



**May 27, 2020**

# Island Insight

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

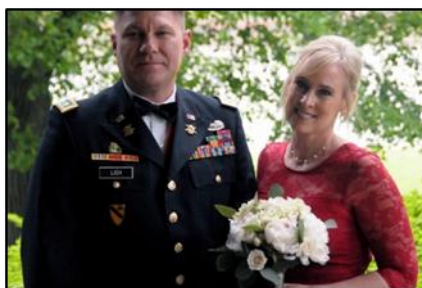
**Island Insight Submission:** <https://home.army.mil/ria/index.php/contact/public-affairs>

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## Division West Officer and Wife Renew Wedding Vows at Historic Quarters One On Rock Island Arsenal

Maj. Theodore Lich, the executive officer for First Army Division West, and his wife, Shelly, were married on May 18, 2010 on the Caribbean island of St. Lucia. Plans to return to the Caribbean for a renewal of their wedding vows in



Antigua on the couple's 10th anniversary were shuttered by the coronavirus. Undeterred, the Liches opted to have the ceremony at historic Quarters One on Rock Island Arsenal, Illinois. First Army Command Chaplain, Col. Scott Brown, officiated. While the original planned location for the renewal ceremony was moved, Brown noted the similarities of the new location. "Ted and Shelly were married on a day not unlike today," he said. "The wind was blowing, the water was right behind them, they were on an island." A decade ago, Brown said, each recited their own vows to each other. The couple did the same during the renewal ceremony, reflecting on their ten years together as they re-committed to each other. (More:

[www.army.mil/article/235836](http://www.army.mil/article/235836))

## Winning Matters in Munitions Readiness

## Upcoming Dates

**May:** Asian Pacific American Heritage Month

**May:** National Military Appreciation Month

**May:** Month of the Military Caregiver

**June:** LGBT Pride Month

**June 4:** Spring/Summer Safety and Wellness Stand Down Event, Heritage Hall, Bldg. 60, 10:30 a.m. - 1:30 p.m.

**June 6:** 76th Anniversary of D-Day

**June 14:** U.S. Army 245th Birthday

**June 14:** Flag Day

**June 15-19:** DA Photos, Bldg. 90, Basement, Rm. B11, 7:20 a.m. - 3:40 p.m.

**June 18:** Quarterly Retirement Ceremony, Heritage Hall, Bldg. 60, 2-4 p.m.

**June 19:** Juneteenth

**June 21:** Father's Day

**June 23:** U.S. Coast Guard Auxiliary Birthday

**June 27:** National PTSD Awareness Day

**July:** Military Consumer Protection Month

**July 3:** Independence Day (*Federal Holiday*)

**July 4:** Independence Day

**July 9:** USAG RIA Change of Command, Heritage Hall, Bldg. 60, 10-11 a.m.

**July 25:** ACS Birthday

**July 27:** National Korean War Veterans Armistice Day

**July 29:** Anniversary of the U.S. Army Chaplain Corps

The Joint Munitions Command's efforts to operationalize and assess munitions readiness was the focus during the quarterly update with Lt. Gen. Ed Daly, Deputy Commanding General, U.S. Army Materiel Command. Brig. Gen. Michelle Letcher, Commander, led the brief and highlighted strategic initiatives that JMC is using to nest with Army and AMC priorities. Joe Klunder, Policy Division, Sustainment Production Directorate, briefed the different mechanisms JMC employs to measure munitions readiness and the evolution of its efforts to isolate and articulate risk. This provides decision space for Army senior leaders to make positioning and distribution decisions and influence Program Objective Memorandum procurement decisions. Using the Munitions Readiness Report created by JMC in 2002 and the Ammunition Readiness Chart developed in 2017, JMC has taken readiness measurements a step further by focusing on the entire Class V portfolio, respective to Army Service Component Commands Operation Plans and total stockage objectives. (More: [www.army.mil/article/235926](http://www.army.mil/article/235926))



### AFSBn-NEA Launches COVID-19 “Clean Team”

The COVID-19 pandemic has had a huge impact on how people go about their business all around the world. This was particularly true when South Korea became one of the first nations hard hit with the outbreak. U.S. Forces Korea responded swiftly and by mid-February, clean teams were being initiated at garrisons throughout the peninsula. It soon became apparent, however, that due to its diverse mission set and multiple locations, the Army Field Support Battalion – Northeast Asia would have to take things a step farther. “We started thinking seriously about this around the end of January,” said Lt. Col. John M. Ruths, commander, AFSBn-NEA. “Wade Kerr, our battalion safety manager, notified our three divisions in Korea, and two sites in Japan, as well as the battalion S4 to look at providing sanitizers and masks for personnel at their facilities.” (More: [www.army.mil/article/235831](http://www.army.mil/article/235831))



### Quarterly Visit Puts Virtual Spotlight on ASC's People and Mission

Though the quarterly visit to the headquarters of the U.S. Army Sustainment Command, and the associated briefing and meeting, were virtual, the intent was the same: To update the leadership of the U.S. Army Materiel Command, ASC's higher headquarters, on recent mission accomplishments and the way forward, and to honor some individuals here who helped make those accomplishments possible. The May 20 event, held via a teleconference link between RIA and Redstone Arsenal, Alabama, featured a virtual return to Rock Island by Lt. Gen. Edward Daly, deputy commanding general of AMC. Daly, who was sitting in for Gen. Gus Perna, AMC commanding general, served as ASC's commanding general from August 2016 through July 2017. He was recently nominated for promotion to the rank of general and selected to succeed Perna as AMC's commanding general. (More: [www.army.mil/article/235849](http://www.army.mil/article/235849))



### President Honors Fallen Service Members at Memorial Day Observances

President Donald J. Trump came to "the noble fortress" of Fort McHenry in Baltimore to pay tribute on Memorial Day to those who fought and died to keep Americans free. Fort McHenry was the site of the Battle of Baltimore during the War of 1812, when American patriots stood their ground and repelled a British invasion, the president noted. "Now we come together to salute the flag, ... and we pledge to [their] cherished memories that this majestic flag will proudly fly forever." In 1814, Francis Scott Key, was held captive aboard a British ship in Baltimore Harbor, and through the din of battle, he could make out the American flag's 15 broad stripes and 15 bright stars, bargaged and battled, but still there, Trump said. The Americans prevailed, and from his inspiration of watching his flag fly, Key wrote a poem that became "The Star Spangled Banner," the U.S. national anthem. (More: [www.defense.gov/Explore/News/Article/Article/2196703](http://www.defense.gov/Explore/News/Article/Article/2196703))



### **Hatch Act Restricts Political Activities, Even While Teleworking**

With the increase in home-based telework due to recent events and the upcoming presidential election, Department of Defense (DOD) employees may have questions about allowable political activity. The Hatch Act and DOD policy govern the political activities of DOD civilian employees. Among other restrictions, the statute and regulation prohibit employees from engaging in political activities in a federal workplace; while on duty; while wearing a government uniform, badge, or insignia; and/or while using a government vehicle. Political activity is defined as an activity directed toward the success or failure of a political party, candidate for partisan political office, or partisan political group. Teleworking away from the traditional office setting does fall under the "while on duty" restriction. From whatever location you are teleworking, that site constitutes your place of duty for that particular workday. If you are teleworking from home, you are on duty and may not engage in political activities in your home while you are on duty, even if you are on a personal device like a home computer or personal cellphone. (More: [www.dvidshub.net/news/370577](http://www.dvidshub.net/news/370577))



### **For Some, Teleworking May Continue as Post-COVID-19 Option**

In April, the Defense Department's chief information officer said some of the tools and infrastructure put in place to support the rise of telework due to COVID-19 might remain after the pandemic subsides. Now, department leaders say, it is possible telework itself may live on. "We've learned a lot of lessons about the ability to telework, and how we keep our productivity up," Matthew Donovan, undersecretary of defense for personnel and readiness, said during a briefing today at the Pentagon. "I think moving forward ... as we step through a phased approach on reopening, ... we're going to continue to maximize the teleworking. We've made a lot of progress with making sure that the network capacities are available and people have access to the materials and documents that they need from a teleworking location." (More: [www.defense.gov/Explore/News/Article/Article/2194233](http://www.defense.gov/Explore/News/Article/Article/2194233))





## Virtual SES Appointment Ceremony for Dan Reilly

The Commanding General United States Army Sustainment Command requests you join him by Facebook Livestream at an appointment of Dan J. Reilly to Senior Executive Service on **Thursday, June 4**, at 1 p.m., taking place in the G3 Conference Room. You may access the Facebook Livestream at [www.facebook.com/armysustainmentcommand](https://www.facebook.com/armysustainmentcommand). For those physically attending R.S.V.P. by **Friday, May 29**, 309-782-4421 or [patricia.a.hulett2.civ@mail.mil](mailto:patricia.a.hulett2.civ@mail.mil). Dress is military – OCP with beret and face mask; civilian – business with face mask.

## U.S. Army Issues Guidance for the Use of Cloth Face Coverings

To mitigate the spread of COVID-19, the U.S. Army is implementing Department of Defense guidance on the use of cloth face coverings. Soldiers, family members, Army civilian employees and contractors should follow Centers for Disease Control guidelines on the use of cloth face coverings in public settings or where other social distancing measures are difficult to maintain. Soldiers are authorized to wear the neck gaiter and other cloth items, such as bandanas and scarves, as face coverings. Soldiers should not, however, fashion face coverings from Army Combat Uniforms or other materials that have been chemically-treated. Personal protective equipment, such as N95 respirators or surgical masks, must be reserved for use in medical settings. Force health protection is the Army's top priority. Army senior leaders are urging everyone to adhere to the latest CDC guidelines to prevent the spread of the virus, including practicing rigorous protocols for personal hygiene, staying home when sick and implementing social distancing techniques. (More: [www.army.mil/article/234288](https://www.army.mil/article/234288)) ([Defense Health Official Urges Personnel, Families to Wear Face Masks](#)) *For specific use of face masks at your command and worksite, please consult your supervisor or chain of command.*



## Arsenal at Health Protection Condition C

ROCK ISLAND ARSENAL, Ill. – (March 25, 2020) The Army directed all Army installations, including Rock Island Arsenal to change to Health Protection Condition C or Charlie to help control the ongoing spread of the novel coronavirus/COVID-19. Over the past few weeks, the Arsenal has gradually increased its methods for protecting people from the coronavirus outbreak. Throughout this process, RIA has followed guidelines issued by Army health organizations and by the Centers for Disease Control. Under this directive, Rock Island Arsenal commands and organizations will shift to key and essential functions defined as those functions in support of COVID-19 operations and life, health, and safety of our people and our installation. Leaders at all levels will ensure mitigation measures are in place to protect the force from the spread of COVID-19. “We at the Rock Island Arsenal are part of a larger community – the Quad Cities community – and I and leaders of other organizations on the Arsenal have been working with leaders and experts in the Quad Cities as this situation has evolved, said Col. Stephen Marr, commander, US Army Garrison-Rock Island Arsenal. “We’re doing our best to mitigate the impact of the coronavirus outbreak, and we hope to come up with innovative ways to serve our retirees and others who rely on Arsenal services. The Quad Cities is a caring community that pulls together when needed, and just as I’m proud to be part of the Arsenal during these difficult times, I’m equally proud to be a part of the Quad Cities community.” Over the past few weeks, the Arsenal has gradually increased its



methods for protecting people from the coronavirus outbreak. Throughout this process, RIA has followed guidelines issued by Army health organizations and by the Centers for Disease Control. In its simplest terms, a key and essential employee is one who performs tasks that requires his or her physical presence in the work area. And there are tasks we perform that simply cannot be done remotely. This can vary for different commands on the installation and within different missions the commands execute. Changes as a result of elevating the HPCON to C include:

