



**Nov. 25, 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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## RIA Updates COVID-19 Measures, Emphasizes Command Practices Across the Island Workforce

The Rock Island Arsenal is maintaining the current Health Protection Condition Bravo and the "Return to the Rock" plan – the installation's planned recovery from the COVID-19 precautions instituted in March and April.

Out of an abundance of caution and to preserve the health and safety of our workforce, the Rock Island Arsenal -- in all public spaces across the installation -- limits meetings and gatherings to 25 people or 25 percent of sitting capacity, requires masks, six feet of distancing, and a continuation of practicing proactive personal hygiene. It is recommended that gatherings be limited to 10 or fewer for small office areas. In addition, the Arsenal requires masks be worn in all public places such as entrances, hallways, restrooms and public waiting areas. Individual commands are asked to support this effort with proper signage for designated areas where mask use is required. Commands and organizations across Arsenal Island continue to leverage and maximize mission capable telework and shift work, reducing the percentage of the active workforce physically working on RIA to decrement the spread of



## Upcoming Dates

**Sept. 21-Jan. 15:** Midwestern Combined Federal Campaign, [www.GiveCFC.org](http://www.GiveCFC.org)  
**Nov. 9-Dec. 14:** FEHB, FSAFEDS, and TRICARE Open Season  
**Nov. 25:** International Day for the Elimination of Violence Against Women  
**Nov. 26:** Thanksgiving (*Federal Holiday*)  
**Nov. 30:** Cyber Monday  
**December:** AIDS Awareness Month  
**December:** National Drunk & Drugged Driving Prevention Month  
**Dec. 1:** U.S. Civil Air Patrol (USAF Auxiliary) Birthday  
**Dec. 1:** World AIDS Day  
**Dec. 2:** The Basics of Estate Planning and Special Needs Trusts, MS Teams, 12-1 p.m.  
**Dec. 3:** RIA Health Clinic Flu Shot Clinic, 1-3:30 p.m.  
**Dec. 4:** RIA Health Clinic Flu Shot Clinic, 1-3:30 p.m.  
**Dec. 4:** Virtual Holiday Tree Lighting, Facebook Live, if involved in ceremony, Heritage Hall, Bldg. 60, 4-6:30 p.m.  
**Dec. 6-12:** National Handwashing Awareness Week  
**Dec. 6-12:** National Influenza Vaccination Week  
**Dec. 7:** National Pearl Harbor Remembrance Day  
**Dec. 8:** Parenting During COVID, MS Teams, session 1 11:30 a.m. - 12:30 p.m.; session 2 6:30-7:30 p.m.  
**Dec. 10:** Coping with Chronic Stress during COVID-19, MS Teams, 11 a.m. – noon

the COVID-19 virus. The virus positivity rate has increased in the counties surrounding Rock Island Arsenal. The governors of both Iowa and Illinois have imposed new COVID restrictions and several of the local school districts have reverted to 100% online learning. The Rock Island Arsenal is tracking local case numbers very closely, and the current local ability to test, monitor, and treat is under continuous evaluation by our installation public health and senior leadership to determine what elements of safety and mitigation measures are being mandated, maintained or changed. While our HPCON is Bravo, numerous elements of HPCON Charlie are being directed and carried out by leadership across all commands and organizations. Should circumstances in the surrounding community change to include State issued stay at home orders, the Arsenal retains the ability to revert back to HPCON Charlie. Under HPCON Bravo, access to the Arsenal is open to all approved DOD affiliated card holders and those with a valid visitor pass. The passes are issued at the Visitor Control Center outside the Moline Gate from 7a.m. to 3 p.m. seven days a week. Visitor passes will not be issued for general public recreation at this time, but access is available for private companies authorized to conduct business on the Installation, visitors to residential quarters; deliveries and public access to the Rock Island National Cemetery. Additionally, retirees and other qualified patrons using the Arsenal Health Clinic, Commissary, the Exchange, the Barber Shop, the USO, authorized patrons accessing Family Morale, Welfare and Recreation facilities and services, and Army Community Service by appointment. For those members of the community visiting the installation for non-recreation purposes such as making deliveries and conducting official business a visitor pass is required and one-year passes were reinstated; passes can be acquired through the Visitor Control Center located at the Moline Gate. Our battle with COVID-19 is not over – it is important that everyone continues to protect themselves, families, and coworkers on and off the installation. Questions on telework and/or leave status should be directed to your chain of command. We look forward to our continued transition from mission essential functions to more normal operations when the environment supports the change. For a further details about individual commands, Island facilities and services, go to our COVID-19 Local Impacts Page at <https://home.army.mil/ria/index.php/about/Garrison/public-affairs/covid19-closures>

### **AMC CG Recognizes ASC Employees, Receives Updates during Quarterly Visit**

The U.S. Army Materiel Command's top leader recognized some outstanding individuals from the U.S. Army Sustainment Command and received updates on ASC's initiatives and mission during his quarterly visit here on Nov. 19. Gen. Ed Daly, commanding general of AMC, was briefed on ASC's current status in a socially distanced setting in the command's main conference room. Others from around ASC headquarters and the command's remote locations called in and attended as virtual participants. Daly began the briefing by recognizing these six members of the ASC team, all of whom will receive commander's coins and certificates: • Susan Stevens, a financial management specialist in G-8 who serves as ASC's payroll customer service representative and provides payroll support to more than 4,000 civilian employees working in multiple organizations. (More: [www.army.mil/article/241065](http://www.army.mil/article/241065))



## JMC Embracing New Army Talent Management Efforts

In accordance with the Army's people strategy, the Joint Munitions Command is leading the way to acquire, develop, employ, and retain people. Talent management is a critical piece in ensuring the RIGHT people with the RIGHT skills are in place to achieve total Army readiness. "JMC's lines of effort continue to focus on Soldier, Civilian and Family readiness strategic objectives. We are committed to talent management and the Army people strategy's four strategic outcomes of a ready, professional, diverse, and integrated force that is fully equipped to meet the current and emerging Army missions. We are committed to taking care of people," said Norbert Herrera, deputy chief of staff for Human Resources. G1 is currently developing the FY21 training strategy to include three core areas of effort to further cultivate our talent: develop world-class leaders, project inclusion, and build the future force. (More: [www.army.mil/article/241120](http://www.army.mil/article/241120))



## Historical Donations Making Their Way to First Army

A piece of the Ludendorff Bridge crossed by First Army Soldiers during World War II has made its way here, along with several other historically relevant pieces. They will eventually be displayed in First Army headquarters. Right now, the items are going through a conservation process and plans are being made to house them in climate-controlled, museum-standard displays. Making this happen was mostly the work of Capt. Kevin Braafladt, First Army Support Command historian, and Patrick Allie, Rock Island Arsenal Museum director. The pair worked with the Center of Military History and other organizations to help bring home some of First Army's history. (More: [www.army.mil/article/241089](http://www.army.mil/article/241089))



## ReARMM to Help Stabilize Training, Modernization, Mission Requirements

The Army is developing a new framework to help integrate and synchronize the force to meet regional requirements, all while providing predictability during training and modernization efforts, leaders said Wednesday. Projected to roll out in fiscal year 2022, the Regionally Aligned Readiness and Modernization Model, or ReARMM, will transform the Army into a multi-domain capable force ready for competition, crisis, conflict, and change, said Lt. Gen. Charles Flynn, Army deputy chief of staff, G-3/5/7. The development of the ReARMM concept began after the release of the National Defense Strategy in 2018, as the Army transitioned from counter-insurgency operations to great power competition with near-peer adversaries, Flynn said during this year's Association of the U.S. Army Annual Meeting and Exposition. (More: [www.army.mil/article/240100](http://www.army.mil/article/240100))





## Operation Warp Speed Refines Vaccine Delivery Plan

While the reality of a COVID-19 vaccine inches closer, the team at Operation Warp Speed is refining its plan to deliver doses across the country. Charged with developing and delivering a vaccine to 300 million Americans, Operation Warp Speed paired military planners with experts at the Centers for Disease Control and Prevention to work the details of a monumental plan. "The CDC brings a lot to the table. They get vaccines out every year, from children's immunizations to the flu vaccine," Operation Warp Speed Director for Supply, Production and Distribution Paul Ostrowski said. "So the CDC, Health and Human Services and our Department of Defense Planners, who got after the manufacturing piece and are working with the states to plan for every distribution contingency — create a powerful force."

