



**April 20, 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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## RIA Earth Day Event Shares How Installation Initiatives 'Sustain the Mission, Secure the Future'

It starts in your own backyard. Or, if you live here, on your own island. That was the message delivered at Rock Island Arsenal's Earth Day event, held April 21 at Memorial Park, where the RIA community gathered to celebrate the planetary home and commit to doing their part to protect and preserve Earth and its natural resources. Garrison Command Sgt. Maj. John Dobbins provided opening remarks and introduced guest speaker Ranger Mike McKean from the U.S. Army Corps of Engineers Mississippi River Visitor Center, located on the arsenal. The theme for Earth Day 2022 is "Sustain the Mission. Secure the Future." This nuanced statement reflects not only the global mission of ordinary citizens taking the helm to protect the environment, but also the military facet of the national defense mission and aligning it with responsible environmental stewardship. It is a dichotomy that isn't new to this historic arsenal, celebrating its 160th anniversary this year, because



## 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 Prevention Month

**April 23:** Army Reserve 114th Birthday

**April 24-May 1:** Days of Remembrance for Victims of Holocaust

**April 26:** The Explosive Child: Managing Difficult Behavior Parenting Discussion, ACS and [MS Teams](#), 11:30 a.m. - 12:30 p.m.

**April 27:** Denim Day, throughout Arsenal Island workforce

**April 27:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.

**April 28:** Thirsty Thursday, Lock & Dam Lounge, 3-7 p.m.

**April 29:** Arbor Day

**April 29:** SAAPM Month 5K Run/Walk, Quarters One, 6:30 a.m.

**April 29:** Lock & Fam Night, Lock & Dam Lounge, 3-7 p.m.

**April 30:** National Military Brats Day

**April 30:** RIAWC Tour of Homes, 10 a.m. - 4 p.m.

**May:** National Military Appreciation Month

**May:** Asian American and Pacific Islander Heritage Month

**May:** National Mental Health Awareness Month

**May 1-7:** Public Service Recognition Week

several of its infrastructure initiatives and improvements must strike the delicate balance of military mission and planet preservation, due to its location in the Mississippi River. “Here at Rock Island Arsenal, we strive to take care of not only a major river system that surrounds us, but also the river banks of two community partner states, as well as every living thing the Mississippi sustains,” said Dobbins in his opening remarks at the event. (More: [www.army.mil/article/255958](http://www.army.mil/article/255958))

### **OPM-SANG and Army Contracting Command - Rock Island Collaborate To Keep Mission Running Smoothly**

Six months after the integration of U.S. Army Office of the Program Manager-Saudi Arabian National Guard (OPM-SANG) contracting into Army Contracting Command-Rock Island’s (ACC-RI) purview, staff say they are already seeing benefits of the transition. OPM-SANG is a cooperative program between the U.S. Army and the Kingdom of Saudi Arabia that supports the Saudi Arabian National Guard. Contracting actions for OPM-SANG were previously executed in Saudi Arabia until September 2021, when the mission was transferred to ACC-RI’s Power Projection & Base Readiness Directorate (PP&BR). Two branches within PP&BR provide support to Saudi Arabia – one located in the Continental United States (CONUS) and one located Outside Continental United States (OCONUS) on site - via Foreign Military Sales (FMS) cases. (More: [www.army.mil/article/255810](http://www.army.mil/article/255810))



### **Ceremony Marks New Name for RIA Health Clinic to Woodson Health Clinic, Honoring World War II Combat Medic**

The Rock Island Arsenal Health Clinic received a new name in honor of a heroic First U.S. Army Soldier in a moving ceremony here in Heritage Hall April 14. The new name is the Woodson Health Clinic in honor of Staff Sgt. Waverly B. Woodson Jr. Present at the ceremony was his son, Stephen Woodson, who was one of four people providing remarks, and who took part in the unveiling of a framed painting of Woodson now hanging in the clinic. Woodson, then 21, and a First U.S. Army Soldier with the rank of corporal, performed with the highest bravery June 6, 1944, as part of the first wave of U.S. Soldiers who stormed Omaha Beach at Normandy, France, on what became known as D-Day. It was when more than 160,000 Allied troops landed on Normandy’s beaches to begin the operation that would liberate Western Europe from Nazi Germany’s control. In a rare press release when the Army was still segregated by race, the Army announced Woodson saved “more than 200 casualties on the invasion beaches of France.” (More: [www.army.mil/article/255872](http://www.army.mil/article/255872)) ([First Army World War II Hero Has Medical Clinic Named In His Honor](http://www.army.mil/article/255872))