- Installation Access: The installation is restricted to key and essential personnel only. All other service members and Department of the Army civilians will telework or will be placed on leave for using annual, sick, administrative or weather/safety leave. Contractor access is reduced to minimal presence to support essential functions only.
- Garrison Services: The Garrison will conduct basic base operations requirements to maintain installation infrastructure and essential functions (e.g. water production, utilities distribution, and emergency service orders) only. All non-emergency service orders and job orders are temporarily suspended. All projects are put on hold. Preventative maintenance is limited to essential functions. Emergency Services remain operational. Child care is provided for key and essential families only, in accordance with priorities and as space is available. All other services not suspended are provided virtually.
- Additional Services: The Commissary and the Exchange remain operational to support the limited presence on the installation to include military retirees. The Rock Island Arsenal Health Clinic remains operational to support its current patrons to include retirees, but this will be one of the only locations on Island accessible to retirees and non-key and essential personnel with the exception of the above mentioned military retirees access to the Commissary and the Exchange.
- Personnel: Service members and Department of the Army Civilians who are not deemed key and essential in support of COVID-19 operations or life, health, and safety of our people and installation are assigned to mandatory telework. If a Department of the Army Civilian is not telework eligible, they will be placed on weather and safety leave and will not return to their place of duty until notified otherwise. Leaders will ensure all mitigation measures possible are being enforced.

Specific to individual commands are the following:

- First Army: Key and essential personnel are present for duty in the headquarters. All others telework or are in a designated leave status. First Army Headquarters continues to provide command and control to First Army units and mobilization/demobilization of CRC and Compo 2/3 units.
- Army Sustainment Command and Joint Munitions Command: Key and essential personnel are present for duty in the headquarters. All others telework or are in a designated leave status. Commands provide command and control to down-trace units and execute assigned missions.
- Army Contracting Command – Rock Island: ACC-RI is able to provide full coverage for contracting customers using telework. Designated mission essential personnel are prepared to execute from Rock Island Arsenal if there are mission critical circumstances.
- Joint Manufacturing Technology Center: Maximizes telework for eligible DA Civilians and places all self-identified employees at increased risk for COVID-19 who are not eligible for telework on weather and safety leave status.
- US Army Corps of Engineers – Rock Island District: USACE-RI continues to execute key and essential functions as determined by USACE to mitigate potential safety hazards, economic loss, and damage to critical infrastructure. These missions include navigation support, flood risk management, and regional emergency response. USACE-RI continues to provide command and

control of all Corps lock and dam facilities and district offices, and supports FEMA led COVID-19 response operations as directed.

- Combat Capabilities Development Command – Armaments and Chemical Biological Centers: Key and essential personnel are present for duty in the headquarters. All others telework or are in a designated leave status.
- Army and Joint Reserve and National Guard Units: Full time military staff continue to provide command and control for individual organizations through a mixture of limited on site presence and telework. Scheduled drills suspend through DOD Restriction of Movement period.

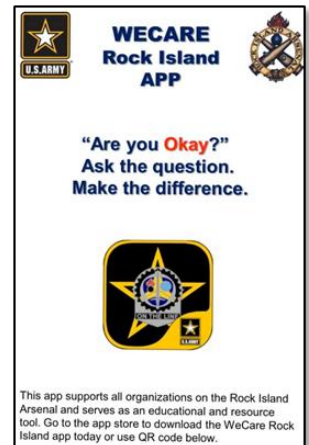
(COVID-19 Local Impacts Page: <https://home.army.mil/ria/index.php/about/Garrison/public-affairs/covid19-closures>)

### **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.



### **DOD Policy Guidance for Identification Card Operations for COVID-19**

Effective April 7, several immediate temporary exceptions to policy related to DOD ID cards was approved, including the use of expired USID cards for benefits access. This policy is in effect through Sept. 30. Highlights are these changes include:

1. Common Access Cards (CAC) - CAC transactions shall be limited to initial issuance or reissuance of an expiring CAC within 30 days of expiration; CAC shall not be reissued due to printed information changes (e.g., promotions, name changes).
2. Uniformed Services ID Cards (USID) - (Family members, Retirees, Reserve etc.)
  - a) If the cardholder's affiliation is unchanged, USID cards which expired on or after Jan. 1, 2020, are authorized for continued benefit use through Sept. 30.
  - b) Remote USID card renewals and reissuance shall be expanded.
  - c) Remote Family member enrollment/eligibility updates are authorized.
  - d) Remote USID card initial issuance for first-time card issuance or replacement of a lost/stolen ID is authorized.



## RIA CAC/ID Office COVID-19 Impact

Afternoon appointments for issuing CAC/ID cards have been suspended till further notice. The office is under the Directorate of Human Resources in Building 56, and has contacted (or is contacting) the individuals that have/had afternoon appointments, to inform them to walk-in between the hours of 7 a.m. – Noon. The CAC/ID card office will service personnel whose cards are within 90 days of expiration, no appointment required. The hours of operations are 7 a.m. - Noon, Monday - Friday. Military personnel appointments will be on the same schedule on a by-appointment basis. Exceptions will be made for lost or stolen ID cards or those who need updates for medical benefits reasons. For questions/concerns please contact the Identification Office at 309-782-0596 or [usarmy.ria.usag.mbx.military-personnel-division@mail.mil](mailto:usarmy.ria.usag.mbx.military-personnel-division@mail.mil).



## CACs May Be Updated Online Through Sept. 30

Army personnel whose Common Access Cards are expiring between now and Sept. 30 may update their cards online. Eligible card-holders may log onto ID Card Office Online at [https://pki.dmdc.osd.mil/self\\_service](https://pki.dmdc.osd.mil/self_service) to update the certificates on their CACs, Uniformed Services ID Card, and Volunteer Logical Access Credentials within 30 days of the expiration date. The temporary changes were approved by the DOD April 16 as a safety measure during the coronavirus pandemic. "The continued operation of ID card facilities is an essential DOD mission," said Michael C. Klemowski, chief, Soldier Programs Branch, Soldier Programs and Services Division, Installation Management Command. "We can help maintain health and safety standards by reducing the number of visits to ID card offices for basic actions such as renewing expiring credentials," he said. Without the change, users who are teleworking would lose access to DOD networks, systems and email, and would be required to visit a DOD ID card office in person for a new card. Card-holders who have updated their cards online will maintain access to the gates and post facilities, such as The Exchange/Commissary, and Family and Morale, Welfare and Recreation programs. ID cards may be updated online within 30 days of expiration. For example, a card expiring May 30 may be updated no sooner than May 1. Online updates will not work for cards that already have expired. The new measures are in place through Sept. 30 and may be extended depending on the scope of the coronavirus national health emergency, according to the DOD. For additional information, including step-by-step instructions, visit <https://www.cac.mil/coronavirus>. (More: [www.defense.gov/Explore/Features/Story/article/2160627](https://www.defense.gov/Explore/Features/Story/article/2160627))

## ASC Chaplain's Office Offers Chaplain Devotionals

I would like to offer a chaplain devotional to ASC/RIA team members via email each Monday and Thursday. Each devotional will largely consist of a historical example of the difference faith makes with a prayer corresponding to the challenges of our time. Both will be short but, I pray, meaningful. If you would like to receive this via email each Monday and Thursday, please opt in by simply sending Sgt. First Class Lakeithia Thomas, [lakeithia.m.thomas.mil@mail.mil](mailto:lakeithia.m.thomas.mil@mail.mil), an email with the words "Opt In" in the subject line. Thank you and God bless you for all you do for ASC, the Army, and our great country.



## RIA SHARP COVID-19 Impact

Questions can go the USAG victim advocate, Linda Robertson, at 309-782-1455. Due to our current operating environment, there is limited staffing of the RIA SHARP office in Building 110. For support & assistance, please use the information below to contact a member of our RIA SHARP team and we will ensure care is provided promptly.



- 24/7 RIA SHARP Hotline: 309-229-8412
- RIA Lead SARC, SFC(P) April Taylor: [april.d.taylor39.mil@mail.mil](mailto:april.d.taylor39.mil@mail.mil)
- RIA Victim Advocate, Linda Robertson: [linda.m.robertson.civ@mail.mil](mailto:linda.m.robertson.civ@mail.mil)
- General inquiries: [usarmy.ria.asc.mbx.sharp@mail.mil](mailto:usarmy.ria.asc.mbx.sharp@mail.mil)

### Navy Operational Support Center Rock Island, COVID-19 Impact

In light of Rock Island Arsenal at HPCON C only mission essential members will be allowed to come to the NOSC. The staff will be teleworking. The NOSC CDO will be at the NOSC to answer questions and direct calls to the proper location. The NOSC will be open its normal hours, 7:30 a.m. – 4 p.m.

- NOSC Main Phone Line: 309-782-6084
- Command Duty Officer/After Hours: 309-737-7731



### Rock Island Arsenal Museum Closure

The Rock Island Arsenal Museum closed effective March 18 until further notice.

### Mississippi River Visitor Center Closure, Other Corps Closures

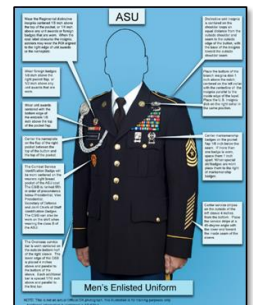
As some states begin to relax their "stay at home" orders, this is a reminder that per U.S. Army Corps of Engineers Headquarters guidance, all Rock Island District recreation areas are to remain closed through **Sunday, May 31**. These closures include recreation areas at the Mississippi River Visitor Center located at the west end of Arsenal Island at Locks and Dam 15, Saylorsville Lake, Lake Red Rock, Coralville Lake, and along the Mississippi River and Illinois Waterway. Reservations for camping after June 1 can be made here [www.recreation.gov](http://www.recreation.gov). For questions regarding current or future reservations, click here: [www.recreation.gov/contact-us](http://www.recreation.gov/contact-us). For more information on these closures, click here <https://go.usa.gov/xvDMx>. Boat ramps with separate access gates or those areas which only contain a boat ramp are still open for use. Public restroom facilities at these sites are closed. Details about specific ramps at various projects across the District can be found online at: [www.mvr.usace.army.mil/Missions/Recreation](http://www.mvr.usace.army.mil/Missions/Recreation). The Corps is seeking the help of the public by asking that visitors take their trash with them when they are visiting our open recreation areas. We are currently running on limited staff during the COVID-19 pandemic and would like also limit their exposure where we can. By working together on this plan everyone will be able to benefit from the areas staying open. The Corps will continue to monitor the situation and will make changes as needed. Pack it in, pack it out!



### VIOS Schedule for June

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **June 15-19**. *Due to COVID-19 response, we will not have a DA Photo week in May. All appointments have been cancelled for May in VIOS. Appointments for June 15-19 and July 20-24 are available in VIOS.*

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the Visual Information Ordering Site for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site <https://vios.army.mil> for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and





shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the RIA VIOS website <https://vios.army.mil>. Contact us for help: 309-782-2843.

