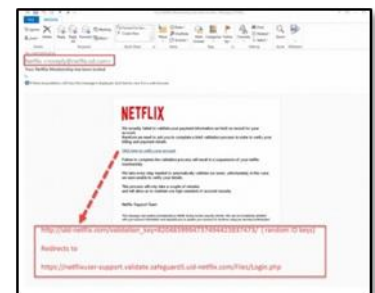
Contracting Interns Utilize Skills to Save Resources

The Intern Homeroom (IHR) at Army Contracting Command-Rock Island (ACC-RI), charged with training the center's newest employees to become fully capable contract specialists, provides a variety of methods for building interns' skill sets. From classroom-based and on-the-job training that includes rotations through the center's buying and pricing divisions, to targeted training sessions and leadership engagement opportunities, each intern has gained valuable experience by the end of the program. One specific job duty of a contract specialist – conducting market research – is not unique in and of itself; however, two interns recently utilized their training to apply market research skills to find more efficient ways to get their customers what they need. Due to their initiative and research skills, they were able to save the customers' time, funding and resources. (More: www.army.mil/article/255275)



Prevent Phishing Attacks

With current world circumstances and a heightened Army Cyber Protection Condition Levels (CPCON) our workforce now more than ever is susceptible to social engineering attacks by our adversaries. A common attack vector for targeting DoD personnel is phishing. Please read and digest the below information to keep your organization safe and mission ready. Definition of phishing: The fraudulent attempt to obtain sensitive information such as usernames, passwords, and credit card details by disguising oneself as a trustworthy entity in an electronic communication. Typically carried out by email spoofing or instant messaging, it often directs users to enter personal information at a fake website which matches the look and feel of the legitimate website. If the victim 'takes the bait,' the criminal will use malicious links, attachments or simple instructions to obtain sensitive information such as: usernames, passwords, social security numbers, credit card numbers and PII/PHI. (More: www.army.mil/article/255147)



Army Secretary Makes First Visit to Organic Industrial Base Facility

Secretary of the Army Christine Wormuth visited McAlester Army Ammunition Plant, one of 23 depots, arsenals, and ammunition plants that comprise the Army's Organic Industrial Base, March 22. The visit marked the top Army Civilian's first visit to an OIB site. Wormuth was at MCAAP to see firsthand the work being done to advance the Army's priorities of people, readiness and modernization. She met with members of the workforce throughout the tour of MCAAP's outload facility, bomb production line and missile maintenance facility. Wormuth met members of a four-man rail operations team that responded to an Army-wide call in February to assist railroad support operations at Fort Carson, Colo. The team of volunteers faced challenges, including a severe winter storm as they assisted in the out load of rolling stock in support of the Army's mission. (More: www.army.mil/article/255063)



Army's 2023 Budget Focuses On Deterrence, People

The new Army fiscal year 2023 budget focuses on enabling integrated deterrence, executing global campaigning, and building enduring advantages. The \$178 billion budget, released on Monday, is an increase of \$2.8 billion from fiscal 2022. "The FY23 budget is a positive one for the Army, because it really lets us do two things simultaneously," said Army Undersecretary Gabe Camarillo. "First, we maintain a high level of readiness. Second, it enables continued transformation of the Army of 2030 as we strategically pivot from two decades of focus on counterterrorism to an Army adapted to meet our top pacing challenge in China and the acute threat of Russian aggression." The Army is focusing the new budget on deterrence by continuing its modernization efforts. The budget includes the next steps in the development of its Mobile Protected firepower light tank system, or MPF and the Next Generation Squad Weapon, or NGSW. The NGSW is a prototype program that aims to replace the M4 rifle, M249 Squad Automatic Weapon and M240 machine gun. (More: www.army.mil/article/255174)



Army Leaders Discuss Network Resiliency - The Foundation of the Network of 2030

During several panels at last week's Satellite 2022 industry symposium in Washington D.C., Army network modernization leaders laid out their priorities for current tactical network modernization and the future network of 2030. Network resiliency remained a common thread between them. "If you look at recent current events and at our competitors, we have to be prepared for that type of environment. The time is now," said Maj. Gen. Robert Collins, program executive officer for Command, Control, Communications-Tactical (PEO C3T). "We as an Army are embracing a more agile and iterative acquisition process; using open systems architectures to bring in new solutions faster to keep pace with the threat; and bringing Soldiers and the user community together to test-drive capability and ensure Soldier-centric designs." In support of Army's network modernization efforts, "we are laser focused on three things: data, multi-path transport agnostic capabilities, and security," Collins said. (More: www.army.mil/article/255117)



Budget Seeks 4.6 Percent Raise, Hints at Additional Pay Flexibilities

The White House has recommended a 4.6 percent federal employee pay raise for next January in what would be the largest raise since 2002, saying that “federal pay adjustments have not kept pace with the national labor market overall, or increases in the cost of goods, services and benefits.” The amount “is needed to prevent federal pay from falling even further behind. This pay raise helps ensure fair compensation for employees by keeping pace with economic indicators—and, also recognizes the federal workforce’s tireless and selfless dedication to mission and service to the American people,” the annual budget proposal says. The 4.6 figure matches the number indicated by federal pay law and also matches the proposal for uniformed military personnel—in contrast to many past years when the recommendation for the latter group exceeded that for the former. (More: www.fedweek.com/fedweek/budget-seeks-4-6-percent-raise-hints-at-additional-pay-flexibilities)



Sexual Assault Awareness and Prevention Month

What is SAAPM? Sexual Assault Awareness and Prevention Month is observed globally every April to raise awareness and educate communities on the prevention of sexual violence. SAAPM is an opportunity to highlight the corrosive effects sexual assault has on Soldiers, civilians, unit readiness, team cohesion, command climate, and trust. Sexual harassment and sexual assault violate the Army Core Values, the Warrior Ethos, and the nation's trust in leaders. Below is a list of events or awareness activities your ASC and RIA installation SHARP program is hosting this April.