(More: [www.army.mil/article/241115](http://www.army.mil/article/241115))



## Protecting Your Data and Identity during the Holidays

During the holiday season, consumers tend to make a greater number of purchases than they do during the rest of the year. They also tend to be more distracted and face an increased risk of identity theft during the holidays. There are numerous ways an identity thief can take advantage of you. Whether you're shopping with credit cards, shopping online, using online banking or withdrawing money from an ATM, there are steps you can take to prevent identity theft. When shopping, be aware of your surroundings. Pickpockets are always a concern while you're out in public spaces. (More: [www.army.mil/article/241012](http://www.army.mil/article/241012))



## As Year-End Approaches, Still No Further Guidance on Repaying Taxes

As the end of the year approaches, neither the IRS nor the federal payroll processors have issued further guidance for federal employees whose Social Security taxes (also known as the OASDI withholding) have been temporarily suspended since September to repay the difference. That's becoming a growing concern for many employees—especially those set to join the annual spike in federal retirements that occurs around the turn of the year—because of the obligation to repay the difference by April 30 or else face potential tax penalties. The only guidance issued so far, dating to late August and early September, speaks only of doing that through increased regular payroll withholding. (More: [www.fedweek.com/fedweek/as-year-end-approaches-still-no-further-guidance-on-repaying-taxes](http://www.fedweek.com/fedweek/as-year-end-approaches-still-no-further-guidance-on-repaying-taxes))

## SHARP: What's In Your Cup

Through the **month of November** the Rock Island Arsenal SHARP team will bring awareness and prevention tips to the workforce through multiple locations on RIA on how to make better choices during holiday socials. What's In Your Cup is an awareness initiative reminding personnel the importance of being attentive to what they are drinking. This initiative will remind our workforce, What's In Your Cup does not constitute consent and Yes means Yes, only when you are sober. Through sexual harassment/sexual assault awareness, as we enter into the holiday season, SHARP tables will be placed throughout RIA with cups, bookmarks, and a "What's In Your Glass" test strips. According to the Department of Defense annual report on sexual assault in the military in fiscal year 2018, alcohol was involved in a sexual assault event for 62% of victimized women and 49% of victimized men. In eight out of 10 cases of rape, the victim knew the perpetrator.



## Rock Island Arsenal Community Town Hall

The U.S. Army Garrison Rock Island Arsenal will conduct a Community Virtual Town Hall via Facebook Live on **Thursday, Dec. 10**, from 4:30-6 p.m., using the installation Rock Island Arsenal Facebook page at [www.facebook.com/rockislandarsenal](https://www.facebook.com/rockislandarsenal). The Town Hall will feature discussion on the current Health Protection Condition on the installation and the mitigation measures that have been employed across Arsenal Island, as well as an Army family housing update. The Island workforce and greater Arsenal community is encouraged to email their Town Hall questions prior to the event to: [usarmy.ria.imcom-central.mbx.usag-agc@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-agc@mail.mil)



## Regional Critical Blood Shortages, MVRBC Blood Drives

The Mississippi Valley Regional Blood Center has ongoing critical shortages of the following blood types: **O positive, O Negative, A positive, AB positive and AB negative**, but all types are needed. MVRBC is hosting a blood drive in in Building 333, next door to Outdoor Recreation, on **Friday, Dec. 11 & 18**, 10 a.m. - 1:30 p.m. If you would like to donate at this blood drive, feel free to email [bhancock@mvrbc.org](mailto:bhancock@mvrbc.org) with the time you'd like to schedule, or call their Donor Center at 563-359-5401; you may also log on to [www.bloodcenter.org](http://www.bloodcenter.org) and use code 029 to locate the blood drives. MVRBC encourages those working remotely to visit one of their three local donor centers.

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

Blood centers across the country are taking extra measures to ensure both donors and staff are safe and healthy, including mandatory use of masks, social distancing measures and increased infection control procedures, slowing operations in donor waiting rooms and availability of donation chairs.

- ✓ Donors and staff are now required to wear masks. If donors do not have a mask, they will be provided with one when they arrive for their donation.
- ✓ Only donors, volunteers and staff members allowed to enter our facilities for health and safety purposes.
- ✓ Staff are distancing donors throughout the process.
- ✓ Donor Services staff are required to change gloves and sanitize hands between donors. Wipe down beds with disinfectant between donors.
- ✓ Hand sanitizer must be available at all stations at blood collection events for staff and donors.
- ✓ Staff at collection events and all facilities are being asked to frequently clean high-touch surfaces.
- ✓ Based on other respiratory illnesses including similar coronaviruses, there is no known risk of transmission of COVID-19 through the blood donation process or from blood transfusions.

Starting this week, the Mississippi Valley Regional Blood Center has a new donor promotion through the end of the year. The promotion is the option of a \$10 electronic gift card to the follow



locations or a long sleeved t-shirt. (Cards include Amazon.com, Starbucks, Walmart, Target®, and Dunkin' Donuts; this information is included for general workforce interest and does not constitute endorsement of the businesses or products.)



**Charlie Corpuscle says,** *"The Mississippi Valley Regional Blood Center is partnering with Operation Warp Speed to encourage blood donation and Convalescent Plasma (CCP) donation in the COVID environment. CCP is plasma donations from recovered COVID patients that is used to treat seriously sick COVID patients."*

The Mississippi Valley Regional Blood Center does not currently test blood donors for Covid-19 antibodies. For more information about our response to the pandemic, please visit:

[www.bloodcenter.org/donate/donor/covid19-response](http://www.bloodcenter.org/donate/donor/covid19-response)

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

### **Cause of the Week: Public Safety**

*"The class of citizens who provide at once their own food and their own raiment, may be viewed as the most truly independent and happy."* -James Madison Public safety in its truest form means allowing citizens to carry out their day to day lives without worrying about threats to their safety or wellbeing -- whether it be from natural disasters, lack of resources, or violence in the community. Natural disasters, including earthquakes, tsunamis, volcanos, wildfires, droughts, and more, kill on average 90,000 people per year, and affect more than 160,000 million worldwide. Disasters, civil unrest, and other disruptions to normal life result in immediate and long-term effects on physical and mental health, financial security, and over all wellbeing. In the U.S. only 50 percent of adults have more than \$700 set aside for emergencies. Few American families have adequate supplies (first aid kits, flashlights, blankets, clothing, medicine, prescriptions) in their emergency supply kits. Globally, more than 785 million people lack safe drinking water, including 144 million people who rely on surface water as their drinking supply. It is estimated that half of the globe will be living in water-stressed areas, by 2025. Public safety efforts include the need to protect adequate, necessary resources for all. Donations through the CFC help supply lifesaving equipment to public safety providers and provide education programs to help keep communities safe. There are many CFC charities helping people right here in our own community and around the world. Here's how your CFC pledge can make an impact:

- \$30 Supplies a pregnant woman with vitamins and two prenatal consultations with ultrasounds.
- \$75 Supplies a refugee camp with 140 face masks.
- \$125 Constructs a hand-washing station in a school or health clinic.

The Midwestern Combined Federal Campaign is in full swing and will run through **Friday, Jan. 15**. The Combined Federal Campaign (CFC) allows federal employees and retirees to combine efforts to raise money, volunteer, and Show Some Love to their favorite CFC-supported charities. The Office of Personnel Management invites federal employees and retirees to Be The Face of Change and support meaningful causes through charitable giving. There are so many ways to give – online, through the CFC Giving Mobile App, or using a traditional paper pledge form. Our favorite



option is giving online. Simply visit [GiveCFC.org](https://www.givecfc.org) and click donate to give to the causes you care about most through the CFC. (More: <https://midwesterncfc.givecfc.org>)

### Wreaths Across America

The Rock Island National Cemetery will participate in the national Wreaths Across America program by placing wreaths planned nationwide during the **Dec. 19 timeframe**. The Cemetery states that this year there will be no public wreath ceremony. However, they are in need of volunteers to come out and place wreaths. If someone wishes to volunteer, they need to go to [www.wreathsasscrossamerica.org](http://www.wreathsasscrossamerica.org) and sign up. A couple weeks prior to the event, the coordinator will contact those that have signed up and assign them to a group. The different groups will arrive at different times so the number of people gathering is limited... volunteers will be spread out throughout the Cemetery. The dates and times and number of groups will depend on how many volunteers sign up. Any questions for additional information contact the Cemetery at 309-782-2094. The national nonprofit Wreaths Across America organization is working hard to ensure no veteran from the Quad City Area is forgotten this holiday season. Individuals who would like to sponsor a wreath can contact Wreaths Across America at [www.wreathsasscrossamerica.org](http://www.wreathsasscrossamerica.org). This program ensures that the more than 35,000 individuals buried at Rock Island National Cemetery, who served to protect our freedoms and country are not, and will never be forgotten. The Department of Veteran Affairs works hand-in-hand with the National nonprofit Wreath Across America organization across the country to assist in the remembrance and recognition of our veteran population during the holiday season. Each year the Wreaths Across America program ensures that remembrance wreaths will be placed at the headstones of fallen veterans at nearly 1,000 locations across the country and overseas.