### **USO Closed As Part of COVID-19 Control Measures**

Due to the COVID-19 outbreak USO Rock Island has “suspended operations,” until further notice in order to maintain safe environments and avoid unnecessary risks of exposure. USO will evaluate conditions on a weekly basis and will reopen as soon as possible. We remain committed to responsibly supporting our service members and their families across the U.S. and overseas. If you should have any questions, please contact Jackie Inman, USO Rock Island Center Manager at [jinman@uso.org](mailto:jinman@uso.org).



### **R.I.A. Federal Credit Union Temporarily Closes Locations, Limits Branch Transactions to Drive-Up Only**

As our communities mobilize for the well-being of our families and neighbors, we have temporarily adjusted our in-person services. We have taken the precautionary step to temporarily suspend face-to-face lobby services in our branches effective March 17. All drive-ups are still available during regular hours and offer most banking services. The following locations are closed for the immediate future as they are without drive-up lanes:

- Moline Hy-Vee Branch
- Silvis Hy-Vee Branch
- Rock Island Arsenal Branch
- Ft. McCoy, Wisconsin Branch

If you have concerns, please contact us. Our member contact center is available to provide phone support by calling 563-355-3800. Our mobile and online banking platforms will allow members to access their accounts, make transfers, process payments, pay their bills, and deposit checks. We are working on plans and programs to help members who are affected financially by the recent events. R.I.A. will provide ongoing updates on our website. Our goal is to keep business running seamlessly and to provide excellent service and support to our members. Our number one priority is the health and safety of our employees, members, and communities we serve.

### **RIA-Wide Commander's Ready and Resilient Council (CR2C) Bi-Annual Community Strengths and Themes Assessment (CSTA) 2020**

The Rock Island Arsenal Commander's Ready and Resilient Council (CR2C) is conducting a comprehensive [Community Strengths and Themes Assessment \(CSTA\)](#) to assess communities for health risk factors and needs. It is designed to capture the pulse of community member's thoughts on quality of life, health, safety, and satisfaction within the environment of an Army installation. The [CSTA](#) ensures that the community's perceptions of health and wellness are included in the identification of priorities for the CR2C. The [CSTA](#) is a holistic approach to assessing the community's perceptions of health, health-related concerns, and availability of programs and services to meet their needs. The survey can be accessed during the period **March 1 – May 29**. The responses to this Survey will provide the opinions and values of the population. This information will be combined with the perspectives of the senior leaders, service providers and subject matter experts on the Council to inform the CR2C's



Strategic Plan. Every voice counts, and this survey is open to all members of Team Rock Island, including service members, family members, civilians, contractors, and defense and federal partners, retirees and their family members. The results of the survey are anonymous, and no effort will be made to identify any individual. The [CSTA](#) is part of the Army Public Health Practice and is not intended as scientific research. Those having issues with the survey or have questions regarding the survey should be referred to the RSA Health Promotion Officer, Warnie Stokes at 256-450-8979 or [warnie.b.stokes.ctr@mail.mil](mailto:warnie.b.stokes.ctr@mail.mil) or the RSA Health Promotion Program Assistant, Rochelle Allen at 450-9426 or [rochelle.s.allen.ctr@mail.mil](mailto:rochelle.s.allen.ctr@mail.mil). (Survey: <https://go.usa.gov/xdwcX>)

## **Arsenal Island Employee Local Discounts**

*The impact and availability of products and services at these vendors in light of COVID-19 is unknown. It is recommended that employees contact the business to get details.*

*The following discounts are exclusively available to Arsenal Island employees — Contents of the Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army.*

- **Bayside Bistro**, 1105 Christie Street, Davenport, offering a 10% discount to active, retired, reserve and National Guard members and government civilians on all menu items.
- **Pillar Equipment**, 2001 5th Street, STE 40 in Silvis, Illinois, offering \$100 off on new Kubota mowers and up to \$500 off on select new Kubota tractors for Farmer Veteran Coalition members; this is a free membership. See [www.kubotausa.com](http://www.kubotausa.com) or [www.myorangetractor.com](http://www.myorangetractor.com) for details.
- **Boozie's Bar and Grill**, downtown Davenport, offering 15% discount on your food with a valid ID to all active military, reserves, retirees, and veterans. Just ask the server for your discount.
- **Zeke's Island**, 842 Middle Road, Bettendorf, receive \$2 off your order. Just show your Arsenal badge. You may also order online at [zekeislandcafe.com](http://zekeislandcafe.com) enter 21375 for your discount.
- **Urban Farmhouse Moline**, 1209 4th Ave., Moline, show your badge to receive 10% off your purchase.
- **Antonella's II**, 421 river drive, in Davenport, offering a 20% discount to all military services active or reserves, seniors and their immediate families on all menu items (must have ID).
- **QC Wellness Group**, 2220 E 53rd Street, Davenport, discounted chiropractic care to all active duty, reserves, and veterans.
- **R.I.A. Federal Credit Union**, Building 61, Arsenal employees get \$25 when you open up a new member checking and savings account at our branch; active duty members and veterans get \$100 when you open a new member checking and savings account.

*This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

# Arsenal Traffic/Construction



## **Closure Notice to Replace Curb, Gutter and Sidewalk on Rodman Avenue**

Effective May 18, the Directorate of Public Works began work on the curb, gutter, and sidewalk repair on the north side of Rodman Avenue between Gillespie and 2nd Street. The work includes concrete tear out and replacement. Work began at 2nd Street and move towards Gillespie. The north lane will be closed to vehicles intermittently and the sidewalk is closed to pedestrians during construction. Signage is placed for safety and to direct traffic. The project is anticipated to be completed by **Friday, June 26**, but may be extended due to weather or other unforeseen issues.

## **RIA Visitor Control Center Temporary Hours**

Effective April 16, the operating hours of the RIA Visitor Control Center located at the Moline Gate changed from 6 a.m. - 3:30 p.m. to **7 a.m. - 3 p.m.**, Monday through Friday, and is closed on weekends. These hours reflect a limited schedule that will end with other COVID-19 restrictions. Other COVID-19 impacts and details are accessible off of the RIA Garrison website at <https://home.army.mil/ria>.

## **Storm Sewer Improvements South Side Building 212**

Effective April 6, the Directorate of Public began work on storm sewer improvements on the south side of Building 212. The work consists of the installation of new storm sewer pipe, inlets and curb and gutter. Work is proceeding from west to east along the project area. The pedestrian gate will remain open during construction. The work is expected to **last 60 days** depending on weather. Please use caution when traveling near the area.

## **Arsenal Annual Passes Suspended, Limits Most Access to Official Business**

Reminder that effective March 25, Rock Island Arsenal suspended all current year-long passes and made other changes limiting access to the Arsenal. These changes were made to limit the opportunity for COVID-19 transmission. Until further notice, no one-year passes will be issued. The Visitor Control Center will remain open Monday through Friday, but will close on Saturday and Sunday. Thirty-day passes for new contractors and others conducting official business will be issued at the installation's access control points. Effective March 25, the Arsenal closed to non-official visitors and recreational visitors. Exceptions include authorized persons with identification who are allowed use of the Commissary and the Exchange, those making use of the Rock Island Arsenal Health Clinic and visitors to residential quarters.

- The Commissary and the Exchange remain open: the Commissary's first two hours on Tuesdays and Thursdays are reserved for older customers.
- The Health Clinic remains open – all visitors must use the main entrance.
- The Visitor Control Center will be closed Saturday and Sunday as above.

For additional details about activity closures and other COVID 19 control efforts at RIA are available at the Arsenal's local impacts website here:

<https://homeadmin.army.mil/ria/index.php/about/Garrison/public-affairs/covid19-closures>



## **COVIDS-19 "No Touch" Policy at Access Control Points**

Rock Island Arsenal has taken precautionary measures to protect the health of the force and maintain operational readiness. We will continue to evaluate current day-to-day operations to ensure the safety of our Soldiers, family members, civilian personnel, and community members who are eligible to be on RIA. Out of an abundance of caution, Rock Island Arsenal implemented the following procedures at all Access Control Points.

- Security guards at the Access Control Points will no longer "touch" identification cards or approved post access paperwork.
- Personnel entering Rock Island Arsenal must continue to use proper procedures for access; however, the guards will no longer have physical contact with identification cards or paperwork.
- When vehicle operators enter the ACP lane, DASGs will ask the vehicle operator to hold the ID/Pass so they can visually verify the ID holder to the photo and then ask the ID holder to flip the card to allow the DASG to scan appropriate bar code with the hand held scanner.
- In the event the vehicle has multiple occupants, the DASG will have the vehicle operator roll down the driver side windows (front and back) collect all IDs/Passes and each ID/Pass will be verified and scanned separately.
- DASGs will not reach inside the vehicles or lean into vehicles, so all passengers will need to position themselves where the DASGs can easily verify their identities.

You can take routine steps to help prevent the spread of the COVID-19. Regularly washing your hands with soap and water for at least 20 seconds, avoiding contact with those who have been sick, going to the doctor when you feel ill, and disinfecting frequently touched surfaces. These simple actions will safeguard our operational readiness and help protect the Rock Island Arsenal workforce and QCA communities.

## **Gate Hours**

Hours of operation for Rock Island Arsenal gates are as follows:

- Moline Gate
  - Open 7 days a week, 24 hours a day
- Rock Island Gate:
  - Monday - Friday: 5:30 a.m. - 10:30 p.m. with Outbound traffic only from 10:30 p.m. - midnight
  - Saturday: 8 a.m. - 9 p.m.
  - Sunday: 8 a.m. - 9 p.m.
- Davenport Gate:
  - Monday - Friday: Inbound - Closed
  - Monday - Friday: Outbound - 2-5:30 p.m.
  - Saturday: Closed
  - Sunday: Closed

## Building/Space Closures



*There are no announcements at this time.*

## Active Duty/Reserve Zone



### **Stay Safe during Moving of Household Goods**

The U.S. Transportation Command Defense Personal Property Directorate highlighted the Department of Defense's commitment to keeping customers safe during moving and storage services in an email dated May 22. The DoD has directed that moving personnel adhere to Centers for Disease Control and Prevention protocols regarding health protection while working in a person's home, the email said. Measures include wearing face coverings, minimizing crew size, routinely cleaning frequently-touched surfaces and practicing good hand hygiene, according to the email. Individuals and families who are moving must also comply with CDC protocols and are asked to limit the number of family members in the residence to those needed to supervise the move. (More: [www.army.mil/article/235964](http://www.army.mil/article/235964))

### **AER Expands Assistance Eligibility for Guard, Reserve**

The Army Emergency Relief program recently expanded its assistance eligibility for Army National Guard and Reserve Soldiers impacted by COVID-19 missions or policy. Reserve and National Guard personnel mobilized in support of COVID-19 relief efforts can now request AER support upon Title 10 or Title 32 activation, said retired Lt. Gen. Ray Mason, the program's director. Soldiers can also receive AER assistance for up to 30 days after deactivation, as necessary. Mason said that under routine eligibility, Guard and Reserve personnel must be activated on orders for 30 or more consecutive days to receive AER assistance. This requirement is often waived during a natural disaster or national emergency to support a Soldier's combat readiness through financial stability. (More: [www.army.mil/article/235991](http://www.army.mil/article/235991))

### **RIA Army Emergency Relief Operations during COVID-19**

The Rock Island Arsenal Army Emergency Relief section stands ready to serve Soldiers, Family members, Retirees, and survivor throughout the duration of COVID-19 restrictions. Due to local guidance to limit face-to-face interactions, AER has established an electronic process for Soldiers. Soldiers may submit assistance requests via email and secure electronic document submission.