## Joint Munitions Command Experts Deployed To Europe Provide Vital Support

In order to support NATO Allies and partners and deter further Russian aggression the U.S. has deployed thousands of Soldiers to Europe and repositioned many more across the continent. Providing precision-grade munitions to outfit these Soldiers is a critical component to current operations in Europe — one that the U.S. Army Joint Munitions Command's ammunition experts don't take lightly. Officially known as Quality Assurance Specialist (Ammunition Surveillance), about a dozen JMC QASAS personnel recently deployed to Europe from various Army depots and ammunition plants across the U.S. These ammunition experts now fall under the command and control of the 405th Army Field Support Brigade. Positioned at multiple locations in Germany as well as forward locations like Poland, QASAS personnel are responsible for providing expert technical ammunition and explosives assistance and support to units stationed in or deployed to Europe. (More: [www.army.mil/article/255757](http://www.army.mil/article/255757))



## President Biden Announces New \$800M in Military Assistance to Ukraine

President Joe Biden announced today that the United States will send another \$800 million in equipment to help Ukraine defend itself against Russia's two-month-long invasion. Today's announcement comes on the heels of an \$800 million military aid package the president signed last week. "Now [Russian troops have] launched and refocused their campaign to seize new territory in eastern Ukraine, and we're in a critical window where they're going to set the stage for the next phase of this war," the president said. "And the United States and our allies and partners are moving as fast as possible to continue to provide Ukraine the forces that they need [and] the equipment their forces need to defend their nation." Biden said today's announcement of more military equipment would further augment Ukraine's ability to fight in its eastern area of the country, particularly in the Donbas region. "This package includes heavy artillery weapons, dozens of howitzers and 144,000 rounds of ammunition to go with those howitzers. It also includes more tactical drones," he said. (More: [www.defense.gov/News/News-Stories/Article/Article/3006622](http://www.defense.gov/News/News-Stories/Article/Article/3006622))



## Updated Army Directive to Help New Parents Care for Children, Maintain Health

Just before the ceremony when she assumed command of a U.S. Army Reserve company in 2012, then-Capt. Kelly Bell felt nauseated. Concerned, her fellow Soldiers checked on her. Bell explained that she just had morning sickness, after recently learning she had become pregnant with her first daughter. She wanted to attend the Army's pre-command course but under the Army regulations at the time, pregnant Soldiers could not attend training classes. "My application kept getting denied because I was pregnant even though it was 100% classroom settings," said Bell, now a lieutenant colonel in the Army Reserve. "I had a temporary profile, and I couldn't go to the class. So, I had to wait until after she was born." ... The result of that effort is the new Parenthood, Pregnancy and Postpartum Army Directive which has updated regulations for parents and families into the 12 policy changes included in the omnibus directive. The policies will not only help new Soldier-moms transition back to duty but help all Army parents better care for military children and expand their families while advancing their military careers. (More: [www.army.mil/article/255479](http://www.army.mil/article/255479))

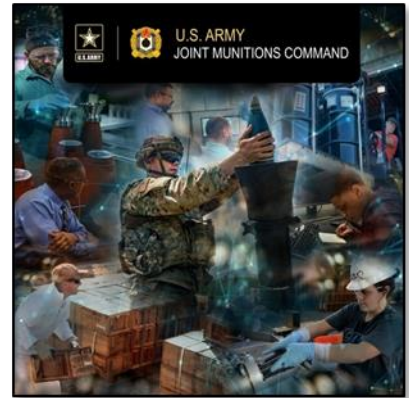


## AMC Public Affairs Professionals Tell Army Story

The Army has diverse mission sets, with one of its most critical being its duty to keep the public informed. The Army public affairs community takes on this challenge, providing updates and sharing stories through a variety of mediums. In the age of misinformation and disinformation, and in the wake of challenges including a global pandemic, this mission is critical. ... David G. Harris Competition Winners Advancing to the MG Keith L. Ware Competition (on Rock Island Arsenal):

