



**June 30, 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>

## Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Employment Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)
- [MWR Leisure Travel Office](#)
- [Child & Youth Services](#)
- [Army Community \(ACS\)](#)
- [MWR Outdoor Recreation](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)
- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Around the Q.C.](#)

## Rock Island Arsenal Bids Farewell to Four Team Members at Retirement Ceremony

Three Soldiers, one civilian and their families were honored for their service to the nation during a Rock Island Arsenal quarterly retirement ceremony here June 23 at Heritage Hall.

Maj. Gen. Chris Mohan, commanding general, U.S. Army Sustainment Command, hosted the event. This is Mohan's first time presiding over a retirement ceremony at RIA. He took command of ASC June 15. "I truly enjoy, and look forward to honoring and thanking some outstanding individuals who've done great work in service to our Army and our nation," said Mohan. "As a Soldier and as a father I am going to disagree that these are solemn occasions. They are happy occasions, because families get their Soldier back." He went on to add that he did not enjoy saying goodbye to people who have served so long and for so well. "I don't say goodbye, I say 'until I see you again,'" said Mohan. (More: [www.army.mil/article/247856](http://www.army.mil/article/247856))



## Upcoming Dates

- July:** Military Consumer Protection Month
- July:** UV Safety Month
- July:** Pledge to America's Workers Month
- July:** Health Innovation Month
- July 1:** U.S. Army Military Intelligence 59th Birthday
- July 4:** Independence Day
- July 5:** Independence Day (*Federal Holiday*)
- July 8:** First Army Change of Command, location TBD, 10-11 a.m.
- July 9:** Anniversary of the Warrant Officer Corps
- July 9:** HHC/ASC Change of Responsibility, location TBD, 10-11 a.m.
- July 9:** ImpactLife Blood Drive, donor bus in Commissary parking lot, 10 a.m. - 1:30 p.m.
- July 11:** 158th Anniversary Rock Island Arsenal Established by Act of Congress
- July 12:** Medal of Honor established
- July 14:** Rock Island Arsenal Full Scale Exercise, 7 a.m. - 6 p.m.
- July 14:** Army Reserve Element Change of Command, location TBD, 10-11 a.m.
- July 15:** JMTCC Change of Command, Bldg. 212, 10-11 a.m.
- July 16:** ImpactLife Blood Drive, donor bus in Commissary parking lot, 10 a.m. - 1:30 p.m.
- July 19:** U.S. Army Corps of Engineers, Rock Island District Regional Meeting, Clock Tower Building, 8 a.m. - 5 p.m.

## **Regional COVID-19 Conditions Continue To Improve, RIA Returning To HPCON-Alpha**

### **Those not fully vaccinated are to continue DoD mitigation measures**

The senior commander at Rock Island Arsenal has authorized a change in the installation's operational status to Health Protection Condition - Alpha, effective July 6, 2021. Discussing the change, Col. Todd Allison, Garrison Commander, U.S. Army Garrison Rock Island Arsenal, said social distancing and venue capacity restrictions were reduced in mid-May in line with the [Department of Defense memorandum, dated 13 May 2021](#). COVID case rates and hospitalizations have declined, and hospitals ability to treat have improved in the greater Quad-Cities region. In addition, a larger percentage of the region's population continues to get vaccinated. HPCON-Alpha also lifts the restrictions on gathering capacities – indoor locations such as RIA's Fitness Center will now be able to operate at full occupancy. Unvaccinated personnel, however, must continue wearing masks when moving between equipment or not actively exercising. The change allows the resumption of installation services that were offered before the onset of the pandemic more than a year ago. Family and MWR facilities can operate at full capacity; Child Development Centers can open additional spaces for youth; and guests will be allowed to attend ceremonies and events at full capacity. Army Community Service, the Lock & Dam Lounge, Auto Service Center, Leisure Travel Office, Outdoor Recreation, and events held in Heritage Hall (Building 60) will resume their pre-pandemic full occupancies. The move to HPCON-Alpha does not mean the pandemic is over. We are still under a national emergency and we will not let our guard down. Those with questions about fully returning to work should discuss it with their supervisor. All current protection measures, cleaning/sanitizing requirements, mask requirements for unvaccinated personnel, and physical distancing guidance will remain in place. Senior leadership and health personnel at the Rock Island Arsenal continue to highly encourage the Arsenal workforce and their families to get the first COVID-19 vaccine available to them from whatever resource they qualify to receive it. Locate a convenient vaccine location at [www.vaccinefinder.org](http://www.vaccinefinder.org). Don't Wait, Vaccinate!



## **Army's Advanced Manufacturing Center of Excellence Transforms in 18 Months**

From a warehouse lined in orange pallet racks sitting twenty-feet high, filled with equipment and materiel storage to a brightly lit and environmentally controlled additive manufacturing production facility, the Army's Advanced and Additive Manufacturing Center of Excellence has transformed physically and developmentally in just 18 months. In 2018, the Army designated Rock Island Arsenal – Joint Manufacturing and Technology Center the Army's Advanced and Additive Manufacturing Center of Excellence. In May 2019, the center reached initial operating capability. "Our first success story was achieving IOC by May 15," said Randl Besse, deputy project manager, AM CoE. "That was no easy task, but with a lot of help we were able to get the construction done on the facility, equipment ordered, delivered and installed, held a rehearsal of concept drill and printed our first parts." After just over a year in production, the center has come a long way. They have printed more than 1,000 parts for Department of Defense and private industry partners, according to Harold (Edward) Flinn, director, Advanced Manufacturing. (More: [www.dvidshub.net/news/374926](http://www.dvidshub.net/news/374926))



## Watching Red, White & Boom from Arsenal Island on Saturday, July 3

The Arsenal will not host a special event this holiday, but all eligible patrons and individuals who have access to be on Arsenal Island are welcome to access Rock Island Arsenal to view the Red, White & Boom fireworks display on **Saturday, July 3**. Quad Cities community information about Red, White & Boom is being updated on their main website and questions should be directed toward those POCs in regard to the specifics about the event. That website is located at [www.redwhiteandboomqc.org](http://www.redwhiteandboomqc.org). Independence Day, is a federal holiday, and commonly referred to as the “Fourth of July” or “July Fourth.”



