



Feb. 3, 2021

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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Arsenal Dispatcher Released From Hospital after Months Long Battle with Coronavirus

Jim Nelson was on a ventilator since Nov. 10. Surrounded by family and his crew, he was released from the hospital on Tuesday, Jan. 26. Dozens of first responders pile into Unity Point Health Trinity



on Tuesday, Jan. 26. But this time they're not taking a patient there, they're taking one home. That patient is Jim Nelson. Jim is a 911 dispatcher for the Rock Island Arsenal. He started on the Arsenal back in 2004 as a guard. In 2007 he became a dispatcher for Arsenal's fire and police department. He came down with Covid-19 back in November 2020. "Nov. 10 he came in with Covid," remembers Jim's wife, Heather Nelson. The first responder spent the past two and a half months battling for a second chance, fighting the virus from a ventilator. "We didn't think this was going to happen this way. They asked us several times to take him off the ventilator. So getting him to this point is the best miracle ever," says Heather. And now, surrounded by dozens of hospital staff, family and his crew, Jim gets wheeled out of the hospital. Halfway down the hall, he stops the wheelchair and stands up to walk the rest of the way to his car. "I

Upcoming Dates

February: Black History Month
February: National Heart Month
February: Teen Dating Violence Awareness Month
Feb. 3: Four Chaplains Day
Feb. 4: USO 80th Birthday
Feb. 4: World Cancer Day
Feb. 4: RIA Health Clinic Flu Shot Clinic, 1-3:30 p.m.
Feb. 5: Army Emergency Relief 79th Birthday
Feb. 4: The Bronze Star is established by Executive Order 9419 (1944)
Feb. 5: RIA Health Clinic Flu Shot Clinic, 1-3:30 p.m.
Feb. 7: Super Bowl LV
Feb. 9: Is My Stress Making Me Sick? w/ Dr. Katy Frega, MS Teams, 10-11 a.m.
Feb. 11: RIA Health Clinic Flu Shot Clinic, 1-3:30 p.m.
Feb. 12: MVRBC Blood Drive, Bldg. 333, 10 a.m. - 1:30 p.m.
Feb. 12: RIA Health Clinic Flu Shot Clinic, 1-3:30 p.m.
Feb. 14: Valentine's Day
Feb. 15: President's Day (*Federal Holiday*)
Feb. 16: Operation Desert Storm begins (1991)
Feb. 16: Mardi Gras
Feb. 16: Self-Sabotage w/ Nick Osterhaus, MS Teams, 10-11 a.m.
Feb. 17: Random Acts of Kindness Day
Feb. 18: RIA Health Clinic Flu Shot Clinic, 1-3:30 p.m.

had a lot of good nurses. It's time to go home," says Jim. Now the first responder with the second chance is headed home to continue healing so he can get back to work to help future patients who need it. (More: www.wqad.com/article/news/local/rock-island-arsenal-dispatcher-released-from-hospital-after-months-long-battle-with-coronavirus/526-afe7273e-3b04-4416-8a86-33d695d85a59)

First Army Practices Effective Communication on Foundation Day

First Army's commitment of keeping Soldiers and civilians first was on full display as First Army recently facilitated U.S. Army Forces Command's Foundation Day Program for the month of January. Foundation Day, commencing one day each month, engages Soldiers and civilians through training to support their health, social awareness, and overall welfare with skills which will last a lifetime. The program's training utilizes social skills while teaching team members how to resolve important family, home, work, and personal related issues including suicide



awareness and prevention, conflict resolution, and cultural awareness issues. The topic for this month's Foundation Day was effective communication. The training focused on topics such as barriers to communication, types of listening, and the importance of providing feedback. The training also provided team members with an activity centered on the "Johari Window" which taught essential communicating techniques in different environments and with different audiences.

(More: www.dvidshub.net/news/387682)

First Army Chaplains and Senior Leaders Combat Suicide

In 2019, the Department of Defense lost 498 service members to suicide. A Defense Department report states that the number of service members lost are going up, not down. And while comprehensive data is not yet available for 2020, senior leaders are concerned about the potential impact of the COVID-19 pandemic on the well-being of servicemembers and families. To combat the scourge of suicide, First Army is supporting the Life Worth Living series, an Army Vice Chief of Staff initiative intended to prevent suicide in the ranks. Supported by the Chaplain, the Surgeon, and the Life Worth Living program manager, First Army senior leaders meet monthly with senior leaders from other commands for a discussion and brainstorming panel, where members conduct a focused approach to program evaluation to assess existing policies and programs, as well as implement, as appropriate, evidence-informed initiatives gathered from the ever-evolving science on suicide prevention. Maj. Heather Deters, First Army SHARP manager, facilitates First Army's participation. (More: www.dvidshub.net/news/387563)