### 2020 FEHB Open Season Underway

It is the beginning of the Federal Employee Health Benefits (FEHB) 2020 Open Season; during this open period you may enroll for the first time or change the coverage you have in place. During open season, employees will be able to make changes to their health insurance without evidence of insurability or a qualifying life event. Open season ends on **Dec. 14** at 10:59 p.m. Central Standard Time. Elections must be submitted via the Army Benefits Center-Civilian (ABC-C) GRB Platform located here <https://portal.chra.army.mil/abc>; no forms will be provided to your local CPAC. Instructions on how to complete the change or enrollment are attached. If you would like to enroll in Vision/Dental coverage, a separate website must be accessed and enrollment submitted there at <https://www.benefeds.com/eligibility>. If you wish to keep your existing plan, you do not have to make a new Open Season election, with the exception of the Flexible Spending Plan. The effective date of change for enrollments made as part of Open Season is **Jan. 1, 2021**. Log in anytime during the Federal Benefits Open Season, from **Nov. 9 to Dec. 14**. The 2020 Virtual Benefits Fair is an online health fair with participants from Federal Benefits Enrollment (BENEFEDS), Federal Employees Dental and Vision Insurance Program (FEDVIP), Federal Employees Health Benefit Program (FEHBP), Federal Long Term Care Insurance Program (FLTCIP), and the Federal Flexible Spending Account Program (FSAFEDS). Federal Employees can download 2021 plan brochures, visit individual Carrier booths, watch videos, and register for educational webinars. Get answers to your questions, chat with carriers, review 2021 plan details, and get the information you need to help make the right decisions?





<https://www.ltcfeds.com/planning-tools/webinars#main-content> The Virtual Benefits Fair houses 2021 plan information in a single online location, enabling Federal employees to browse exhibits, view and download plan brochures, and connect with program representatives via chat. Last year more than 20,000 people visited the fair. Representatives from all participating Carriers will be available to take your questions during four live Carrier chat days:

- **Wednesday, Dec. 2**, 9 a.m. - 4 p.m.
- **Wednesday, Dec. 9**, 9 a.m. - 4 p.m.

You may register at

<https://ve.on24.com/vshow/FVBF20/registration/18051?regPageId=18051>

In addition, the Office of Personnel Management (OPM) offers information here at <https://www.opm.gov/healthcare-insurance/open-season> which includes a plan comparison and premium rates here: <https://www.opm.gov/healthcare-insurance/healthcare/plan-information/premiums>

### FSAFEDS Open Season Underway

The federal government's Flexible Spending Account program (FSAFEDS) open season for 2020 is **Nov. 9 through Dec. 14**. During this period eligible federal employees can enroll or reenroll in FSAFEDS (current participants must reenroll each open season if they elect to continue in the program). A health care flexible spending account is a pre-tax benefit account that's used to pay for eligible medical, dental, and vision care expenses that are not covered by your health care plan or elsewhere. With an FSAFEDS flexible spending account, you save on a wide variety of everyday medical, dental, vision and day care expenses. It's a tax break that's simple to use and works for all active federal employees. Think of it as a savings account that helps you pay for items that typically aren't covered by your FEHB Plan, the Federal Employees Dental and Vision Insurance Program, or other health insurance coverage. FSAFEDS also offers an account for families with young children or elder care expenses – the Dependent Care FSA. This account allows you to set aside money to pay for your day care expenses. The minimum election for all accounts is just \$100 and carryover has been adopted for health care and limited expense health care FSAs. Visit [www.FSAFEDS.com](http://www.FSAFEDS.com) to enroll.



### 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.



### Leave Transfer Program

For those wishing to donate annual leave to another federal civilian employee in the Leave Transfer Program, please complete Request to Donate Annual Leave to Leave Recipient (Form OPM 630a) and submit to the CPAC POC Jaime Slocum ([Jaime.l.slocum.civ@mail.mil](mailto:Jaime.l.slocum.civ@mail.mil)). To ensure a leave donation will be deducted from this calendar year, all donations must be received no later than **Friday, Dec. 18**. Reminder: In any leave year, an employee may donate no more than one-half of



the amount of annual leave he or she would accrue during a leave year. For employees with ‘use or lose’ annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are scheduled to work and receive pay. The CPAC POC Jaime Slocum may be reached at CHRA-NCR-E, 309-782-2430.

### **Emergency Leave Transfer Program to Assist Federal Employees Affected By Hurricane Laura and California Wildfires 2020**

If you are interested in donating annual leave, complete OPM Form 1638 and submit to the Civilian Personnel Advisory Center, Bldg.104, no later than **May 1**. You must state on the 1638 which ELTP you are donating to. If you have any questions please contact Jaime Slocum at [jaime.l.slocum.civ@mail.mil](mailto:jaime.l.slocum.civ@mail.mil). This initiative has been directed by the President.

### **HR Training for Supervisors – FY 21 Schedule**

The Rock Island CPAC is offering four sessions of the HR Training for Supervisors Course in FY 21. This course affords military and civilian supervisors/managers of Army civilians the administration skills necessary for management and basic supervision. Training will be provided via MS Teams and will provide an interactive environment. The course contains lessons on the Civilian Human Resources Life Cycle, Classification, Staffing/Recruitment, Discipline and Adverse Actions, Employee Relations, Performance Management, Leave Administration, and Labor Relations. Please note, this course does not take the place of the mandated on-line Supervisory Development Course. Dates for FY 21 are:

- **Jan. 25-28**
- **Feb. 22-25**
- **March 22-25**
- **April 19-22**

Registration is available through CHRTAS at

[www.atrrs.army.mil/channels/chrtas/student/main.aspx](http://www.atrrs.army.mil/channels/chrtas/student/main.aspx)

1. Select “FY2021” for the Fiscal Year
2. Select “010 – CIVILIAN HUMAN RESOURCES AGENCY, APG, MD”
3. Click the radial button to select Course (XBAHRS – HR Training for Supervisors) then click Next
4. Click the radial button to select Location (Rock Island, IL) then click Next
5. Click the radial button to select Date then click Next
6. Review all information and make any corrections to student profile as applicable
7. Click on Submit Application
8. Point of contact is Gretchen Leigh at 309-782-2090 or [gretchen.a.leigh.civ@mail.mil](mailto:gretchen.a.leigh.civ@mail.mil)

### **DA Photos Suspended**

All official Department of the Army photos are suspended until further notice. There is no estimated date when operations will resume. Contact us for help: 309-782-2843.

### **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, Sgt. First Class April Taylor: [april.d.taylor39.mil@mail.mil](mailto:april.d.taylor39.mil@mail.mil), C: 309-752-8388
- RIA Victim Advocate, Linda Robertson: [linda.m.robertson.civ@mail.mil](mailto:linda.m.robertson.civ@mail.mil), C: 309-558-4283
- General inquiries: [usarmy.ria.asc.mbx.sharp@mail.mil](mailto:usarmy.ria.asc.mbx.sharp@mail.mil)

## Rock Island Arsenal Museum Closure

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

## Some Corps Areas Open, Mississippi River Visitor Center Remains Closed

The U.S. Army Corps of Engineers, Rock Island District announces campgrounds along the Mississippi River and at Coralville Lake, Saylorville Lake, and Lake Red Rock reopened on June 1. Online reservations through <https://www.recreation.gov> are required for all sites and same day reservations are now permitted. Click on the news releases below for more details:

- Mississippi River Project: <https://go.usa.gov/xw4Du>
- Coralville Lake: <https://go.usa.gov/xw4Wq>
- Saylorville Lake/Lake Red Rock: <https://go.usa.gov/xw4Wx>

Some facilities remain closed to include the Mississippi River Visitor Center that falls under the Corps' Mississippi River Project ([check the MRP link above for the current status of the Visitor Center](#)); the facility is located at the west end of Arsenal Island at Locks and Dam 15. For questions regarding current or future reservations, click here: [www.recreation.gov/contact-us](http://www.recreation.gov/contact-us). 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).



**US Army Corps  
of Engineers®**  
Rock Island District

## 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.*

- **Backwater Crossfit**, 221 E 2nd Street in Davenport, is offering all Arsenal Island workforce employees and their families a free membership with classes that includes child care with certified individuals, for more information 309-781-0539.
- **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.

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

# Arsenal Traffic/Construction



## Replace Curb and Gutter at Moline Gate

**Monday, Nov. 23 through Tuesday, Dec. 8**, the Directorate of Public Works (DPW) will replace the curb and gutter at the Moline Gate. The contractor performing the work will have barricades and flagman. The work may result in partial lane closures. Fire department access will be maintained at all times.