While July 4, 1776, is the final approval date of the Declaration of Independence by the Continental Congress, the 13 American Colonies formally voted to be separated from Great Britain on July 2, 1776, when it approved a resolution of independence. It was not until 1870 that Congress officially declared Independence Day a national holiday. In 1938, Congress reaffirmed July 4th as a national holiday and made it a paid holiday for federal employees. July 4, 2021, marks the 245th anniversary of America’s birth. Please take the time to reflect on our great Nation and enjoy fellowship with your friends and families. Below is a quote to kick off the weekend and please review the attached safety message and important facts below if you choose to view the fireworks from Rock Island Arsenal. To the Arsenal Island workforce and greater Quad Cities community, Happy Independence Day!

**"Let the annual return of this day forever refresh our recollections of these rights, and an undiminished devotion to them."** – *Thomas Jefferson, 3rd President of the United States*

NOTE: Viewing fireworks from the Arsenal is not a special event, thus vetting will not take place at the gates and a CAC or visitor’s pass will be required. Trusted Traveler is in effect so a CAC holder is permitted to escort people who have valid government issued IDs. For additional information on access to the Island and vetting please refer to <https://home.army.mil/ria/index.php/about/visitor-information>. Fireworks are prohibited and are not authorized on Arsenal Island in any way, shape or form. Glow sticks and flashlights are not fireworks and are acceptable to assist in finding children and navigating in low light. Additional fireworks safety information is attached. Patrons will conduct themselves in an orderly manner while visiting Arsenal Island; we ask that you please clean up after yourself and keep the Island clean for everyone. All installation restricted areas remain off limits; porta potties will not be made available this year, but additional grounds maintenance was conducted to accommodate viewing areas. Keep in mind, the hours of the gates will not be modified for this viewing opportunity.

- Moline Gate: 24/7/365
- R.I. Gate: Weekends – 8 a.m. - 9 p.m.
- Davenport Gate: Weekends – Closed

*Col. Todd J. Allison, Commander, U.S. Army Garrison Rock Island Arsenal*



## **Soldier for Life: Wilhelm David Grevel**

Wilhelm Grevel was born in Utulei, American Samoa, in 1956. Growing up in Samoa, Grevel was raised in a family that reflected Army values. He attended Washington State University (WSU), Pullman, Washington, on a scholarship from the government of Samoa, graduating with a B.A. in Economics. He married his wife, Lupe, in 1983 and, in 1987, enlisted in the Army as a Nuclear Weapons Specialist (55G) and served with the 96th Ordnance Company, 557th USAFAD, 59th Ordnance Brigade, in Herborn-Seelbach, Germany. "Our life in Germany was undoubtedly very stressful," Grevel noted. "My wife and family did not know what I was doing on a daily basis. Of course I was aware of the risk, but she hung in there with me. That is why I give her the credit for the success of our children. She was there for the kids while I tended to the mission." (More: [www.army.mil/article/248012](http://www.army.mil/article/248012))



## **JMC's Spring into Wellness Campaign**

The Joint Munitions Command Wellness Team conducted its 2021 Spring Wellness Campaign March 8 to May 19, 2021. This ten-week campaign focused on helping the workforce increase resiliency and personal readiness by learning to set goals around healthy habits, and create accountability for those habits with built-in sustainability. Participants were able to choose what habits they wanted to develop or improve, choosing daily or weekly activities, and whether they wanted to participate individually or as part of a team. Like past JMC wellness campaigns, the team focused on needs the workforce identified in the Federal Employee Viewpoint Survey and the Rock Island Arsenal Commander's Ready & Resilient Council data. The campaign incorporated the Army Resilience Pillars of Strength to define weekly focus areas, including physical, emotional, social, and spiritual wellness, as well as family readiness. (More: [www.army.mil/article/247939](http://www.army.mil/article/247939))



## **Army Prepares To Start FY 2022 under Continuing Resolution**

The Army expects to start fiscal year 2022 under a continuing resolution, as there is no indication that lawmakers will pass an appropriations bill before Oct. 1, the director for Army Budget said Thursday. The Army released its \$173 billion budget proposal for fiscal 2022 last month, prioritizing people, readiness and modernization efforts with a \$3.6 billion reduction from fiscal 2021's enacted budget, said Maj. Gen. Paul A. Chamberlain. "Most of that reduction is attributed to force structure changes in the [U.S. Central Command's area of responsibility]," Chamberlain said during an Association of the U.S. Army Noon Report. "Those big changes are what drove the difference between fiscal 2021 enacted and the fiscal 2022 budget [request]." (More: [www.army.mil/article/247902](http://www.army.mil/article/247902))