- Graphic Arts: Layout and Design  
Dori Whipple, “Joint Munitions Command Fostering Diversity and Inclusion”
- Photography: News Photograph  
Sgt. 1st Class Corinna Baltos, “ASC NCOs compete for best warrior”
- Video: Clark Taylor Civilian Videographer of the Year  
Dori Whipple, Joint Munitions Command
- Video: Training Documentation Video  
Sarah Patterson, “First Runner Up - AMC NCO of the Year: SFC Jonathan Tyndall”

“Our public affairs professionals have a responsibility to not only keep the Army informed, but also the American public, in times of peace and conflict,” said Col. Scott Rawlinson, Army Materiel Command’s director of public and congressional affairs. “What makes me proud of our public affairs community is the depth, originality and professionalism we take in upholding this responsibility.” (More: [www.army.mil/article/255511](http://www.army.mil/article/255511))



## Army Initiatives Focus On Prevention; Caring for Victims

In an effort to better prevent sexual assault and other harmful behaviors, the Army will form a new, Integrated Prevention Workforce and revamp its Sexual Harassment/Assault Response Program. The SHARP changes include replacing part-time sexual assault response coordinators with full time ones. A Secretary of Defense Independent Review Commission on sexual assault in the military showed that the department lacked a central sexual assault prevention capability. The study also found that the military services did not direct enough of its efforts toward prevention. “Among their key findings were that our efforts have primarily been focused in the sexual assault response area,” said James Helis, Army Resilience Directorate director. “And we needed to move to true prevention.” The Integrated Prevention Workforce, or PWF, will be activated at posts throughout the Army beginning in fiscal year 2022 through 2027 to provide the central base for prevention. The entities will be comprised of specialists in fields such as psychology, sociology, and social work, and who have expertise in the prevention of harmful behaviors like suicide and sexual assault. The PWF will provide direct advice and counsel to senior commanders. (More: [www.army.mil/article/255968](http://www.army.mil/article/255968))



## 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.

- **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](mailto: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](http://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.

## Upcoming Flight Missions on RIA

The Iowa National Guard will be conducting CH-47 helicopter flight operations in the vicinity of Memorial Field on **Wednesday, May 4**. RIA law enforcement will provide traffic and pedestrian control to maintain safety during operations. Roads adjacent to Memorial Field will be closed for up to 10 minutes at approximately 8:45 a.m. for landing and again for up to 10 minutes at approximately 10:30 a.m. for take-off to facilitate safe air operations. Traffic will be allowed to move while the aircraft is on the ground.

## RIA Energy Resilience Readiness Exercise

Rock Island Arsenal will be conducting an Energy Resilience Readiness Exercise (ERRE) on **Monday, May 16**. The ERRE is a DoD-directed exercise to test installation emergency and standby energy generation systems, critical infrastructure and equipment to inform senior leaders of what infrastructure is required to support critical mission on the installation. For more information, contact Rock Island Arsenal Public Affairs at 309-782-1121.



## Blood Donors Urgently Needed

Urgent need for all donations & blood types especially Type O and all types for platelets. ImpactLife has a blood drives scheduled on Arsenal Island for the month of May:

- **Friday, May 13 and 20:** 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](mailto: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](http://www.ImpactLife.org) and use code 029 to locate the blood drives.

- 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](http://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.

- **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](mailto:theresa.m.fahrenkrug.civ@army.mil); TEDs POC: Rebecca Peterson, 563-210-4436, [Rebecca.a.peterson.civ@army.mil](mailto:Rebecca.a.peterson.civ@army.mil).

## 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>)



## 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 **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.



## 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 walks-in 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](mailto: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.



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## **Arsenal Traffic/Construction**



### **East Street Road Closure**

East Street from Rodman Avenue to North Avenue and North Avenue to the Building 56 south parking lot entrance is closed from April 18 through **Friday, June 17**, to conduct Phase 2 of the East Street Construction Project including sewer, sidewalk and road replacement work. There is not any on-street parking allowed on East Street adjacent to Building 68 (First Army) during this period. Residents in East Circle have access via the North Avenue-East Street Intersection. Employees and customers transiting to the ID Card Facility, Education Center, Garrison Staff Offices and Child Development Center (CDC) use Gillespie Avenue and Ramsey Road to detour the construction area. CDC Customers may then use King Drive to drop-off and pick-up at CDC buildings 11, 15, and 16. East Street remains open from Ramsey Road/King Drive to the Building 56 north parking lot entrance and Building 90 north parking lot entrance. Signage and barricades are in place for safety and traffic control.

