



July 28, 2021

Island Insight

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

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

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Korean War Armistice 68th Anniversary Commemorated at R.I. National Cemetery

The Korean War Veterans Association Chapter 168 gathered for an annual ceremony commemorating the Korean War Armistice 68th Anniversary and National Korean War Veterans Armistice Day at the Rock Island National Cemetery on July 27.



Ron Sears, Korean War veteran and president of Chapter 168, said that it's important to remember this 'forgotten war.' "Because they are our comrades in arms, and we want to honor those people, and for the country of South Korea," said Sears. "We'd love to have more people come out and see what we are doing and really pay attention to where we are, because we are members the Korean War, we are the forgotten war. You always hear about World War I, World War II; they jumped right into Vietnam, so therefore we are the forgotten the war, which is the United States is the longest war that they've ever fought, because the war is still going on – all they did is sign an armistice, they didn't sign a peace treaty; took a long time to sign that as well. Yes it did, negotiated for about two and a half years." Keynote speaker Col. Todd J. Allison, garrison commander, U.S. Army Garrison Rock Island Arsenal, spoke to the signing of the

Upcoming Dates

- July:** Military Consumer Protection Month
- July:** UV Safety Month
- July:** Pledge to America's Workers Month
- July:** Health Innovation Month
- July 29:** Anniversary of the U.S. Army Chaplain Corps
- July 31:** Transportation Corps Birthday
- August:** Antiterrorism Awareness Month
- August:** Women's Equality Month
- August:** National Immunization Awareness Month
- Aug. 4:** U.S. Coast Guard 230th Birthday
- Aug. 5:** Community Town Hall, TBD, 4:30 p.m.
- Aug. 5:** RIA Olympic Game Night, Lock & Dam Lounge, 4 p.m.
- Aug. 6:** Rock Island Arsenal Delivery Driver Round-Up Day, 7 a.m. – 5 p.m.
- Aug. 7:** National Purple Heart Day
- Aug. 9:** Spirit of '45 Day
- Aug. 13:** ImpactLife Blood Drive, Commissary parking lot, 10 a.m. - 1:30 p.m.
- Aug. 20:** ImpactLife Blood Drive, Commissary parking lot, 10 a.m. - 1:30 p.m.
- Aug. 26:** Women's Equality Day
- Aug. 26:** Rock Island Arsenal Newcomer's Orientation, TBD, 8 a.m.
- Aug. 26:** Ammunition Hall of Fame Induction Ceremony, Heritage Hall, Bldg. 60, 10 a.m.
- Aug. 29:** U.S. Marine Forces Reserve Birthday

armistice as well and his personal experience serving in the Pacific Theater. (More: www.army.mil/article/248906)

Quad-Cities Native Promoted To Commander of U.S. Army Corps of Engineers Rock Island District

On Friday, July 23, the U.S. Army Corps of Engineers Rock Island District hosted a change of command ceremony on Arsenal Island. Col. Jesse T. Curry became the 50th commander for the Rock Island District of the U.S. Army Corps of Engineers. He replaced Col. Steven M. Sattinger who served in the position since 2018. When asked how it feels to be back serving in the community he grew up Curry said, "It's amazing. I've been reminded of all the connections that I have in the hometown that I grew up in." Curry has big shoes to fill with the departure of Sattinger. Under Sattinger's leadership the U.S. Army Corps of Engineers Rock Island District completed \$930 million dollars in projects in his three-year tenure, including \$150 million dollars in fight and recovery efforts brought about by the historic flood of 2019. (More: www.wqad.com/article/news/local/quad-cities-native-promoted-to-commander-of-us-army-corps-of-engineers-rock-island-district/526-c88d8b5e-93cc-402d-879d-9b76ca751651)