## Warp Speed's Perna Set to Retire, Kirby Discusses Afghan Transition

Army Gen. Gustave F. Perna, the COVID-19 vaccine and therapeutic czar, will retire at the end of the week, Pentagon Press Secretary John F. Kirby said today during a wide-ranging news conference. Retired Army Lt. Gen. Paul Ostrowski will return to his civilian job as he steps down from his position as the director of supply, production and distribution. Operation Warp Speed was subsumed by the White House COVID-19 Response Team in February. "Both leaders were selected due to their vast experience as experts in logistics and acquisitions, to lead an incredible team including the best of government, industry and academic professionals to develop, manufacture and deliver safe and effective vaccines and therapeutics for the American people," Kirby said. (More: [www.defense.gov/Explore/News/Article/Article/2675218](http://www.defense.gov/Explore/News/Article/Article/2675218))



## Attic Thrift Shop Hours for July

The Attic Thrift Shop will be open **Tuesday, June 29**, 10 a.m. - 2 p.m. Then in July on the following dates (10 a.m. - 2 p.m):

- Tuesday - **July 13, 20, & 27**
- Thursday - **July 1 & 22**
- 3rd Saturday - **July 17**

Follow us on Facebook at Arsenal Attic Thrift Shop where photos of new arrivals are posted including designer purses, golf clubs (men's and ladies'), tanzanite jewelry, wooden jewelry case, home decor, clothing for the whole family, and more. Your donations are welcome and greatly appreciated. No consignments at this time. All purchases must be paid with cash or check. No debit or credit cards at this time. Masks are required if unvaccinated.

## DoD Extended Policy Guidance For Identification Card Operations During the Corona Virus Disease 2019 Pandemic

The Rock Island Arsenal DEERS/ID Card Office is operating at full capacity to serve our supported customers. We ask that customers continue to observe masking and social distancing to protect the many higher-risk personnel in the population we serve. For those customers unable or uncomfortable visiting the facility, the Department of Defense has extended the expiration dates of Uniformed Services ID (USID) cards. Under Secretary of Defense for Personnel and Readiness: In view of the DoD's limited ability to return Identification (ID) Card facilities to normal operations while continuing to comply with local pandemic safety precautions, I am extending the temporary policy guidance at the reference for Uniformed Services ID (USID) cards that expired between Jan. 1, 2020 and July 31, 2021 only, through:

- **Aug. 31, 2021:** Foreign Affiliates and their dependents.
- **Oct. 31, 2021:** Dependents of Active Duty Uniformed Service members; Reserve and National Guard Uniformed Service Members and their dependents.
- **Jan. 31, 2022:** Retirees and their dependents; all other populations.

USID cards that expired before Jan. 1, 2020 or that expire after July 31, 2021 have not been extended and will not be accepted. Rock Island Arsenal DEERS/ID Card Facility (Building 56):

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

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

Appointments may be scheduled at following website: <https://idco.dmdc.osd.mil/idco>  
Customer may contact the ID card office by phone - 309-782-0596; email – [usarmy.ria.usag.mbx.id-card-office@mail.mil](mailto:usarmy.ria.usag.mbx.id-card-office@mail.mil).

### Regional Critical Blood Shortages, ImpactLife Blood Drives

The ImpactLife Blood Center has ongoing critical shortages of the following blood types: **O positive, O Negative, A positive, A negative, and B positive**, but all types are needed. ImpactLife is hosting a blood drive in in the ImpactLife Donor Bus in the

Commissary parking lot, on **Friday, July 9 and 16**, 10 a.m. - 1:30 p.m. If you would like to donate at this blood drive, feel free to email

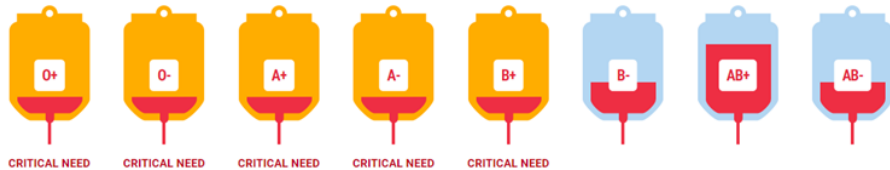
[bhancock@impactlife.org](mailto:bhancock@impactlife.org) with the time you'd like to schedule, or call their Donor Center at 563-359-5401; you may also log on to [www.ImpactLife.org](http://www.ImpactLife.org) and use code 029 to locate the blood drives.

**ImpactLife is requiring masks for donors, staff, and volunteers in all of their facilities and donor buses.** ImpactLife 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

ImpactLife will have a new donor promotion in May, this will be a \$10 electronic gift card redeemable at Amazon, Dunkin', Lowe's, Target, Starbucks, and Walmart.

**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)**



### RIA-JMTC Change of Command

Rock Island Arsenal-Joint Manufacturing & Technology Center Change of Command **Thursday, July 15** at 10 a.m. on the West Lawn, Building 208.

### Los Primos Returns to RIA

Los Primos returned to the Island serving up their delicious Mexican food during the lunch hour. They are located on Rodman Avenue in front of Building 350 parking lot. They are serving **Tuesday-Thursday** each week from 11 a.m. - 1 p.m.

---

## Arsenal Traffic/Construction



### **Closure of Parking Lot 2C (Adjacent to Building 227)**

Parking Lot 2C adjacent to Building 227 closed June 2. The closure is to accommodate asbestos remediation, establishment of a clear zone and the staging of equipment and supplies for the demolition of Building 227. Parking lot 2C is anticipated to remain closed until the building demolition is complete O/A **December 2021**.

### **Closure of Parking Lot 2C (Building 227)**

Parking Lot 2C closed June 2. The closure is to accommodate asbestos remediation, establishment of a clear zone and the staging of equipment and supplies for the demolition of Building 227. Parking lot 2C is anticipated to remain closed until the building demolition is complete O/A **December 2021**.