DOD Personnel Must Do More to Win Fight against COVID-19, Special Advisor Says

While the personnel of the Defense Department have already done incredible work to combat the coronavirus, they must do more, said Max Rose, a special advisor on COVID-19 to the secretary of defense. Rose and Air Force Brig. Gen. (Dr.) Paul Friedrichs, the Joint Staff surgeon, spoke during a briefing at the Pentagon today. He took up his job last week when Secretary of Defense Lloyd J. Austin III assumed office. "The secretary has made this absolutely clear: We have to move further. We have to move faster. We have to be as bold as possible, all the while remembering that it is our utmost [mission] to protect and defend the United States at home, as well as abroad," Rose said during the briefing. (More:

www.defense.gov/Explore/News/Article/Article/2485719)



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, AB positive and AB negative**, but all types are needed. MVRBC is hosting a blood drive in Building 333, next door to Outdoor Recreation, on **Friday, Feb. 12 & 19**, 10 a.m. - 1:30 p.m.; and a special drive from the MWRBC Donor Bus in front of Building 390 on **Thursday, Feb. 4**, 10 a.m. – 1:30 p.m. If you would like to donate at this blood drive, feel free to email 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 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.





Charlie Corpuscule says, *"We have started a new donor promotion that includes the next three blood drives on Arsenal Island. The donor promotion is a green t-shirt or a \$5 electronic gift card to one of the following: Amazon, Starbucks, Walmart, Target, or Dunkin'."*

"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."

For more information about the MVRBC response to the pandemic, please visit:
www.bloodcenter.org/donate/donor/covid19-response

The American Red Cross now states the following: "All blood donations are now tested for COVID-19 antibodies" redcrossblood.org/antibodytesting The American Red Cross is currently not holding blood drives on Arsenal Island. For those seeking to donate blood through the American Red Cross you can access their site and locations to donate at: www.redcrossblood.org

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

Transformation Tuesdays Series

Let's start 2021 strong and put our best foot forward and 2020 in the rearview mirror.

Transformation Tuesday six-week well-being series 10-11 a.m. through MS Teams. [Click Here for the Direct Link to the Classes](#). Below is the list of great classes that we have lined up for you.

- **Feb 9:** Is My Stress Making Me Sick? - Dr. Katy Frega, DC, ND, FIAMA. Learn how stress impacts our health and ways to combat stress in our lives.
- **Feb 16:** Self-Sabotage - Nick Osterhaus, Certified Health and Life Coach, ASC. Starting out a new diet or a new workout at the beginning of the year is very commendable. What is that feeling about four or five weeks in when you start to see some changes, and give yourself permission to have a small little snack or take a day off? This is self-sabotage. Learn how to avoid sabotage and propel yourself through the tough times.

If you have TEDs, please sign up in TEDs. Keyword is: Transformation Tuesday. If you do not have TEDs, you can log into the class using the link provided. Disclaimer of endorsement: The services or resources provided by organizations, does not constitute endorsement, recommendation or favoring by the United States Army Materiel Command/Army Sustainment Command. Invest in Your Well-being! ASC Wellness and Resilience Team For questions, please email: usarmy.ria.asc.mbx.wellness@mail.mil

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:

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

Registration is available through CHRTAS at

www.attrr.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 radio button to select Course (XBAHRS – HR Training for Supervisors) then click Next
4. Click the radio button to select Location (Rock Island, IL) then click Next
5. Click the radio 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

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. This initiative has been directed by the President.

VIOS Scheduling Eliminated, Garrison PA Assumes Limited Command Photos

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



Arsenal 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



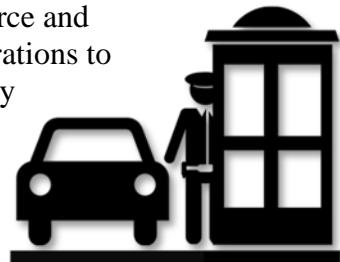
Arsenal Annual Passes Reinstated, Cemetery Open to Public, Other Access Limited to Official Business, Deliveries, Eligible Patrons, and Residential Visitors

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



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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.

Public Works to close Restrooms/Shower in Buildings 208 and 212

Effective Dec. 21 through **Friday, March 26**, the Directorate of Public Works (DPW) started the Restroom/Shower renovation project in buildings 208 & 212. This involves closure of both 1st and 2nd floor restrooms/shower. All other restrooms in the facilities are available for use. These closure have been coordinated in advance through the JMTC facilities department.

Active Duty/Reserve Zone



Army Announces New Grooming, Appearance Standards

New changes to grooming and appearance standards are slated to take effect next month, as part of the Army's commitment to improve the wellbeing of all Soldiers. Army senior leaders approved several upcoming grooming and appearance modifications, said Sgt. Maj. Brian Sanders, senior enlisted leader of Army G-1's uniform policy branch. The announcement will be followed by an all-Army activities message that will take effect late February and will supersede the standards outlined in the grooming and appearance chapter of Army Regulation 670-1 until the next scheduled revision. "This is one of the many facets of putting our people first and recognizing who they are as human beings," he said. "Their identity and diverse backgrounds are what makes the Army an ultimate fighting force." (More: www.army.mil/article/242536)