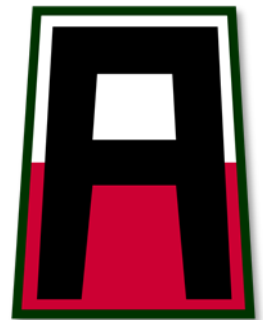
ASC Officers Partake In Staff Ride

Officers assigned to the U.S. Army Sustainment Command headquarters participated in a staff ride here July 20. The event started at the arsenal and continued at nearby Campbell's Island, Illinois, and Credit Island, Iowa. "We do staff rides because we believe that we can learn something from the past," said George Eaton, chief of Office of Communications and Engagement, ASC. "We believe there are truths that took place over 200 years ago, in 1812 that could take place again today," he said. "We believe there are some things we can learn, including leadership, tactics, technology, logistics, and contracting – all important areas we still focus on today." (More: www.army.mil/article/248841)



First Army Soldiers Sharpen Large-Scale Mobilization Skills

First Army Soldiers from across the nation recently tested their ability to mobilize large groups of the Reserve Component in support of operations against a peer adversary. The exercise, known as Pershing Strike and conducted July 8 through July 19, validated First Army's ability to establish and conduct command and control of large scale mobilization operations, expand mobilization force generation installation, or MFGI, capacity, and conduct post-mobilization operations at key bases around the country. These are similar to operations First Army conducted in World War I and World War II to ensure the National Guard and Reserve were ready to fight and win a potential conflict. "In the possible event of a conflict with a peer adversary, we may need to facilitate the mobilization of National Guard and Reserve Soldiers at MFGI's around the country," said Lt. Col. John Burns, the chief of current operations for First Army. "There are a lot of moving parts to make that happen. It's important we rehearse this and make sure First Army headquarters, divisions, and brigades are synchronized to make the mobilization actions as smooth as possible." (More: www.army.mil/article/248872)



Corps of Engineers to Host Open House on Largest Diesel Towboat in the U.S.

The U.S. Army Corps of Engineers, Rock Island District, is hosting an open house aboard the Motor Vessel Mississippi August 10 from 1-5 p.m. at River Heritage Park in downtown Davenport. The open house is free to the public and will include a walking tour of the vessel and a chance to view STEM-related exhibits about Rock Island District missions. No registration is needed to participate. The M/V Mississippi is the largest diesel towboat ever built in the United States and is owned and operated by the U.S. Army Corps of Engineers. It spends most of the year as a working towboat for the Memphis District, but is also used by the presidentially appointed Mississippi River Commission for conducting inspections of USACE projects along the Mississippi River. Due to COVID-19 precautions, a limited number of people will be permitted on the vessel in a rotational format during the open house. Social distancing measures will be in place and face masks will be required while onboard. Attendees are also advised to bring a valid photo ID and be prepared for a security check before boarding. (More: www.mvr.usace.army.mil/Media/News-Releases/Article/2709140)



AMC Leaders Synchronize, Operationalize Safety Planning

From depots, plants and arsenals to office spaces, safety and risk management is integrated into every mission the Army Materiel Command enterprise supports. AMC leaders held a Command Safety and Occupational Health Advisory Council meeting July 15, synchronizing on safety plans and risk mitigation efforts. Gen. Ed Daly, AMC commanding general, praised major subordinate command leaders for their progress. "You are comprehensively moving the ball forward on safety," Daly said. "We must continue to hold ourselves accountable, assessing and mitigating risk at all echelons." The headquarters AMC Safety and Occupational Health team provides direct support to major subordinate commands. The team conducts safety audits, reviewing major subordinate command programs every four years, ensuring they are conducting proper oversight and identifying gaps. The team provides an honest assessment while advising and mentoring leaders on how to improve. (More: www.army.mil/article/248509)



Climate Change Has National Security Implications, DOD Official Says

Understanding and dealing with climate change is important to national security and, therefore, to the Defense Department, the senior climate advisor to the defense secretary said. "Climate change effects are real and they are significant," he said. "Climate change is going to cost us in resources and readiness; and the reality is that it already is," Joe Bryan today told the Congressional Clean Energy EXPO and Policy Forum. In response to climate change, DOD is working to become more energy efficient and independent, Bryan said. For instance, some bases are becoming more energy efficient by bringing energy storage and distributed generation inside the installations, using energy derived from landfill gas and solar, he said. (More: www.defense.gov/Explore/News/Article/article/2707739)



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.