### **East Street Sidewalk Closure**

Directorate of Public Works will close the sidewalks on both sides of East Street from Rodman Avenue to the Building 56 and Building 90 North Entrances in order for the contractor to replace them as part of the ongoing East Street project. The sidewalks will be closed from **Monday, April 25 through Friday, Aug. 5**. Signage and barricades will be placed for safety. As this is an active construction zone with trucks and heavy equipment, personnel are requested to avoid crossing barricades and transiting areas under 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.

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## Building/Space Closures



*There are no announcements at this time.*

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## Active Duty/Reserve Zone



### Army Announces 2 New Rifles for Close-Combat Soldiers

The Army recently awarded a contract to manufacturer SIG Sauer for two new soldier weapons: the XM5 rifle and the XM250 automatic rifle. For soldiers involved in close-quarters combat, the XM5 will eventually replace the M4/M4A1 carbine rifle, while the XM250 will replace the M249 Squad Automatic Weapon. Additionally, both new rifles will use the new 6.8 mm common cartridge family of ammunition as well as a new fire control system. "We should note that this is the first time ... in 65 years [that] the Army will field a new weapon system of this nature: a rifle, an automatic rifle, a fire control system, and a new caliber family of ammunition," Army Brig. Gen. Larry Q. Burris, the Soldier Lethality Cross-Functional Team director, said. (More:

[www.defense.gov/News/News-Stories/Article/Article/3005746](http://www.defense.gov/News/News-Stories/Article/Article/3005746))

### USO Military Spouse Appreciation Week

The USO is recognizing the service and sacrifices of military spouses with USO Military Spouse Appreciation Week. As always, all USO center and program offerings are complimentary for the currently serving military community. From **Sunday, May 1 – Friday, May 6** the USO is celebrating military spouses with in-person and virtual events:

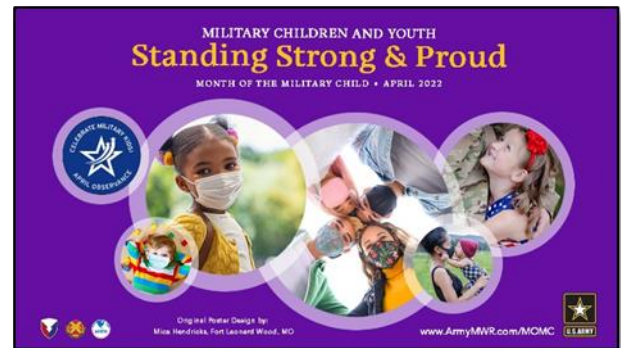
- Sunday, May 1: Escape Room Challenge, 2:45 p.m. – Skellington Manor, Rock Island: Join us for a thrilling interactive adventure where our guests will have 60 minutes to either recover a stolen stash of jewelry or find a famous gangster's hidden cache of evidence before he returns to the speakeasy.
- Monday, May 2: Virtual Bingo, 7 p.m. – Join the USO for a night of virtual Bingo fun. Meet other military spouses from throughout the Midwest region and win prizes.

- Tuesday, May 3: Virtual Cooking Class, 5 p.m. – Join the USO as our special guest chef, who's also a military spouse, teaches us how to make our own sauce for pizza and pasta. Get your ingredients and kitchen ready for a fun and tasty meal for your entire family.
- Wednesday, May 4: Coffee Connection, 10 a.m. – USO Rock Island Center: USO Coffee Connections were created for military spouses to connect over a cup of coffee, craft, or activity and make new friends. Come as you are and join us as we host this event for you to make lasting friendships, learn more about your community, and find local resources to help you throughout your military journey.
- Thursday, May 5: Virtual Yoga, 10 a.m. – Join the USO for a morning virtual yoga session. Meet other military spouses from throughout the Midwest region and relax your mind.
- Friday, May 6: Dinner and Music, 5 p.m. – Bayside Bistro, Rock Island: Join the USO as we celebrate Quad City area military spouses with a private dinner and live music from one of the region's top guitarists. Registration to open soon.

Throughout the week, stop by the USO in Building 110 to pick up your Military Spouse Appreciation Gift Bag. Please visit [illinois.uso.org/events](https://illinois.uso.org/events) for more information and to register.