Eligibility for AER Assistance:

- Soldiers on active duty and their eligible Family members.
- Soldiers retired from active duty because of longevity and their Families.
- Retired Army Reserve and National Guard Soldiers receiving retired pay and their Family members.
- Medically retired Soldiers and their dependents, including both those placed on the Permanent Disability Retired List (PDRL) or Temporary Disability Retirement List (TDRL).

- Members of the Reserve component of the Army (National Guard and Army Reserve under Title 10 U.S.C) on continuous active duty for more than 30 consecutive days and their eligible Family members.

All financial assistance requests will be processed via telephone and email. If you are experiencing a financial situation, please contact Travis Phillis, AER Officer, at 309-782-0815 or by email at [travis.j.phillis.civ@mail.mil](mailto:travis.j.phillis.civ@mail.mil).

### Free Tax Software, Support Available For Soldiers, Families

With the tax season upon us, service members and their families can access free tax-filing software and consultations to help them navigate the task of submitting their annual taxes. Military members and their families can visit the Military OneSource website or call 1-800-342-9647 for the no-cost "MilTax" software, explained Erika Slaton, a program analyst with Military OneSource. The Defense Department recognizes that military members and their families have unique filing situations with deployments, relocations and various deductions and credits, she said. The MilTax software, previously known as "Military OneSource Tax Services," was created with the military situation in mind, Slaton said. (More: [www.army.mil/article/181811](http://www.army.mil/article/181811))



**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>

### RIA Virtual Safety and Wellness Stand Down

The Arsenal Island workforce is invited to RIA's Virtual Spring/Summer Safety and Wellness Stand Down event on **Thursday, June 4**, 10:30 a.m. – 1:30 p.m., virtually via Commercial Virtual Remote (CVR) environment using Microsoft Teams (MSTeams). Reference the email message sent to the workforce to activate your CVR using MSTeams account. Why are we doing this?

- To take a break from isolation and safely connect/check-in with others, live or via chat.
- Learn about various safety and wellness topics as well as services that are available to you and your family.
- Show your commitment to safety and wellness.
- Take part of RIA's groundbreaking first, Virtual Safety and Wellness Stand Down event.

Representatives from participating commands and organizations will be ready to greet you live or via chat or will have information for you to download and keep as you visit their respective channels/booths. If you or your organization would like a channel/booth, simply reply to the below POC and additional information will be sent to you. We hope you support this effort by...

- First activating your CVR using MSTeams account (don't delay... accounts that have yet to be activated will be deactivated).
- Calendar in and spread the word of the event.
- Represent your command or organization by reserving a channel/booth.
- Tune in for updates and additional information in the coming weeks.

POC is Faith Killian, Garrison Safety Office, [faith.m.killian.civ@mail.mil](mailto:faith.m.killian.civ@mail.mil)



## June is National Safety Month

The U.S. Army observes national Safety Month, promoted by the National Safety Council, annually in June. This observance focuses on reducing leading causes of fatalities, injuries, and illnesses for the service members and employees while on duty, off duty, while driving the nation's roads and highways, and while in the comfort of their homes and communities. This observance offers Army leaders a prime opportunity to review and revitalize their accident prevention efforts and reengage the force on loss prevention and risk management. The U.S. Army Combat Readiness Center (USACRC) in collaboration with the Deputy Assistant Secretary of the Army and the Assistant Secretary of the Army for Installations, Energy and Environment, launches an Army-wide campaign each June to mark National Safety Month. Information and multimedia products supporting the observance are made available for download from the USACRC public website. Materials typically focus on different aspects of safety in the Army, including civilian injury prevention, ground operations, aviation operations, and motor vehicle safety. Preventable mishaps that result in injuries and fatalities reduce the Army's strength and impact combat readiness. The spring and summer months are typically the most dangerous times of year for Soldiers off duty, especially regarding mishaps involving private motor vehicles, motorcycles, and personal watercraft. Every day is critical when it comes to risk and leaders, Soldiers, Army Civilians, and Family members must work together to prevent losses within their formations, organizations, and communities. With National Safety Month, as a starting point for dialogue, leaders can establish or enhance safety programs that pay dividends throughout the year, regardless of season.

## 2020 Upcoming Motorcycle Rider Training Dates

- **Sept. 22-23: Basic Rider Course (BRC)** – Two days of (classroom & motorcycle range) rider instruction. Training motorcycles are provided.
- **Sept. 24: Experience Rider Course (ERC)** – One day of (classroom & motorcycle range) rider instruction. Bring your own motorcycle to the course. Course is for standard, touring, or cruiser motorcycles only. No sports bikes allowed.

Students must attend all sessions and pass a written and skills evaluation in order to receive credit for the course. Who can attend? Only active duty service members or any service member on orders (IDT, AT for guard/reserve).

### PPE Requirements

- Helmet: DOT approved helmet
- Eye protection: designed to meet or exceed ANSI Z87.1
- Protective clothing: long sleeve shirt or jacket, long sturdy pants
- Footwear: sturdy over the ankle footwear/boots
- Hand protection: full-fingered gloves made from leather or other abrasion-resistant material

### Students taking the Experienced Rider Course must provide the following at check-in:

- Military ID
- Valid motorcycle license or permit
- BRC Card
- Valid motorcycle registration
- Valid proof of motorcycle insurance

Note: If using a borrowed motorcycle, you must bring a signed letter from the legal owner authorizing your use of the motorcycle.

### To register for a course:

- Go to <https://imc.army.mil/airs>

- Select "Northeast" from region dropdown menu
- Select "Rock Island Arsenal" from Garrison dropdown menu
- Select "Course Needed" from Courses dropdown menu
- Stoll to the correct month on the calendar to register for the course

POC for the Motorcycle training is Tony Kruse, Garrison Safety Office, 309-782-2314 or 1380, [anthony.r.kruse.civ@army.mil](mailto:anthony.r.kruse.civ@army.mil).

# Equal Employment Opportunity Focus

**The Equal Employment Opportunity (EEO) program formulates, directs, and sustains a comprehensive effort to maximize human potential to ensure fair treatment for military personnel, family members, and civilians without regard to race, color, gender, religion, or national origin, and provide an environment free of unlawful discrimination and offensive behavior.**

## COVID-19 EEO Impact

The Garrison EEO office is providing services virtually. Please contact EEO staff at 309-782-2548.

## Asian American Pacific Islander Heritage Month

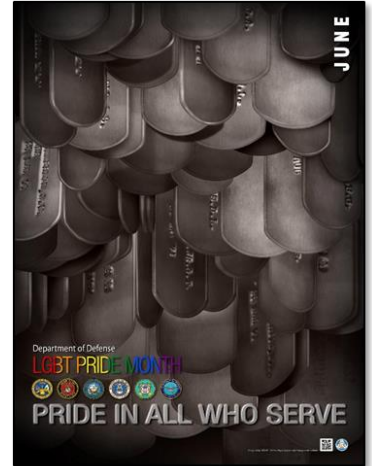
Asian American Pacific Islander Heritage Month celebrates the important contributions of individuals of Asian/Pacific Islander descent to the nation, both historically and in today's society. The month of May was chosen for this commemoration because it marks the anniversary of the arrival of the first Japanese immigrants to American on May 7, 1843, and the completion of the transcontinental railroad by predominantly Chinese laborers on May 10, 1869. The theme for 2020 is We Answered the Call! Honoring the Past, Securing the Future. The Army commemorates and celebrates the contributions of Asian and Pacific Islanders to the nation and the Army. Asian and Pacific Islander American warriors have served in America's Army since the Civil War. The 442nd Regimental Combat Team, the all Japanese-American unit from WWII, is still one of the most highly decorated units in military history. This distinguished unit earned 9,485 Purple Hearts, eight Presidential Unit Citations, and 21 of its members were awarded Medals of Honor. In October 2017, Congress awarded the Congressional Gold Medal to Filipino veterans of World War II in honor of 260,000 Filipinos who fought alongside American forces during the war. Asian American Pacific Islander Heritage Month stands as a reminder of the strength the Army has gained, and will gain, through a high-quality diverse All-Volunteer Force. The Army firmly values the principles of diversity and inclusion and continues to lead American society in maximizing the potential of future leaders from all backgrounds. Diversity makes the Army better and more equipped to meet the challenges and threats of the future. The Army continues to cultivate a climate of trust and respect to allow every Soldier to thrive and achieve their full potential. Individuals of Asian and Pacific Islander descent have historically served in the Army with great valor and distinction and continue to be critical members of the Army team. They play vital roles in today's



Army as Soldiers, Army Civilians and Family members. Nearly 59,000 Soldiers who identify as Asian American/Pacific Islander serve in the Total Force (~ 29,000 Regular Army; ~ 14,000 National Guard; ~ 15,000 Army Reserve.) The contributions and achievements of individuals of Asian/Pacific Islander descent illustrates the strength of a diverse Army. (Presidential Proclamation: [www.whitehouse.gov/presidential-actions/proclamation-asian-american-pacific-islander-heritage-month-2020](http://www.whitehouse.gov/presidential-actions/proclamation-asian-american-pacific-islander-heritage-month-2020))

## LGBT Pride Month

LGBT Pride Month commemorates the proud legacy of LGBT men and women who are the fabric of the nation and the U.S. Army. This tribute was first celebrated in 1994 and commemorates the anniversary of the June 28, 1969, Stonewall riot in New York City, that initiated the modern gay rights movement in the United States. Since repeal of its “Don’t ask, don’t tell” policy in 2011, LGBT service members serve openly and proudly and live the ideals that all are created equal and are endowed with unalienable rights to life, liberty and the pursuit of happiness. Army senior leaders are leaning forward in their commitment to make military service a model of equal opportunity for all, regardless of race, color, sex, religion, sexual orientation or national origin, or sexual orientation. The Army continues to ensure its service reflects the rich diversity of America; subsequently, enhancing its connection to the country its service members protect and live up to the American ideals and values that set an example for the world. The Army values the honorable service of all its Soldiers and strongly embraces diversity as a way to create a system that maximizes individual talents, increases morale and greatly enhances military effectiveness. Qualified and talented Americans who commit to military service in the Army must be allowed to serve without barriers unrelated to their ability to meet training and mission standards. Civilians who join the Army and qualify as Soldiers become “Soldiers for Life,” as lifelong members of the Army team that has had a positive impact with contributions worldwide that includes protecting people from discrimination. (More: [www.army.mil/standto/archive\\_2017-06-08](http://www.army.mil/standto/archive_2017-06-08))



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## 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.





### **FMWR, COVID-19 Impact**

Family and MWR Army Community Service continues to provide service via telephone and email. Child and Youth Services supports key and essential military and DA civilians with CDC and SAC services. All other MWR services, and events have been canceled until further notice.