- **Tuesday, April 19:** Male Victimization with guest speaker Heath Phillips – guest speaker Heath Phillips will speak on male victimization at 9 a.m. on [MS Teams](#); he will speak virtually to the RIA and ASC workforce on the struggles that he has endured and overcome. Phillips will discuss how it has affected him and the importance of why men need to speak up if they have been sexually assaulted. www.heathtalks.com
- **Wednesday, April 27:** Denim day decorating contest – this year to celebrate and bring awareness to Denim Day SHARP is hosting a "Show Us Your Denim" Contest. To participate all you need to do is find a way to use denim in the most creative way possible and then send us a picture to RIADenimDay@gmail.com. We want to see the most unique ways to show your advocacy by using denim in the most unique and creative way possible. A fun outfit, decorate your desk, or even decorate your dog. Submissions are due by **Tuesday, April 26**, and the winner will be announced on Denim Day. Find out more about Denim Day here at www.denimdayinfo.org/history.
- **Friday, April 29:** Step Out Against Sexual Assault – join the SHARP Program as we close out SAAPM with our culminating 5k run/walk. Start in the court in front of Quarters One at 6:30 a.m. No registration is necessary. All are welcome to attend and participate.

This year's Army theme is "Prevention Starts With You." This theme builds on the concept of upholding what it means to be a member of an Army team. When it comes to sexual assault and sexual harassment, the only person responsible for committing the act is the perpetrator, but all members of the team have the ability to look out for each other's safety. Leaders and Soldiers must work in unison to build comradery and trust amongst the ranks. This trust allows teams to focus on mission and unit readiness, eliminate harmful behaviors by preventing sexual harassment, sexual assault, and associated retaliation.



Blood Donors Urgently Needed

Both nationally and here within this region, we are experiencing an urgent need for blood to prevent shortages for patients and hospitals. As the local blood provider for 126 hospitals in Illinois, Iowa, Missouri, and Wisconsin, ImpactLife shares in the concern over the state of the blood supply both nationally and within our region. Within their service region, they strive to collect an average of 3,600 donations on a weekly basis. In recent weeks, however, the donation rate has ranged from 2,500 to 2,800 donations per week. Christmas and New Year's holidays, as well as winter weather and the ongoing impact of the COVID-19 pandemic have combined to decrease the rate of donation. Blood products are perishable and must be used for transfusion within a short window of time, so they strive to keep a 5-day supply in their inventories to meet anticipated and unanticipated needs. Currently most blood products and types are less than 3-day supply. Urgent need for all donations & blood types especially Type O and all types for platelets. ImpactLife has a blood drive scheduled on Arsenal Island for the month of April:

- **Friday, April 8:** 10 a.m. - 1:30 p.m. in Building 333, conference room left of MWR lobby.
- **Friday, April 15:** 10 a.m. - 1:30 p.m. in Building 333, conference room left of MWR lobby.
- All donors who register to give with ImpactLife **March 21 – May 15** will get a voucher to redeem for an electronic gift card plus a tree planted on their behalf to support reforestation efforts. All automated donations/deferrals (platelet, plasma, and double red) will be eligible to redeem their voucher for their choice of a \$25 gift card; whole blood donors will get a \$10 gift card. Physical gift cards available on demand. Eligible donors will be able to redeem their vouchers through **May 22**. Gift card options: Amazon, Home Depot, Lowe's, Target, Subway, Starbucks, and Walmart.

If you would like to donate at either of these blood drives, feel free to email bhancock@impactlife.org with the time you'd like to schedule, or call the Donor Scheduling Team at 800-747-5401; you may also log on to www.ImpactLife.org and use code 029 to locate the blood drives. ImpactLife is requiring masks for donors, staff, and volunteers in all of their facilities and donor buses.

- Moline Donor Center – 3600 16th Street
- Davenport Headquarters – 5500 Lakeview Parkway
- West Davenport Center – 1320 W. Kimberly Road

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information: www.militaryblood.dod.mil

True Lifestyle Medicine Wellness 9-Month Series

Army Contracting Command – Rock Island (ACC-RI) is proud to announce a 9-month Health and Wellness series presented virtually via MS Teams by Dr. Cheryl True of True Lifestyle Medicine, LLC which will start next month in February. This series is geared toward individuals who wish to embrace a healthier lifestyle and increased benefits of self-care. Schedule and topics are presented below with this [MS Teams link](#) (link is the same for each session). You must register in TEDs no later than the day prior to the event and self-certify in TEDs after the event to receive credit. Those that do not self-certify within one week will be deleted from TEDs. If you do not register in advance, you are welcome to attend using the teams' link, but you will need to add it to your TEDs history after the fact. TEDs key word: "True Lifestyle Medicine,"



1 CLP. The sessions will not be recorded.

- **April 11:** [Exploring the Pillars: Nutrition “Fueling Your Future”](#), 1-2 p.m.
- **May 9:** [Cooking Demo: “Whole Food Plant Based Recipes and Meal Preparation”](#), 1-2 p.m.
- **June 13:** [Exploring the Pillars: Physical Activity “Moving Through Your Day”](#), 1-2 p.m.
- **July 11:** [Exploring the Pillars: Stress & Resilience “The Human Capacity to Adapt and Thrive”](#), 1-2 p.m.
- **Aug. 8:** [Mindfulness, Meditation & Relaxation “Putting Your Mind to Work. Your Body is Listening”](#), 1-2 p.m.
- **Sept. 12:** [Exploring the Pillars: Social Relationships “The Power of Connections”](#), 1-2 p.m.
- **Oct. 17:** [“The Basics: Incorporating Lifestyle Changes at Home and at Work”](#), 1-2 p.m.

Health and Wellness POC: Theresa Fahrenkrug, 563-650-2093, theresa.m.fahrenkrug.civ@army.mil; TEDs POC: Rebecca Peterson, 563-210-4436, Rebecca.a.peterson.civ@army.mil.

Easter Sunrise Service

The Rock Island Arsenal Community (family and friends) is invited to join us for Easter Sunrise Service on **Sunday, April 17**, 6:30-7:30 a.m., at Quarters One, to come celebrate the Resurrection of our Lord in a brief service with Holy Communion. Sponsored by USAG & RIA Religious Support Teams. Coffee and Doughnuts will be served. Points of contact are Chaplain (Lt. Col.) Kevin J. Niehoff, 309-782-0923, and Chaplain (Maj.) Robert Gibbs, 309-782-9421.