IPPS-A Update To Support Active-Duty, Reserve Personnel By December

In anticipation of an Army-wide release of the Integrated Personnel and Pay System-Army, program officials requested Friday that all active-duty and Reserve Soldiers verify their military and pay records before the service goes live in December. Next year, close to 1.1 million Soldiers will have access to IPPS-A, a web-based human resources system that integrates personnel, pay and talent management functions that will also be accessible on mobile devices, said Roy Wallace, the assistant deputy chief of staff, G-1. (More: www.army.mil/article/242855)

Dragon's Lair Program

The Dragon's Lair program is focused on encouraging creative thinking across the U.S. Army. This program solicits ideas from Soldiers of any career field or background, and their families, in order to spur innovation to better quality of life and improve the service as a whole. Army Futures Command drives enterprise-level modernization efforts across the Total Force Army. In support, the XVIII Airborne Corps developed the Dragon's Lair Program to encourage creative thinking across its ranks that may benefit units in the corps. The Army is adapting innovating and adapting concepts, equipment to prepare to meet future operational challenges. The Dragon Lair's program develops and implements the Soldier-identified creative concepts to modernize the Army. The Army must grow its operational force by reshaping it to be more robust and successful in all domains along with modernizing it with the best weapons and equipment available. (More: www.army.mil/standto/archive/2021/01/29)

New Hours for USO

Effective Feb. 1, the USO Rock Island opened for Grab 'n Go snacks and drinks only. Our new hours are 11 a.m. – 1 p.m. We ask that patrons adhere to the USO COVID-19 guidelines and wear a mask when stopping by to pick up food and drinks.

Tax Center Services

The U.S. Army Materiel Command Legal Center-Rock Island Arsenal no longer operates a tax center. As a result, free tax preparation and filing services will no longer be available on-post. There are, however, free online services available to active-duty service members, retired and honorable discharged members, spouses, dependent children and survivors. It's important to decide what best

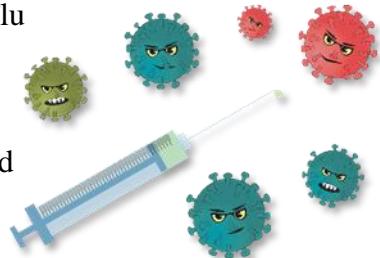
fits your needs. Some factors to consider include the complexity of your taxes, ability to do your own tax work, and cost. Many people who used to itemize find that their tax preparation has been simplified by the larger standard deduction. Below are some resources to use:

- **IRS: Free File**
Eligibility: All filers with income below \$66,000
Website: <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>
- **MilitaryOneSource, MILTAX**
Eligibility: Active duty military. Retired and honorable discharged members are authorized for up to 180-days past separation. Spouses, dependent children and survivors are able to use the free services as well.
Website: www.militaryonesource.mil/miltax-software
- **Volunteer Income Tax Assistance (VITA)**
Eligibility: Earn low to moderate income; or be disabled; or not speak English; or be a senior citizen.
Website: <https://www.benefits.gov/benefit/1543>
- **Tax Counseling for the Elderly (TCE)**
Eligibility: Over the age of 60 or older and in need of either counseling or return preparation services.
Website: <https://www.benefits.gov/benefit/722>

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

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.



Safety Spotlight



ARMY SAFE
IS ARMY STRONG



The top priority of the installation safety office is to safeguard and protect service members, their families, civilian employees and Army property as well as to create the safest workplace and living environment possible. Website:

<https://home.army.mil/ria/index.php/about/Garrison/safety-office>

COVID-19 Telework Ergonomic Tips

The measures taken to protect our community from exposure to COVID-19 have forced us to move from office-based workers to home-based workers. Within home offices, you may find yourselves in less than ideal computer work settings. We at the U.S. Army Public Health Center Ergonomics Branch want you to know that we have your backs, wrists, and necks. The resources provided below will help you to maintain good musculoskeletal health while working for many hours at your computer in your home-based work settings. (More:

<https://phc.amedd.army.mil/PHC%20Resource%20Library/COVID-19%20Telework%20Ergonomic%20Tips.pdf>

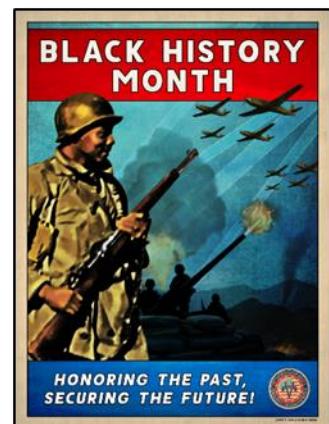
Equal Employment Opportunity Focus



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.