## Arsenal Annual Passes Reinstated, Cemetery Open to Public, Other Access Limited to Official Business, Deliveries, Eligible Patrons, and Residential Visitors

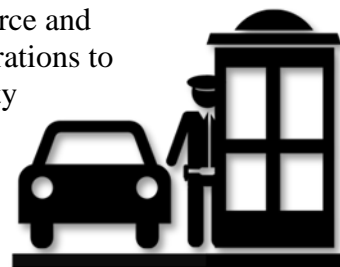
The Rock Island Arsenal has reinstated current year-long passes and is now issuing new year-long passes for delivery to locations on Arsenal Island, to the Rock Island National Cemetery, and to eligible patrons of the Commissary, The Exchange, the Barber Shop, the RIA Health Clinic, the USO, and those eligible to access MWR facilities and services located on Arsenal Island such as Outdoor Recreation, the Fitness Center, and those with appointments with Army Community Service. Restrictions remain in place under HPCON Bravo to limit the opportunity for COVID-19 transmission. The installation remains closed to ineligible patrons and recreational visitors. Exceptions include authorized persons with identification who are allowed use of the facilities and services mentioned above, deliveries, and visitors to residential quarters.



## COVID-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: Outbound traffic, 2 p.m. - 5:30 p.m.
  - Weekends: Closed

### RIA Visitor Control Center Hours

The operating hours of the RIA Visitor Control Center located at the Moline Gate are 7 a.m. - 3 p.m., Monday through Sunday. Other COVID-19 impacts and details are accessible off of the RIA Garrison website at <https://home.army.mil/ria>.



## Building/Space Closures



### Building 212 Fire Suppression System Flushing Project

Nov. 9 through Monday, July 5, the Directorate of Public Works (DPW) began the Fire Suppression System Flushing Project in Building 212. This involves temporary closure of some areas which will be isolated by barriers in coordination with JMTC Facilities department.



## Active Duty/Reserve Zone



### USO Grab-N-Go Operations Continue, Frank'n Friday Suspended

USO Rock Island will remain as a grab-n-go operation Monday through Friday, 8 a.m. – 2 p.m., with the USO Frank'n Friday program being suspended until January. We will revisit the current conditions at that time to make a decision as to when we can safely resume the USO Frank'n Friday Program. Grab-n-Go operations area from their back door entrance via the hallway in the SE corner of Building 110 on the first floor. Eligible patrons will not be allowed in the center and a plexiglass shield is positioned in the doorway with a pass thru so items can be safely given to patrons. Active duty, National Guard, Reserves, military retirees, and their dependents are eligible (current military ID required). The USO is complying with all CDC





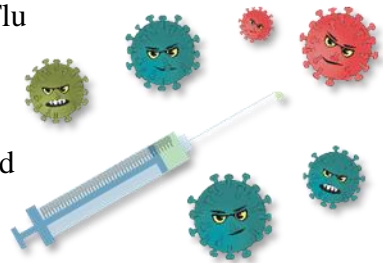
regulations with all volunteers and eligible patrons required to wear face coverings. Hand sanitizing stations are available and in use. Signage indicates social distancing and also wearing of face coverings and use of hand sanitizer. Grab-n-go will consist of snacks, drinks and a few microwave items. Due to the COVID-19 outbreak USO Rock Island all other USO operations beyond what is listed above remain suspended 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 when 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).

### **RIA Health Clinic Observes Thanksgiving Holiday**

In honor of the national observance of Thanksgiving Day, the Rock Island Arsenal Health Clinic will be closed **Thursday, Nov. 26** on Thanksgiving Day and **Friday, Nov. 27** on the day after Thanksgiving and there will be no scheduled activities. If you should need immediate medical attention, please go to the nearest emergency room. Rock Island Arsenal Health Clinic patients with non-emergent medical needs may reach out to the TRICARE Nurse Advice Line at 1-800-TRICARE.

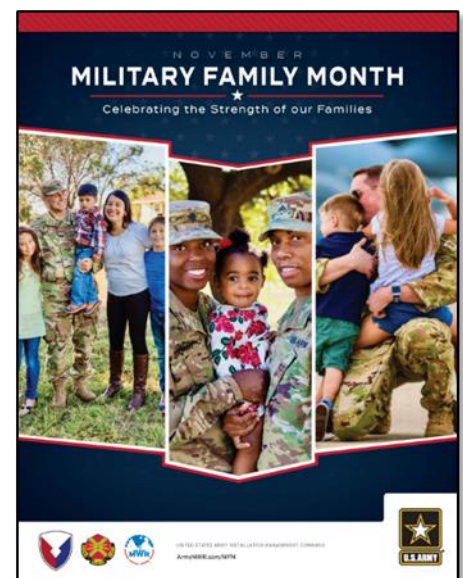
### **Flu Shots Twice a Week at the RIA Health Clinic**

Rock Island Arsenal Health Clinic families, it is that time of the year for annual Flu vaccinations. The CDC recommends annual influenza vaccination for everyone 6 months and older. The Health Clinic will be holding a Flu Shot Clinic twice a week during flu season – **Thursdays and Fridays from 1-3:30 p.m.** Flu vaccination is for RIA Health Clinic eligible patients (active duty, dependents, and military retirees). If you cannot make those times please contact the clinic at 309-782-0805 to arrange a time in which you can receive the Flu vaccination. The Health Clinic will not hold the Flu Shot Clinic the last Friday of the month due to training.



### **November is Military Family Month**

Military Family Month was established by the Armed Services YMCA and is observed every November. This observance provides an opportunity for the U.S. Army to honor the extraordinary commitment, contributions and daily sacrifices of Army Families. The Army's number one priority is the readiness of Soldiers, civilians, and their Families. Decades of research demonstrate that Army Family readiness impacts strategic Army outcomes, including resilience, retention, and readiness. Military Families continually demonstrate their dedication, service, and willingness to make great sacrifices to Soldiers. Army Families endure unique challenges related to military life – the long separations from loved ones, the uncertainty and demands of multiple deployments, school and job transfers, and frequent moves. The Army is thankful for the selfless sacrifices of Army Families who serve alongside their Soldiers, enduring hardships, and providing unconditional love and support. The Army commemorates and honors the roles and contributions of Army Families as they too serve a vital role in the defense of the country. Soldier and Family programs are an investment in the Army's most valuable asset – people. Providing Soldiers, Families, and civilians the best



quality of life is important to recruiting and retaining the all-volunteer Army. The Army continues to provide essential Family services and support such as family advocacy, spouse employment, and financial readiness. Army garrisons often host local events and activities to commemorate Military Family Month. Army public affairs offices may assist in raising Military Family Month awareness through communication products to reach targeted internal and external audiences – Soldiers, Army civilians, retirees, survivors, Families, and the general public. The Army recognizes and honors military Families for their numerous contributions, steadfast commitment and daily sacrifices to the Army mission and to the nation. Army Families are an integral link between Soldiers and the Army's ability to maintain ready and responsive forces. Army Families are vitally important, as the strength of the Soldiers comes from the strength of their Families. Approximately 78 percent of Soldiers are from Families who have served in the military and 60 percent of all Soldiers have a spouse or dependents, in addition to parents, siblings, and others.



**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>

### **Celebrating Thanksgiving**

Travel may increase your chance of getting and spreading COVID-19. Postponing travel and staying home is the best way to protect yourself and others this year. If you are considering traveling for Thanksgiving, here are some important questions to ask yourself and your loved ones beforehand. These questions can help you decide what is best for you and your family. (More: [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html))

### **Army Senior Leadership on Holiday Safety**

The holiday season is one of the most special times of the year for our Army. American Soldiers and DA Civilians around the globe celebrate their own unique traditions. Some of you will only be able to pause for an hour or two due to operational requirements away from home. You remain at the forefront of our thoughts. Others will enjoy a well-deserved break and opportunity to take leave. After nearly a year of COVID-19 restrictions, curtailed vacations, and isolation from loved ones, we know you are eager to catch up on travel and precious time with family and friends. However, that is no excuse for unnecessary risk. Our Army loses an average of 11 Soldiers, annually, in off-duty mishaps between Thanksgiving and the return to work after New Year's Day. Typically, nine of those die in private motor vehicles. For perspective, the holidays are the second deadliest time of year, trailing only the summer season. Combined with the fact we have already lost 16 Soldiers to off-duty mishaps since the beginning of the fiscal year (14 private motor vehicle mishaps, one drowning, and one accidental gunshot), we all have a personal responsibility to play it safe and manage our individual risk during these next few critical weeks. Dynamic risk management saves lives. Continuously reassessing hazards and adjusting mitigation strategies as conditions change is just as effective off duty as it is during a mission. Inclement weather, fatigue, or drinking and driving can disrupt the best of holiday plans. Pulling over for the night to rest, waiting out poor

driving conditions, and securing a sober ride are excellent examples of dynamic risk management. Flexibility is essential to arriving safely and enjoying the holidays with friends and family. Sustained separation and distance have affected us all this year, but for some, holiday stress will be particularly difficult to manage in the evolving COVID-19 environment. Please support each other and lend a hand when needed. If you, a battle buddy, or a loved one are struggling, contact your chain of command for confidential assistance or tap into the many support resources your Army has at your disposal. Your well-being matters. The U.S. Army Combat Readiness Center recently developed a communications campaign targeting the Army's most prevalent off-duty holiday hazards. This toolkit includes a counseling checklist, feature articles, posters, public service announcements, and leader talking points focused on personal risk factors, specifically for this holiday season. Also available are the Travel Risk Planning System, the Off Duty Safety Awareness Presentation, and Small Unit Leader Cards, all tried-and-true risk management tools. For leaders, the holiday exodus safety campaign tools are online at <https://safety.army.mil/MEDIA/Seasonal-Safety-Campaigns/Fall-Winter-Safety-2020>. Thank you for the sacrifices you and your families make on behalf of our Nation every day. It is an honor to serve alongside and celebrate this most special season with you. We wish each of you a happy, safe holiday, and look forward to seeing you in 2021. – Ryan D. McCarthy, Secretary of the Army; Gen. James C. McConville, United States Army Chief of Staff; Sgt. Maj. of the Army Michael A. Grinston, Sergeant Major of the Army