### **Food Services, COVID-19 Impact**

Company Kitchen cafeterias in buildings 60, 350, and 212 are closed until further notice. Island Oasis Café is closed until further notice. The Lock and Dam Lounge and dining area is closed until further notice.

### **Fitness Center, COVID-19 Impact**

Fitness Center is closed until further notice.

### **Auto Skills Center, COVID-19 Impact**

The Auto Skills Center closed on March 21 in order to allow patrons to return equipment and settle bills. As soon as this facility closed, it began to be cleaned and prepared to reopen as soon as possible after lowering the installation's HPCON.

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## **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, 9 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. (email: [anna.winters@us.army.mil](mailto:anna.winters@us.army.mil)) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)**

### **Leisure Travel Office, COVID-19 Impact**

The Leisure Travel Office closed on March 21 in order to allow patrons to return equipment and settle bills. As soon as this facility closed, it began to be cleaned and prepared to reopen as soon as possible after lowering the installation's HPCON.

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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/categories/cys-services>) (Facebook: [www.facebook.com/RIACYSS](http://www.facebook.com/RIACYSS))

## Child Care Services, COVID-19 Impact

CYS, CDC, and SAC will provide child care services to only key and essential military and DA civilians effective March 25 until further notice. The CDCs and the SAC are cleaned daily, with caregivers cleaning more frequently within their classrooms and at the front desks.

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# 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, 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**.

## Upcoming Volunteer Opportunities

Are you going to be looking for a way to break free from social distancing once we are able to resume a restriction free face to face environment? Have you considered volunteering as an option to fill your socialization cup and fulfill some community support needs. We know you may not be able to show up and put in days' work right now, but you can get all your required registration, paperwork and some of the orientations done and out of the way. That way, when we are back to face to face business you won't have to wait to begin volunteering. RIA has several open volunteer positions/opportunities we are looking to fill. If you are interested in any of the following positions please contact the volunteer coordinator at 309-782-0816. You may also apply for positions on Army OneSource by clicking on the "Opportunity Locator" to find local positions. The positions we are looking to fill include but are limited to...

- **MWR Outdoor Recreation Support Assistant**



- In this position you will support the MWR outdoor recreation program by providing customer service, helping with equipment quality checks and organization, and facility organization as well as other duties.
- **MWR Marketing Assistant**
  - As a marketing assistant you will assist with print media dissemination and maintenance, facility organization, and some outreach.
- **Youth Sports Coaches**
  - Facilitate foundational learning of sports for RIA youth. This position requires a special application process and background check clearance, so getting the ball rolling now will allow for a seamless start up. See more details at <https://rockisland.armymwr.com/programs/youth-sports>
- **QC Marathon Support**
  - Looking for set up, tear down, water station, and road guard volunteers for the on Island leg of the marathon.
- **ACS Digital Outreach**
  - Assist with social media platforms to highlight program functions and initiatives.
- **ACS General Support**
  - As a generalist you will work closely with ACS staff on a variety of projects, program support, and customer service.

For additional information on volunteer opportunities please feel free to contact the volunteer coordinator at 309-782-0816.

### **ACS Summer Reading Adventure**

The Army Community Service Family Advocacy program has held the Summer Reading Adventure for several years and it has been a lot of fun holding family activities to promote togetherness and reading. Much like everything else, this year has to be different due to the COVID 19 pandemic. It is the goal of this program to bring lots of ideas to you and your family this summer to continue to encourage your kids to read, regardless of their age. The program will run from June 1 to Aug. 1 virtually through a weekly newsletter and posts on the ACS Facebook page. Each week will have a theme with suggested books and activities. Kids of all ages are encouraged to participate. Kids can still keep track of their minutes read (or being read to) to be eligible to win prizes at the end of the summer. Registration and reading logs can be requested at [Jennifer.a.kerr10.civ@mail.mil](mailto:Jennifer.a.kerr10.civ@mail.mil) or calling 309-782-3049. There is no deadline to register, but the sooner you sign up, the sooner you can start keeping track of reading minutes. Typically, every child who registers receives a free book. Every effort will be made to honor that this year, but giveaway is contingent on the operating status of the ACS office.

### **Love and Logic Classes Online**

The Family Advocacy Families First Program is providing the Love and Logic Series online through the Child Abuse Council website. Sessions 3-6 were to be held in person, but since that is not possible at this time, a virtual option is being offered. Sessions offered are: Session 3: Setting Limits Without Waging War; Session 4: Avoiding Power Struggles; Session 5: Guiding Kids to Solve Their Own Problems; and Session 6: Teaching Kids to Complete Chores... Without Reminders and Without Pay. Those interested in the classes must register through the Family Advocacy Program by calling 309-782-3049 or at [Jennifer.a.kerr10.civ@mail.mil](mailto:Jennifer.a.kerr10.civ@mail.mil). Those enrolled in CYS will receive participation points for watching the videos.



## ACS Offers "The 7 Habits of Highly Effective Families"

The Army Community Service's Family Advocacy Program has been featuring Stephen Covey's, "The 7 Habits of Highly Effective Families" during the past several weeks with videos and newsletters). This 7-week series is meant to engage families in a program of self-discovery, principle-centered approach that empowers and strengthens our Army Families. Each week a different habit will be featured through a video and newsletter. This is part of ACS's overall effort to support our RIA community during this time. The best way to stay connected to these efforts is to like and follow the ACS Facebook page at [www.facebook.com/RIAACS](http://www.facebook.com/RIAACS). There you will find a wealth of resources and information such as financial tips related to COVID 19, resiliency videos, and ways to keep the kids busy.

## Places and Spaces Art Showing

ACS is offering an opportunity to beat the boredom and create some beauty during social distancing. We are seeking art submissions from Arsenal families (military and civilian) using the theme, Places and Spaces of the Quad Cities and Rock Island Arsenal from the view inside or outside your window. Simply create a piece of art using your window view as your inspiration. We will be taking these collective works and coordinating a gallery showing at the Rock Island Arsenal Museum. We will also accept replicas of internet images of area specific places and spaces. We are also asking for kids under 8 to submit a coloring page of their choosing to be displayed as well. Share photos of your work in progress to our [FB page](#) and earn Virtual Family Connection participation points. For more information on this event and the Virtual Family Connection Initiative contact ACS by messaging us through our [FB page](#) at [www.facebook.com/events/212453743338746](http://www.facebook.com/events/212453743338746) Art submissions will include...

- Paintings
- Sculptures (must be moved by artist)
- Drawings
- Photographs
- Collages
- Graphic Designs

Also accepting replicas of internet images of area specific places and spaces. As well as coloring pages for kids 8 and under (the pages are of their choosing). Submissions will be displayed at the RIA Museum. Submission deadline is **Tuesday, June 1**. Upload photos of your work in progress to the [ACS Facebook page](#) to earn points as part of our ACS Virtual Family Connection Initiative.

## A Message from Your Installation Prevention Team (IPT) and Family Advocacy Program (FAP)

Social distancing and isolation can strain any relationship, and they can make bad situations worse. If you or someone you know is suffering or does not feel safe at home for any reason, dedicated professionals are continuing to offer support through hotlines and online resources such as the National Domestic Violence Hotline, 1-800-799-7233 or thehotline.org. Local resources are also



available. The Rock Island Arsenal's Family Advocacy Program Domestic Abuse Crisis Line, 309-912-6089, is answered 24/7 for those who need someone to talk to. Individuals may also visit the Domestic Abuse Victim Advocacy Program's website at:

<https://rockisland.armymwr.com/programs/victim-advocacy-program> for information on reporting options and safety planning. Family Resources continues to answer their crisis line and offers shelter for residents of both Iowa and Illinois who are experiencing abuse. Their toll free phone number is 866-921-3354. POC: Jenny Kerr, family advocacy program manager, [jennifer.a.kerr10.civ@mail.mil](mailto:jennifer.a.kerr10.civ@mail.mil), 309-782-3049.

### **Military Spouse Sponsorship**

Army Community Service is looking for military spouses to be sponsors for other military spouses. Receive training and resources to help you assist them with connecting to information and resources that will reduce the stress associated with the rigors of PCSing. In addition to giving back to your fellow spouses you will earn volunteer hours as a registered ACS volunteer. To sign up contact ACS at 309-782-0829 or send us a message on Facebook at [www.facebook.com/RIAACS](https://www.facebook.com/RIAACS).

### **Army Community Service Status Update**

Due to the current situation Army Community Service (ACS) will not be open to the public until further notice. ACS will continue to provide services via telephone, email and social media. We do not want to lose touch with our RIA Family. So please reach out to us. For information and assistance please call:

- ACS Director, Tere Seibert at 309-782-0828
- Family Advocacy, Jenny Kerr at 309-782-3049
- Financial Readiness, Employment Readiness and Army Emergency Relief (AER), Travis Phillis at 309-782-0815
- Exceptional Family Member Program (EFMP), Jan Saito at 309-782-4736
- Relocation Readiness, Army Volunteer Corp or Army Family Action Plan, Chassity Morse at 309-782-0816
- Domestic Violence Victim Advocacy 24/7 assistance, Sam Mathew at 309-912-6089

We know that this is inconvenient, but we want to ensure the health and safety of you and our staff. Please feel free to message me if you need assistance, but do not know who to reach out to.

### **Newcomer's Orientation**

Until further notice the Newcomer's Orientation is cancelled. If you have question please contact the Relocation Readiness Program at 309-782-0816.

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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 skis and snowboards to campers and canoes, we have you covered. Office Hours: Monday through Friday, 8:15 a.m. – 4 p.m., Bldg. 333, Phone: 309-782-8630. (email: [robert.l.lampert.naf@mail.mil](mailto:robert.l.lampert.naf@mail.mil)), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>

## Outdoor Recreation, COVID-19 Impact

Outdoor Recreation closed on March 21 in order to allow patrons to return equipment and settle bills. As soon as this facility closed, it began to be cleaned and prepared to reopen as soon as possible after lowering the installation's HPCON.

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

## Using Mobile Mental Health Apps to Cope During Social Isolation

Living through a global pandemic while adapting to new circumstances, like social distancing, can cause distress in anyone. “We all need social connection, and being separated can make people feel more isolated and lead to depressive symptoms like low mood, poor concentration, lack of or too much sleep,” said Kelly Blasko, a clinical psychologist at the Defense Health Agency. “It is easy to feel overwhelmed, and that can lead to other mental health concerns such as anxiety and worry.” Addressing mental health issues early can prevent potential problems down the line. “We need to look at medical readiness holistically with mental health as just one aspect of overall health,” said Blasko. “Just like preventive measures are used to reduce the chances of a physical injury, there are preventive measures to reduce the chances of poor mental health.” (More: <https://health.mil/News/Articles/2020/05/22/Using-mobile-mental-health-apps-to-cope-during-social-isolation>)

## **Proclamation on National Mental Health Awareness Month**

This year, National Mental Health Awareness Month coincides with one of the most complex and challenging periods in our Nation's recent history — combatting the coronavirus pandemic. Not only has the virus caused immense physical suffering and loss for many people, it has also resulted in mental and emotional hardship. The stress and worry over the health and safety of family and friends, forced isolation, and financial distress can all result in anxiety, depression, substance misuse and abuse, and, tragically, even suicide. There is no question this is a difficult and unprecedented time for Americans. Yet, we know that there are ways to help people cope during these uncertain times, and we are committed to caring for those in need. (More:

[www.whitehouse.gov/presidential-actions/proclamation-national-mental-health-awareness-month-2020](http://www.whitehouse.gov/presidential-actions/proclamation-national-mental-health-awareness-month-2020))

## **Army Substance Abuse Program, Employee Assistance Program Services Remain Available To Assist You**

Due to our current operating environment, the Army Substance Abuse Program and Employee Assistance Program staff are teleworking. EAP counseling and consultation services continue to be provided through the COVID-19 pandemic; however, those services will be provided via email, phone call, or virtually. For support and assistance, please use the information below to contact a member of our RIA ASAP or EAP team members and we will ensure attention and care is provided promptly.