Regional Critical Blood Shortages, ImpactLife Blood Drives

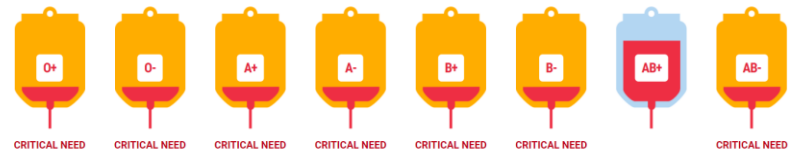
The ImpactLife Blood Center has ongoing critical shortages of the following blood types: **O positive, O Negative, A positive, A negative, B positive, B negative, and AB negative**, but all

types are needed. ImpactLife is hosting a blood drive in in the ImpactLife Donor Bus in the Commissary parking lot, on **Friday, Aug. 13 and 20**, 10 a.m. - 1:30 p.m. They will also have their Donor Bus at Building 390 on **Thursday, Aug. 19**, 10 a.m. to 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 donor promotion, this will be a \$10 electronic gift card redeemable at Amazon, Dunkin', Lowe's, Target, Starbucks, and Walmart. Also through Sept. 12, all donors are automatically entered to win a \$500 gift card – three winners every week. Details and winners at: www.bloodcenter.org/win. **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**



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.

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)

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Building/Space Closures

There are no announcements at this time.

Active Duty/Reserve Zone



Job Resources Available To Help Spouses During PCS

A permanent change of station, or PCS, is something most spouses will experience during their time married to a service member. The change may seem daunting to those going through it the first time, but Holly Nusom, Patrice Hamilton and Abrell Jones at Fort Campbell's Spouse Employment Center said there are steps spouses can take to lessen the stress of the move on themselves, especially if changing jobs is a primary concern. According to staff at the Spouse Employment Center, planning ahead rather than waiting until the last minute to consider employment options at a new location is crucial to successfully transitioning into a new job. (More:

www.army.mil/article/248712)

Austin Calls on Service Members to Stop Stigmatizing Mental Health Help

After a briefing from leaders about the spike in suicides among service members in Alaska, Secretary of Defense Lloyd J. Austin III said today he's concerned about the number of suicides there and across the force. "I'm deeply concerned about the suicide rates, not only here but across the force," he said during a press conference at Eielson Air Force Base, Alaska. "One loss by suicide is too many. While we're working hard on this problem, we have a lot more to do." Addressing the problem must start with reducing the stigma associated with seeking help for mental health issues, he said. "Mental health is health, period," Austin said. (More:

www.defense.gov/Explore/News/Article/Article/2706487)

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 every other Friday (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>)

Through USO Illinois Rock Island: Sign Up for Nerd Fest Tickets

A collaboration of nerddom. A celebration of community. A festival with a purpose! Join us **Friday, Aug. 27**, 10 a.m. through Sunday, Aug. 29, 6 p.m. at the River Center in Davenport. Come ready to play at the hundreds of trading card games and tabletop games, featuring Audio Dungeon. There will be tournaments and casual play for Pokemon, Magic: The Gathering, Yugioh, Digimon, and Dragon Ball Super. You'll also find Dungeons & Dragons, Pathfinder, StarFinder, and a great-sized selection of board games. The video game section will have most major titles for competitive and casual play, with competitive speed runs. Organizers are partnering with QC Co-Lab to create the world's largest Dice Tower with 100% of the proceeds going to charity. Dive into the interactive world of Lego Robotics and S.T.E.M. with the Davenport Community Schools CTE program. They're bringing lots of cool interactive and family friendly activities. Meet the well-known

cosplayers at the All-Star cosplay corner, such as Sunny Doom, Vampy Snow, Papa Bear, and Orangegofish. Saturday includes a Red Carpet cosplay contest and on Sunday is a Jr. Nerd cosplay contest at 1 p.m. followed by a family-friendly cosplay parade. Please note: These tickets are only available to active, Guard and Reserve military. Retired military, IRR military, DoD and civilian employees are not eligible to register for this event. A valid military ID will be required to pick up the tickets at the USO Rock Island. [Enter here to register for the ticket drawing.](#)