---

## 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



### **RIA Transportation Office "Moving During Peak Season"**

Soldiers and Families preparing for a permanent change of station (PCS) move during July and August (potentially into September) should anticipate unexpected delays in scheduling of their household goods (HHG) move. COVID-19 related resource challenges (shortage of local packers, loaders, drivers, trucks, warehouses, wood containers) in the HHG industry for both DOD and non-DOD customers may cause up to 4-6 week delays in select areas for origin shipment pickups and destination deliveries. Army Senior Leaders are aware of these challenges and actively exploring mitigation actions for Soldier and Family relocation issues. Tools and Resources: All Soldiers can use their Government Travel Credit Card (GTCC) for PCS related travel and transportation expenses. Soldiers and Families who will conduct a personally procured move (PPM) should pursue an increase to GTCC limits up to the maximum authorized \$25,000 through their Organizational Defense Travel Administrator (ODTA), to preclude upfront out of pocket expenses. Soldiers and Families without a GTCC who will conduct a personally procured move (PPM) should process an advance through the transportation office to DFAS Rome. Soldiers and Families without a GTCC,



who receive an ACR memo, should process an advance through the transportation office to DFAS Rome. OCONUS PCS: Overseas Housing Allowance (OHA), Dislocation Allowance (DLA), Temporary Lodging Allowance (TLA) is authorized not more than 60 days. A period in addition to that 60 days may be authorized/approved when any of the following reasons exist and are beyond the member's/dependents' control (See par. 680406.A of the DoD FMR): Non-arrival of HHG; Delay in availability of/assignment to Government quarters due to Service requirements; CONUS PCS: Basic Allowance for Housing (BAH), DLA, and Temporary Lodging Expense (TLE) may be authorized up to 10 days, depending on the location of the new PDS. TLE reimbursement must not exceed \$290 per day. Soldiers and Families with a 30-day or less home sale or expiring lease and no DOD moving company assigned:

- Option: The Government picks up the household goods and places into an origin storage facility until a DOD moving company can move it forward to destination, with some delays expected.
- Option: Soldier conducts a personally procured move (PPM) from the residence to a local self-storage facility and receives actual cost reimbursement (ACR) until the Government can schedule a DOD moving company to move it to destination. An ACR allows reimbursement, which could be significantly higher than normal Government contracted rates.
- Option: Soldier conducts a full personally procured move (PPM) at 100% of what the Government would pay a moving company to move all of the household goods from origin to destination duty station. Not recommended for OCONUS moves.
- Option: Soldiers receive an ACR memorandum from the transportation office; to hire a commercial moving company with a minimum of 2 commercial invoice estimates.

Note: Soldiers and Families need to be wary of "fly-by-night companies" looking to profit from desperation moves with adjusting cost estimates by utilizing a commercial mover registered with the Federal Government at <https://fmcsa.dot.gov/protect-your-move>. Soldiers and Families with a short notice report date that cannot be extended and no DOD moving company assigned:

- Option: The Government picks up the household goods and places into an origin storage facility until a DOD moving company can move it forward to destination, with some delays expected.
- Option: Soldier conducts a personally procured move (PPM) from the residence to a local self-storage facility and receives actual cost reimbursement (ACR) until the Government can schedule a DOD moving company to move it to destination. An ACR allows reimbursement which could be significantly higher than normal Government contracted rates.
- Option: Soldier conducts a full personally procured move (PPM) at 100% of what the Government would pay a moving company to move all of the household goods from origin to destination duty station. Not recommended for OCONUS moves.
- Option: Soldiers receive an ACR memorandum from the transportation office; to hire a commercial moving company with a minimum of 2 commercial invoice estimates.

Note: Soldiers and Families need to be wary of "fly-by-night companies" looking to profit from desperation moves with adjusting cost estimates by utilizing a commercial mover registered with the Federal Government at <https://fmcsa.dot.gov/protect-your-move>. Soldiers and Families with a short notice DOD moving company cancellation or missed pack and pick up:

- Option: The Government picks up the household goods and places into an origin storage facility until a DOD moving company can move it forward to destination, with some delays expected.
- Option: Soldier conducts a personally procured move (PPM) from the residence to a local self-storage facility and receives actual cost reimbursement (ACR) until the Government can



schedule a DOD moving company to move it to destination. An ACR allows reimbursement which could be significantly higher than normal Government contracted rates.

- Option: Soldier conducts a full personally procured move (PPM) at 100% of what the Government would pay a moving company to move all of the household goods from origin to destination duty station. Not recommended for OCONUS moves.
- Option: Soldiers receive an ACR memorandum from the transportation office; to hire a commercial moving company with a minimum of 2 commercial invoice estimates.
- Option: Pursue 30-45-60 day deferment of report dates from the Soldier chain of command to HRC or civilian gaining organization.

Note: Soldiers and Families need to be wary of "fly-by-night companies" looking to profit from desperation moves with adjusting cost estimates by utilizing a commercial mover registered with the Federal Government at <https://fmcsa.dot.gov/protect-your-move>. Soldiers and Families should maintain close communication with the local transportation office, as it is the first line of support to assist by providing all available options.

RIA Transportation Hours:

7 a.m. – 3:30, Monday - Friday

Customer Service – 309-782-1378/1360

Building 102 Room 2 (North East Wing)

In addition, the following call centers are available beyond the local transportation office: Army Personal Property Call Center (1-800-645-6683) and USTRANSCOM Call Center (1-800-MilMove).