- Lori Griffin, chief asap and EAP counselor: [lori.j.griffin2.civ@mail.mil](mailto:lori.j.griffin2.civ@mail.mil), 309-782-2551
- Bob Donohoo, EAP counselor: [robert.w.donohoo.civ@mail.mil](mailto:robert.w.donohoo.civ@mail.mil), 309-782-2552
- Earlyn Conway, drug test program manager, [earlyn.conway.civ@mail.mil](mailto:earlyn.conway.civ@mail.mil), 309-782-3827
- Jay Nichols, drug test program coordinator, [jay.d.nichols12.civ@mail.mil](mailto:jay.d.nichols12.civ@mail.mil), 309-782-2555
- Adrianna Rubio, contractor, prevention coordinator, [adrianna.i.rubio.ctr@mail.mil](mailto:adrianna.i.rubio.ctr@mail.mil), 309-782-2053

MEDCOM has launched a 24-hour Army COVID-19 Hotline (1-800-984-8523), which gives trusted COVID-19 information sources and answers questions. The OCONUS DSN number is 312-421-3700. An associated article can be found at:

<https://health.mil/News/Articles/2020/03/23/A-full-nights-sleep-could-be-the-best-defense-against-COVID-19>

## **ASAP Guest Speaker Events to Be Rescheduled**

The Army Substance Abuse Program (ASAP) had scheduled events that are now in the process of being rescheduled. These events are going to be rescheduled to later dates due to current COVID 19 situation.

- Substance Abuse Awareness Guest Speaker Event (previously scheduled for March 23)
- Suicide Prevention Guest Speaker Event (previously scheduled for March 25)

Some promotional and awareness announcements and flyers had been previously circulated, please disregard until new information is made available.

## **Emotional Intelligence**

Emotional intelligence (EI) is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people. Register on TEDs, or call 309-782-0965. **(June 4)**



## Real Colors

Real Colors training provides users with an effective tool for understanding human behavior, for uncovering motivators specific to each color temperament and for improving communication skills. Register on TEDs, or call 309-782-0965. **(June 10)**

## Working with You Is Killing Me

The workplace can be a volatile environment where people can sometimes rub each other the wrong way. This class will help you manage challenging relationships and take control of what you can control in the workplace: You! Register on TEDs, or call 309-782-0965. **(Aug. 13)**

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## 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. Please visit our website to learn more: <https://home.army.mil/ria/index.php/my-fort/all-services/continuing-education-services>

*There are no announcements at this time.*

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## Defense Commissary Agency / Exchange



The Rock Island Commissary, [www.commissaries.com/shopping/store-locations/rock-island-arsenal](http://www.commissaries.com/shopping/store-locations/rock-island-arsenal), and the Exchange, [www.shopmyexchange.com/exchange-stores/United%20States/IL/Rock%20Island/Rock-Island-Arsenal-9999912](http://www.shopmyexchange.com/exchange-stores/United%20States/IL/Rock%20Island/Rock-Island-Arsenal-9999912), are for active duty military, retirees, and service-connected disabled veterans only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. Check out local specials and get POC information here: [www.commissaries.com/shopping/store-locations/rock-island-arsenal](http://www.commissaries.com/shopping/store-locations/rock-island-arsenal). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) (Facebook: [www.facebook.com/YourCommissary](https://www.facebook.com/YourCommissary))

If you would like to be placed on our email contact list to receive periodic information on events happening at your Rock Island Arsenal Commissary, please email us at: [rockisland@deca.mil](mailto:rockisland@deca.mil) and type 'Subscribe' in the subject line.

## Officials Forecast No Meat, Produce Shortages in Commissaries

Reports of COVID-19 outbreaks in U.S. poultry and meatpacking plants may have concerned some defense commissary shoppers about the continued availability of fresh meat and poultry. Veterinary health officials with the Department of Defense and Army Public Health Center who are charged with monitoring food safety and food supply for the DOD and Army say although there may be localized supply issues outside of the continental United States, there are no forecasted shortages of meat, poultry or produce. “The Army Veterinary Service is working closely with the Defense Commissary Agency, the Defense Logistics Agency and other procurement agencies to expand the available sources of food said Army Col. Nicole Chevalier, Defense Health Agency Veterinary Service chief. “This appears to be mitigating any potential shortages.” (More: [www.army.mil/article/235771](http://www.army.mil/article/235771))

## Army & Air Force Exchange Service Extends Refund Policy Amid COVID-19 Pandemic

For military shoppers who need to make a return but are hesitant to visit a store during the COVID-19 pandemic, the Army & Air Force Exchange Service is extending its return policy. All purchases made since March 16, 2020, are eligible for returns through **July 1, 2020**. “While extensive preventive measures have been implemented at our stores to keep the military community safe, we understand that some shoppers may not feel comfortable going to a public place at this time,” said Air Force Chief Master Sgt. Luis Reyes, the Exchange senior enlisted advisor. “Extending the return window gives military shoppers peace of mind.” The extended return policy applies only to items purchased in brick-and-mortar Exchanges. Since items ordered online can be mailed back, there is no extended return policy for online orders. (More: <https://publicaffairs-sme.com/ExchangePost/2020/04/16/army-air-force-exchange-service-extends-refund-policy-amid-covid-19-pandemic>)

## Guidance Requires Employees, Customers to Have a Face Covering to Enter Commissaries, Exchanges

*The guidance released below requiring employees and customers to have a face covering applies not only to the Rock Island Arsenal Commissary, but to The Exchange as well. As stated in the release below, this was effective April 10.*

Effective today, patrons and store employees at all commissaries are required to wear face masks, as further safety measures are increased to help slow the spread of COVID-19. The instruction was released by the Defense Commissary Agency, or DeCA, and applies to all agency stores and other facilities worldwide where no local directive has yet been issued, retired Rear Adm. Robert J. Bianchi, Defense Department special assistant for commissary operations, said in a statement.

However, if local commanders have already issued a directive to require face coverings in their commissaries, the new order will not supersede their guidance, Bianchi said. “Many bases have already imposed this requirement, but at locations where there is no guidance, this is the protection of our employees and our customers.” This policy reinforces the commissaries’ mission as being vital to military sustainment and readiness, said Army Lt. Col. Angela Parham, DeCA’s health and safety director. (More: [www.army.mil/article/234461](http://www.army.mil/article/234461))



## **RIA Exchange Adjusts Hours**

The Exchange at RIA adjusted their hours, until further notice. The hours are:

- Monday- Friday: 9 a.m. – 5 p.m.
- Saturday: 11 a.m. – 3 p.m.
- Sunday: Closed

The Exchange can be contacted at 309-788-4940.

## **RIA Commissary and Exchange COVID-19, HPCON Charlie Impact**

The Commissary and Exchange is open to all eligible patrons that can access the installation (active duty military, reservists, retirees, and service-connected disabled veterans). At the gates, under HPCON C the Arsenal reserves the right to keep non-essential personnel off the Island, gate personnel are currently allowing dependents and others access. This could change at any time, and is likely to change if the Department of Defense announces that bases are moving to HPCON D. Reminder Rock Island Arsenal suspended all current year-long passes and made other changes limiting access to the Arsenal. These changes were made to limit the opportunity for COVID-19 transmission. The Commissary changes reflect a number of moves made by the Defense Commissary Agency (DECA) after the onset of COVID-19 concerns. These changes include:

- The maximum occupancy at the Commissary is now limited to 20 patrons inside the facility at any given time.
- 100-percent ID card check at all commissaries, so that only authorized customers will be able to shop. While this policy is in effect visitors will not be allowed to enter the commissary. This is designed help with social distancing and crowd control. Children under 10 with their parents do not require an ID card.
- The hours of 8 a.m. to 10 a.m. on Tuesdays and Thursdays are reserved for senior shoppers who may be more vulnerable to COVID-19.
- Commissary cashiers no longer handle patron ID cards in order to prevent potential customer-to-customer spread of germs. Instead, customers will be asked to hold up their ID so that commissary employees can scan them without touching them. Cashiers can use the handheld scanner if available or have the customer scan their own card.
- Patrons will use bags on site, and not bring their own bags into the store.
- Bagging is suspended and patrons must bag their own groceries.
- All commissaries suspended early bird shopping to allow more time to clean and restock the store.

Because of increases demand and to ensure that everyone has equal access to essential item, quantity limits on select items has been implemented. Items identified include antibacterial gels, wipes and sprays, hand soap, bleach, toilet paper, and tissues. Any questions or concerns, please contact us at the commissary at 309-782-4614.

## **Army & Air Force Exchange Service Encourages Customers to Limit Cash Purchases to Help Fight Spread of COVID-19**

The Army & Air Force Exchange Service is enlisting the help of military shoppers in its fight to protect Warfighters, families and installation communities from the global spread of COVID-19. In an effort to help keep point-of-sale areas as sanitary as possible, Exchanges worldwide will now ask customers to make purchases using a bank-issued credit or debit card, MILITARY STAR® card or gift card instead of cash. The initiative, which also encourages shoppers to minimize cash-back and check-cashing transactions, is expected to further strengthen existing efforts to protect authorized shoppers and Exchange associates, including disinfecting customer service and sales point areas

multiple times daily. “Paper money and coins can harbor bacteria and viruses long after they change hands,” said Air Force Chief Master Sgt. Luis Reyes, the Exchange senior enlisted advisor. “While we understand this may cause some inconvenience for customers who primarily pay with cash, we thought it best to put the health and safety of our military communities first and ask for their help in the fight to contain this virus.” (More: [www.dvidshub.net/news/365892](http://www.dvidshub.net/news/365892))

### **MILITARY STAR Offers Resources for Cardholders Affected by COVID-19 Virus**

MILITARY STAR® cardholders affected by the COVID-19 pandemic can email [MilitaryStar@aafes.com](mailto:MilitaryStar@aafes.com) for assistance with their accounts or send correspondence to:

Exchange Credit Program  
P.O. Box 650410  
Dallas, TX 75265-0410

“MILITARY STAR understands that many people are being affected directly and indirectly by the pandemic, and their well-being is of paramount concern,” said Tommy Ward, senior vice president of the Exchange Credit Program. “We’re here to support our cardholders during this challenging time.” The MILITARY STAR card is accepted at all military exchanges and commissaries. For more information, visit [MyECP.com](http://MyECP.com). (More: [www.dvidshub.net/news/365462](http://www.dvidshub.net/news/365462))

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## Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sundays and Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. (website: [www.arsenalhistoricalsociety.org](http://www.arsenalhistoricalsociety.org)) (Facebook: [www.facebook.com/RIAMuseum](https://www.facebook.com/RIAMuseum))

### **Rock Island Arsenal Museum Closure**

The Rock Island Arsenal Museum closed effective March 18 until further notice.