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>

Prepare for Thunderstorms & Lightning

Lightning is a leading cause of injury and death from weather-related hazards. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. Thunderstorms are dangerous storms that include lightning and can create or cause powerful winds over 50 mph, hail, and flash flooding and/or tornadoes. (More: www.ready.gov/thunderstorms-lightning)

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 Will Host Rock Island Arsenal Olympic Game Night Which Will Coincide With Our Right Arm Night This Month

The Lock and Dam Lounge is hosting Rock Island Arsenal Olympic Game Night starting at 4 p.m. on **Thursday, Aug. 5**, which will include games like bags, trivia, pool challenge and more.

Command's get your teams ready to compete against each other for the gold. Right Arm Night is 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/Arsenal Olympic Games. Enjoy networking and competing with your fellow Arsenal colleagues while building esprit de corps and partnerships. Revolution Brewing will be on tap for this event. Revolution currently distributes in Illinois, Indiana, Ohio, Massachusetts, Michigan, New Jersey, New York City, and Wisconsin. Revolution Brewing opened up in February 2010 in Chicago. They added their 2nd floor Brewers' Lounge in July 2011. Their production brewery and tap room opened in spring 2012, since then their brewing capacity has been continuously growing. They will be taking over the taps with Fist City, Anti Hero, Sun Crusher and Hazy Hero. 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.

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>)**

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, Aug. 7**, 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. For more information, please call 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)

Running/Jogging

Running/Jogging teaches children ages 11-17 years old proper stretching warm-up/cool down techniques while exercising. Various lengths of jogging/running incorporated depending on experience levels of class participants. The class starts and ends each day at the School Age Center (SAC) in Building 150. Participants will walk together to the sidewalk across from the SAC on the north side of Rodman and run/jog the path towards the Moline Gate. Sign up began July 21 with classes going **July 26 through Aug. 18** on Mondays and Wednesdays, 6:30-7:30 a.m.; cost is \$25. All RIA-affiliated active duty, retirees, reservists, civilian, and/or contractor families are eligible to participate. Comfortable shorts/sweatpants, t-shirts, and tennis shoes are required, unless otherwise noted. Child must be registered with CYS to participate. Sports Physicals are required. To sign up, stop into Parent Central Services in Building 110 Monday through Friday 9 a.m. – 4 p.m. or call 309-782-0791. Contact Andy Milton, CYS Sports and Fitness Director, at andrew.a.milton2.naf@mail.mil or 309-782-6793 for more information.

Weightlifting

Weightlifting teaches children 11-17 years old foundational concepts of working out core group muscles, as well as how to find your way around a weight room, types of equipment to be utilized, and how to construct individualized workouts. The class meets each day at the Fitness Center, Building 67. Sign up began on July 21 with classes going **July 27 through Aug. 19** on Tuesdays and Thursdays, 4:30-5:30 p.m.; cost is \$25. All RIA-affiliated active duty, retirees, reservists, civilian, and/or contractor families are eligible to participate. Comfortable shorts/sweatpants, t-shirts, and tennis shoes are required, unless otherwise noted. Child must be registered with CYS to participate. Sports Physicals are required. To sign up, stop into Parent Central Services in Building 110 Monday through Friday 9 a.m. – 4 p.m. or call 309-782-0791. Contact Andy Milton, CYS Sports and Fitness Director, at andrew.a.milton2.naf@mail.mil or 309-782-6793 for more information.

Cheerleading Football

Cheerleading Football for children 7-17 years old will cover age-appropriate introductory physical movements and fundamentals necessary to conduct cheers. No gymnastics-based maneuvers will be practiced (flips, cart wheels, etc.). Weekday Practices are Wednesdays 1x/week for six weeks. Group will cheer at three flag football contests on Saturday mornings (**Sept. 18, Oct. 2, and Oct. 16**). Uniforms will be provided (but participants do not keep) for the Saturday morning games. Session meets at Memorial Park; rain site is School Age Center (SAC), Building 150. Sign up began July 21 with classes going **Aug. 25 through Oct. 16** on Wednesdays 4:45-5:45 p.m., and on

Saturdays at a time to be announced; cost is \$50. All RIA-affiliated active duty, retirees, reservists, civilian, and/or contractor families are eligible to participate. Comfortable shorts/sweatpants, t-shirts, and tennis shoes are required, unless otherwise noted. Child must be registered with CYS to participate. Sports physicals are required. To sign up, stop into Parent Central Services in Building 110 Monday through Friday 9 a.m. – 4 p.m. or call 309-782-0791. Contact Andy Milton, CYS Sports and Fitness Director, at andrew.a.milton2.naf@mail.mil or 309-782-6793 for more information.

