



July 14, 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.](#)

Army Aims to Assist Soldiers During Turbulent Moving Season

To aid Soldiers during a challenging permanent change of station season, which is seeing some delays with household goods shipments due to the current environment, the Army has widened the window for Soldiers to



report to their next duty station. Soldiers scheduled to report to a new assignment between July 6-Sept. 30 can now check in up to 30 days before their scheduled report date and as much as 20 days after. Often a Soldier's report date can be dependent on when a government-arranged moving company can transport their household goods, said Scott Kuhar, deputy chief of the Operations Management Division, or OMD, at Army Human Resources Command's Enlisted Personnel Management Directorate. However, regardless of a Soldier's report date, they must complete the process and report to their new assignment no later than Nov. 10, when the service begins transitioning to its new Integrated Personnel and Pay System-Army. (More: www.army.mil/article/247765) ([Army offers helpful PCS resources as COVID-19 creates household goods shipment](#)

Upcoming Dates

- July:** Military Consumer Protection Month
- July:** UV Safety Month
- July:** Pledge to America's Workers Month
- July:** Health Innovation Month
- 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.
- July 21:** First Army Relinquishment of Command, 10 a.m.
- July 21:** USAG RIA Assumption of Responsibility, Heritage Hall, 10 a.m.
- July 22:** RIA Newcomer's Orientation, Heritage Hall, Bldg. 60, 8-11:30 a.m.
- July 22:** Out Processing Levy Brief, 9:30 a.m. - noon
- July 23:** USACE-RI Change of Command
- July 25:** Army Community Service 41st Birthday
- July 27:** National Korean War Veterans Armistice Day
- July 27:** Army Medicine Birthday
- July 29:** Anniversary of the U.S. Army Chaplain Corps
- July 31:** Transportation Corps Birthday
- August:** Antiterrorism Awareness Month
- August:** National Immunization Awareness Month
- Aug. 4:** U.S. Coast Guard 230th Birthday
- Aug. 7:** National Purple Heart Day

[delays](#)) ([How to file a claim after your PCS move](#)) ([ASC PCS Tips](#))

First Army Change of Command Takes Place at RIA

A change in command took place at the Rock Island Arsenal today as Lieutenant General Antonio Aguto Jr. became the 40th Commanding General of First Army. Gen. Aguto Jr. took over for the outgoing Commanding General, Lt. Gen. Thomas James Jr., who had held the position since October 2018. Gen. Aguto said that it was an absolute honor to become the newest Commander, especially since he considers Gen. James Jr. to be a good friend and mentor. "I've seen you as a commander, I've learned from you, I've been deeply influenced by the way you build teams, care for people, and couldn't be more humbled to take the reins from a passionate leader like you," Gen. Aguto Jr.

said when he assumed command from Gen. James Jr. Gen. Aguto Jr. previously served as the Commanding General of the 3rd Infantry Division. (More: www.ourquadcities.com/news/local-news/change-in-command-ceremony-takes-place-at-rock-island-arsenal)



Arsenal Cemetery to Expand Hallowed Grounds, Space for Interments

Historic Rock Island Arsenal's National Cemetery has broken ground and begun clearing land earmarked for an estimated \$6.2 million dollar expansion project aimed at providing increased interment space for the area's eligible veterans and family members. This expansion will allow for an additional 5,836 gravesites on 9.12 acres, according to Lance Pridemore, RINC director. "There will be 2,000 pre-placed crypts for casketed interments, 2,245 in-ground cremation plots, 1,500 columbarium niches and 91 memorial wall markers and will facilitate the cemetery being open for interments for another 15-18 years," Pridemore said. While space is not an immediate concern for RIA, the National Cemetery Administration and the Department of Veteran Affairs leadership are continually tracking, projecting, and analyzing current data to continually research possible avenues of expansion, Pridemore said. If the space limitations are beyond expansion, the establishment of new national cemeteries is always a possibility for eligible veterans and their eligible family members to use their burial benefits. (More: www.army.mil/article/248449)



Rock Island Arsenal to Receive \$58 Million in 2022 Defense Appropriations Bill

The Rock Island Arsenal stands to benefit from millions of dollars included in the Defense Appropriations bill for fiscal year 2022. U.S. Rep. Cheri Bustos, D-Moline, announced a total of \$58 million is included in the bill that would bolster manufacturing at the Rock Island Arsenal's Joint Manufacturing and Technology Center (JMTC). Bustos is a member of the House Appropriations Committee, the committee that authorizes government spending.