### 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](https://www.defense.gov/News/Feature-Stories/Story/Article/2986528))



# 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>

## Distracted Driving

Being an attentive and alert driver can help prevent crashes that lead to unintentional injury and death. With the wide use of smartphones in the United States, distracted driving has become an important traffic safety topic. While cell phones and navigation devices often are the culprit when it comes to distracted driving, conventional distractions such as interacting with passengers and eating also contribute to crashes. Distracting tasks can affect drivers in different ways and can be categorized as visual, manual, and cognitive distraction. The National Safety Council (NSC) analysis of National Highway Traffic Safety Administration (NHTSA) data finds that 3,142 people died in distraction-affected crashes in 2020. This is an increase of about 1% from 3,119 deaths in 2019. See Data Details to understand the data limitations and potential underestimation of the number of distraction-affected crashes. (More: <https://injuryfacts.nsc.org/motor-vehicle/motor-vehicle-safety-issues/distracted-driving>)

# 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

The Island Oasis Outdoor Grill began service outside of Building 67 effective April 11. The Island Oasis Outdoor Grill is open Monday-Friday from 11 a.m. – 1 p.m. There are lots of delicious items on the menu. Call 309-782-6319 for more info on the Island Oasis Outdoor Grill.

## 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](mailto: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](http://www.americanforcetravel.com)) for discounted airfare, hotels, rental cars, local attractions, and more.

## 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.

## 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.

## Quarters One Historic Tour

This Mother's Day, treat your mother to a tour of Historic Quarters One on **Saturday, May 7**, tours at 10 a.m. and at 1 p.m.; cost is \$15 per person. When Quarters One was still being used as military quarters, this majestic and historic Italianate-style mansion, with 51 rooms and 21,965 square feet, was the second-largest residence in the federal government system — second only to the White House. Refreshments available after the tour. For more information or to reserve your spot contact the Leisure Travel Office at 309-782-6890.

## **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.

## **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

## **Princess Etiquette Class**

Join us for Princess Etiquette Class on **Saturday, June 11** at 10 a.m. at Quarters One. Cost is \$30 per student. Our MWR Princesses will be offering an etiquette class designed to instruct your little Princess or Prince in manners, charm and character development. Students will have a lesson, make a craft and have a graduation ceremony followed by desserts and lemonade. Contact the Leisure Travel Office at 309-782-5890 for more information.

## **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.

## **Family Paranormal Investigation**

Join us for Family Paranormal Investigation on **Saturday, July 9** at 6 p.m., at Quarter One. Cost is \$30 per person. Is your child interested in the paranormal? MWR is working with Illinois Paranormal Research Group to offer a night of learning and exploring. IPR will have a class on the instruments they use and answer all questions. The investigation will follow the class. This event is offered to children ages 12+ -- limited spaces available... reserve your spot today. Leisure Travel Office 309-782-5890.

## **Bus Trips Are Back**

MWR Leisure Travel Office has planned a day trip to Chicago on **Saturday, July 9**. The cost is \$50 per person. Deadline for sign up and payment is **Thursday, June 9**. Contact the Leisure Travel Office for more information at 309-782-5890. Navy Pier is a 3,300-foot-long pier on the shoreline of Lake Michigan. Navy Pier encompasses more than 50 acres of parks, gardens, shops, restaurants, family attractions and exhibition facilities and is one of the top destinations in the Midwestern

United States, drawing nearly two million visitors annually. Taste of Chicago (also known locally as The Taste) is the world's largest food festival, held for five days in July in Chicago, Illinois in Grant Park. The event is also the largest festival in Chicago.

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# 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](https://www.facebook.com/RIACYSS))

## Youth Sports and Fitness Opportunities

Enjoy late spring youth sports and fitness opportunities through Child and Youth Services (CYS) Sports and Fitness. What better way to stay active in a safe and healthy environment. Military, civilian, veteran, and contractor families are eligible to participate. Call CYS Parent Central Services at 309-782-0791 or stop in to the office in 1st Floor, Building 110 to sign up or for more information. Each child must be registered with CYS in order to participate. Sports Physicals required. Sign-ups began April 19 for the following programs:

- "Little Kickers" Parent/Child Soccer (for children ages 3-5), sign-up dates **April 19-28**, class begins **Friday, April 29**.
- "Little Rippers" Parent/Child Lacrosse (for children ages 3-5), sign-up dates **April 19-28**, class begins **Friday, April 29**.