Little Blitzers Football / Little Kickers Soccer

Part of the Start Smart series, these two developmental six-week sessions for children 3-5 years old teaches children basic motor skills necessary to learn to play organized football and soccer while they work one-on-one and spend quality time with their parents/guardians. Parents/guardians participate with their child each week. The learning of basic sports mechanics and developmental movements are weekly goals. Balls will be provided and given to each parent/guardian/child pair to take home each week; at the end of the six weeks they keep the ball and the kids receive a t-shirt. Sign up will start on **Aug. 2** at 9 a.m. with football classes on Mondays 4:45-5:45 p.m. **Aug. 23 through Oct. 4** with a cost of \$25; and soccer classes on Tuesdays 4:45-5:45 p.m. **Aug. 24 through Oct. 5** with a cost of \$25. All RIA-affiliated active duty, retirees, reservists, civilian, and/or contractor families are eligible to participate. Comfortable shorts/sweatpants, t-shirts, and tennis shoes are required, unless otherwise noted. Child must be registered with CYS to participate. Sports Physicals are required. To sign up, stop into Parent Central Services in Building 110 Monday through Friday 9 a.m. – 4 p.m. or call 309-782-0791. Contact Andy Milton, CYS Sports and Fitness Director, at andrew.a.milton2.naf@mail.mil or 309-782-6793 for more information.

Flag Football /Soccer League

These two team sports leagues for children kindergarten to 8th grade will run eight weeks total – two weeks of practice weeknights two nights per week the first two weeks, then six weeks of one weeknight practice and one Saturday morning game per week. Possible practice and game locations at RIA: Sports Complex, Cannon Flats Recreation Area, or Memorial Park. All equipment is provided; players need athletic non-metal cleats for either sport, and shin guards are required for soccer. Teams are made up by CYS youth sports and fitness director after registration period ends and coached by adult volunteers. Kids desiring to play together on same team can make requests to do so; efforts will be made to accommodate requests, but no guarantees. Sign up began July 21 with class dates **Aug. 23 through Oct. 16**; kindergarten through 8th grade - weeknight practices; Saturday Games Times TBA; the cost will be \$65. All RIA-affiliated active duty, retirees, reservists, civilian, and/or contractor families are eligible to participate. Comfortable shorts/sweatpants, t-shirts, and tennis shoes are required, unless otherwise noted. Child must be registered with CYS to participate. Sports Physicals are required. To sign up, stop into Parent Central Services in Building 110 Monday through Friday 9 a.m. – 4 p.m. or call 309-782-0791. Contact Andy Milton, CYS Sports and Fitness Director, at andrew.a.milton2.naf@mail.mil or 309-782-6793 for more information.

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.

Rock Island Commissary is Conducting CLICK2GO

Commissary CLICK2GO, the Defense Commissary Agency's new online ordering/curbside delivery service, is now at the Rock Island Commissary, according to Penny Callison, the store director. "This service really speaks to the needs of our customers who can now plan, order and pay for their purchases on-line and then just drive to the store to get them without having to get out of their vehicle," said Callison. Here's a brief rundown of Commissary CLICK2GO's features:

- Easy-to-use navigation and search functions to help customers plan healthy meals and take care of their family's needs
- Enhanced product information
- Robust recipe features
- Featured sales and promotions
- Upgraded mobile-friendly experience
- No service fee (it was waived on all orders for a limited time starting June 28)

Information on how the service works is found on www.commissaries.com with dedicated sections such as "How CLICK2GO Works." First-time customers will need to create an account. In step with grocery shopping trends, DeCA is working to bring on-line ordering, payment and pick-up options to all commissary-eligible patrons. In early June the agency announced plans to expand Commissary CLICK2GO to all 236 commissaries worldwide, and the rollout status can be found on the agency's web site. "I encourage all our shoppers to access the CLICK2GO page on commissaries.com to learn more about it," said Callison. Customers use a computer or mobile device to make their orders online where they select from commissary products offered based on the store's stock assortment. After products are selected, the shopper selects a pickup time and pays for their order. At their appointed time they park in designated parking spaces where commissary workers bring their groceries.