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## Healthbeat



### **Returning to the Workplace: Managing Mixed Emotions and Uncertainty**

COVID-19 has brought radical change to our society—for nearly two months, many of us have been working from home, limiting trips outside and keeping ourselves socially distanced. Now, as states begin to consider how to re-open and find a new normal, the ability of leaders to ensure that staff feel comfortable with the transition becomes increasingly important. “Over the past several months, we have all experienced so much change,” says Col. Deydre Teyhen, commander of the Walter Reed Army Institute of Research. “Leadership will be key to a successful transition back to the workplace. Just as leaders have taken steps to help smooth the transition to widespread telework and social distancing, it is important to take steps to ease the transition back into the workplace.” Some employees might be excited to return to the workplace and re-engage with their previous routines; others might feel apprehensive, either because of anxiety about infection or becoming accustomed to their new routine—many will feel some combination of the two. (More:



<https://health.mil/News/Articles/2020/05/20/Returning-to-the-Workplace-Managing-Mixed-Emotions-and-Uncertainty>)

### **MilTICK Makes Testing Kit Optional For Free Mail-In Army Public Health Center Program**

For more than 20 years the Army Public Health Center Tick-Borne Disease Laboratory has been offering military clinics and health care providers test kits for free identification and analysis of ticks that have been removed from human patients. This service was known as the DOD Human Tick Test Kit Program, or HTTKP, which is not the catchiest acronym. The program is expanding so that individual Department of Defense beneficiaries who have been bitten by ticks can submit their ticks directly to the Military Tick Identification/Infection Confirmation Kit, or MilTICK, program, without needing to visit a clinic or order a test kit. “Over the past several years, the MilTICK program has been expanding its capacity to identify and test ticks,” said Robyn Nadolny, APHC biologist and tick testing program coordinator. “We are rebranding to encourage greater participation in the program, with a name that is easier to say and hopefully to remember.” (More: [www.army.mil/article/235944](http://www.army.mil/article/235944))

### **Medical Maintainers Play Key Role in Army’s Response to COVID-19**

The COVID-19 pandemic has shined a bright light on health care professions around the world, including those in lifesaving care and support roles for the U.S. Army and Department of Defense. During the COVID-19 response, those tasked with maintaining complex medical devices have also put in long hours and adapted to changing mission requirements to support patients across the country and abroad. This team includes specially trained enlisted Soldiers, warrant officers, civilian employees and contractors. “First, I would like to say thank you,” said Chief Warrant Officer 5 Wendell Johnson, 670A consultant for the Army Surgeon General. “From the battlefields to the medical treatment facilities, you have performed in a way that gives the warfighter the confidence to do their mission knowing that the Military Health System will be there to support them.” (More: [www.army.mil/article/235750](http://www.army.mil/article/235750))

### **COVID-19: Lifestyle Tips to Stay Healthy During the Pandemic**

COVID-19 has changed many of our daily routines in a way no one anticipated. Many of us are at home more to minimize exposure. Isolation and being at home can illicit the temptation to eat snacks high in sodium, junk food and low-quality meals that provide instant gratification for our taste buds rather than nutrient-dense whole foods that can also be delicious. This is a challenge for many in these times of social distancing and self-isolation. A day that may have previously included many steps, physical activities like walking from your car at your workplace parking lot twice per day, shopping for groceries, outings with the family or visiting shopping mall are absent for many. With this unprecedented lifestyle shift, there is a potential for the normalization of a more sedentary lifestyle packed with activities like watching television, sitting while reading for long periods, or sitting at your computer for longer-than-usual periods of time. We must stay proactive, and in some cases creative, to maintain an active lifestyle in the era of social-distancing. Even if you are not directly affected by COVID-19, or tested positive, it no doubt has had a drastic impact on your day-to-day routine, which could negatively affect your overall health. (More: <https://www.health.mil/News/Articles/2020/05/22/COVID-19-lifestyle-tips-to-stay-healthy-during-the-pandemic>)

## **Defense Health Official Urges Personnel, Families to Wear Face Masks**

"The Department of Defense urges individuals on DOD property, installations and facilities to wear cloth face coverings when a 6-foot social distance cannot be maintained to help prevent the spread of COVID-19," Navy Cmdr. (Dr.) Cameron J.L. Nelson, chief of DHA's occupational medicine branch, said, noting that this complies with guidance disseminated by the Centers for Disease Control and Prevention. "This guidance is especially important for families and others who may need to go out in public to perform essential tasks, such as food shopping," he added. The face-covering mask can be fashioned from simple household items such as a clean T-shirt or cloth, as demonstrated in CDC's do-it-yourself guide. (More:

<https://health.mil/News/Articles/2020/04/08/Defense-Health-Official-Urges-Personnel-Families-to-Wear-Face-Masks>)

## **Keep COVID-19 Out of the Workplace**

Rock Island Arsenal Team, as the national and world-wide COVID-19 situation continues to develop, it is imperative that we take actions now to protect the Soldiers, civilians, and family members that make up the Rock Island workforce and to ensure mission assurance for the headquarters and organizations that reside on the installation. The most effective way to protect our fellow employees and ensure that our missions can continue is to keep COVID-19 out of the workplace. If you believe that you have been exposed to COVID-19 or are experiencing COVID-19 symptoms:

1. Stay home!
2. Inform your supervisor.
3. Follow the guidance from your health care provider.
4. Update your supervisor after talking to your health care provider.

If you are symptomatic or believe you may have been exposed to someone with COVID-19 and you are a:

- Uniformed Service Member: Inform your chain of command, call ahead to a local Emergency Room, and follow their guidance. Follow up with your chain of command when complete.
- Department of the Army Civilian: Inform your supervisor, call your PCM and follow their guidance. Follow up with your supervisor when complete.
- Family Member of a Uniformed Service Member: Call ahead to a local urgent care facility and follow their guidance.
- Retiree: If your PCM is at the Rock Island Arsenal Health Clinic, call ahead to a local ER and follow their guidance. If your PCM is off the installation, call them and follow their guidance.

Keep in mind that the RIAHC cannot test for COVID-19, and that by visiting the clinic you could potentially expose more people to COVID-19. When in doubt, pick up the phone first. If you are a supervisor and you receive a call from one of your Soldiers and/or DA civilians, ensure that you keep the right people in the chain of command informed, to include follow ups and updates as required. All of our commands and organizations have reporting requirements to higher headquarters, and we cannot report what we do not know. Within the work place, please pay special attention to customer service areas (e.g. front offices for each of the commands and organizations on the installation, CAC/ID Card Office, and Army Community Service facilities), points of sale locations (e.g. AAFES, Commissary, Island Oasis, and CDC/SAC front desks), and high traffic communal areas (e.g. common rooms, office refrigerators and microwaves, RIA Fitness Center, restrooms). Increase the frequency that you wipe down surfaces such as countertops, key pads, and

point of sales machines. In the fitness center thoroughly wipe down equipment after use. Clean up after yourself in the restrooms and break areas. Remember, look out for your fellow Soldiers and employees in order to protect our wellbeing and continue the mission.

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## Notes for Veterans

### **Department of Veterans' Affairs Launches 'Operation Rising Spirit'**

The Illinois Department of Veterans' Affairs (IDVA) today launched "Operation Rising Spirit," a campaign challenging service organizations, volunteers, and patriots of Illinois to raise the spirits of military veterans and the heroic staff who care for them every day at state veterans' homes in Anna, LaSalle, Manteno, and Quincy, Illinois. Illinois veterans' homes were directed to restrict visitation as part of the staunch measures implemented to slow the spread of the novel coronavirus pandemic. And every day, staff at the homes enter the frontlines to safeguard our veterans' safety and wellbeing. "Uplifting messages and displays of support from the community will help boost the morale of veterans and staff during this unprecedented time," said IDVA Director Linda Chapa LaVia. "Cards, emails, signs outside the homes, and video messages are encouraged, but I also challenge everybody to think creatively about what they can do to support veterans and staff." (More: <https://www2.illinois.gov/Pages/news-item.aspx?ReleaseID=21587>)

### **Have You Been Tested For Hepatitis C?**

#### **Practice prevention during Hepatitis Awareness Month**

May is Hepatitis Awareness Month and May 19 was Hepatitis Testing Day. Doctors recommend testing adults ages 18 through 79 for Hep C. If you haven't been tested, talk to your provider the next time you check in and ask if the test is right for you.

#### **Hepatitis prevention**

It's also important to know about the prevention for viral hepatitis, which includes hepatitis A, B and C. You can prevent infection by:

- Getting vaccinated. Vaccination is important for those at-risk including people with chronic liver disease, people who inject drugs and people experiencing homelessness. Learn about all the risk factors on [hepatitis.va.gov](https://www.hepatitis.va.gov).
- Practicing safe injection drug use. Making sure that you don't share injection equipment is very important. Talk to your provider about sterile syringe programs and safe injection practices, and visit <https://www.cdc.gov/ssp/>.
- Practicing safer sex. Hep B can spread via sex. Hep C can also be spread by sexual contact, but the risk of this is low. Ask your provider about a prescription for condoms if you need them. People at risk for sexually transmitted infections can also talk to their provider about Pre-Exposure Prophylaxis (PrEP), which can prevent HIV. Learn about PrEP at <https://www.hiv.va.gov/products/prep-patient-factsheets.asp>

View our handout to learn more about prevention: <https://www.hepatitis.va.gov/products/abcs.asp>

## **Veterans: Call Before Visiting Your VA Facility**

### **Medical appointments possible at home via VA Video Connect**

Got a fever, cold, cough or flu-like symptoms? Are you worried that you have a viral illness? The last thing you want to do is get out of the house to see the doctor, exposing yourself (and others) to more potential bugs and viruses. VA can make it easier and safer to get back to health with virtual care through My HealtheVet and the VA Video Connect app on your smartphone, tablet or computer. What is virtual care? Virtual care means you can contact your VA provider (and health care team) through secure messaging or receive treatment by telephone or video. Last year, Veterans had over 20 million virtual engagements with VA. Any Veteran who qualifies to receive VA care and lives in the U.S. is eligible to use virtual care. (More:

[www.blogs.va.gov/VAntage/72447/veterans-sick-stay-home-phone-safe-convenient-option](http://www.blogs.va.gov/VAntage/72447/veterans-sick-stay-home-phone-safe-convenient-option))

## **Veterans: Stressed Over Coronavirus?**

### **Here are VA's tips to manage your anxiety**

The COVID-19 (Coronavirus) pandemic has the potential to increase stress and anxiety, both because of the fear of catching the virus and because of uncertainty about how it will affect us. If you have PTSD, you may have stronger stress reactions than normal. Feelings of fear, anxiety, sadness and doubt are normal during a pandemic. Fortunately, there are tools and resources that can help you manage your mental health and well-being. The following suggestions may help you deal with stress during these times of uncertainty:

#### **Stay Connected**

- Seek support from family, friends, mentors, clergy and those who are in similar circumstances.
- Be flexible and creative in using phone, email, text messaging and video calls.