### **Change to Policy Allows Transgender Soldiers to Serve Openly**

Transgender personnel and individuals with gender dysphoria who can meet the Army's standards for military service can now serve openly in their self-identified gender, according to a new policy approved this month by the Army secretary. Army directive 2021-22 changes the service's retention, separation, in-service transition, and medical care standards for transgender personnel and refines entry criteria for individuals with gender dysphoria, following Department of Defense guidance, said Maj. Gen. Douglas F. Stitt, military personnel management director. "People are the strength of our Army," Stitt said Tuesday. "Our ability to assess and retain qualified personnel provides a more diverse and stronger Army, enhancing readiness." (More: [www.army.mil/article/247785](http://www.army.mil/article/247785))

### **USO Geo Bachelor Night**

Geo Bachelor Night is back! Please join us on **Wednesday, July 14**, for Sports Fans Pizza. We will meet at the picnic tables in Memorial Park at 5 p.m. Please RSVP to Margo by COB **July 12** ([mdavis@uso.org](mailto:mdavis@uso.org)) This event is open to Geo bachelors/bachelorettes and single military service members. You must be currently serving active duty, guard or reserve with valid Military ID. In case of rain, we will meet inside the USO Center in Building 110.

### **USO New Hours**

The USO is open 8 a.m. – 2 p.m., Monday through Friday. Join us for Muffins on Mondays and Olde Towne Bakery items on Wednesdays. Stop by to see our newly renovated USO Center. Note: the USO is closed on training holidays and federal holidays. USO Illinois Rock Island is located on Rock Island Arsenal in Building 110. USO Illinois Rock Island provides a vital connection to USO programs and services for nearly 50,000 troops and their families in the Quad Cities. All amenities are offered free, daily, to active duty, guard and reserve military and their dependents, and retired

military members. The center features a Cyber Canteen furnished with computers, printer and fax, as well as free WI-FI access. (More: <https://illinois.uso.org/rockisland>)

### **Free Entry to Bix 7 Race**

Active military receive free entry into the upcoming Bix 7 race. Contact Michelle Juering at [Bix7michelle@gmail.com](mailto:Bix7michelle@gmail.com) for more details.

### **Over the Edge 2021**

Big Brothers/Big Sisters of the Mississippi Valley is hosting the annual “Over the Edge 2021 on **Saturday, Aug. 21**.” “Over the Edge 2021” is a major fundraising event to support their one to one youth mentoring program in the Quad Cities. For the month of May, active duty / reserve / National Guard Soldiers, Retirees, ROTC, and veterans will be exempt from the \$100 registration fee to become an “Edger.” Edgers must raise \$1,000 through donations to rappel from the eleventh story of the Blackhawk Hotel. Points of contact are either Kayla Kiesey, [kkiesey@bbbs-mv.org](mailto:kkiesey@bbbs-mv.org); Ally Sweeney, [asweeney@bbbs-mv.org](mailto:asweeney@bbbs-mv.org), or Beth Clark, [bclark@bbbs-mv.org](mailto:bclark@bbbs-mv.org). Kayla/Ally/Beth can also be contacted at 563-323-8006 or check out the web page: [www.bbbsmv.org/overtheedge](http://www.bbbsmv.org/overtheedge).



**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>

### **Fireworks Safety Message**

Holidays like the Fourth of July and other celebrations can be fun times with great memories. But make sure everyone knows about fireworks safety. What are the dangers of fireworks? If not handled properly, fireworks can cause burns and eye injuries in kids and adults. The best way to protect your family is not to use any fireworks at home, attend public fireworks displays and leave the lighting to the professionals. Lighting fireworks at home may be illegal where you live, so be sure you are aware of the state and local ordinances covering fireworks.

#### **Residence of Rock Island Arsenal will adhere to the laws of Illinois**

To see what is legal in Illinois go to

<https://www2.illinois.gov/sites/sfm/Iam/Business/Fireworks/Pages/default.aspx>

#### **The State of Iowa allows all First-class consumer fireworks**

#### **Fireworks Safety Tips**

- Kids should never play with fireworks. Things like firecrackers and rockets are just too dangerous. If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair. Sparklers can reach temperatures of 1,800°F
- Buy only legal fireworks and store them in a cool, dry place. Illegal fireworks usually go by the names M-80, M100, blockbuster, or quarter pounder. These explosives were banned in 1966, but still account for many fireworks injuries.
- Always use fireworks outside and have a bucket of water and a hose nearby in case of accidents.

- Steer clear of others setting off fireworks. They can backfire or shoot off in the wrong direction.
- Never throw or point fireworks at someone, even as a joke.
- Don't hold fireworks in your hand or have any part of your body over them while lighting.
- Point fireworks away from homes, and keep away from brush and leaves and flammable substances. The National Fire Protection Association estimates that local fire departments respond to more 50,000 fires caused by fireworks each year.
- Light one firework at a time (not in glass or metal containers), and never relight a dud.
- Don't allow kids to pick up pieces of fireworks after an event. Some may still be ignited and can explode at any time.
- Soak all fireworks in water before throwing them in the trash can.
- Think about your pet. Animals have sensitive ears and can be very frightened or stressed by the Fourth of July and other big celebrations. Keep pets indoors to reduce the risk that they'll run loose or get injured.

### **Please Dispose of Fireworks Debris**

For those in geographic locations where fireworks are legal – please take time to sweep up firework debris to protect the environment. Perchlorate, a common fireworks ingredient, remains in water for a long time, has been found at high levels in U.S. ground water and can affect thyroid functioning in fish. Fireworks also contain lithium, barium, lead and mercury. Once ingested by fish and other animals, their bodies can't get rid of it. Sweep up debris after the celebration and dispose in the trash container for a clean neighborhood and safe water.