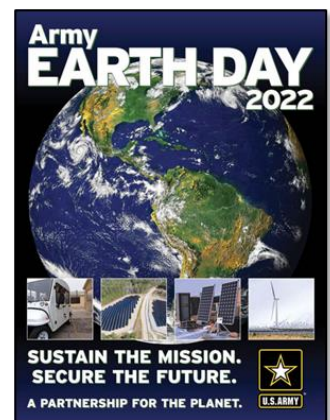
Passover Memorial Service

Join us for a Passover Memorial Service on **Tuesday, April 19** from 11:30 a.m. to noon in Heritage Hall, Building 60. The holiday of Passover begins at sundown on Friday, April 15 and lasts until Saturday, April 23. It commemorates the exodus of the Jews from slavery in Egypt. This brief annual Jewish observance is open to all people of all faiths and will include memorializing loved ones that are no longer with us. To request that the names of your dear ones be read aloud, please email Cantor Gail Karp, gailkarp@gmail.com. You may also include a pronunciation guide in your request.



RIA 2022 Earth Day

Join us **Thursday, April 21**, at the Memorial Park Pavilion, 10:30 a.m. - noon, for the Rock Island Arsenal's Earth Day program. Earth Day is officially recognized each year on April 22, but due to that day landing on a Friday when many installation employees are off, this event will be held on Thursday. Everyone will gather at Memorial Park Pavilion for a short presentation with our Garrison Commander providing opening remarks, followed by a guest speaker, Park Ranger Mike McKean from the U.S. Army Corps of Engineers, Rock Island District, then the very popular free distribution of tree saplings provided by Living Lands & Waters, a very active Quad-Cities organization that specializes in environmental protection, preservation, and restoration. The Army joins the nation in observing Earth Day. Events across the Army highlight how the Army has and will continue to Act, Innovate and Implement changes to meet and defeat climate challenges. In a partnership for our planet, the Army is collaborating with federal agencies, academia and industry to evaluate how climate, conservation and species preservation contributes to readiness. The application of this knowledge will lead to improve installation infrastructure and ensure the



homeland is protected and defended from current and future threats. Army land, air and water resources are vital to both present and future missions and we must nurture the environment with an eye towards modernization and conservation. (Burr Oak, Red Oak, Swamp White Oak, and Overcup Oak)

USACE Offers Free Boater Safety Course

If you don't want to end up like this boater, you may want to consider taking a boater safety course. The U.S. Army Corps of Engineers-Mississippi River Project will be hosting three classes on **April 23, May 7 & 14**. Classes are free and will be held at the Mississippi River Project Office in Pleasant Valley, Iowa. Some topics that will be covered include: safe operation, required equipment, hazards on the water and how to boat through a lock. Successfully completing this class will grant you a safe boating card which you may possibly need in order to legally operate a boat. Classes are open to anyone 12 years of age and older. Class sizes are limited and reservations are required. Please contact the Mississippi River Visitor Center at 309-794-5338 to sign up or for more information.



RIAWC Tour of Homes 2022

In celebration of the 160th Anniversary of the Rock Island Arsenal, the Rock Island Arsenal Welcome Club (RIAWC) invites you to its signature Tour of Homes 2022 on **Saturday, April 30**, from 10 a.m. to 4 p.m. This is a self-guided tour of several historic and modern homes, as well as the Clock Tower Building, the Colonel Davenport House, Locks and Dam 15, the Mississippi River Museum, the Confederate Cemetery, Memorial Park, and the Arsenal Attic. This is a self-guided tour, meaning you will be allowed to enter any of the listed homes and buildings at your own pace during the event timeframe that will take place from 10 a.m. to 4 p.m. There will be docents in all the homes to answer any questions you may have. You will receive one Tour of Homes 2022 commemorative guide for each group of guests. Additional commemorative guides will be available to purchase at the event, as well a 160th Anniversary Christmas Ornament featuring Quarters One. The Lock & Dam Lounge will be offering a taco bar for \$10 per person from 11 a.m. to 5 p.m. This event is not handicap or stroller accessible. There are no refunds. The event will take place rain or shine, so please keep that in mind when planning for the day. The RIAWC is a nonprofit organization committed to providing scholarships to high school seniors and continuing education students associated with the Arsenal, as well as grants for local charities and military-affiliated organizations. All the proceeds from the Tour of Homes 2022 will go directly to these scholarships and grants. (More: <https://riawc.com/ToH>)



ID & Common Access Card (CAC) Office (Building 56)

- Monday; Wednesday - Friday: 8 a.m. – 3:30 p.m. (Closed for lunch 12-1 p.m.; No walk-ins after 11 a.m. & 3 p.m.)
- Tuesday: 7:15 a.m. – 12 p.m. (No walk-ins after 11 a.m.).

We recommend customers schedule appointments when possible to reduce waiting times.

Appointments may be scheduled at following website: <https://idco.dmdc.osd.mil/idco> Customer

may contact the ID card office by phone - 309-782-0596; email – usarmy.ria.usag.mbx.id-card-office@army.mil.

VIOS Scheduling Eliminated, Garrison PA Assumes Limited Command Photos

The Visual Information Ordering System (VIOS) will no longer be available to schedule official Department of the Army photos previously taken monthly by a representative from Fort Eustis' Multimedia Visual Information Center and coordinated through the Garrison's Directorate of Plans, Training, Mobilization & Security (DPTMS) Visual Information section. This was due to the impact of COVID-19 and former Army Secretary Ryan McCarthy and former Chief of Staff Gen. James McConville's direction to suspend the use of the photos from officer promotion board packages effective Aug. 1, 2020. Official U.S. Army "head and shoulders" command photos (**leadership photo board photography**) duties have been assumed by Garrison Public Affairs for on-Island commands **that do not have a public affairs office**; this will take place by appointment only at 309-782-1121. The scheduled photos will be taken at the Photo Studio in Room B11 in the basement of Building 90. The 8"x10" head and shoulders – command photos will not be printed, but will be made available digitally. The previous service administered through VIOS and Fort Eustis personnel included government passport photography, which is suspended along with service record/DA Photos. Walk-in appointments are not available.



Arsenal Traffic/Construction



Sylvan Drive Phase II Construction Project

DPW will continue Phase 2 construction on the Sylvan Drive Repair Project effective March 28. Construction is planned to be complete on **Thursday, June 30**. The following traffic changes will be made on March 28:

- The south section of the road will be opened to allow JMTC's employee parking lot access via Beck Avenue.
- Sylvan Drive will be closed at the intersection of Rodman Avenue to the south in order to replace the road and sewers.
- USACE, Navy Reserve Center, Commissary, the Exchange, and Outdoor Rec will follow Beck Avenue to Gillespie Street to Rodman Avenue.