#### **Cultivate Ways to be More Calm**

- Realize that it is understandable to feel anxious and worried about what may happen.
- If you find that you are getting more stressed by watching the news, reduce your exposure, particularly prior to sleep.
- Practice slow, steady breathing and muscle relaxation, as well as any other actions that are calming for you (yoga, exercise, music, meditation).
- Try using the PTSD Coach mobile app, or PTSD Coach online for more stress reduction tools.

#### **Improve Your Sense of Control and Ability to Endure**

- Accept situations that cannot be changed and focus on what you can alter.
- Modify your definition of a “good day” to meet the current reality of the situation.
- Problem-solve and set achievable goals within the new circumstances in your life.

#### **Remain Hopeful**

- Consider the stressful situation in a broader context and keep a long-term perspective.
- Celebrate successes, find things to be grateful about and take satisfaction in completing tasks, even small ones.
- Give yourself small breaks from the stress of the situation by doing something you enjoy.
- Draw upon your spirituality, those who inspire you or your personal beliefs and values.

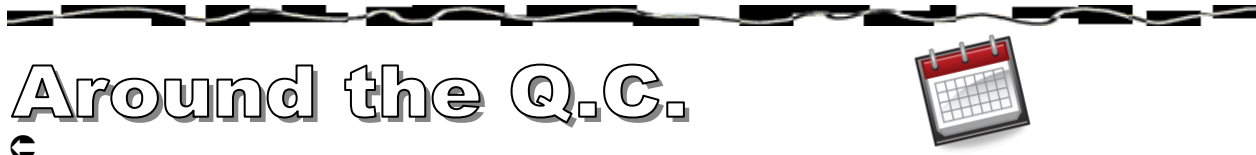
#### **Advice from Those Who Have Been In Similar Situations**

- Recognize, acknowledge and accept the reality of the situation.
- Prepare to feel overwhelmed or overly distressed. Preparation can make you feel more in control if these feelings arise and help you move through them quickly.
- If you are having a hard time making decisions, talk to a trusted family member or friend.



- Be aware that there are also behaviors that don't help. Learn more about these negative coping methods that you should avoid.
- Talk to your health care provider if your stress seems overwhelming. Sign into [MyHealtheVet](#) and send a Secure Message.

If you or someone you know is having thoughts of suicide, contact the Veterans Crisis Line to receive free, confidential support and crisis intervention available 24 hours a day, 7 days a week, 365 days a year. Call 1-800-273-8255 and press 1, text to 838255 or chat online at [VeteransCrisisLine.net/Chat](#). Recommendations for COVID-19 may change as officials learn more, so monitor the CDC for updates. For the latest VA updates on coronavirus and common-sense tips on preventing the spread of disease, visit [www.publichealth.va.gov/n-coronavirus](http://www.publichealth.va.gov/n-coronavirus).



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 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.*

**June TBA:** BE Downtown/Chalk Arts Fest (Downtown Bettendorf) More: [www.bettendorf.org](http://www.bettendorf.org)  
**June 1-6:** Quad Cities Senior Olympics (greater Quad Cities) More: <http://qcsogo.org>  
**June 5-6:** Rhubarb Festival (Aledo, Illinois) More: [www.aledomainstreet.com](http://www.aledomainstreet.com)  
**June TBA:** Gumbo Ya Ya: (Downtown Rock Island) More: [www.downtownrockisland.org](http://www.downtownrockisland.org)  
**June TBA:** Pioneer Days (Colonel Davenport House, Rock Island Arsenal) More: [www.davenporthouse.org](http://www.davenporthouse.org)  
**June 6-14:** Quad Cities Museum Week (Greater Quad Cities) More: [www.qcmuseumweek.com](http://www.qcmuseumweek.com)  
**June 21:** Ride the River Bike Ride (Davenport Riverfront) More: [www.riveraction.org](http://www.riveraction.org)  
**June 26-28:** Planet Funk Con – Comic-Con (TBK Bank Sports Complex) More: [www.planetfunkcon.com](http://www.planetfunkcon.com)  
**June 27:** Walcott City-Wide Garage Sale More: [www.facebook.com/walcottcitywidegaragesales](https://www.facebook.com/walcottcitywidegaragesales)  
**June TBA:** Quad City Air Show (Davenport Municipal Airport) More: [www.quadcityairshow.com](http://www.quadcityairshow.com)  
**July 3:** Red, White & Boom! (Rock Island and Davenport) More: [www.redwhiteandboomqc.org](http://www.redwhiteandboomqc.org)  
**July 4:** Firecracker Run & Parade (East Moline) More: [www.emmainstreet.com](http://www.emmainstreet.com)  
**July 3-4:** Bettendorf Old-Fashioned 4th of July (Bettendorf) [www.bettendorf.org](http://www.bettendorf.org)  
**July TBA:** Mississippi Valley Blues Festival (TBA) More: [www.mvbs.org](http://www.mvbs.org)  
**July 6-12:** John Deere Classic PGA Tour (TPC Deere Run, Silvis, Illinois) More: [www.johndeereclassic.com](http://www.johndeereclassic.com)  
**July 11-15:** Mercer County Fair (Fairgrounds, Aledo, Illinois) More: [www.mercercountyfair.org](http://www.mercercountyfair.org)  
**July 9-11:** Walcott Truckers Jamboree (Iowa 80 Truckstop, Walcott, Iowa) More: [www.truckersjamboree.com](http://www.truckersjamboree.com)  
**July 14-18:** Rock Island County Fair (East Moline) More: [www.rockislandfair.org](http://www.rockislandfair.org)  
**July 17-18:** Walcott Day Celebrates Mardi Gras (Walcott, Iowa)  
**July 24-25:** Downtown Street Fest (Downtown Davenport) More: [www.downtowndavenport.com](http://www.downtowndavenport.com)  
**July 25:** Bix 7 Run/Walk (Downtown Davenport) More: [www.bix7.com](http://www.bix7.com)  
**July 30-Aug. 1:** Bix Beiderbecke Memorial Jazz Festival (Rhythm City Casino Resort, Davenport) More: [www.bixsociety.org](http://www.bixsociety.org)  
**Aug. 1:** Heartland British Auto Fest (LeClaire Levee) More: [www.qcbac.com](http://www.qcbac.com)  
**Aug. 4-9:** Great Mississippi Valley Fair (Mississippi Valley Fairgrounds) More: [www.mvfair.com](http://www.mvfair.com)  
**Aug. 8:** Village Wine Walk (Village of East Davenport) More: [www.villageofeastdavenport.com](http://www.villageofeastdavenport.com)  
**Aug. 13-15:** Tug Fest (LeClaire, Iowa and Port Byron, Illinois) More: [www.tugfest.org](http://www.tugfest.org)  
**Aug. TBA:** Ya Maka My Weekend (Downtown Rock Island) More: [www.downtownrockisland.org](http://www.downtownrockisland.org)

**Aug. 14-15:** Quad Cities Balloon Festival (Iowa-side Quad Cities – location TBA) More: [www.quadcitiesballoonfestival.com](http://www.quadcitiesballoonfestival.com)

**Aug. 15:** Freedom Fest (East Moline) More: [www.emmainstreet.com](http://www.emmainstreet.com)

**Aug. 15:** Floatzilla (Sunset Marina, Rock Island) More: [www.floatzilla.org](http://www.floatzilla.org)

**Aug. TBA:** Quad City Symphony Riverfront Pops (LeClaire Park, Davenport) More: [www.qcso.org](http://www.qcso.org)

**Aug. TBA:** World Series of Drag Racing (Cordova International Raceway) More: [www.racecir.com](http://www.racecir.com)

**Aug. 22-23:** Farm Days (Village of East Davenport) More: [www.villageofeastdavenport.com](http://www.villageofeastdavenport.com)

**Aug. 27-30:** Alternating Currents Festival (Downtown Davenport) More: [www.alternatingcurrentsqc.com](http://www.alternatingcurrentsqc.com)

**Aug. 29:** Vettes on the River (LeClaire, Iowa) More: [www.visitleclaire.com](http://www.visitleclaire.com)

**Sept. 5-6:** Rock Island Grand Prix (Downtown Rock Island) More: [www.rockislandgrandprix.com](http://www.rockislandgrandprix.com)

**Sept. TBA:** QCA Heritage Tractor Parade & Show (John Deere Pavilion, Moline) More: [www.visitjohndeere.com](http://www.visitjohndeere.com)

**Sept. TBA:** VIVA Quad Cities Fiesta (Location TBA) More: [www.vivaquadcities.com](http://www.vivaquadcities.com)

**Sept. 12-13:** Beaux Arts Fair (Davenport) More: [www.beauxartsfair.com](http://www.beauxartsfair.com)

**Sept. TBA:** Taming of the Slough (Sylvan Slough) More: [www.riveraction.org](http://www.riveraction.org)

**Sept. TBA:** Brew Ha Ha (LeClaire Park, Davenport) More: [www.jayceesqc.org](http://www.jayceesqc.org)

**Sept. 18-19:** Great River Quilt Show (Mississippi Valley Quilters Guild) More: [www.mvqg.org/quilt-show](http://www.mvqg.org/quilt-show)

**Sept. 19-20:** Riverssance Festival of Fine Arts (Village of East Davenport) More: [www.midcoast.org](http://www.midcoast.org)

**Sept. 27:** Quad Cities Marathon (Downtown Moline) More: [www.qcmarathon.org](http://www.qcmarathon.org)

**Oct. 11:** Apple Fest (Downtown LeClaire) More: [www.visitleclaire.com](http://www.visitleclaire.com)

**Oct. TBA:** Row the Miss Regatta (Mississippi River in Moline) More: [www.tworiversymca.org](http://www.tworiversymca.org)

**Oct. 29:** Fright Night (Schwiebert Park, Rock Island) More: [www.downtownrockisland.org](http://www.downtownrockisland.org)

**Oct. 24:** Lagomarcino's Cocoa Beano 5K Race (Village of East Davenport) More: [www.lagomarcinos.com](http://www.lagomarcinos.com)

**Oct. 24-25:** Boo at the Zoo (Niabi Zoo, Coal Valley, Illinois) More: [www.niabizoo.com](http://www.niabizoo.com)

**Oct. 24:** Witches Walk & Costume Parade (Downtown LeClaire, Iowa) More: [www.visitleclaire.com](http://www.visitleclaire.com)

**Nov. 21-29:** Quad City Arts Festival of Trees (RiverCenter, Davenport) More: [www.qcfestivaloftrees.com](http://www.qcfestivaloftrees.com)

**Nov. 21:** Festival of Trees Parade (Downtown Davenport) More: [www.qcfestivaloftrees.com](http://www.qcfestivaloftrees.com)

**Nov. 21:** Lighting on the John Deere Commons (Downtown Moline) More: [www.lightingonthecommons.com](http://www.lightingonthecommons.com)

**Nov. 29:** Christmas Walk (Walnut Grove Pioneer Village) More: [www.scottcountyiowa.com](http://www.scottcountyiowa.com)

**Dec. 6:** 19th Century Christmas (Butterworth Center, Moline) More: [www.butterworthcenter.com](http://www.butterworthcenter.com)

**Dec. TBA:** Christkindlmarkt Quad Cities (Freight House, Davenport) More: [www.christkindlmarktqc.com](http://www.christkindlmarktqc.com)

**Dec. TBA:** Season of Light-Star of Bethlehem (Augustana College planetarium) More: [www.augustana.edu](http://www.augustana.edu)

## Island Insight

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