### **Don't Slip on Safety This Fall and Winter**

The fall and winter months are upon us and with them come unique safety hazards. Cooler weather can mean early morning hunting excursions, socially distanced winter sports, outdoor hiking and increased time indoors, but they can also pose persistent challenges. As the temperature drops and Soldiers, Army civilians and family members take to the roads and great outdoors for some well-deserved downtime, they'll be exposed to risk more often than they might think. It's critically important to prepare them now for what lies ahead. (More:

<https://safety.army.mil/MEDIA/Seasonal-Safety-Campaigns/Fall-Winter-Safety-2020>)

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## **Equal Employment Opportunity Focus**



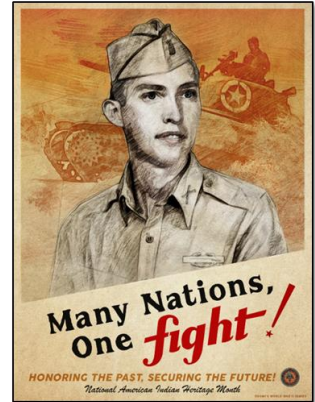
**The Equal Employment Opportunity (EEO) program formulates, directs, and sustains a comprehensive effort to maximize human potential to ensure fair treatment for military personnel, family members, and civilians without regard to race, color, gender, religion, or national origin, and provide an environment free of unlawful discrimination and offensive behavior. The Garrison EEO office is providing services virtually. Please contact EEO staff at 309-782-2548.**

### **COVID-19 EEO Impact**

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

## National Native American Heritage Month

November is National Native American Heritage Month, honoring American Indians and Alaska Natives. This year the standard theme is in support of the Office of the Secretary of Defense's efforts to commemorate the 75th Anniversary of the end of World War II. This year's theme is: Honoring the Past, Securing the Future. In 1924, Congress enacted the Indian Citizenship Act. In 1986 Congress passed a law and President Ronald Reagan signed the proclamation authorizing American Indian Week. In 1990, President George H. W. Bush designated November as National American Indian Heritage Month. After 100 years of efforts to recognize American Indians, National American Indian and Alaska Native Heritage Month is celebrated to recognize native cultures and educate the public about the heritage, history, art, and traditions of the American Indians and Alaskan Natives. During Native American Heritage Month, Army leadership encourages the entire Army family to recognize and express appreciation for the past and present contributions of Native American Soldiers, veterans, civilians and Family members. In celebrating National Native American Indian Heritage Month the Army recognizes there is great strength in diversity. In celebrating Native American Heritage Month, Army recognizes not only the significance of individual contributions, but also the value of diversity and an inclusive environment. The Army is dedicated to leveraging the strength of its diverse force and ensuring equality for all its members. Army leaders will continue to work to ensure that all Soldiers and civilians are given the opportunity to maximize their unique talents and potential. Throughout history, Native Americans have served in this nation's military with great courage and distinction. Historically, American Indians have the highest record of military service per capita when compared to other ethnic groups. Today more than 9,000 Native Americans serve in the total force, and are all critical members of the Army team. Embracing and celebrating diversity makes the Army stronger, and the Army is dedicated to ensuring equality for all the Soldiers, civilians and Family members.



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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.

### Changes to MWR Hours of Operation and Policies

Beginning on **Friday, Dec. 4**, the following changes to MWR facility hours and policies are scheduled to take effect.

- Army Community Service: No change to current hours of operation.



- Auto Service Center: Closed on Nov. 16 in order to complete a facility improvement project. Grand reopening is scheduled for this April.
- Cafeterias: TBD
- Child & Youth Services (Child Development Center): No change to current hours of operation.
- Child and Youth Services (School Age Services and Middle School Teen Center): No change to current hours of operation.
- Fitness Center: No change to hours of operation however the maximum facility capacity will be reduced to 25 people. Face masks are required in the facility while not actively exercising.
- Island Oasis: No change to current hours of operation.
- Leisure Travel Office: Opens for ticket sales only Monday-Friday: 8:15 a.m. - 4 p.m. Face masks and appointments are required for service. The maximum facility capacity is five people.
- Lock and Dam Lounge: No change, the Lounge remains closed.
- Outdoor Recreation: No change to current hours however appointments are once again required for service in order to limit the number of customers in the lobby at any one time. The maximum facility capacity is 5 people and masks are still required for service.

### RIA Housing Decorating Contest

Calling all Rock Island Arsenal residents – channel your inner Clark Griswold and join the annual RIA Housing Decorating Contest for a chance to win some great prizes courtesy of our sponsor, Group O. Deadline to register to participate is **Tuesday, Dec. 1**, by calling 309-782-1133 or [brianne.r.johnson2.naf@mail.mil](mailto:brianne.r.johnson2.naf@mail.mil). Judging will be done on Thursday, Dec. 3, at 5:30 p.m. and the top three houses will be announced via FB Live during the Virtual Holiday Tree Lighting Ceremony on Friday, Dec. 4, at 5:30 p.m. Call 309-782-1133 for more info and to sign up.



### Virtual Holiday Tree Lighting Ceremony

Join us **Friday, Dec. 4**, at 5 p.m., virtually on Facebook Live for our Virtual Holiday Tree Lighting Ceremony as we ring in the holiday season here on Rock Island Arsenal. Tune in to the Rock Island Arsenal Facebook page at [www.facebook.com/rockislandarsenal](https://www.facebook.com/rockislandarsenal) to see the ceremony where Island leadership will provide remarks and then with the help of jolly ol' Saint Nick, we'll light the installation tree, officially ushering in the 2020 holiday season. Thanks to our sponsor, Group O, for their support of the Virtual Holiday Tree Lighting Ceremony. No official U.S.



Army endorsement of sponsors is implied. For more information on the Virtual Tree Lighting, please call 309-782-1133.

### **Fitness Center Hours Expand**

Effective Nov. 10, the Fitness Center is open later on Tuesdays and Thursdays, staying open until 6 p.m. The full hours of operation for the Fitness Center are as follows:

- Monday, Wednesday & Friday: 5 a.m. - 3 p.m.
- Tuesday & Thursday: 5 a.m. - 6 p.m.

The newly remodeled Fitness Center is open to all eligible patrons including families, civilians, and retirees and face coverings are mandatory. Come check out all the great improvements we have made and the new equipment that has been added during closure. Upon your first visit to the Fitness Center, all patrons are asked to stop at the front desk so that staff can update your information in our system. Additionally we are in the process of implementing an All The Time Fitness program where eligible patrons can access the Fitness Center outside of regular hours, stay tuned for more info as we get closer to offering that service. Call the Fitness Center at 309-782-6787 for more information. Details:

<https://rockisland.armymwr.com/programs/fitness-center>



### **Personal Trainer and Group Fitness Instructor Recruitment**

The Fitness Center is beginning the process of collecting the contact information of interested personal trainers and group fitness instructors to become contractors at the RIA-FC. If you are, or know, someone who is a certified personal trainer or group fitness instructor and would be interested in teaching/training at the RIA-FC, please email [brett.m.robertson2.naf@mail.mil](mailto:brett.m.robertson2.naf@mail.mil) your contact info and qualifications. Personal trainers must hold a NCCA endorsed personal training certificate, have CPR/AED training, have professional/general liability insurance, and be able to pass necessary background and security checks. Group Fitness Instructors must have either a NCCA endorsed personal training or group fitness certificate, have a class-type certificate or verifiable experience in their class-type, have CPR/AED training, have professional/general liability insurance, and be able to pass necessary background and security checks. We look forward to hearing from you, and resuming our GroupEx and Training services for patrons as soon as we are able.

### **Auto Skills & Service Center Temporarily Closed for Facility Improvements**

The Auto Skills & Service Center (Building 351) is temporarily closed in order for deep cleaning and a painting project; a grand re-opening is slated for this April. Thank you for your patience as we work to improve the appearance and functionality of this facility. We look forward to welcoming you back to a new and improved Auto Skills & Service Center soon.