## **Equal Employment Opportunity Focus**



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

*There are no announcements at this time.*

# Morale, Welfare & Recreation



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

## MWR Hours of Operation

Beginning next week on **Tuesday, July 6**, all MWR services and programs will return to their normal operating hours. RIA-FMWR looks forward to returning to regular service for all our eligible patrons. For information on all RIA-FMWR services, locations, and operating hours/eligibilities, please visit: <https://rockisland.armymwr.com>

## Appointments Now Available at the Auto Service Center

Is your vehicle clunking, thunking, grinding, whining or squealing? Tired of looking at the Check Engine light? Stop by the newly repainted Auto Service Center (Building 351) and make an appointment for our skilled team of mechanics to diagnose that noise or error code and fix it at a fair and honest rate. Whether you're simply due for an oil change or tire rotation or you have something more major that needs repair, give us a call at 309-782-8631 and let our skilled and trustworthy mechanics keep you rolling down the road. If you're more hands on and like to work on your own vehicles, schedule time for self-help service and get your ride fixed while saving money. For more information and appointments, call 309-782-8631, Tuesday - Thursday: 8 a.m. – 4:30 p.m.

## Right Arm Night

Join us for Right Arm Night on **Thursday, July 1**, 3-7 p.m., in the Lock & Dam Lounge – this a time honored Army tradition promoting camaraderie and esprit de corps. Leaders come together with those standing to their right - the ones helping them get through daily missions - to build relationships while mixing and mingling with other leaders who have brought their battle buddies with them. Everyone is welcome to bring your right arm(s) and join us at the Lock & Dam Lounge for Right Arm Night/First Thursday. Enjoy networking with your fellow Arsenal colleagues while building esprit de corps and partnerships. Front Street Brewery, the oldest brew pub in the state of Iowa, is nestled beautifully along the bank of the mighty Mississippi. It has served the fine community of Davenport since 1992, will be taking over the taps with Cherry Bomb Blonde, Raging River Pale Ale, Mahalo Pineapple Radler and Chee-Chee Chico a Mango/Grapefruit IPA. Come out and beat the heat and have a cold one and enjoy a great burger or other Lock & Dam favorites on our food menu.



## **All The Time Fitness Has Arrived – Register now**

Registration is offered Monday through Friday during Sales and Registration hours 10:30 a.m. – 1:30 p.m. All The Time Fitness access will be for registered patrons only. Call the Fitness Center at 309-782-6787 for questions. Get Fit – Don't Quit

## **Company Kitchen Temporary Closure**

All three Company Kitchen café locations in buildings 60, 212 and 350 are temporarily closed effective May 1. Company Kitchen has been committed over the past year to providing limited services to the Arsenal workforce during the pandemic. Continuing service under the existing conditions is no longer feasible. Company Kitchen will continue to re-evaluate returning as the daily population continues to increase across the Arsenal. USAG Rock Island Arsenal, Family and MWR would like to thank them for their dedicated service they have provided to Rock Island Arsenal through this pandemic and we look forward to their return in the coming months. MWR is seeking interim breakfast and lunch options during this temporary closure. The Island Oasis located at the Fitness Center (Building 67) is open daily Monday-Friday from 11 a.m. -1 p.m. serving fresh off the grill and the Lock and Dam Lounge (Building 60) is open with food options on Wednesday and Thursday from 3-7 p.m. For more information please contact the MWR management assistant at 309-782-6319.

---

## **MWR Leisure Travel Office**



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

## **MWR Flea Market For June 26 Has Been Postponed.**

The Flea Market will be held **Saturday, July 10** from 8 a.m. to 1 p.m. at Memorial Field Pavilion parking lot. Patrons/vendors may pull in with their vehicle to unload their items and may also bring a 10x10 pop up tent if they wish. Cost to be a vendor is \$10 for a 10x10 spot, which includes a 6 ft. table and chair. Additional tables may be requested for \$5 each and additional chairs are \$1 each. For more information or to sign up as a vendor, please contact Anna Winters with Leisure Travel at 309-782-5890.

## **Quarters One Historic Tours**

Quarters One on Rock Island Arsenal was once one of the largest residences in the Federal inventory. In fact, when it was still used as Army housing, it was second only to the White House in size. Come join us **Saturday, July 3**, at 11 a.m., as we tour this majestic Joliet limestone mansion and listen to the history of this giant home as told by the Army Sustainment Command Historian. Cost is \$10/person and reservations and prepayment can be made by visiting the Leisure Travel Office in Building 333 (next to the Exchange). Please note that the facility is not handicapped

accessible. Face masks (optional) and social distancing are required during the tours. For more information, please call 309-782-5890.

### **Story Time with Princesses**

Join the princesses at Historic Quarters One on **Saturday, July 17**, 10 a.m. – noon or 1-3 p.m. Tickets limited to ensure a safe and comfortable event. Cost is \$25 per princess. Your princess will enjoy a meet and greet during cupcakes and lemonade. Followed by a story being read, dancing and photo opportunities with our MWR princesses. Once our magical activities are complete, event will end with a princess parade. Contact MWR Leisure Travel at 309-782-5890.

### **Adventureland Resort and Waterpark Tickets**

The Leisure Travel Office once again has discount tickets to Adventureland Resort and Waterpark in Altoona, Iowa. Call 309-782-5890 or visit the Leisure Travel Office in Building 333 (next to the Exchange) to get your discounted tickets for just \$45 each. Also new this year, your tickets purchased through LTO gets you access to the new hospitality suite where you'll enjoy free pop and popcorn.