Help wanted! Volunteer coaches needed within the Sports and Fitness Program especially to help with baseball, softball, basketball, soccer, golf, and flag football. Training is provided and no experience is necessary. Inquire within CYS Parent Central Services.

## 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.

## 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 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, 1<sup>st</sup> 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](http://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

The Department of Defense recognizes Child Abuse Prevention Month each April and the theme this year is “All in to End Child Abuse.” This year, active duty spouses created a large blue and white wreath for display at the entrance to the ACS/FAP office to remind everyone of the importance of working together to end child abuse. Parenting is not easy, and support from others is essential for strong and resilient families. There is help available, but it can be overwhelming to take the first step to act.

Family Advocacy is available year round to military and civilian families through their programming and resources. During April, there will be several opportunities to learn about preventing child abuse and community resources for families, to include summer activities for kids and families. Events for this year’s campaign include:



- **Tuesday, April 26:** The Explosive Child: Managing Difficult Behavior Parenting Discussion, 11:30 a.m. - 12:30 p.m., ACS Office and Army 365 Teams, register with FAP at 309-782-3049 or [jennifer.a.kerr10.civ@army.mil](mailto:jennifer.a.kerr10.civ@army.mil). Teams link: <https://dod.teams.microsoft.us/l/meetup-join/19%3ad0d%3af3f10f76250b4841b46fc866ffd659d8%40thread.tacv2/1649796945391?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%2261d0c5c0-7849-4c27-8496-15842a8c1dfe%22%7d>
- **Wednesday, May 4:** How to Recognize Child Abuse and Keep Your Child Safe, 4-5 p.m., ACS Office and Army 365 Teams, register with FAP at 309-782-3049 or [jennifer.a.kerr10.civ@army.mil](mailto:jennifer.a.kerr10.civ@army.mil). Teams link: <https://dod.teams.microsoft.us/l/meetup-join/19%3ad0d%3af3f10f76250b4841b46fc866ffd659d8%40thread.tacv2/1649797197841?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%2261d0c5c0-7849-4c27-8496-15842a8c1dfe%22%7d>

POC for more information is Jenny Kerr, family advocacy program manager, 309-782-3049, [jennifer.a.kerr10.civ@army.mil](mailto:jennifer.a.kerr10.civ@army.mil).

### **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, July 20**

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

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## **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: [eric.t.leffler.naf@army.mil](mailto:eric.t.leffler.naf@army.mil)), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>**

### **MWR RV Lot Spaces**

MWR has RV Lot spaces available – if you are the outdoor type and have recently purchased a RV or you have a boat or vehicle and are looking for some place for storage, MWR has the solution. MWR has spots open for small and large vehicles in our storage lots. There is only a few spots in each lot so please hurry to reserve yours today. This will be on a first come first serve basis. Outdoor Recreation is open Monday through Friday 8:15 a.m. – 4 p.m. (closed all federal holidays). To reserve your space you can either come into Building 333 to complete your paperwork or the staff can send the information via email. For more information call Outdoor Recreation at 309-782-8630.

# 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, 1<sup>st</sup> 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](http://www.facebook.com/RIAEmployeeAssistanceProgram).

## April is Alcohol Awareness Month

Most adults in the United States who drink alcohol drink moderately and without complications. At the same time, alcohol-related problems are among the most significant public health issues in the country. Alcohol use disorder (AUD) affects about 15 million adults in the United States, and an estimated 88,000 people die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the nation. Alcohol use disorder (AUD) is a medical condition that doctors diagnose when a patient's drinking causes distress or harm. The condition can range from mild to severe and is diagnosed when a patient answers "yes" to two or more of the following questions. In the past year, have you:

- Had times when you ended up drinking more, or longer than you intended?
- More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- Spent a lot of time drinking? Or being sick or getting over the after effects?
- Experienced craving—a strong need, or urge, to drink?
- Found that drinking—or being sick from drinking—often interfered with taking care of your home or family? Or caused job troubles? Or school problems?
- Continued to drink even though it was causing trouble with your family or friends?
- Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?
- Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout?
- Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
- Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, or sweating? Or sensed things that were not there?

If you have any of these symptoms, your drinking may already be a cause for concern. The more symptoms you have, the more urgent the need for change. A health professional can conduct a

formal assessment of your symptoms to see if AUD is present. For an online assessment of your drinking pattern, go to [RethinkingDrinking.niaaa.nih.gov](http://RethinkingDrinking.niaaa.nih.gov). For more information about alcohol abuse and alcoholism, visit the National Institute on Alcohol Abuse and Alcoholism at: [www.niaaa.nih.gov](http://www.niaaa.nih.gov).