### **Island Oasis Café**

The Island Oasis Café is located inside the Fitness Center lobby (Building 67) and is open Monday through Friday 11 a.m. - 1 p.m. Make sure to stop by the Oasis on Thursdays for our always popular ribeye steak sandwich special and get there early as these are always a big hit and can sell out fast. Call 309-782-6319 for more information on the Island Oasis Café. Please remember to bring a face covering as it is required inside the Fitness Center. Call 309-782-6319 for more information on the Island Oasis. Details: <https://rockisland.armymwr.com/programs/island-oasis-cafe->



[grill](#)

### **Company Kitchen Cafeterias**

The cafeterias in buildings 60, 212, and 350 are open for breakfast and lunch service. Building 212 is full service, made to order breakfast from 6-9 a.m. so come see Jesse in Building 212 for your breakfast favorites made just like you like them. Lunch service at Building 212 and breakfast and lunch at all other buildings will continue to be pre-made and placed under the warming lights to minimize staff/customer contact. Due to the ongoing challenges related to COVID-19, the cafeteria services will look a little different than before. For example, hot coffee, tea, and fountain soda continue to be unavailable at this time. You may also notice that there is an absence of staff at the cafeterias. In an effort to minimize staff/customer contact and keep everyone safe, the daily hot item will be pre-boxed and placed under warming lights. You'll simply need to grab whatever items you'd like from the grab-and-go display and/or the pre-packaged hot item station, scan them into the self-serve kiosks, pay with your debit or credit card and enjoy. Company Kitchen has completed deep cleaning and sanitizing their cafeteria's to ensure the safety of their employees and customers. Hand sanitizer is available at entrances. Please practice social distancing by maintaining six feet apart. Soldiers, family members, Army civilian employees and contractors should follow the CDC's guidelines on the use of cloth face coverings in public settings or where other social distancing measures are difficult to maintain. We look forward to serving you again. Call 309-751-7008 for more info on the Company Kitchen facilities. ([Interactive Customer Evaluation \(ICE\) for MWR Cafeterias](#))



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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.

# 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 CYC programs/facilities will be closed all federal holidays, CYC CDC/CD Home/FCC staff in-service day and any other additional days/installation closures approved by the garrison commander. Fees will not be reduced, refunded, or prorated for these days. (Website: <https://rockisland.armymwr.com/programs/cy>) (Facebook: [www.facebook.com/RIACYSS](https://www.facebook.com/RIACYSS))

## Parenting During COVID Open Discussion

Join us **Tuesday, Dec. 8**, for Parenting During COVID Open Discussion, on MS Teams – session 1 will be 11:30 a.m. - 12:30 p.m., or session 2 at 6:30-7:30 p.m. Are you having issues with:

- On-line learning
- COVID burnout
- Motivating your child
- Parental stress
- Supporting your child
- Monitoring screen time

Join us for our discussion of these topics and more... please find the link to the discussion at:

<https://teams.microsoft.com/l/channel/19%3a90c8afc5e9a34120989982d78eb42e8f%40thread.tacv2/Parenting%2520Discussion%2520Channel?groupId=30de7c2f-18a2-4e8b-8d7a-1f873e2e4a48&tenantId=21acfb3-32be-4715-9025->

Please leave a message at 309-782-6515 to RSVP.

## Partial Waiver Permitting CDPs to Employ Dependents (Service Members and DoD Civilians) Who Are 17 Years of Age and Pursuing a High School Diploma

Currently a waiver is in place that allows the dependents of Soldiers and civilian employees that are at least 17 years of age to apply and be considered for positions within Child and Youth Services. This waiver is in place until June of 2021. Applicants that are 17 years of age and pursuing a high school diploma are encouraged to apply to open direct care and food service positions. These positions are subject to the same background check requirements as Child and Youth Service employees. Anyone with questions in regards to this waiver and eligibility requirements are encouraged to reach out to the NAF HR office at [usarmy.ria.chra-nc.mbx.chra-ri-cpac-naf@mail.mil](mailto:usarmy.ria.chra-nc.mbx.chra-ri-cpac-naf@mail.mil).

## CYS Care Expanded under HPCON Bravo

CYS is invested in your child's health. As our facilities have reopen, all on-post child care facilities follow Centers for Disease Control and Prevention guidelines. All employees are trained on new health and safety protocols. Visit <http://armymwr.com/cys-reopening> Additional child care spaces at both the Child Development Center and School Age Center are becoming available for return to duty enrollments. Please call Parent Central Services at 309-782-0791 for more information and eligibility. #ArmyMWRCares #CYSReopening



# 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**.

## COVID Financial Tips Available

Since COVID hit many people in our community have found a spouse or family member without work. In this environment it is tempting to believe the “offers” that come via mail or email. It is important to remember, especially in challenging times, that if it looks too good to be true – it probably is. Since 2016 there have been more than 350,000 fraud reports made by veterans and military members, of these almost 25,000 involved a financial loss. If you have questions about an offer you receive via mail or email or are feeling the pinch due to a loved one’s job loss contact ACS to receive free confidential financial counseling – Travis Phillis AFC®, Army Financial Readiness, Army Emergency Relief Officer, [travis.j.phillis.civ@mail.mil](mailto:travis.j.phillis.civ@mail.mil), 309-782-0815.

## Special Needs Trusts

Families raising a child with a disability have many everyday challenges and future challenges and concerns regarding guardianship, employability, health care, housing options, transportation as well as ensuring continued access to state and financial resources. When planning for the long term care of individuals with disabilities, it’s important to consider Special Needs Planning. A Special Needs Trust is one great tool in protecting disabled Family Members potentially ensuring their continued eligibility to state and federal assistance, i.e. Supplemental Security Income (SSI) or Medicaid. There are many things to consider when setting up a Special Needs Trust besides funding the trust and how funds within the trust can be used. You may also consider setting up an Achieving a Better Life Experience (ABLE) account verses a Special Need Trust if that is a better fit for your Family Member. For more information on Special Needs Planning, join Army Community Service online during a lunch and learn on **Wednesday, Dec. 2**, 12-1 p.m., via MS Teams for a presentation on The Basics of Estate Planning and Special Needs Trusts. RSVP to Jan Saito at 309-782-4736 or [janice.n.saito.civ@mail.mil](mailto:janice.n.saito.civ@mail.mil) to reserve your spot and get information and access to MS Teams.

## Parenting during COVID Open Discussion on MS Teams

Join Army Community Service and Child and Youth Services on **Tuesday, Dec. 8**, for “Parenting During COVID: An Open Discussion,” on MS Teams. There will be two sessions to choose from, session 1 will be 11:30 a.m. - 12:30 p.m., or session 2 at 6:30-7:30 p.m. Are you having issues with:

- On-line learning
- COVID burnout

- Motivating your child
- Parental stress
- Supporting your child
- Monitoring screen time

Join us for our discussion of these topics and more... please find the link to the discussion at:

[https://teams.microsoft.com/l/channel/19%3a90c8afc5e9a34120989982d78eb42e8f%40thread.tacv2/Parenting%2520Discussion%2520Channel?groupId=30de7c2f-18a2-4e8b-8d7a-1f873e2e4a48&tenantId=21acfbb3-32be-4715-9025-](https://teams.microsoft.com/l/channel/19%3a90c8afc5e9a34120989982d78eb42e8f%40thread.tacv2/Parenting%2520Discussion%2520Channel?groupId=30de7c2f-18a2-4e8b-8d7a-1f873e2e4a48&tenantId=21acfbb3-32be-4715-9025-1f873e2e4a48)

Please leave a message at 309-782-6515 to RSVP.

## Order Gives Employees Social Security Withholding Tax Deferral, Not Forgiveness

The RIA Financial Readiness Program can provide you with information regarding the Aug. 8, 2020 Presidential Memorandum of the Social Security Tax Deferral through the end of the 2020 calendar year. If you have any questions regarding the Social Security Tax Deferral or are unsure of how it will impact you, please contact Travis Phillis,

AFC®, Financial & Employment Readiness Program Manager at 309-782-0815 or by email at [travis.j.phillis.civ@mail.mil](mailto:travis.j.phillis.civ@mail.mil) for assistance. (DFAS info: [www.dfas.mil/taxes/Social-Security-Deferral](http://www.dfas.mil/taxes/Social-Security-Deferral)) (StandTo!: [www.army.mil/standto/archive/2020/10/02?s\\_cid=standto](http://www.army.mil/standto/archive/2020/10/02?s_cid=standto))



## 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 continues to provide most of their services via email and over the phone, but please note that according to guidance from IMCOM headquarters, no items are being issued from the lending closet. ACS programs can be reached at the following:

- Army Emergency Relief (AER), Financial Readiness and Employment Readiness: 309-782-0815, or email: [travis.j.phillis.civ@mail.mil](mailto:travis.j.phillis.civ@mail.mil)
- Exceptional Family Member Program: 309-782-4736 or email: [janice.n.saito.civ@mail.mil](mailto:janice.n.saito.civ@mail.mil)
- Family Advocacy Program: 309-782-3049 or email: [jennifer.a.kerr10.civ@mail.mil](mailto:jennifer.a.kerr10.civ@mail.mil)
- Domestic Abuse Victim Advocacy: 309-912-6089
- Relocation Readiness, Army Volunteer Corps and Army Family Action Plan: 309-782-0816 or email: [chassity.r.morse.civ@mail.mil](mailto:chassity.r.morse.civ@mail.mil)
- General ACS Information/ACS Director: 309-782-0829, 309-782-0828 or email: [terese.w.seibert.civ@mail.mil](mailto:terese.w.seibert.civ@mail.mil)

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.