African American History Month

February is African American History Month, and the Army reflects upon and celebrates the tremendous contributions of African-Americans to the nation. The theme of 2021 African American Month is “The Black Family: Representation, Identity, and Diversity.” During this observance the Army reflects on the contributions of African American Soldiers. The Army is dedicated to leveraging the strength of our diverse force and ensuring equality for all its members. To sustain a high-quality Army that is trained and ready, the Army will continue to ensure that all Soldiers and Civilians are given the opportunity to maximize their talents and potential. African Americans make up more than 19 percent of the Total Army and the Department of the Army Civilian Workforce. African Americans play vital roles in today’s Army as Soldiers, Army Civilians and family members, and are critical members of the Army team. The Army strongly embraces diversity as a way to maximize individual talent, increase morale and



greatly enhance military effectiveness. The Army finds its strength not only in its diversity, but in its ability to bring together people of different faiths, cultures, and races who share common values like duty, honor, selfless service, loyalty, and respect. The Army is confident that the myriad of talent, skills, and abilities in the diverse force will help to meet future defense challenges and win the nation's wars.

COVID-19 EEO Impact

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



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.

Enter to Win a \$100 Exchange E-Gift Card

The new Digital Garrison App is a wealth of real time information about on-post services and facilities and when you move to a different installation, simply change your location in the app and all the info for your new duty station is at your fingertips. Celebrate the arrival of 2021 with a chance to win a \$100 Exchange e-giftcard on the #DigitalGarrison mobile app. Download it for free on the Google Play or Apple App stores. Simply follow these three easy steps to be entered into the sweepstakes. The sweepstakes period is **Dec. 16 – Feb. 10**.

Download the new Digital Garrison App from the App Store or Google Play and create your profile.

- Link your shopmyexchange.com account on the app.
- Enter the sweepstakes online at shopmyexchange.com/sweepstakes

Fitness Center Extends Hours of Operation

Effective Jan. 25, the Fitness Center extended its hours and is now open as follows:

- Monday-Friday: 5 a.m. - 7:30 p.m.
- Saturday: 8 a.m. - 3 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>

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](#))



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.

MWR Leisure Travel Office



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

Universal Orlando Resort Military Freedom Pass Sale

Check out this great new deal on Universal Orlando Resort passes available only at the Leisure Travel Office in Building 333. Military Freedom Passes include yearlong (365 days) entry to Universal Orlando's parks starting at just \$199.99; that's less than a dollar/day. Active duty, retired military, DoD civilians and spouses of active duty and retired military are all eligible for this great deal. Call the Leisure Travel Office at 309-782-5890 for more info and to book your tickets.

Leisure Travel Office is Open

The Leisure Travel Office, located in Building 333, is open 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. Contact the office at 309-782-5890. If you're looking to book tickets to great attractions like Disney World, Sea World, Busch Gardens, Medieval Times, the Davenport 53rd movie theater and more, give the Leisure Travel Office a call at 309-782-5890 to save some money on your ticket purchase.

Child & Youth Services



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

Rock Island Arsenal Teen Council

The Rock Island Arsenal Teen Council will be meeting virtually on MS Teams the first Tuesday of each month from 4-5 p.m. The Teen Council plans teen activities, volunteer opportunities, and teen events. In addition, they assist with the Youth Sponsorship Program helping youth transition into the community. Teen Council members will learn leadership, budgeting, marketing, and other skills as well as earn volunteer hours for their participation. We hope to see your teen at the next meeting.

If you have any questions, please leave a message at 309-782-6515. Please follow the below link to join the meeting:

<https://teams.microsoft.com/l/meetup-join/19%3acac3aa3947e14fdfb4bca9df3e4ec7dd%40thread.tacv2/1606163174365?context=%7b%22Tid%22%3a%2221acfbb3-32be-4715-9025-1e2f015cbbe9%22%2c%22Oid%22%3a%222ce90a0c-ef5d-493e-9ec5-798d4d46b18c%22%7d>

Youth Sports and Fitness Program Looking for Your Involvement

Who's eligible to participate in the youth Sports and Fitness Program? Any child of a RIA-affiliated family is eligible to participate in Youth Sports and Fitness Programs. Help wanted – volunteer coaches: one key element that is typically a major part of a CYS Youth Sports and Fitness Program is a strong volunteer base, and that's where you come in. Volunteer coaches are specifically needed for team and individual sports at this time. Typically, a child's parent/guardian coaches, but it can be anyone; all pending the completion of a background check. Coaching experience and familiarity with sports will help volunteers in their coaching roles, but it's not required. Pre-season orientation/training is included to help get coaches comfortable and prepared for any of the sports.

Why should I volunteer to coach? Several "perks" are:

- All volunteer head coaches may enroll all of their children at no cost in the same sports season in which they coach.
- Assistant volunteer coaches may enroll one child at no cost, and subsequent children receive a 15% discount in the same sports season they coach.
- Kids 15+ years of age are eligible to serve as assistant coaches.
- Build your professional development while you contribute to childhood development.
- It's fun!

To apply, contact Andy Milton, sports and fitness director, Child and Youth Services, at 309-782-6793.