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 Department of Defense direction. Per the DoD memorandum dated July 28, 2021 -- "[Updated Mask Guidance for all DoD Installations and Other Facilities](#)" pertaining to reinstating the mandatory use of masks indoors in geographic areas of **substantial** and **high** community spread of the COVID-19 virus as defined and publically identified by the [Centers for Disease Control and Prevention \(CDC\)](#). Rock Island County is currently identified by the CDC to be at **moderate spread**. At this time the Arsenal Island workforce is directed to continue to mask and adhere to mitigation measures if you are **not** vaccinated; all those who are vaccinated are not required to mask outdoors or indoors. 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!

New Masking Policy for Rock Island Arsenal Health Clinic

Effective immediately, subject to any applicable labor relations obligations, the following additional health protection measures will be in effect for all MEDCOM organizations.

- Service members, federal employees, on-site contractor employees, and visitors, regardless of vaccination status, must wear a mask in indoor settings.
- Individuals must wear masks consistently while indoors except:
 - 1) when an individual is alone in an office with floor-to-ceiling walls and



- closed doors;
- 2) for brief periods of time when eating and drinking while maintaining at least six-feet distance and in accordance with instructions from commanders and supervisors;
 - 3) when the mask is required to be lowered briefly for identification or security purposes; and
 - 4) when necessary to reasonably accommodate an individual with a disability
- All individuals should also follow social distancing practices per the local HPCON A protection measures.

DOD Directs Employees in High Risk Geographic Areas to Start Wearing Face Masks Again

Following guidance issued by the Centers for Disease Control and Prevention, the Defense Department has directed employees working in areas at high risk for transmission to begin using face masks again as a measure to prevent the continued spread of the COVID-19 virus, especially the fast-moving, highly-transmittable Delta variant. The new guidance for the department came in a [memorandum signed by Deputy Defense Secretary Kathleen H. Hicks](#). "In areas of substantial or high community transmission, DOD requires all service members, federal employees, onsite contractor employees and visitors, regardless of vaccination status, to wear a mask in an indoor setting in installations and other facilities owned, leased or otherwise controlled by DOD," the memorandum read. (More: www.defense.gov/Explore/News/Article/Article/2711489)

Being 'Mindful' Improves Readiness, Says Director of Army Staff

The Army is developing new ways to improve readiness with pilot programs now underway to add mindfulness training to help Soldiers manage stress and stay in the moment, Army leaders said Wednesday. "We're doing a few pilots at entry-level training all the way to our senior executive level training with general officers and nominative sergeants major and throughout," said Lt. Gen. Walter Piatt, director of the Army Staff, during a Thought Leaders webinar hosted by the Association of the U.S. Army. Mindfulness training is the practice of teaching the brain to stay in the moment and, according to the Uniformed Services University of the Health Sciences, it offers many benefits like helping individuals relax, sleep better, become more focused and alert, lower their blood pressure and improve their relationships. (More: www.army.mil/article/248706)

Notes for Veterans

VA Announces New Options to Help Veterans Avoid Foreclosure

The Department of Veterans Affairs is offering a new COVID-19 Refund Modification option to assist Veterans who require a significant reduction in their monthly mortgage payments because of the COVID-19 pandemic. In some cases, Veterans can receive a 20% payment reduction — in others, the reduction can be even larger. This new option is part of the Biden-Harris administration's expanded, government-wide effort to help homeowners retain their homes as they weather the economic challenges resulting from the ongoing pandemic. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5694)

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 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 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.*