## Army Family Web Portal

Are you ready for a modernized way to access the resources and information you need? The Army Family Web Portal is Army Community Service's (ACS) newest virtual resource to get connected and stay connected. With the Army Family Web Portal, community members can access information on ACS services, search volunteer opportunities, submit quality of life issues and much more. Get connected to the new Army Family Web Portal today at [www.armyfamilywebportal.com](http://www.armyfamilywebportal.com).

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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>**

## **Ski & Snowboard Waxing & Sharpening at Outdoor Recreation**

If the dusting of snow earlier this week already has you day dreaming of swishing down the slopes, now would be a great time to get your skis and snowboards into Outdoor Recreation to get them waxed and sharpened so you're ready when the local ski areas are able to open. Check out all the outdoor equipment available to you on our website:

<https://rockisland.armymwr.com/programs/outdoor-recreation> and call ODR at 309-782-8630 for more info, reservations and ski/board tuning appointments.

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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).**

## **Virtual Class Offering - "Coping with Chronic Stress during COVID-19"**

In a collaborative effort between your RIA Employee Assistance Program (EAP), the Installation Prevention Team (IPT) and our Community Partner, Unity Point – Trinity, we are happy to present “Coping with Chronic Stress During COVID-19” featuring guest speaker, Heather Hogbin. The class will be held on **Thursday, Dec. 10**, 11 a.m. – noon, via MS Teams. The COVID-19 pandemic has likely brought many changes to how you live your life, and with it uncertainty, altered daily routines, financial pressures and social isolation. You may worry about getting sick, how long the pandemic will last, whether you'll stay home teleworking or return to the workplace, and what the

future will bring. Information overload, rumors and misinformation can make your life feel out of control and make it unclear what you can do. Surveys show a major increase in the number of U.S. adults who report symptoms of stress, anxiety and depression during the pandemic. This class will provide information about chronic stress and how it impacts the individual with a special focus on COVID-19 as the stressor. The presenter will identify techniques and coping strategies to help manage the symptoms of chronic stress. Our guest presenter, Heather Hogbin, is the lead outpatient therapist for mental health outpatient program at the Robert Young Center. She earned a Masters of Social Work at St. Ambrose University, Davenport, and is licensed in both Illinois and Iowa. Heather has worked with the Robert Young Center for the last 12 years. Previously, she worked as a program manager for Center for Alcohol & Drug Services, Inc., as the substance abuse counselor lead with Riverside/Center for Alcohol & Drug Services, Inc.; and as a therapist with the Robert Young Center at the mental health outpatient program. To register, please search “Coping with Chronic” in TEDs. If you do not use TEDs for training, you can contact POC: [robert.w.donohoo.civ@mail.mil](mailto:robert.w.donohoo.civ@mail.mil)

### **How to Cope With Holiday Family Gatherings and the Coronavirus Pandemic**

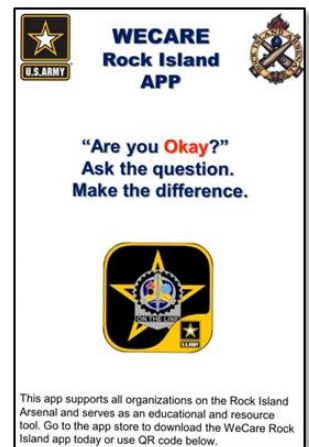
As autumn descends, it's already time to start thinking about plans for the holidays. But this year, with the ongoing coronavirus (COVID-19) pandemic, those plans are going to look a lot different than usual. Because of factors like travel complications and susceptible family members, there will be plenty of rethinking plans and, possibly, canceling them altogether, adding more anguish to a period already filled with immense stress. Whether it's how to plan for gatherings, what to do if you can't see family or even if you and your family disagree about the best course of action, there could be tough choices ahead. So we talked to psychologist Adriane Bennett, PhD, about how to approach a holiday season like no other. (More: <https://health.clevelandclinic.org/how-to-cope-with-holiday-family-gatherings-and-the-coronavirus-pandemic>)

### **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.wecarockisland&hl=en>

Tell your Family and friends.





## 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>



**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>

### RIA Army Education Center COVID-19 Impact

The RIA Army Education Center is only providing virtual services; contact Mary Hansarik at [mary.p.hansarik.civ@mail.mil](mailto:mary.p.hansarik.civ@mail.mil) for Education Center requirements. Additional information about the Education Center is available at <https://home.army.mil/ria/index.php/my-fort/all-services/continuing-education-services>

### Study Edge Announces Free Access for Veterans through Dec. 31

In the midst of a global pandemic, access to education has been more challenging than ever before. For Veterans planning to return to the classroom and those starting college for the first time, this year in particular makes having the right tools and resources more important than ever. Study Edge can help. No matter where you're studying – whether on campus or at home – Study Edge provides veterans with access to a multitude of helpful materials, including concise study guides, online

explanation videos, and tutors for an array of subjects and classes. (More: [www.blogs.va.gov/VAntage/79361/study-edge-announces-free-access-veterans-december-31-2020](http://www.blogs.va.gov/VAntage/79361/study-edge-announces-free-access-veterans-december-31-2020))

### **Army Offers College Prep Website Amid Pandemic**

As high school students look to continue learning in a COVID-19 environment, the Army has provided an online option to help students prepare for college. Whether or not a school chooses in-class or online learning, students can prepare for college using the Army's college readiness website, March2Success, to augment their learning and study for entrance exams. Students can take practice tests for exams like the ACT, SAT, Medical College Admission Test and Dental Admission Test. The website provides an alternative for students unable to seek a tutor or join a study group due to pandemic restrictions. (More: [www.army.mil/article/237238](http://www.army.mil/article/237238))



**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](http://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.**

### **Commissaries Add Thermometers, Children's Disposable Protective Masks**

Commissaries are adding digital contactless thermometers and children's reusable masks to store inventories, the Defense Commissary Agency's director of sales announced. These additions, along with new lines of adult disposable masks and several sizes of hand sanitizers, first became available in stateside stores in late September. Shipments of thermometers to stores in Europe and the Pacific are expected by late November, Tracie Russ, the agency's sales director, said. The new products join existing brands of personal protective gear that commissaries have been selling since June. (More: [www.defense.gov/Explore/Features/Story/Article/2425580](http://www.defense.gov/Explore/Features/Story/Article/2425580))

### **Exchange Reminds Shoppers to Shop, Ship Early During Busy Holiday Season**

The Army & Air Force Exchange Service is reminding the military community to shop and ship early this holiday season. The Exchange is leveraging all possible merchandise sources to mitigate broader supply chain and product shipping delay challenges due to the COVID-19 pandemic, but the Department of Defense retailer is still encouraging shoppers to shop now and ship now to get all the items on their lists in time for the holidays. (More: <https://publicaffairs->

[sme.com/ExchangePost/2020/11/23/exchange-reminds-shoppers-to-shop-ship-early-during-busy-holiday-season](https://publicaffairs-sme.com/ExchangePost/2020/11/23/exchange-reminds-shoppers-to-shop-ship-early-during-busy-holiday-season))

### **Make Your Voice Heard! Military Shoppers Can Enter to Win a \$100 Exchange Gift Card by Voting for Their Favorite Toy**

The Army & Air Force Exchange Service is giving military shoppers the chance to win a \$100 Exchange gift card—and entering is as easy as leaving a Facebook comment. Through Dec. 4, authorized shoppers 18 and older can enter the Favorite Toy Sweepstakes by watching a video of the XKids, the Exchange’s in-house toy experts, showcasing their top toy picks for 2020 at <http://www.facebook.com/ShopMyExchange> and leaving a comment under the video with a vote for their favorite featured toy. (More: <https://publicaffairs-sme.com/ExchangePost/2020/11/20/make-your-voice-heard-military-shoppers-can-enter-to-win-a-100-exchange-gift-card-by-voting-for-their-favorite-toy>)

### **Commissaries Announce Holiday Schedule**

Military commissaries will operate under a holiday schedule beginning Nov. 23, the Defense Commissary Agency announced. The announcement means that many of the commissaries normally closed on Mondays will be open Nov. 23, expanding available shopping hours for patrons preparing for their holiday meals. Similarly, most stores will also be open Monday, Dec. 21, except for Hario Village Housing Area, Japan; U.S. Army Garrison Garmisch, Germany; Yuma Proving Grounds, Arizona; and Coast Guard Air Station Kodiak, Alaska. All commissaries will be open on Christmas Eve (Dec. 24) and New Year’s Eve (Dec. 31) except for Robinson Barracks, Germany, which is closed Dec. 31. All commissaries will be closed on Thanksgiving (Nov. 26), Christmas (Dec. 25) and New Year’s Day (Jan. 1). Patrons are reminded to check the “Store Information & Holiday Hours” box on their store’s [webpage](#) for specific operating schedules. “We hope that our schedule helps patrons to maximize their benefit and save money over the holidays,” said Marine Corps Sgt. Maj. Michael R. Saucedo, senior enlisted advisor to the DeCA director.