"The Rock Island Arsenal and Air National Guard's 182nd Airlift Wing play key roles in our nation's defense and possess unique capabilities to support the mission readiness of our military," Bustos said in a news release Tuesday. "These critical funding bills invest in their skills and expertise to ensure our nation's defense technologies are state-of-the-art and our service members are well-equipped to carry out their duties. I'll continue to be a strong voice for our men and women in



uniform and the world-class workforce behind them that help drive our local economy." (More: https://qctimes.com/news/local/govt-and-politics/rock-island-arsenal-to-receive-58-million-in-2022-defense-appropriations-bill/article_50326ca5-3395-57ed-87a7-c3f7ba985ac8.html)

Biden Explains Reasoning Behind Afghanistan Decision, Thanks U.S. Vets of the Fight

In making his decision to end the war in Afghanistan, President Joe Biden determined he would "not send another generation of Americans to war in Afghanistan with no reasonable expectation of achieving a different outcome." The president spoke at the White House yesterday and gave further insight into his thinking to have all American forces out of Afghanistan by Aug. 31. The president also praised the more than 800,000 American service members, DOD civilians and contractors who served in Afghanistan since 2001. Those sacrifices played in Biden's decision to withdraw from Afghanistan. "Let me ask those who wanted us to stay: How many ... thousands more of America's daughters and sons are you willing to risk? How long would you have them stay?" he said. He noted that there are already veterans of the fighting in Afghanistan whose sons and daughters have also deployed to the country. (More: www.defense.gov/Explore/News/Article/Article/2688857)



Anticipating Joint Force Requirements

Most good Army logisticians have developed an "anticipatory sense" for Army requirements. They seem to know, intuitively, what is needed before it is needed. The great logisticians then act upon that intuition and solve problems before they limit operational reach, endurance, or freedom of action of Army forces. They learn through training, which is guided by doctrine and reinforced by experience. Training is the seed from which intuition grows, and experience germinates that seed. Over the years, I have cultivated a pretty good anticipatory sense, but my intuition remains Army-centric, which proved problematic when I was a theater sustainment command (TSC) commander in Europe. I am concerned that our training and exercises remain generally Army-centric. We must develop an anticipatory sense for Army support to other services. In order to do that, we must change the way we teach and train. (More: www.army.mil/article/246742)



DoD: Make Clear That Personal Social Media Profiles are Not Official

DoD's has stressed to its employees that they should avoid creating even the appearance in their social media that their views represent those of that department or the government in general, suggesting they post a disclaimer if there may be any doubt their postings could be interpreted in that way. "An employee does not create the appearance of government sanction merely by identifying his or her official title and position in the biographical section of a social media account, but if an employee's account has other indicia of his or her official DoD role, he or she may appear to be acting in an official capacity," says a notice from the Standards of Conduct Office. Factors to consider regarding whether a posting crosses that line, it said, include whether the employee: refers to his or her connection to the government as support for the statements; prominently features his or her agency's name or insignia; refers to his or her government employment, title, or position in areas



other than those designated for biographical information; or is authorized to speak for the government as part of the employee's official duties. (More: www.fedweek.com/fedweek/dod-warns-employees-of-ethics-risks-on-social-media-suggests-posting-disclaimers)

Glenn Olomon's Tribute to the Military

Join us for Glenn Olomon's Tribute to the Military, celebrating all veterans from WWII to the present on **Saturday, July 17**, at 15254 US-61, just outside of Burlington, Iowa. The venue will open at 10 a.m. for meet and greets, with activities from 11 a.m. - 5 p.m. This celebration is open to all – come join for food and fellowship to honor all current and retired military personnel from all branches of the military. The event will feature:

- Bounce house throughout
- 11 a.m. – Noon: Husband and wife vocal and instrumental duo performing patriotic music
- 12-1 p.m.: Silver Singers local group performing patriotic/freedom and summertime music
- 1-3 p.m.: Troublesome Ridge Bluegrass Band – doing their thing
- 4-5 p.m.: Closing event flag retirement and folding ceremony with military honor guard

There will be food and beverages, soft drinks and water, fish, chicken, hamburgers, pork chops, bratwursts, and hotdogs. Other musical performances will include a bagpipe player from Mount Pleasant, acoustic singers, and a bugle player. While the event is “in the country” there will be portable restrooms, portable generator, and a sound system by Poggemiller Productions. Remember, the purpose of this event is to honor our military veterans, past and present active duty personnel from all of our military branches. For additional updates or other clarification and information call or text 319-759-6578. Please, feel free to invite your military friends and family; this event is open-house style, so please feel free to drop by.



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, B positive, B negative, and AB negative**, 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 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 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 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

USAG RIA CSM Assumption of Responsibility

The garrison commander of Rock Island Arsenal requests the pleasure of your company at the Assumption of Responsibility Ceremony in honor of Command Sgt. Major John E. Dobbins, incoming USAG RIA garrison command sergeant major, on **Wednesday, July 21**, at 10 a.m., at Heritage Hall, Building 60. Dress: military – duty uniform; civilian – business attire.