Signage and barricades will be placed for safety and traffic control.



Building/Space Closures



There are no announcements at this time.

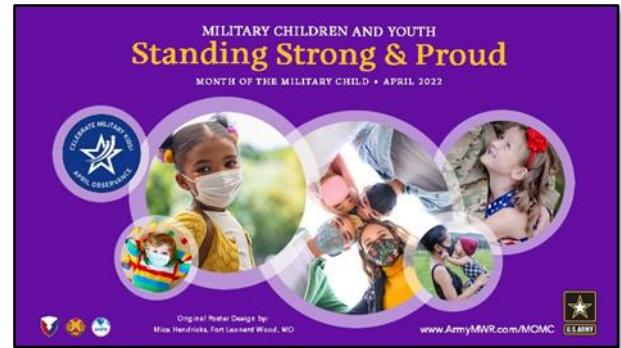
Active Duty/Reserve Zone



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April Is DOD's Month to Recognize Military Children

For nearly 40 years, April 1 has marked the Defense Department's kickoff for the Month of the Military Child, and this month promises to be packed with events for parents and children of all ages, said a program analyst in DOD's Children, Youth and Families, Office of Military Family Readiness Policy, Military Community and Family Policy. Dianna M. Ganote said DOD is supporting this month with the theme of mental health and the overall well-being of all military children. The Month of the Military Child is a time to focus on and celebrate the contributions of military children and the unique needs of their lives, she noted. The objective for this month's recognition is to "highlight the unique life and challenges of military children. Our goal is to improve their quality of life and help mitigate the demands they experience from all the transitions, such as frequent moves, parental separations for military training and worrying about their parents when they're deployed" Ganote said. (More: www.defense.gov/News/Feature-Stories/Story/Article/2986528)



USO Update

Stop by the USO every Tuesday for treats from Olde Towne Bakery. Mark your calendars... starting **Monday, April 4**, the USO will be open Monday-Friday 8 a.m. – 2 p.m. Stop by and enjoy our new hours, grab a snack, and say hi to our volunteers that haven't been here for a while.

Tax Center Services

The U.S. Army Materiel Command Legal Center-Rock Island Arsenal no longer operates a tax center. As a result, free tax preparation and filing services will no longer be available on-post. There are, however, free online services available to active-duty service members, retired and honorable discharged members, spouses, dependent children and survivors. It's important to decide what best fits your needs. Some factors to consider include the complexity of your taxes, ability to do your own tax work, and cost. Many people who used to itemize find that their tax preparation has been simplified by the larger standard deduction. Below are some resources to use:

- **IRS: Free File**
Eligibility: All filers with income below \$66,000
Website: <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>
- **MilitaryOneSource, MILTAX**
Eligibility: Active duty military. Retired and honorable discharged members are authorized for up to 180-days past separation. Spouses, dependent children and survivors are able to use the free services as well.
Website: www.militaryonesource.mil/miltax-software
- **Volunteer Income Tax Assistance (VITA)**

Eligibility: Earn low to moderate income; or be disabled; or not speak English; or be a senior citizen.

Website: <https://www.benefits.gov/benefit/1543>

- **Tax Counseling for the Elderly (TCE)**

Eligibility: Over the age of 60 or older and in need of either counseling or return preparation services.

Website: <https://www.benefits.gov/benefit/722>

The VITA program works closely with Military OneSource, a DoD program that provides a host of services to the military community, including free, online tax preparation software. For additional details go to www.militaryonesource.mil/financial-legal/tax-resource-center/preparing-filing-and-refunds/volunteer-income-tax-assistance-program

Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



The top priority of the installation safety office is to safeguard and protect service members, their families, civilian employees and Army property as well as to create the safest workplace and living environment possible. Website: <https://home.army.mil/ria/index.php/about/Garrison/safety-office>

Prioritizing Heat-Illness Prevention

The Occupational Safety and Health Administration (OSHA) is targeting occupational heat injury and illness prevention as part of its recent efforts to establish a universal standard to protect workers. According to OSHA, "Heat is the leading cause of death among all weather-related phenomena, and it is becoming more dangerous, as 18 of the last 19 years were the hottest on record." OSHA tracks workers who develop medical conditions or die from excessive heat exposures, and identifies those in construction and agriculture to be at the highest risk. These medical conditions, referred to as heat illnesses or injuries, occur when the body is unable to compensate for increased body temperatures due to hot and humid environmental conditions and exertion. (More: <https://safety.army.mil/MEDIA/Risk-Management-Magazine/ArtMID/7428/ArticleID/7145/Prioritizing-Heat-Illness-Prevention>)

Equal Employment Opportunity Focus



It is the policy of the Department of Army to provide equal opportunity in employment for all people and to prohibit discrimination in employment because of race, color, religion, sex, national origin, age (40 and over), disability, genetic information, and/or reprisal for prior EEO activity. Any Department of the Army employee, former employee, or applicant for employment, and certain contract employee, who believes they have been discriminated against because of race, color, religion, sex (includes pregnancy, equal pay, gender identity, and sexual orientation), national original, age (40 and over), mental or physical disability, genetic information, and/or reprisal for prior EEO activity in an employment matter, subject to the control of the Army, may initiate the EEO complaint process. To file an EEO complaint, you must contact the Garrison EEO Office within 45 calendar days of the alleged discriminatory incident and express your intent to initiate the complaint process. The Garrison EEO office is currently providing services virtually. Please contact EEO staff at 309-782-2548.

There are no announcements at this time.

Morale, Welfare & Recreation



Army MWR is a quality-of-life program that directly supports readiness by providing a variety of community, Soldier, and family support programs, activities and services. Included in MWR are social, fitness, recreational, educational, and other programs and activities that enhance community life, foster Soldier and unit readiness, promote mental and physical fitness, and generally provide a working and living environment that attracts and retains quality for U.S. Army Soldiers, Family members, Retirees and its civilian workforce. Visit the MWR website at <https://rockisland.armymwr.com> for information on all MWR programs. How is MWR doing? Tell us by going to <https://ice.disa.mil>, navigate to "Rock Island Arsenal" and search "MWR" for a full listing of all our programs and services.