### **Ho-Ho-Ho: Military Families Can Visit Santa Virtually as Army & Air Force Exchange Service Partners with JingleRing**

Though COVID-19 might put some holiday events on hold, Santa Claus will still be making the rounds virtually with the Army & Air Force Exchange Service and JingleRing. JingleRing provides a platform for families to spend time with St. Nick in a contactless, virtual environment from the comfort of home. Families can choose from a diverse list of Santas who speak several languages, including American Sign Language. “It’s comforting to know that Santa will always be there for our military families,” said Air Force Chief Master Sgt. Kevin Osby, Exchange senior enlisted advisor. “The Exchange welcomes the opportunity to help our Warfighters and their families create some cherished memories.” (More: <https://publicaffairs-sme.com/ExchangePost/2020/11/17/ho-ho-ho-military-families-can-visit-santa-virtually-as-army-air-force-exchange-service-partners-with-jinglering>)

### **Army & Air Force Exchange Service Expands Return Policy for Holidays**

Military shoppers will have greater flexibility in making returns during a busy time of year as the Army & Air Force Exchange Service is extending its return policy for the holiday season. Under the extended policy, shoppers have until Jan. 31 to return any items purchased in store or at ShopMyExchange.com from Nov. 1 through Dec. 24. “It’s hard to please everyone on your list,” said Air Force Chief Master Sgt. Kevin Osby, the Exchange’s senior enlisted advisor. “The Exchange’s extended return policy goes the extra mile to make sure everyone gets the perfect gift

this year.” (More: <https://publicaffairs-sme.com/ExchangePost/2020/11/19/army-air-force-exchange-service-expands-return-policy-for-holidays>)

### **RIA Commissary and Exchange COVID-19 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). 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:

- Patrons and store employees at the Commissary and Exchange are required to wear face coverings to help slow the spread of COVID-19.
- 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.
- Patrons will use bags on site, and not bring their own bags into the store.
- All commissaries suspended early bird shopping to allow more time to clean and restock the store.
- Because of increased demand and to ensure that everyone has equal access to essential items, quantity limits on select items have 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.



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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))

### **New Museum Tells the Story of the U.S. Army**

The National Museum of the United States Army officially opened today at Fort Belvoir, Virginia. It is the first museum to tell the entire story of the Army, which has existed since June 14, 1775 — even before the existence of the United States itself. The Army "has been a force for profound good in our world," said Acting Defense Secretary Christopher C. Miller, who spoke at the museum's opening event. "From the fields of Lexington [and] Concord to the hills of San Juan and from the cliffs of Normandy to the Korangal Valley, more than 30 million brave men and women have donned the Army uniform to fight for freedom at home and abroad," Miller said. "For more than 240 years, they made innumerable contributions to our nation and the world — not just in combat, but also in humanitarian assistance, disaster relief, international cooperation and other vital missions. Their feats are enshrined throughout this museum." (More: [www.defense.gov/Explore/News/Article/Article/2412226](https://www.defense.gov/Explore/News/Article/Article/2412226))

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

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



# Healthbeat

## RIA Health Clinic Observes Thanksgiving Holiday

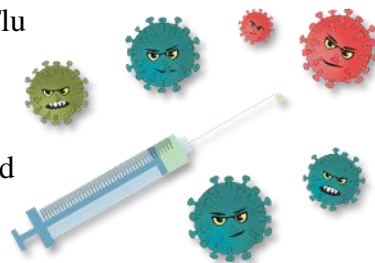
In honor of the national observance of Thanksgiving Day, the Rock Island Arsenal Health Clinic will be closed **Thursday, Nov. 26** on Thanksgiving Day and **Friday, Nov. 27** on the day after Thanksgiving and there will be no scheduled activities. If you should need immediate medical attention, please go to the nearest emergency room. Rock Island Arsenal Health Clinic patients with non-emergent medical needs may reach out to the TRICARE Nurse Advice Line at 1-800-TRICARE.

## Army Doctors Provide COVID-19 Safety Tips For the Holiday Season

Celebrating the holidays during a pandemic may bring additional challenges for people this year. With this in mind, infectious disease experts at Brooke Army Medical Center, located on Joint Base San Antonio-Fort San Houston in Texas, recently offered some tips to help keep families safe whether they are traveling or entertaining at home. “This year people have to think about their personal risk threshold and the risk benefit of the situation,” said Air Force Col. (Dr.) Heather Yun, deputy commander for medical services at BAMC, and an infectious disease specialist. There are a number of factors people should consider when deciding how they want to spend the holidays, including their own age and health, as well as the health of others around them who may be immunocompromised or at a higher risk. “You don’t want to bring COVID-19 into one of those environments,” Yun said. (More: <https://health.mil/News/Articles/2020/11/17/Army-doctors-provide-COVID-19-safety-tips-for-the-holiday-season>)

## Flu Shots Twice a Week at the RIA Health Clinic

Rock Island Arsenal Health Clinic families, it is that time of the year for annual Flu vaccinations. The CDC recommends annual influenza vaccination for everyone 6 months and older. The Health Clinic will be holding a Flu Shot Clinic twice a week during flu season – **Thursdays and Fridays from 1-3:30 p.m.** Flu vaccination is for RIA Health Clinic eligible patients (active duty, dependents, and military retirees). If you cannot make those times please contact the clinic at 309-782-0805 to arrange a time in which you can receive the Flu vaccination. The Health Clinic will not hold the Flu Shot Clinic the last Friday of the month due to training.



## 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.



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

To mitigate the spread of COVID-19, the U.S. Army implemented 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](http://www.army.mil/article/234288)) ([Defense Health Official Urges Personnel, Families to Wear Face Masks](#)) ([DOD Guidance](#)) *For specific use of face masks at your command and worksite, please consult your supervisor or chain of command.*



## TRICARE Open Season: Education and Awareness Toolkit

TRICARE Open Season is the annual period when beneficiaries can enroll in or change their health care coverage for the next year. TRICARE Open Season is **Nov. 9–Dec. 14, 2020**. Enrollment actions made during this period take effect on **Jan. 1, 2021**. Eligible beneficiaries can also enroll in vision and/or dental coverage through Federal Employees Dental and Vision Insurance Program (FEDVIP) during Federal Benefits Open Season, which is also **Nov. 9–Dec. 14, 2020**. (More: <https://health.mil/About-MHS/MHS-Toolkits/TRICARE-Open-Season-Education-and-Awareness-Toolkit>)

## RIA Health Clinic COVID-19 Impact

The RIA Health Clinic will continue to see patients for limited appointment that include school physicals, immunizations, and well-child examinations. Please contact the RIA Health Clinic if you have questions about particular services or appointments.

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# Notes for Veterans



## Code Platoon Offers Software Development Training for Veterans and Spouses

Veterans and their spouses can train to become professional, certified software developers with Code Platoon's Coding Bootcamp, an immersive, hands-on training program with opportunities for paid internships (in Chicago only) and job placements as a web developer upon graduation. (More: [www.blogs.va.gov/VAntage/81258/software-development-training-veterans-spouses](http://www.blogs.va.gov/VAntage/81258/software-development-training-veterans-spouses))

## VA Program Helping More Veterans Connect With Bank, Credit Union Account Choices

The U.S. Department of Veterans Affairs (VA) announced today at least 25,000 more Veterans are now receiving monetary benefits through federally-insured banks and credit unions — mitigating their risk of fraud occurrence. Prior to the inception of the Veterans Benefits Banking Program (VBBP), established in December 2019, Veterans who did not have bank accounts were only able to receive monetary benefits through pre-paid debit cards or paper checks. (More: [www.va.gov/opa/pressrel/pressrelease.cfm?id=5574](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=5574))

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# Around the Q.C.



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

Once you have joined you can see a listing 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.*

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# Island Insight



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