Korean War Armistice 68th Anniversary Wreath Laying Ceremony

The Korean War Veterans Association Quad Cities Chapter 168 will hold a ceremony to commemorate the 68th Anniversary of the Korean War Armistice and National Korean War Veterans Armistice Day on **Tuesday, July 27**, at 10 a.m., at the Memorial Walkway, at the Rock Island National Cemetery. The ceremony will include a wreath laying, rifle salute, and taps; the observance and ceremony is open to the public to attend. The keynote speaker will be Col. Todd J. Allison, garrison commander, U.S. Army Garrison Rock Island Arsenal. Allison took command on July 9, 2020, and together with the senior commander they led the Garrison and installation in the recovery to the global pandemic. His career deployments include serving in support of Operation Enduring Freedom in Afghanistan in 2001-2002, and three deployments to Iraq totaling 35 months in support of Operation Iraqi Freedom. Prior to the garrison, Allison commanded the 8th Special Troops Battalion at Fort Shafter, Hawaii. The Korean War, which began June 25, 1950, with the North Korean army's invasion of South Korea, officially ended July 27, 1953, a day now officially recognized as Armistice Day. The signing marked the end of the longest negotiated armistice in history: 158 meetings spread over two years and 17 days. About 5.7 million American service members served during the Korean War. More than 33,667 U.S. service members died in battle with another 3,249 dying of non-battle injuries, such as accidents and illness. Partnerships forged on the battlefield during the Korean War endure today as U.S. forces remain steadfast in their commitment to our Korean and Indo-Pacific allies to maintain a free and open Pacific region.



Healthy Sleep Habits

The Commander's Ready and Resilience Council (CR2C) Health Promotion & Fitness Working Group invites you to attend "Healthy Sleep Habits" on **Tuesday, July 27**, 10-11 a.m., on [MS Teams](#). Join us for a presentation focusing on sleep habits - the good, the bad, and the ugly. Learn about the impacts of sleep deprivation, what happens in the body while we sleep, and how to improve your sleeping habits so you can feel your best every day. Our guest speaker is Chelsea Howe, wellness supervisor from UnityPoint Health. If you have TEDs, sign-up using keywords: "Healthy Sleep Habits CR2C." This event is an initiative of the CR2C Health Promotion & Fitness Working Group. Disclaimer: *This event does not imply endorsement of the presenter or material presented.* For questions email: usarmy.ria.asc.mbx.wellness@mail.mil

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 20, & 27**
- Thursday - **July 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.

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 at RIA

Los Primos is on Arsenal 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 OK (July 6 to Dec. 30)

Parking Lot OK (Vicinity Building 56 and 68) will be closed from **July 6 to Dec. 30** for temporary use as a contractor staging area for the upcoming Building 68 construction project. Signage, fencing and barricades will be place for safety and to direct traffic.

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



There are no announcements at this time.

Active Duty/Reserve Zone



USO Illinois Rock Island

The USO is open 8 a.m. – 2 p.m., Monday through Friday. Join us for Muffins on Mondays, Olde Towne Bakery items on Wednesdays, and Frank'n Friday on Fridays (11 a.m. – 1 p.m.). 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 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; Ally Sweeney, asweeney@bbbs-mv.org, or Beth Clark, 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.

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>

There are no announcements at this time.

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.

Personal Items at the Fitness Center:

Any lockers at the Fitness Center that did not get cleaned out during the pandemic closure have been kept in the facilities storage area. An initial email encouraging patrons to receive their items was sent last year upon reopening. This is the final notice for any patrons to retrieve items that were left in the Fitness Center. All unclaimed items will be disposed of at the end of business hours Friday, July 23. Please contact the Fitness Center at 782-1967 for questions or further details.

MWR Hours of Operation

All MWR services and programs have returned to their normal operating hours. RIA-FMWR has returned 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>

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) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)**

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)

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, 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**. 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.

No More Fighting Classes

This book by Alicia Munoz, LPC offers 52 chapters with 20 minute exercises to help couples learn how to communicate more effectively with one another. Classes will be offered in person in the ACS training room or through MS Teams on Tuesdays from 4-5 pm beginning **Aug. 3-Sept. 28**. A free book will be offered with participation in class. To RSVP email crystal.l.bartholomew2.ctr@mail.mil or 309-782-3773.

Domestic Violence Support Group Offered Twice Weekly

R.S.V.P. with the Domestic Violence Advocate at: 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), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>

There are no announcements at this time.

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, 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.