Island Oasis Outdoor Grill Begins April 4

The Island Oasis Outdoor Grill will begin service outside of Building 67 beginning **Monday, April 4**. Current the Island Oasis Café is serving lunch from their indoor location, inside the Fitness Center lobby (Building 67) and is open Monday-Friday from 11 a.m. – 1 p.m. There are lots of other delicious items on the regular menu as well. Call 309-782-6319 for more info on the Island Oasis.

RIA Annual Easter Egg Hunt – Bloom On The Rock

Join us for the RIA Annual Easter Egg Hunt - Bloom On The Rock on **Saturday, April 2**, at Quarters One for the Easter Egg Hunt from 8:30-11 a.m. Breakfast will be available from inside in Heritage Hall, Building 60 from 8:30-11 a.m. The event will include selfies with the Easter Bunny and a vendor/flea market. This event is open to MWR authorized patrons, which includes all active duty military, reserves, National Guard, military retirees, RIA workforce civilians & contractors, and their families, as well as RIA DoD/Army civilian retirees.

MWR Trivia Night

Join us for Trivia Night presented by Brain Gamez on **Friday, April 8** in the Lock & Dam Lounge, at 5:30 p.m. Come out and test your knowledge. Fun for all and a chance to win \$50. Get your team together for an exciting evening. Cost is \$5 per person or \$25 for a team of six. You can enjoy a great burger or other Lock & Dam favorites on our food menu as well as some great drink specials. Please call 309-782-6319 to sign your team up or walk-ins welcome.

Run the Rock 5K/10K Race, American's Kids Run

Run the Rock 5K/10K Race and the American's Kids Run have returned! Join us on **Saturday, May 21** as we celebrate Armed Forces Day with the ever popular Run the Rock 5K/10K and the America's Kids Run. Along with the races we will have a kid's zone, petting zoo, food and beer trucks, live music, military displays and so much more. Get registered today at <http://getmeregistered.com/RIARunTheRock>.

Lock & Dam Lounge Now Open Fridays

Your wish is our command... Lock & Dam Lounge will now be open on Fridays. We are planning food features each day and a variety of fun events such as First Friday/Right Arm Nights, trivia, Lock and Fam Night and so much more. Be on the lookout each month for upcoming food features, beverage specials and happenings. Hours of operation Wednesday through Friday, 3-7 p.m. Please call 309-782-6319 for more information.

Appointments Available at the Auto Service Center.

Please call to make an appointment with our skilled team of mechanics. Some of our top services are oil changes, brake service, alignments, AC service, tire service and suspension repair. We can also provide you with a variety of other vehicle maintenance and repairs. Make an appointment for our experienced team of mechanics to diagnose that noise or error code and fix it at a fair and honest rate. Whether you're simply due for an oil change, tire rotation or have a major repair, let us provide you with quality service. For more information and appointments, call 309-782-8631, Tuesday – Thursday: 8 a.m. – 4:30 p.m.

Company Kitchen Temporary Closure

All three Company Kitchen café locations in buildings 60, 212 and 350 are closed; a monthly evaluation is ongoing – at this time the lower RIA daily on-island workforce population continues to have Company Kitchen in a holding pattern before consideration of reinstating services. For more information please contact the MWR management assistant at 309-782-6319.

MWR Leisure Travel Office



We offer substantial discounts on tickets to local attractions, concerts, amusement parks and regional bus trips to exciting destinations. Check with us first for all your entertainment needs, we can save you money. Office Hours: Monday through Friday, 8:15 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. Contact the office at 309-782-5890. (email: anna.winters@us.army.mil) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)

American Forces Travel

Spring is just around the corner! Looking to plan a spring break vacation or even plan a staycation? Check out (www.americanforcetravel.com) for discounted airfare, hotels, rental cars, local attractions, and more.

Spring Break Tickets

If you're heading South for spring break Leisure Travel in Building 333 has great discount tickets to Orlando, Florida destinations for sale. For more information please call 309-782-8630 or 309-782-5890.

Discounted Movie Tickets

MWR Leisure Travel Office has discounted movie tickets for Moline Regal Cinema and Davenport 53rd Cinema. Davenport tickets are \$10 each and we also have a concessions card for \$8 (junior popcorn and small fountain). Regal tickets are \$10 and we offer a gift packet that includes two movie tickets and a \$10 concession card. For more information call 309-782-5890.

Wanted – Crafters & Vendors

MWR is looking for crafters and vendors for upcoming events.

- **Saturday, May 21:** MWR Armed Forces Day Celebration, 10 a.m. - 2 p.m.

Cost is \$25, we provide the table and two chairs. Contact the Leisure Travel Office for more information at 309-782-5890.

Scooby Doo Movie Night

Join us for Scooby Doo Movie Night in the Lock and Dam Lounge dining area on **Wednesday, April 20**, at 5 p.m., movie begins at 6 p.m. The Lock and Dam Lounge will be open and children's menu available for purchase. Any questions contact the Leisure travel Office 309-782-5890.

May The Fourth Be With You – Jedi Training

Join us for "May The Fourth Be With You" – Jedi Training on **Wednesday, May 4**, in Heritage Hall, Building 60, from 5-7 p.m. Cost is \$25 per student. Train with our galactic warriors. Kid safe lightsabers provided. Lock & Dam Lounge will be open and children menu available for purchase. Any questions contact the Leisure travel Office 309-782-5890.

Pella Tulip Festival Bus Trip

Join us for our Pella Tulip Festival Bus Trip on **Saturday, May 7**, departing the Visitor Welcome Center at 7 a.m. Cost is \$30 per person. Pella is beautiful and unique all year long, but at Tulip Time it comes alive with tulips, Dutch attire, food, fun, and more. Thousands of residents wear Dutch attire and celebrate our Dutch heritage. Three days each spring, Pella is bursting with color and excitement for Pella residents and visitors alike. Contact the Leisure Travel Office to get your seat at 309-782-5890.

Cubs Baseball Trips – Baseball is Back

The MWR leisure Travel Office has two bus trips planned.