### **Great Entertainment at Great Prices**

The Leisure Travel Office (Building 333, next to the Exchange) has great discounted ticket prices for Disney World, Universal Studios, and many other attractions including the return of discount Adventureland tickets in 2021 for just \$45 each. For more information or to purchase tickets, please contact the Leisure Travel Office at 309-782-5890.

---

## **Child & Youth Services**



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

*There are no announcements at this time.*

# 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**. The ACS center is open Monday-Friday from 8 a.m. - 2 p.m. Appointments are strongly encouraged and can be made by calling 309-782-0829. ACS Rock Island virtual office hours are 11:30 a.m. – 12:30 p.m. on [MS Teams](#).

## ACS Virtual Office Hours

ACS is back in the office each day from 8 a.m. – 2 p.m. Based on interest and availability we will no longer be hosting Virtual Office Hours each Wednesday effective June 1.

## TSP Training

With the move back to the office many people want to know more about their TSP. TSP offers a number of classes including classes regarding how TSP works, TSP for new hires, and TSP withdraws and retirement among others. You can find these classes (and a complete set of instructions on how to sign up) at [www.tsp.gov/agency-service-reps/tsp-educational-resources](http://www.tsp.gov/agency-service-reps/tsp-educational-resources).

## Domestic Violence Support Group Offered Twice Weekly

R.S.V.P. with the Domestic Violence Advocate at: [crystal.l.bartholomew2.ctr@mail.mil](mailto:crystal.l.bartholomew2.ctr@mail.mil) or 309-782-3773

---

# 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](mailto:robert.l.lampert.naf@mail.mil)), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>

## We're Celebrating 50 Years of Outdoor Recreation with #ArmyODR50!

Participate in one of our upcoming events throughout June, July, and August and receive an Outdoor Recreation key chain 'token' to be entered in to the photo sweepstakes for a chance to win some cool prizes such as a Schwinn bicycle, stadium chairs, a Go-Pro, and more. Register now for our upcoming meet ups:

- **July 1:** Kayaking – Meet at Sunset Marina in Moline at 5 p.m.
- **July 15:** Mountain/Dirt Bike or Road Bike Ride – Meet at Sylvan Island for the option of an on-road or off-road ride at 5 p.m.

Stay tuned for additional meet-ups being held throughout the summer. Please register by calling MWR Outdoor Recreation at 309-782-8630. Limited rental availability so sign up now. #STRONGBANDS #ArmyODR50 Commit-Stay Fit.

---

# 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).

*There are no announcements at this time.*



---

## Education/Training Review



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

*There are no announcements at this time.*

---

## Defense Commissary Agency / Exchange



The Rock Island Commissary, [www.commissaries.com/shopping/store-locations/rock-island-arsenal](http://www.commissaries.com/shopping/store-locations/rock-island-arsenal), and the Exchange, [www.shopmyexchange.com/company/storeDetails.jsp?storeId=1074020](http://www.shopmyexchange.com/company/storeDetails.jsp?storeId=1074020), are for active duty military, retirees, service-connected disabled veterans, and Arsenal Island DoD employees. Check out local specials and get POC information here: [www.commissaries.com/shopping/store-locations/rock-island-arsenal](http://www.commissaries.com/shopping/store-locations/rock-island-arsenal). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) (Facebook: [www.facebook.com/YourCommissary](https://www.facebook.com/YourCommissary)) If you would like to be placed on our email contact list to receive periodic information on events happening at your Rock Island Arsenal Commissary, please email us at: [rockisland@deca.mil](mailto:rockisland@deca.mil) and type 'Subscribe' in the subject line.

### Thank the Troops this Fourth of July by Sending Them Army & Air Force Exchange Gift Cards

Anyone who wants to thank service members and spread patriotic cheer during the Fourth of July can purchase gift cards from the Army & Air Force Exchange Service, the Department of Defense's largest exchange service retailer. Military shoppers as well as civilians can show their support by purchasing gift cards from the Exchange's website, [ShopMyExchange.com](http://ShopMyExchange.com). Gift Cards for troops for July 4 Physical gift cards can be used by authorized shoppers at any Army, Air Force, Navy, Marine Corps or Coast Guard exchange worldwide and at [ShopMyExchange.com](http://ShopMyExchange.com), [MyNavyExchange.com](http://MyNavyExchange.com) and [ShopCGX.com](http://ShopCGX.com).

## **‘Just Got Better!’: Commissary CLICK2GO Customers To See Service Fees Waived For Limited Time**

The worldwide rollout of Commissary CLICK2GO just got better with a waiver of the service charge for a limited time, as an added incentive for new customers and old customers alike to use the Defense Commissary Agency’s improved online shopping experience. Effective June 28, Commissary CLICK2GO customers will not have to pay the \$4.95 service fee applied for each order. The waiver comes less than a month after DeCA announced it is rolling out its internet shopping, store curbside pickup service to all stateside commissaries by the end of the year, and to overseas stores soon thereafter. (More: [www.commissaries.com/our-agency/newsroom/news-releases/just-got-better-commissary-click2go-customers-see-service-fees](http://www.commissaries.com/our-agency/newsroom/news-releases/just-got-better-commissary-click2go-customers-see-service-fees))