Army Community Service



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Army Community Service is an Army-wide community, social service program that provides services that assist Soldiers, Family members, and Department of the Army civilians maintain readiness, develop self-reliance, resiliency and stability. U.S. Army Installation Management Command provides these services through a network of programs that support goals related to recruitment, retention, morale, and operational readiness of the force. ACS on RIA is located in Bldg. 110, 1st floor SE; visit our ACS website

<https://rockisland.armymwr.com/programs/army-community-service> or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook click here: www.facebook.com/RIAACS. 24/7 Domestic Violence Crisis Line: **309-912-6089**.

Financial Tips

Need help preparing your taxes? Complexity of tax returns has increased slightly in 2020 vs. 2019. You may have heard of the IRS's VITA Program. You may qualify if you generally make \$57,000 or less, if you are a persons with a disability, or if you are a limited English-speaking taxpayer. To find a VITA site visit the IRS's search tool at: <https://irs.treasury.gov/freetaxprep> or further

questions or to request financial counseling contact ACS. – James Greenwood, Survivor Outreach Services, Financial Counselor, 309-782-8253, james.d.greenwood10.civ@mail.mil

ACS Rock Island Virtual Office Hours

ACS is holding public virtual office hours **each working day**, except for days ACS publishes closures, from **11:30 a.m. – 12:30 p.m.** We look forward to taking general questions related to finances, family programs, and relocation. We may periodically provide presentations on a topic selected by our office in advance. This is our public forum.

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

+1 571-388-3904,,890722855# United States, Arlington

Phone Conference ID: 890 722 855#

Teams link: https://teams.microsoft.com/l/meetup-join/19%3ameeting_MmIwNzkzYmYtZmE3ZC00ZmQ1LWJjMWUtYzRhMjkZTAyMzNi%40thread.v2/0?context=%7b%22Tid%22%3a%2221acfbb3-32be-4715-9025-1e2f015cbbe9%22%2c%22Oid%22%3a%22209cc082-8b15-4656-8d36-a59e61db19c8%22%7d

If you have a question that you would like to discuss in private you can contact us to set a confidential appointment at 309-782-0829.



Microsoft Teams

Volunteer Management Information System (VMIS) Has Moved.

Attention Army volunteers, we are pleased to announce that the Army Family Web Portal (AFWP) Volunteer Management Information System (VMIS) is now live. If you are a volunteer within the current VMIS on Army One Source, follow step 3 in your transition guide to transition your account. If you need a copy of the transition guide contact Army Community Service at 309-782-0816 or you can find it on our Facebook page by following this link www.facebook.com/media/set/?vanity=RIAACS&set=a.2161071070683180 We are extremely excited about this move to a more modern and user-friendly environment. Thank you again for your service to our Army community.

Upcoming Volunteer Opportunities

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

- MWR Outdoor Recreation Support Assistant**

In this position you will support the MWR outdoor recreation program by providing customer service, helping with equipment quality checks and organization, and facility organization as well as other duties.

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

For additional information on volunteer opportunities please feel free to contact the volunteer coordinator at 309-782-0816 by email at chassity.r.morse.civ@mail.mil.

Social Security (OASDI) Tax Collection

The RIA Financial Readiness Program can provide you with information regarding the Aug. 8, 2020 Presidential Memorandum of the Social Security Tax Deferral. The temporary 2020 Social Security tax deferral ended in December. The amount of Social Security taxes deferred in 2020 is being collected from your pay in 24 installments between pay periods ending **Jan. 16 and Dec. 4, 2021**, as well as your normal 6.2% Social Security tax withholdings.

Beginning in January 2021, your myPay LES Remarks section will include the 2020 deferred

OASDI collection amount as well as your remaining balance to be collected. The amount of OASDI deferred in 2020 can be calculated using your final 2020 LES in myPay, by subtracting the OASDI year-to-date (deductions tab) from OASDI year-to-date (benefits tab). For more information on the collection process, visit: <https://www.dfas.mil/taxes/Social-Security-Deferral>. If you have any questions regarding the Social Security Tax Deferral or are unsure of how it's impacts you, please contact James Greenwood, SOS Financial Counselor, 309-782-8253,

james.d.greenwood10.civ@mail.mil for assistance. (DFAS info: www.dfas.mil/taxes/Social-Security-Deferral)



Out Processing Levy Brief

The out processing levy brief is designed to provide service members and their spouses with critical information regarding policy and procedures as well as resources available during PCS process. The brief will be delivered virtually through MS Teams. To receive a meeting link for one of the

following Thursdays taking place 9:30 a.m. – noon, please contact MPD at 309-782-1526; **April 15, June 24, and July 22.**

Newcomers Orientation (Virtual)

This virtual briefing is designed to assist new personnel with becoming familiar with installation services and resources. The orientation is offered monthly on the 4th Thursday through MS Teams. To sign up contact Army Community Service relocation assistance program manager at 309-78-0816 or by email at chassity.r.morse.civ@mail.mil.

Overseas Orientation (Virtual)

If you receive an assignment for an overseas location this orientation will help you prepare for the things you need to know before you go. Topics covered include: command sponsorship, No fee passports, entitlements, items to bring and items to store, pet travel, driving, and culture as well as other geographic and demographic specific needs. Start your move off right by contacting Army Community Service relocation assistance program manager at 309-78-0816 or by email at chassity.r.morse.civ@mail.mil.