- Wrigley Field
 - St. Louis Cardinals vs. Chicago Cubs
 - **Saturday, June 4**, game time at 1:20 p.m.
 - \$169 per person

- Wrigley Field
 - Milwaukee Brewers vs. Chicago Cubs
 - **Sunday, Aug. 21**, game time at 1:20 p.m.
 - \$159 per person

Contact the Leisure Travel Office to purchase your seat at 309-782-5890

Planet Funk Con

Join us **June 24-26** for Planet Funk Con at the River Center in Davenport. For the last couple of years Planet Funk Con has held the biggest pop culture convention the Quad Cities has ever seen. Join our thousands of attendees for comics, toys, anime, celebrities, cosplay, panels, table top game, video games, tournaments, and a ton of fun. Join us for three days of fresh and funky fun. MWR Leisure Travel Office has tickets available for sale. Friday/Sunday \$10, Saturday \$15, weekend pass \$25, V.I.P pass \$55. For more information contact the Leisure Travel Office at 309-782-5890.



Child & Youth Services



Child & Youth Services provides a full range of child care programs and services for children ages six weeks through senior year in high school. Services include full-day, part-day, hourly, pre-k, school outs, summer programming, sports and fitness, and instructional classes. All CYS programs/facilities will be closed all federal holidays, CYS CDC/CD Home/FCC staff in-service day and any other additional days/installation closures approved by the garrison commander. Fees will not be reduced, refunded, or prorated for these days. (Website: <https://rockisland.armymwr.com/programs/cy>) (Facebook: www.facebook.com/RIACYSS)

CYS Teen Council

CYS is looking for youth leaders to join our Teen Council. It is held the first Wednesday every month from 4:30-5:30 p.m. at the School Age / Youth Center, Building 150. Teens will earn service learning hours while helping to plan future teen events and learning marketing, budgeting, event planning and leadership skills. Youth must be registered with CYS to participate, but no sign up is necessary. For more information call 309-782-6515. All military, civilian, veteran, and contractor teens are welcome to participate.

Scooby Doo Movie Night

Join us for Scooby Doo Movie Night on **Wednesday, April 20**, in the Lock & Dam Lounge dining area; doors open at 5 p.m. with the movie starting at 6 p.m. Children's menu available for purchase. More information 309-782-5890.

RIA Earth Day Celebration

On **Friday, April 22**, all 6th-12th grade teens are invited to join us for an Earth Day celebration at the School Age / Youth Center from 6-7:30 p.m. Teens will be planting a salsa garden, enjoying food and drinks as well as earning service learning hours. Youth must RSVP for the event to 309-782-6515 or 309-782-5019 and must be registered with CYS to participate. All 6th-12th grade military, civilian, veteran, and contractor CYS registered teens are welcome to participate in CYS teen events.

Cinco de Mayo Celebration

On **Thursday, May 5**, all 6th-12th grade teens are welcome to join us for our Cinco de Mayo celebration from 6-7:30 p.m. at the School Age / Youth Center. Teens will create and fill their own piñatas and enjoy a nacho bar. Youth must RSVP for the event to 309-782-6515 or 309-782-5019 and must be registered with CYS to participate. All 6th-12th grade military, civilian, veteran, and contractor CYS registered teens are welcome to participate in CYS teen events.

MWR's Armed Forces Day Kids Run

On the morning of **Saturday, May 21**, all teens are welcome to volunteer for MWR's Armed Forces Day Kids Run. For more information call 309-782-6793. All 6th-12th grade military, civilian, veteran, and contractor CYS registered teens are welcome to participate in CYS teen events.



Army Community Service



Army Community Service is an Army-wide community, social service program that provides services that assist Soldiers, Family members, and Department of the Army civilians maintain readiness, develop self-reliance, resiliency and stability. U.S. Army Installation Management Command provides these services through a network of programs that support goals related to recruitment, retention, morale, and operational readiness of the force. ACS on RIA is located in Bldg. 110, 1st floor SE; visit our ACS website <https://rockisland.armymwr.com/programs/army-community-service> or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook click here: www.facebook.com/RIAACS. 24/7 Domestic Violence Crisis Line: **309-912-6089**. The ACS center is open Mondays, Tuesdays, Thursdays, and Fridays from 7 a.m. - 4:30 p.m., and Wednesdays from 12-4:30 p.m. ([ACS on MS Teams](#))

Child Abuse Prevention Month Wreath Dedication

Everyone is invited to Army Community Service's Child Abuse Prevention Month Wreath Dedication at the front entrance on the East Street side of Building 110 on **Friday, April 8** at 10:30 a.m. when they unveil their awareness wreath. April is Child Abuse Prevention Month and all month long ACS Family Advocacy will be sharing information and resources for parents and families to bring awareness to this issue. Watch the Rock Island Arsenal Army Community Service page for announcements on events and activities as well.

Active Duty Out Processing Levy Brief

Out Processing Levy Brief schedule - this briefing is designed to provide you with access to the information and resources you need to complete your permanent change of station move. Service members that are put on assignment will sign up for the next available briefing. Spouses are encouraged to attend with or without their sponsor and should bring a power of attorney in case specifics need be discussed or coordinated. Upcoming Levy Brief dates:

- **Wednesday, April 20**
- **Wednesday, July 20**

Delivered through MS Teams, 9:30 a.m. – noon; to register call MPD at 309-782-1526.

MWR Outdoor Recreation Office



Outdoor Recreation is your one-stop rental shop for all your outdoor adventures, special events, home maintenance and repair. No matter the season, we have the equipment to get you out into the great outdoors. From campers to canoes, we have you covered. Office Hours: Monday through Friday, 8:15 a.m. – 4 p.m., Building 333, Phone: 309-782-8630. (email: robert.l.lampert.naf@mail.mil), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>

Spring Break Rentals

Before heading out on your spring break skiing vacation, stop by Outdoor Recreation in Building 333 (next to The Exchange) for all your winter time fun equipment rentals.

Employee Assistance Program



The ASAP/EAP is dedicated to excellence in providing a standard of care that enhances the quality of life for its clients and the workforce of Rock Island Arsenal. We believe that personal, family, and workplace problems can affect an employee's well-being and job performance. The ASAP/EAP promotes healthy lifestyles. Our most important asset is our employees and we are committed to providing professional counseling, educational assistance, and intervention services in an effort to promote wellness and improve the climate of the Rock Island Arsenal. ASAP/EAP is located in Bldg. 56, 1st floor; visit our ASAP/EAP website <https://home.army.mil/ria/index.php/my-fort/all-services/army-substance-abuse-program> or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. Find us on Facebook click here: www.facebook.com/RIAEmployeeAssistanceProgram.