### **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, 1<sup>st</sup> 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](mailto: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>

### **CPR and First Aid Classes**

The Rock Island Arsenal Fire Department will be offering CPR and First Aid training. Both trainings will be offered once a month. The trainings are open to civilian employees, military, and military Families. These classes will be free to take, but it will cost \$20 if you would like a card. This has to be paid in cash at the class. All classes will be scheduled for 9 a.m. at Building 225 (Fire Department) in the training room. There is a minimum attendance of 8 people and a maximum attendance of 16 people. Classes that do not meet the minimum requirement will be cancelled. All registrations are required on week prior to class delivery dates. POC for this opportunity is Timothy Weller, Firefighter/Paramedic, 309-782-6107. Class description and dates are as follows. Heart Saver CPR – • What does this course teach? • Describe how high-quality CPR improves survival • Explain the concepts of the Chain of Survival • Recognize when someone needs CPR • Perform high-quality CPR for an adult • Describe how to perform CPR with help from others • Give

effective breaths using mouth-to-mouth or a mask for all age groups • Demonstrate how to use an AED on an adult • Perform high-quality CPR for a child • Demonstrate how to use an AED on a child • Perform high-quality CPR for an infant • Describe when and how to help a choking adult or child • Demonstrate how to help a choking infant. Dates: Fridays – **May 20, June 17, July 1, Aug. 5, Sept. 16, Oct. 21, Nov. 4, and Dec. 16.** TEDs key word search: RIA Fire Department Heart Saver CPR. Heart Saver First Aid – • What does this course teach? • First aid basics • Medical emergencies • Injury emergencies • Environmental emergencies • Preventing illness and injury. Dates: Fridays – **May 6, June 3, July 15, Aug. 19, Sept. 2, Oct. 7, Nov. 18, and Dec. 2.** TEDs key word search: RIA Fire Department Heart Saver First Aid. Those without access to TEDs should contact the training POC, Timothy Weller at 309-782-6107, to reserve your slot.

### **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](mailto: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](mailto:usarmy.ria.usag.mbx.hrm-tsm@army.mil).



## Exchange Zone



Rock Island Exchange information is located at:

[www.shopmyexchange.com/company/storeDetails.jsp?storeId=1074020](http://www.shopmyexchange.com/company/storeDetails.jsp?storeId=1074020).

## Military Shoppers Rely on Exchange Benefit to Save

As economic conditions fluctuate, the Army & Air Force Exchange Service is helping service members and their families save at a time when it matters most. Whether shopping at a PX, BX or at ShopMyExchange.com, authorized military shoppers—including retirees, disabled Veterans, and Department of Defense and Coast Guard civilians—enjoy everyday tax-free shopping and military-exclusive pricing. (More: <https://publicaffairs-sme.com/ExchangePost/2022/04/19/military-shoppers-rely-on-exchange-benefit-to-save>)

# Commissary Corner



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

## Commissaries Highlight Processes To Help Reduce Environmental Footprint

As the world celebrates 52 years of Earth Day on April 22 and the awareness it brings, the Defense Commissary Agency (DeCA) is highlighting the steps it takes every day to reduce its environmental footprint through recycling and diversion, food donations and the sale of environmentally friendly products. Since the inception of its environmental program in 2005, DeCA has recycled or diverted over 1.9 billion pounds of solid waste from landfills worldwide. That's the equivalent of 1,939 fully loaded Boeing 747 jumbo jets being eliminated from landfills. (More: [www.commissaries.com/our-agency/newsroom/news-releases/earth-day-every-day-commissaries-highlight-processes-help-reduce](http://www.commissaries.com/our-agency/newsroom/news-releases/earth-day-every-day-commissaries-highlight-processes-help-reduce))

## Commissary Now Open On Mondays

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 is now open on Mondays 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.