Sponsorship Training (Virtual)

This training is designed to equip sponsors with information and tools needed to be an effective sponsor to in bound personnel. Topics covered include: conducting a needs assessment, accessing your resources, providing applicable referrals, and where you can get answers to questions you don't know. Schedule your individual or Unit training by contacting Army Community Service relocation assistance program manager at 309-78-0816 or by email at chassity.r.morse.civ@mail.mil.

Military Spouse Sponsorship

Army Community Service is looking for military spouses to be sponsors for other military spouses. Receive training and resources to help you assist them with connecting to information and resources that will reduce the stress associated with the rigors of PCSing. In addition to giving back to your fellow spouses you will earn volunteer hours as a registered ACS volunteer. To sign up contact Army Community Service relocation assistance program manager at 309-78-0816 or by email at chassity.r.morse.civ@mail.mil.

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 – James Greenwood, SOS Financial Counselor, 309-782-8253, james.d.greenwood10.civ@mail.mil.

Army Community Service Status

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:

- SOS Financial Counselor: 309-782-8253 or email james.d.greenwood10.civ@mail.mil
- Army Emergency Relief (AER), Financial Readiness and Employment Readiness: 309-782-8253, or email: james.d.greenwood10.civ@mail.mil
- Exceptional Family Member Program: 309-782-4736 or email: janice.n.saito.civ@mail.mil
- Family Advocacy Program: 309-782-3049 or email: 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
- General ACS Information/ACS Director: 309-782-0829, 309-782-0828 or email: 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.



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., Building 333, Phone: 309-782-8630. (email: robert.l.lampert.naf@mail.mil), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>



Indoor/Outdoor Storage Spaces Available at Outdoor Recreation

At just \$80/month, our 10'x15' indoor storage units are perfect for storing all your excess items for as little or as long as you need with no long term commitment. The outdoor storage spaces are \$25/month for the small spaces (vehicles 20' or less), \$30/month for the large spaces (vehicles 40' or less). Call Outdoor Recreation at 309-782-8630 for more information and to reserve.

Winter Gear Rentals at Outdoor Recreation

With Snowstar Winter Park in Andalusia, Illinois (<https://skisnowstar.com>) having opened on Dec. 26, all three regional ski areas including Chestnut Mountain Resort in Galena, Illinois (www.chestnutmtn.com) and Sundown Mountain Resort in Dubuque, Iowa (www.sundownmtn.com) are now open for the season and Outdoor Recreation (ODR) has all the rental gear you need to hit the slopes. Whether you're looking to rent skis or snowboards, boots, poles or the whole package, we have the gear you need at less than half the rate that you'll pay at the resorts. We also have cross country skis, downhill blade skis, snowshoes, ice skates and even ice augers for all your winter outdoor recreation needs. See our website: <https://rockisland.armymwr.com/programs/outdoor-recreation> for a full list of rental equipment available. Please call ODR at 309-782-8631 for more information and appointments for equipment rentals. Please remember to wear a mask inside the ODR lobby and make sure to call ahead.

Outdoor Recreation COVID Restrictions

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 five people and masks are still required for service.

Employee Assistance Program



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

WeCare Rock Island Arsenal App

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

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

Tell your Family and friends.

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, 309-782-2551
- Bob Donohoo, EAP counselor: robert.w.donohoo.civ@mail.mil, 309-782-2552
- Earlyn Conway, drug test program manager, earlyn.conway.civ@mail.mil, 309-782-3827
- Jay Nichols, drug test program coordinator, jay.d.nichols12.civ@mail.mil, 309-782-2555
- Adrianna Rubio, contractor, prevention coordinator, 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>

Education/Training Review



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

Army-G1 Approves Name Change from Solider for Life-Transition Assistance Program (SFL-TAP) to Transition Assistance Program

2021 marks 30 years since the Army initiated the first ever program solely focused on transitioning Army Soldiers into civilian life. In 1991, just as the Berlin Wall hit the ground and as the first Gulf War ushered our Army into a new era, the Transition Assistance Program (TAP) was created. As TAP celebrates its 30th anniversary, we are going back-to-basics with several strategic initiatives including a name change and a new program identity. On Oct. 26, the Army-G1 approved the name change of the Army's Transition Assistance Program from SFL-TAP to TAP. The strategic objectives of the name change include raising awareness of TAP's successes; increasing support for and participation in the program; re-inspiring leaders, clients, and team members through education; and repositioning TAP to differentiate itself from other programs. (More: www.dvidshub.net/news/387794)

National Defense Industrial Association Scholarships

The NDIA Scholarship Committee is now accepting applicants for \$2,500 scholarships. Scholarship applications and additional eligibility criteria may be found by clicking on the scholarship application line at <http://www.ndia-ia-il.org>. Applications must be postmarked **April 12** or earlier. For more information, call 563-650-3252 after 5 p.m.