WeCare Rock Island Arsenal App

The WeCare Rock Island Arsenal App (WeCare RIA) is available for download to mobile devices from the App Store. At the touch of a finger you can readily access vital tools and resources available to you and your family. The WeCare RIA App was developed to support the Rock Island Arsenal and US Army's Domestic Abuse, Resilience in the Workforce, Suicide and Sexual Harassment/Assault Prevention campaigns. It serves as an educational and resource tool for the user to recognize and reduce high risk behavior. The app allows all military, civilians, and family members who are aware of, witness to, or involved with a high risk behavior the ability to have points of contact and resources readily available with one click of a button. The main features include emergency phone numbers for local and national points of contact on a one-touch dialer. Go to the App store and download the WeCare Rock Island Arsenal App or from the below link:

- Apple's iOS: <https://itunes.apple.com/us/app/wecare-rock-island-arsenal/id1454377310?ls=1&mt=8>
- Android: <https://play.google.com/store/apps/details?id=mil.army.wecarerockisland&hl=en>

Tell your Family and friends.

Education/Training Review



Army Continuing Education System (ACES) is the Army's method for delivering educational opportunities to Soldiers that remediate, develop, and enhance skills needed for present and future jobs. The Army Continuing Education Division (ACED) promotes lifelong learning, readiness and resilience through flexible and relevant education programs, services and systems in support of the Total Army Family. The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 8 a.m. – 3:30 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. Contact Mary Hansarik at mary.p.hansarik.civ@mail.mil for Education Center requirements. Please visit our website to learn more: <https://home.army.mil/ria/index.php/my-fort/all-services/continuing-education-services>

CES Intermediate Coming Back To Arsenal

Civilian Education System (CES) Intermediate (GS10-12) is coming back to the Rock Island Arsenal, the class details and registration information below.

1. Must have completed Phase 1 (Distance Learning) – If you have not yet completed Phase 1 and would like to attend Phase 2 at RIA, quickly register and complete Phase 1, then follow steps 2 through 4 for Phase 2.
2. Register in CHRTAS (<https://www.atrrs.army.mil/chrtas>)
3. Your supervisor will need to approve you
4. Contact Patrick Wagner with ASC directly, he will then complete your request in CHRTAS



This will be a great time to update your CHRTAS profile. Any incorrect email addresses (requestor &/or supervisors) will slow or stop the process (i.e. email address, supervisor changes, unit changes, GS grade changes, and any other changes that may have occurred). The formal course title is Civilian Education System (CES) Intermediate (GS10-12), course number 1-250-C61, Phase 2 (in-person), class number 707, report date is **Monday, May 2** (start date is the same), end date is **Friday, May 20**, the school is 704W – Army Management Staff College (AMSC), and the class type is O (Onsite – Rock Island Arsenal). For any questions and/or assistance please contact Patrick Wagner at 309-782-3561 or patrick.m.wagner.civ@army.mil.

Blanket Tuition Assistance Exception to Policy Still Available for FY22 Courses

Eligible Soldiers unable to request TA in ArmyIgnitED for courses with start dates between **Oct. 1 - Sept. 30** before the start date of the course are still able to receive TA under the blanket ETP until the ETP is discontinued. Contact your Army Education Center for additional information about the TA ETP. Find your AEC at <https://home.army.mil/imcom/index.php/customers/ACES>.

Transition Assistance Program

The Transition Assistance Program (TAP) is a U.S. Department of Defense (DoD) led program that provides information and training to ensure service members transitioning from active duty are prepared for their next step in life – whether pursuing additional education, finding a job in the public or private sector, or starting their own business. It is highly recommended transitioning service members begin the transition process 365 days prior to transitioning for those who are separating and two years prior for those who are retiring. In the event of an unanticipated separation

or retirement, or a member of the reserve component is demobilized with less than 365 days, TAP must begin as soon as possible within the remaining time period of service. Upcoming TAP dates:

- May 9-13
- Aug. 8-12

TAP is a week-long class; to register please contact Carol Beauford at usarmy.ria.usag.mbx.hrm-tsm@army.mil.



Rock Island Exchange information is located at:

www.shopmyexchange.com/company/storeDetails.jsp?storeId=1074020.

Calling All Military Kids! Multiple Prizes Up For Grabs in Exchange's Month of the Military Child Virtual Contests

The Army & Air Force Exchange Service is calling on America's youngest heroes to show off their creative creations for a chance to win prizes during Month of the Military Child. The virtual contest lineup begins on April 1. (More: <https://publicaffairs-sme.com/ExchangePost/2022/03/31/calling-all-military-kids-multiple-prizes-up-for-grabs-in-exchanges-month-of-the-military-child-virtual-contests>)

Exchange Salutes Youngest Heroes During Month of the Military Child

The Army & Air Force Exchange Service, the Department of Defense's largest retailer, is saluting the spirit of America's youngest heroes with virtual activities, events and prizes during Month of the Military Child. Starting April 1, participating PXs and BXs worldwide will give away military "brat" patches. The collectible patches, which have been part of the Exchange's celebration of military children since 2018, will be available in-store while supplies last. (More: <https://publicaffairs-sme.com/ExchangePost/2022/03/30/exchange-salutes-youngest-heroes-during-month-of-the-military-child>)

Military Community Can Receive 10% Off Tax Preparation Through Army & Air Force Exchange Service and H&R Block

The Army & Air Force Exchange Service is taking the stress and worry out of filing taxes by teaming with H&R Block to provide tax preparation services to military members and their families at a 10% discount at select locations worldwide and online. (More: <https://publicaffairs-sme.com/ExchangePost/2022/02/09/military-community-can-receive-10-off-tax-preparation-through-army-air-force-exchange-service-and-hr-block>)

Commissary Corner



Rock Island Commissary information is located at: www.commissaries.com/shopping/store-locations/rock-island-arsenal

Commissary Open Mondays Effective April 4

Spring has sprung and so have the savings at your Rock Island Commissary. There is no need to hunt for deals this Easter, [click here for our new sales flyer for March 28 - April 10](#). In addition, the Commissary will be open on Mondays starting April 4 on a limited basis. Hours of operation on Mondays will be from 10 a.m. – 4:30 p.m., with Self Check Outs (SCO's) available for your purchases and convenience. The Commissary Click2Go will have pick up times every 1/2 hour from 11 a.m. – 4 p.m.