## **Barbecue, Picnics – Outdoor Fun: Go To Your Commissary in July to Save More on Your Holiday and Summer Gatherings**

July is that time of year when families, friends and food come together to create the ultimate outdoor barbecue. As the grills heat up for the Fourth of July holiday or just plain old summer fun, commissaries can help customers enjoy their cookouts with more money in their pockets. “Life is definitely more fun for our customers when they can stretch their dollar by taking advantage of the savings provided by their commissary benefit,” said Marine Sgt. Maj. Michael R. Saucedo, the Defense Commissary Agency’s senior enlisted advisor to the DeCA director. “In July, the commissary is bringing more sales promotions to the table to help service members and their families save more on their groceries.” (More: [www.commissaries.com/our-agency/newsroom/news-releases/barbecue-picnics-outdoor-fun-go-your-commissary-july-save-more](http://www.commissaries.com/our-agency/newsroom/news-releases/barbecue-picnics-outdoor-fun-go-your-commissary-july-save-more))

## **Military Shoppers Can Win a \$1,000 Exchange Gift Card in Digital Garrison Mobile App Sweepstakes**

The Digital Garrison mobile app makes life more convenient for Soldiers on post—and now it’s making life a little sweeter with a chance to win a \$1,000 Army & Air Force Exchange Service e-gift card. Through July 22, authorized Exchange shoppers 18 years and older can enter at [ShopMyExchange.com/Sweepstakes](http://ShopMyExchange.com/Sweepstakes). The Digital Garrison app is a partnership between the U.S. Army and the Exchange and is customized to each Army post, with information on available services, facility hours, a post directory and more. Other features include a mobile wallet, personalized dashboard with local weather and on-post events. Military shoppers can use the option for easy fingerprint or face recognition sign-in to shop in-app at [ShopMyExchange.com](http://ShopMyExchange.com).

---

# Arsenal Archive



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

## RIA Museum Closed For Renovation

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



---

# Healthbeat



RIA Remains at **HPCON Bravo**, 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 2020 (meetings/gatherings limit at 50 people or 50 percent of sitting capacity, [masks required](#), six feet of distancing, and a continuation of practicing proactive personal hygiene). For a further details about individual commands, Island facilities and services, go to our [COVID-19 Local Impacts Page](#).

## COVID-19 Pandemic Not Over, Concerns Over Delta Variant Growing

Nearly 68% of active duty personnel have been vaccinated against COVID-19 with at least one dose. But that still leaves many service members vulnerable to the delta variant of the virus, health officials at the Pentagon said. Due to the effectiveness of the Defense Department's ongoing vaccination program, COVID-19 case counts across the department are dropping and installation commanders have been reducing local health protection conditions, or HPCON levels, Dr. Terry Adirim, the acting assistant secretary of defense for health affairs, said during a press briefing today at the Pentagon. "However, the delta variant poses a threat to that return to normal," Adirim said. "We are particularly concerned with the impact of the delta variant on our unvaccinated or partially vaccinated population, and its potential spread at installations that are located in parts of the country with low vaccination rates." (More: [www.defense.gov/Explore/News/Article/Article/2678210](https://www.defense.gov/Explore/News/Article/Article/2678210))

## **How Vision and Hearing Contribute To Service Members' Readiness**

"Readiness" implies that a military service member can fulfill a mission from all aspects, including having trained properly to master the skills to undertake a given mission, as well as being in the right state of physical, psychological, and overall health. Our senses have an important function in service members' health and readiness. They are interconnected, meaning they work with each other to allow us to function, move, and communicate. (More:

[www.health.mil/News/Articles/2021/05/26/How-vision-and-hearing-contribute-to-service-members-readiness](http://www.health.mil/News/Articles/2021/05/26/How-vision-and-hearing-contribute-to-service-members-readiness))

## **Feds Could Be Rewarded For Getting the COVID Vaccine**

Federal employees with Blue Cross and Blue Shield Federal Employee Program insurance can get \$50 to spend on medical expenses by providing proof of their COVID-19 vaccination, the insurance company announced June 8. Members of the insurance plan who are over 18 years old and provide official documentation of their vaccination status will get the money loaded onto their MyBlue Wellness Card beginning June 11. "FEP remains committed to protecting the health of our members and we continuously look for innovative solutions to the challenges we face in our health care system," said William A. Breskin, senior vice president of government programs for the Blue Cross Blue Shield Association, in a news release. (More: [www.federaltimes.com/management/pay-benefits/2021/06/09/feds-could-be-rewarded-for-getting-the-covid-vaccine](http://www.federaltimes.com/management/pay-benefits/2021/06/09/feds-could-be-rewarded-for-getting-the-covid-vaccine))

---

# Notes for Veterans

## **Take Charge of Your Health – One Text at a Time**

How often do you forget to take your medicine? Do you have an exercise routine? When was the last time you took time for yourself to de-stress and relax? If your answers to those questions made you feel uncomfortable, you're not alone. Most of us tend to take better care of others than we do ourselves. VA has a way for Veterans to take charge of their health, one text message at a time. The Annie program for Veterans sends you text messages with health information and reminders. You can sign up for the program's medication reminders, weight management tips, stress management activities and more. (More: <https://blogs.va.gov/VAntage/90436/take-charge-health-one-text-time>)



---

# Around the Q.C.



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

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

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

## 24th Annual QC Marathon Needs You

Volunteer for the 24th Annual QC Marathon on **Sunday, Sept. 26**. The QC Marathon is a Boston Marathon qualifying race and is a great event for the whole community. The race starts and end in downtown Moline and more than 8 miles of the race is run on the historic Rock Island Arsenal. This large event is only possible with the help of volunteers. Individuals and groups of volunteers are need for aid stations along the course. Contact Morgan Meseke at 563-340-9683 or email at [morganmeseke@gmail.com](mailto:morganmeseke@gmail.com) to volunteer.

---

# Island Insight



**Col. Todd J. Allison, Garrison Commander; Mark Kane, Public Affairs Officer and 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](http://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](mailto:usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil) or phone 309-782-1121.*