SGT Paul Fisher Scholarships

NDIA is now accepting applicants for the awarding for \$2,500 SGT Paul Fisher Scholarships. Scholarship applications and eligibility criteria may be found by clicking on the scholarship application line at <http://www.ndia-ia-il.org>. Applications must be postmarked **April 12** or earlier. For more information, call 563-650-3252 after 5 p.m.

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 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>

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)

Supporting Students: Scholarships for Military Children Program Opened Dec. 14 for 2021/22 Academic Year

The Scholarships for Military Children Program for academic year 2021 – 2022 began accepting applications Dec. 14 last year. Applications are due by **Feb. 17**. The program, in its 21st year, recognizes the contributions of military families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life. It's administered by Fisher House Foundation, a nonprofit organization that helps service members and their families. Thus far, the program has awarded more than \$20.1 million to 11,814 students, selected from a pool of nearly 105,000 applicants. (More: www.commissaries.com/our-agency/newsroom/news-releases/supporting-students-scholarships-military-children-program-opens)

Defense Commissary Agency / Exchange



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The Rock Island Commissary, 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, 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. For information on this and other Commissaries, visit: www.commissaries.com (Facebook: 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 and type 'Subscribe' in the subject line.

LEGACY OF SERVICE: Feb. 1 – 28, Commissary, Exchange Patrons Can Enter Sweepstakes to Win Scholarships Honoring Pearl Harbor Hero

Doris “Dorie” Miller, a cook aboard the battleship USS West Virginia, went down in history when he carried wounded shipmates to safety, manned a machinegun and engaged enemy planes during the Pearl Harbor attack on Dec. 7, 1941. In observance of Black History Month, military resale patrons will be eligible to enter a sweepstakes that honors Miller’s legacy as the first African-American sailor to be awarded the Navy Cross. (More: www.commissaries.com/our-agency/newsroom/news-releases/legacy-service-feb-1-28-commissary-exchange-patrons-can-enter)

Game on! Customers Can Find Discounted Items In February to Accommodate Pro Football Championship, Valentine’s Day, Heart Health And More

Okay, inviting 50 people to your big game party will probably violate COVID-19 protocols on social distancing. However, for those close-knit household “bubble” events, service members and their families can still save money on the ingredients for their sports menus at their local commissary. “Whether it’s sweets or flowers for Valentine’s Day or the food for your football-watching event, your commissary has what you need at significant savings,” said Marine Sgt. Maj. Michael R. Saucedo, the Defense Commissary Agency’s senior enlisted advisor to the DeCA director. “And if you want to watch the big game on a new TV, you cannot do better than your exchange for discounted pricing.” (More: www.commissaries.com/our-agency/newsroom/news-releases/game-customers-can-find-discounted-items-february-accommodate-pro)

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.

Arsenal Archive

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

RIA Museum Reopen to Military, RIA Workforce by Appointment

The Rock Island Arsenal Museum is accepting tours for active duty and reserve military and Arsenal Island workforce CAC-holder civilians on a by-appointment basis, and is open for those tours Monday through Friday, 9 a.m. – 4 p.m. Based on that eligibility, those members can have up to two guests and those individuals must be from their immediate household, but there will be concessions given to on-post housing family members. Groups can be no larger than 15 persons and all visitors must wear a mask, social distance, and record their information in a contact tracing log. To schedule a tour, please contact the Museum director Patrick Allie at stephen.p.allie.civ@mail.mil or by phone at 314-616-0195.



Healthbeat

DOD Vaccinating Personnel Worldwide Against COVID-19

A little more than a month after the Food and Drug Administration issued emergency use authorization for the Pfizer-BioNTech and Moderna COVID-19 vaccines Dec. 12 and Dec. 17, respectively, vaccines have been increasingly and successfully distributed and administered to Department of Defense personnel worldwide in a safe and effective phased approach. In the initial controlled distribution and administration phase, DOD delivered its initial allotment of just under 44,000 doses of Pfizer-BioNTech vaccines to 13 select military installations in the continental United States and three international DOD installations. (More: <https://health.mil/News/Articles/2021/01/26/DOD-continues-to-vaccinate-from-COVID-19-personnel-worldwide>)

DOD Experts Explain: The Science Behind the COVID-19 Vaccines

Almost six weeks after the Food and Drug Administration issued emergency use authorization for the first two COVID-19 vaccines, many questions have arisen concerning their efficacy in attacking

the SARS-CoV-2 virus and deadly COVID-19 disease. To better understand how COVID-19 vaccines work, MHS Communications spoke to two medical experts who have been intimately involved in the Department of Defense's effort to develop and roll out vaccines for Americans: Dr. Margaret Ryan, medical director of the Defense Health Agency's Immunization Healthcare Division at the Pacific Region Vaccine Safety Hub in San Diego, California; and Air Force Col. (Dr.) Jessica Cowden, chief medical officer of the Joint Program Executive Office for Chemical, Biological, Radiological and Nuclear Defense and the Infectious Disease Programs at the Defense Institute for Medical Operations at Lackland Air Force Base in San Antonio, Texas. (More: <https://health.mil/News/Articles/2021/02/01/DOD-experts-explain-The-science-behind-the-COVID-19-vaccines>)