- Monday, 10 a.m. – 4:30 p.m.
- Tuesday, 8 a.m. – 6:30 p.m.
- Wednesday, 8 a.m. – 6:30 p.m.
- Thursday, 8 a.m. – 6:30 p.m.
- Friday, 8 a.m. – 6:30 p.m.
- Saturday, 8 a.m. – 6:30 p.m.
- Sunday, Closed

If you have any questions or concerns, we are available to you via phone or email. Thank you for your service and for shopping your Commissary.

Commissary Benefit Is Valuable Resource for Service Members and Families to Help Improve Their Finances

The idea of saving money sounds appealing but the road to get there can be overwhelming. April's Military Saves Month campaign walks you through setting a goal and making a savings plan to improve your financial life and build wealth. Commissaries worldwide join the effort by spreading the Military Saves Month message and providing a financial benefit to our military patrons. (More: www.commissaries.com/our-agency/newsroom/news-releases/military-saves-month-commissary-benefit-valuable-resource-service)

Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. (website: www.arsenalhistoricalsociety.org) (Facebook: www.facebook.com/RIAMuseum)

Rock Island Arsenal Historical Society April Dinner/Program

Join us for the Rock Island Arsenal Historical Society April Dinner and Program on **Thursday, April 7** in the Lock & Dam Lounge, dinner begins at 6 p.m. The program will be presented by Rick Harris, former bank lending vice president, now a methier (mead maker) and owner operator of Bootleg Hill Honey Mead. He will talk about the history of mead; the types of mead; Bootleg Hill

Honey Meads; and current status of the mead industry. The program will follow a dinner of chicken mushroom alfredo, vegetable, rolls and butter. The cost of the dinner \$15. Reservations are due by noon on **Monday, April 4**. To make your reservation, please contact one of the following individuals – Linda Miller at 563-355-6165 or chiicaliinda@aol.com; Julianne Hardy at 563-343-5637; or Jim Jochum at jochum2823@msn.com. Dinner cancellations must be made by the reservation deadline or you will be liable for costs incurred and billed accordingly. No cost for attending the program only.

RIA Museum Closed For Renovation

The Rock Island Arsenal Museum is undergoing a \$1.5 million renovation. The project includes the biggest modernization of the museum in more than 50 years. The renovation will refocus the exhibits on the history of the U.S. Army's organic industrial base, Rock Island Arsenal, and the Arsenal's current role in producing Army readiness. It is part of the U.S. Army Museum Enterprise's five-year reform effort to refine its collection and enhance education and training capabilities at its 47 field museums. To provide a sneak peek of the new exhibits, a series of virtual presentations will be held this summer outlining the new interpretation and exhibit design. Stay tuned for updates on the [Museum's Facebook page](#) or website, arsenalhistoricalsociety.org, as it undergoes this exciting process. The museum has been closed since March 2020 due to a nationwide surge in COVID-19 cases. "We look forward to reopening our doors to the Quad Cities community in the fall of 2022," said Patrick Allie, Rock Island Arsenal Museum director. For more information or questions contact 309-782-3518.



Healthbeat

Rock Island Arsenal is at Health Protection Condition (HPCON) Bravo, in conjunction with this change is an [OSD Guidance memorandum dated 1 March 2022](#), which updates the policy regarding masks and screening testing. Updated guidance released by the Safer Federal Workforce Task Force on Feb. 28, 2022, updates masking and screening testing guidance requirements be based on the [Centers for Disease Control and Prevention coronavirus disease 2019 \(COVID-19\) Community Levels](#). All other force health protection guidance remains in effect, including guidance regarding workplace access, occupancy levels, physical distancing, travel, and meetings. Individuals must follow more rigorous workplace mandates when commands determine it is required to protect health and safety in the workplace. In these instances, commands/agencies must notify the RIA Garrison EOC of a higher standard and establish clear signage. Employees and visitors are encouraged to make the decision to wear/not wear a mask based on their personal, individual comfort levels, as well as to follow current CDC guidelines for COVID-19 mitigation practices which includes the requirement to wear masks when displaying symptoms, a positive test, or exposure to someone with COVID-19. For questions regarding COVID-19-related policies not discussed in this message, please contact your supervisor and agency management. ** <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>



Wear Approved Safety Eye Protection, Save Your Vision

Many people take their vision for granted, but most also recognize the increased likeliness of declining vision and vision loss as they age. The Centers for Disease Control and Prevention Centers

for Disease Control and Prevention Vision Health Initiative website identifies the leading causes of vision loss as cataracts, age-related macular degeneration, diabetic retinopathy and glaucoma. While routine eye exams and healthy habits can help reduce the risks or severity of age-related vision loss, the possibility of injury or trauma to the eye can happen at any age. Eye injuries can range from scratches to more permanent vision loss. (More: <https://health.mil/News/Articles/2022/03/25/Wear-Approved-Safety-Eye-Protection-Save-Your-Vision>)

RIA Health Clinic Appointment Number ☎

Rock Island Arsenal Health Clinic's patient appointment line has changed. Appointments should be made by calling **1-866-524-4677 (HOSP)** or by using TRICARE Online at www.tricareonline.com. Since June 7, the old appointment line is no longer available and patients must use the central appointment line to speak with appointment personnel. Rock Island Arsenal Health Clinic hours are the same, 7 a.m. to 4 p.m., Monday through Friday. "This central appointment line booking will help with access to care and better customer service for our patient population," said Sgt. First Class Matthew Brockway, Rock Island Arsenal Health Clinic noncommissioned officer in charge.

Notes for Veterans



VA Shares Implementation Plan and Locations of PAWS Act Pilot Program

The Department of Veterans Affairs published a Federal Register Notice, March 30, on its plan for implementing the pilot program required by the Puppies Assisting Wounded Servicemembers for Veterans Therapy Act. The PAWS Act, signed into law Aug. 25, 2021, requires VA to conduct a five-year pilot program to provide canine training to eligible Veterans diagnosed with posttraumatic stress disorder as an element of a complementary and integrative health program. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5779)

Around the Q.C.



An interactive version of Around the Q.C. is now available at:
www.facebook.com/groups/275103093432020

Once you have joined you can see a listing at the Facebook events people have posted to the group at:
<https://www.facebook.com/groups/275103093432020/events>

The impact to these events in light of COVID-19 is unknown. It is recommended that employees look at the event link for details.

Island Insight



Col. Todd J. Allison, Garrison Commander; Staci-Jill Burnley, Public Affairs Officer; Mark Kane, Editor The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of AR 360-1

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