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, 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. Contact Mary Hansarik at 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>

Credentialing Assistance

Annual close-out requirements for FY21 and new start requirements for FY22 credentialing assistance (CA) requests. From Access, ArmyU: Soldiers may continue to submit credentialing assistance requests through ArmyIgnitED for courses or exams that have start dates up to **Sept. 30**. Soldiers must submit requests no later than 11:59 p.m. on **July 31**. Soldiers may submit Fiscal Year 22 requests through the ArmyIgnitED beginning 12:01 a.m. **Aug. 1** with a start date of **Oct. 18** or later. For questions please email the Education Center staff at usarmy.ria.imcom.mbx.aces-customer-management-tool@mail.mil.

Defense Commissary Agency / Exchange



The Rock Island Commissary, www.commissaries.com/shopping/store-locations/rock-island-arsenal, and the Exchange, 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. 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.

Shopping Timesavers: Want To Maximize Your Time Walking Down The Aisles On Your Next Visit To The Commissary? Try These Tips

The average grocery store shopper spends 41 minutes per shopping trip, not including travel time, and makes 1.5 trips per week according to the Time Use Institute. That equates to 53 hours per year spent grocery shopping. The Defense Commissary Agency offers ideas to help shorten your shopping trip, allowing you to divert some of this time back to family and leisure activities. (More: www.commissaries.com/our-agency/newsroom/news-releases/shopping-timesavers-want-maximize-your-time-walking-down-aisles)

Army & Air Force Exchange Service Shoppers Collect Bonus Savings During Back-to-School Sales Tax Holidays

The Army & Air Force Exchange Service is helping military shoppers double their sales-tax savings as students hit the books for the 2021-22 school year. It matters where you shop, and because shopping at the Exchange is always tax-free, Soldiers, Airmen, Guardians and their families can save even more on back-to-school items during select states' tax-free weekends. (More: <https://publicaffairs-sme.com/ExchangePost/2021/07/12/army-air-force-exchange-service-shoppers-collect-bonus-savings-during-back-to-school-sales-tax-holidays>)

Army & Air Force Exchange Service Celebrates 126th Anniversary with \$1.26 Express Deals in July

The Army & Air Force Exchange Service is celebrating its 126th anniversary with special deals at its Express stores and restaurants throughout July. On July 25, 1895, the War Department issued General Order 46 directing commanders to establish an exchange at every post. Since then, exchanges have faithfully served military members wherever they are called to serve. To mark the anniversary, Soldiers, Airmen, Guardians and other military shoppers can enjoy \$1.26 deals on snack favorites and more at Express stores through July 31. (More: <https://publicaffairs-sme.com/ExchangePost/2021/07/08/army-air-force-exchange-service-celebrates-126th-anniversary-with-1-26-express-deals-in-july>)

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 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, 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



The Rock Island Arsenal is at **HPCON-Alpha**. Those not fully vaccinated are to continue DoD mitigation measures in line with the [Department of Defense memorandum, dated 13 May 2021](#). Most all facilities have resumed their full capacity limits. 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. Don't Wait, Vaccinate!

Military Health System Transformation Will Improve Care & Innovation

The restructuring of the Military Health System (MHS) will make it easier to spread medical innovation across the force and improve care for warfighters, families and retirees. As the Defense Health Agency (DHA) assumes operational oversight of military medical treatment facilities (MTFs) around the world, a key priority for the modernized health system will be to standardize care and implement the best patient-friendly service techniques for the military community around the world. "DHA is identifying best practices in patient experience and health care practices, establishing standard processes for DHA guidance, and holding MTF and Market directors accountable for implementation," said Regina Julian, chief of DHA's Healthcare Optimization Division. The changes to the MHS that Congress approved several years ago will place all military hospitals and clinics under the purview of the DHA. (More:

www.health.mil/News/Articles/2021/07/06/Military-Health-System-Transformation-Will-Improve-Care--Innovation)

Notes for Veterans



My Healthevet Advanced Accounts Will Be Discontinued

My HealtheVet, VA's online patient portal, gives you access to your VA health information so you can understand and manage your VA care. Beginning in September 2021, My HealtheVet Advanced accounts will be discontinued. If you have an Advanced account today and do not upgrade to a Premium account, your account will revert to a Basic account. If that occurs, you will lose access to the pharmacy features, including the ability to request and track your VA prescription refills. That means... it's time to upgrade to a Premium account. With a free Premium account, you can securely access your VA health information, 24/7. (More:

<https://blogs.va.gov/VAntage/90996/healthevet-advanced-accounts-will-discontinued>)

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.

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 ends 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 needed for aid stations along the course. Contact Morgan Meseke at 563-340-9683 or email at 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 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.