DOD Recommends Adults 75 and Older Should Seek COVID-19 Vaccine

The Department of Defense recommends that adults ages 75 and older should now receive a COVID-19 vaccine as part of its official Vaccination Program across the United States. The DOD and the Military Health System is encouraging all beneficiaries in that age group to access vaccines through their closest military medical treatment facility (MTF). Each MTF will determine local processes, and whether appointments are required or walk-ins are accepted. Vaccine availability may vary by location, but beneficiaries will be notified when and where the vaccine becomes available to them. There are more than 1.1 million beneficiaries in the TRICARE For Life Medicare-wraparound coverage for TRICARE-eligible beneficiaries who have both Medicare Part A and B. TRICARE for Life (TFL) health plan who need to be aware of this critical recommendation. This age recommendation differs slightly from that of the Centers for Disease Control and Prevention, which recommends vaccinations for those 65 and older. (More: <https://health.mil/News/Articles/2021/01/19/DOD-recommends-adults-75-and-older-should-seek-COVID-19-vaccine>)

RIA Workforce COVID-19 Vaccine

RIA tenant commands and organizations, the Rock Island Arsenal has received an initial limited supply of doses of the COVID-19 vaccine. RIA is following the DoD's standardized and coordinated strategy for prioritizing, distributing and administering the COVID-19 vaccine through a phased approach to all active-duty, Reserve and National Guard Soldiers, as well as all mission-essential civilian employees and other personnel performing mission-essential functions. Individual commands have coordinated with their employees to provide a prioritized list of people eligible to receive the vaccination; coordination for administration of the vaccine to eligible volunteers is underway. Please contact your chain of command for details on how the vaccine is being distributed. Vaccines authorized for emergency use are being offered on a voluntary basis. Prioritized personnel are highly encouraged to take the vaccine to protect their health, their families and their community, and to lower the public health risks associated with the COVID-19 pandemic.

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 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>

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 Masks Remains Active

To mitigate the spread of COVID-19, the U.S. Army implemented Department of Defense guidance on the use of masks. Soldiers, family members, Army civilian employees and contractors should follow Centers for Disease Control guidelines on the use of masks in public settings or where other social distancing measures are difficult to maintain. 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) **(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.**

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.

Notes for Veterans



VA Seeks Feedback to Guide Future Vision of VA Health Care

The U.S. Department of Veterans Affairs (VA) published a draft decision for criteria Feb. 1 in the Federal Register to be used by VA's Secretary to develop recommendations for the future of Veterans Health Administration (VHA) health care. The criteria are based on specific factors outlined in the VA MISSION Act of 2018 (MISSION Act), which gives Veterans greater access to health care in VA facilities and the community, and input received through collaboration with stakeholders, including Veterans and Veterans Service Organizations. The criteria includes the following categories: Veterans' need for care and services; accessibility of care for veterans; impact on mission; providing the highest quality whole health care; effective use of resources; and ensuring a safe environment of care. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5614)

VA Administers 1 Million COVID-19 Doses, Publishes Facility Vaccination Numbers

The U.S. Department of Veterans Affairs (VA) reached a milestone in just a month and a half's time administering 1 million doses of the COVID-19 vaccine to Veterans and VA health care workers. As of Feb. 2, VA has dispensed at least one dose of either the Pfizer-BioNTech or Moderna vaccine to more than 582,000 Veterans and has fully vaccinated over 44,000, totaling more than 626,000 doses. This is in addition to administering more than 401,000 doses to VA employees, and more than 1,200 vaccine doses to federal partners. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5615)

New Rollout Tool Notifies High-Risk Vets When to Expect Their Vaccine

With two COVID-19 vaccines available for emergency use and deliveries starting at VA health care facilities, many Veterans are wondering when they can receive the vaccine. Facilities will notify Veterans at high risk for contracting the virus or those who could develop serious illness about their eligibility and when they can expect to get their vaccine. This is possible because of VA's new data outreach tool. The COVID-19 Vaccine Outreach for Veterans software program uses data in the

VHA Support Service Center (VSSC) databases to find Veterans who are in high-risk groups. Because the vaccines are new and in high demand, quantities are limited. They're being given to the most at-risk groups first. (More: <https://blogs.va.gov/VAntage/84122/new-tool-notifies-vets-vaccine>)

Around the Q.C.



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

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

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

Island Insight



Col. Todd J. Allison, Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of AR 360-1 www.army.mil/usapa/epubs/pdf/r360_1.pdf by the Rock Island Arsenal-Garrison Public Affairs Office. **Contents of 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. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office.** Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Public Affairs, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For submission of announcements to the *Island Insight*, use the following link: <https://home.army.mil/ria/index.php/contact/public-affairs>. To send comments email usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil or phone 309-782-1121.