# Arsenal Archive



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

## Rock Island Arsenal Historical Society April Dinner/Program

Join us for the May Rock Island Arsenal Historical Society April Dinner/Program on **Thursday, May 5**, at 6 p.m. in the Lock & Dam Lounge dining area. The program will be presented by Dale Blesz, PhD, Associate Professor of Education at St. Ambrose University and Valerie Woodhurst, U.S. Air Force veteran and St. Ambrose alumni. They will talk about the Veteran's Legacy Project – a project to honor veterans buried in the Rock Island National Cemetery and their legacies. This is a yearlong undertaking about 300 selected veterans of the 24,000 interred there. The effort will include 20 SAU interns spending several months scouring military records, library archives, books and newspaper clippings – and when possible, interview family and friends – to learn about each veteran's participation, their role in the military, and their challenges and successes in life. That information will be part of a curriculum kit that contains 300 cards with biographical information about the veteran. Each card will include the veteran's name, rank, branch of service, a short bio, and photograph. Additionally, using the card's QR code leads to a website with even more information about the veteran's service and their life. Those profiled will have participated in some capacity to uphold American freedom and ideals in conflicts dating from the Civil War. Some lost their lives in battle and others experienced life, happiness, heartache, and success beyond their military involvement. The 500 kits will be donated and delivered to K-12 schools and public libraries throughout the region and the finished project will be publicly unveiled and celebrated on Veterans Day 2022. 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, May 2**. To make your reservation, please contact one of the following individuals: Linda Miller at 563-355-6165 or Linda at [chiicaliinda@aol.com](mailto:chiicaliinda@aol.com); Julianne Hardy at 563-343-5637; or Jim Jochum at [jochum2823@msn.com](mailto: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](http://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. For more information or questions contact 309-782-3518.



# Healthbeat

## 8 Tips to Help Kids Adjust to Change during the New Pandemic Phase

Parents should prepare their kids for the new normal of the ongoing pandemic, recognizing that the status of the disease can change quickly as new variants of COVID-19 emerge. Kids will need help navigating changes at their level while the world around them adjusts to changing rates of local disease, and updates in policies and mandates in the surrounding community. Fostering flexibility will be essential, said Army Lt. Col. (Dr.) Bonnie Jordan, a child development expert at Joint Base Lewis-McChord in Washington. (More: <https://health.mil/News/Articles/2022/04/15/9-Tips-to-Help-Kids-Adjust-to-Change-during-the-New-Pandemic-Phase>)

## RIA at HPCON-Alpha

The senior commander at Rock Island Arsenal authorized a change in the installation's operational status to Health Protection Condition - Alpha, effective April 11. On April 4, the Department of Defense issued a memo updating guidance directing Health Protection Level to coincide with CDC county levels. HPCON Alpha now coincides with Low county transmission. HPCON-Alpha lifts the restrictions on indoor locations. With this change, the following recommendations have been issued by the Department of Defense:

- Less than 100 percent of normal occupancy in the workplace, with telework as appropriate.
- Communicate to personnel how and when to report illness and seek care for potential influenza-like illness.
- Common areas and large venues (e.g., sit-down dining, movie theaters, gyms, sporting venues, and commissaries) should adhere to established cleaning and sanitation protocols.
- DoDEA schools will operate following CDC recommendations and guidelines specific to schools as implemented in operational procedures and guidance from the Director, DoDEA. Children are not required to mask. Any DoD guidance that is more stringent than CDC guidance must be followed.

The change also allows the resumption of installation services. Family and MWR facilities can operate at full capacity; Child Development Centers can open additional spaces for youth; and guests may attend ceremonies and events at full capacity. Senior leadership and health personnel at the Rock Island Arsenal continue to encourage the Arsenal workforce and their families to get the first COVID-19 vaccine. Any questions regarding this change should be addressed through your supervisory chain. For more information, please reference the full DoD memorandum located at <https://go.usa.gov/xuaVG>.

## 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.tricare.online.com](http://www.tricare.online.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.

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# Notes for Veterans



## National Veterans Creative Arts Festival to showcase award-winning Veterans

The National Veterans Creative Arts Festival is back in person for the first time since 2019 and will be held April 20-25 in St. Petersburg, Florida. This year's 41st annual event will recognize the progress and recovery Veterans have achieved through therapy while raising the visibility of the creative triumphs of our nation's Veterans. Nearly 100 Veterans will be honored for their artistic abilities. Veterans whose art, creative writing, dance, drama and music entries received the highest rankings were invited to the festival. (More: [www.va.gov/opa/pressrel/pressrelease.cfm?id=5784](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=5784))

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## Around the Q.C.



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

Once you have joined you can see a listing a 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.*

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## 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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