



Feb. 23, 2022

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 O.C.](#)

Highlighting Contributions of the 108th US Colored Troops at Rock Island Arsenal

February is Black History Month, a time dedicated to celebrate the courage, strength, contributions and legacy of Black Americans who helped shape the world we live in today.



Black History Month traces its origins to 1915, when historian Carter G. Woodson and Minister Jesse E. Moorland founded the Association for the Study of Negro Life and History, today known as the Association for the Study of African American Life and History. The organization's purpose was to research and promote achievements by Black Americans and other people of African descent and started sponsoring a national Negro History Week on the second week of February in 1926 to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. By the late 1960s Negro History Week evolved into Black History Month, partially thanks to the civil rights movement and an increasing awareness of Black identity. The month of February was officially designated as Black History Month by President Gerald Ford in 1976. Ever since, the United States and other countries in the world, including the United Kingdom and

Upcoming Dates

- February:** Black History Month
- February:** American Heart Month
- February:** National Cancer Prevention Month
- Feb. 26:** Do-It-Yourself Saturday, Auto Service Center, 8 a.m. - 2 p.m.
- Feb. 28:** 31st Anniversary of the End of the Gulf War
- March-September:** PCS Season
- March:** National Women's History Month
- March:** Irish-American Heritage Month
- March:** National Brain Injury Awareness Month
- March 1:** Mardi Gras / Fat Tuesday
- March 1:** U.S. Army Enlisted Medical Corps 135th Anniversary
- March 2:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
- March 2:** Dr. Seuss Birthday Celebration, Lock & Dam Lounge, 4 p.m.
- March 3:** U.S. Navy Reserve 107th Birthday
- March 3:** U.S. Army Dental Corps 111th Anniversary
- March 3:** Thirsty Thursday, Lock & Dam Lounge, 3-7 p.m.
- March 3:** Rock Island Arsenal Historical Society March Dinner, Lock & Dam Lounge, 6 p.m.
- March 3:** Teen Training Event, School Age/Youth Center, Bldg. 150, 6:30-7 p.m.
- March 4:** USO Frank'n Friday, Bldg. 110, 11 a.m. - 1 p.m.
- March 4:** RIA Retirement Ceremony, Heritage Hall, 1 p.m.

Canada, have devoted a month to celebrating Black history. Going back a little over a century, we can trace contributions that Black American Soldiers made at Rock Island Arsenal during the Civil War. (More: www.army.mil/article/254165)

JMC Puts the Human in Human Capital Management Planning

In an effort to align its personnel approach with evolving organizational needs, U.S. Army Joint Munitions Command has unveiled its Human Capital Strategic Plan for Fiscal Years 2022-2028. Building on a previous plan, the updated HCSP advances JMC's mission to sustain an agile and diverse workforce ready to meet the Army's needs, while delivering lethal munitions at the right place and time. To this end, the new HCSP takes a modernized approach, prioritizing the active recruitment and development of leaders at all levels to utilize human capital management practices that are aligned with the agency's overarching vision, mission, and strategy. "We must be proactive and take the initiative to develop the workforce in a way that anticipates future mission needs," said JMC's Command Sgt. Maj. Petra M. Casarez. (More: www.dvidshub.net/news/415060)



ASC Health and Life Coaches Aim at Boosting Morale, Improving Productivity among Soldiers, Civilians

Organizations are comprised of people. Yes, it's a simple and obvious statement, but one with far-reaching consequences. Developments in artificial intelligence notwithstanding, real humans will be at the core of any organization for the foreseeable future, hence the U.S. Army Sustainment Command is investing heavily in its people. It's stated strongly in ASC's Line of Effort 4: Develop and Empower a Professional Workforce. This coordinates very closely with its parent command, the U.S. Army Materiel Command's Line of Effort 1: Soldier, Civilian & Family Readiness. With that commitment to its workforce – Soldiers, Civilians and their families – ASC has implemented a number of initiatives to empower the people who help the command fulfill its vital mission of supporting the warfighter. That includes "health and life coaches." (More: www.army.mil/article/254279)



Russian Forces in Initial Phase of Invasion of Ukraine, Official Says

Russian forces are in the initial phase of the invasion of Ukraine and attacking through three corridors, a senior defense official said today on background. There is fighting within 20 miles of the center of Kyiv — the Ukrainian capital — as well as fighting around the eastern city of Kharkiv and in the southern part of the beleaguered country, the official said. "These three axes are ... clearly designed to take key population centers," he said. "It's our assessment that [Russian forces] have every intention of basically, decapitating the government and installing their own method of governance, which would explain these early moves towards Kyiv," the official said. The assault started in darkness this morning, Ukrainian time, with a Russian missile barrage of around 100 intermediate-range, short-range and cruise missiles, the official said. Missiles came from land, sea and air platforms. (More: www.army.mil/article/254249)



Biden Shifts US Troops in Europe to Defend Frontline NATO States

President Joe Biden ordered U.S. troops already based in Europe to shore up the defenses of nations bordering Ukraine. Biden directed Secretary of Defense Lloyd J. Austin III to move forces within the U.S. European Command's area of operations to the Baltic Republics, Poland and Ukraine's southeastern flank. The forces will move within a week, DOD officials said. The deployment follows Russia's renewed invasion of eastern Ukraine and Russian President Vladimir Putin's mobilization of forces all along the borders of Ukraine. Austin has ordered an infantry battalion task force of about 800 soldiers to deploy from Italy to the Baltic region. He also approved the movement of up to eight F-35 Lightning II aircraft from Germany to operating locations on NATO's eastern flank. (More: www.army.mil/article/254189)



Talent Management Requires Continued Effort, Focus

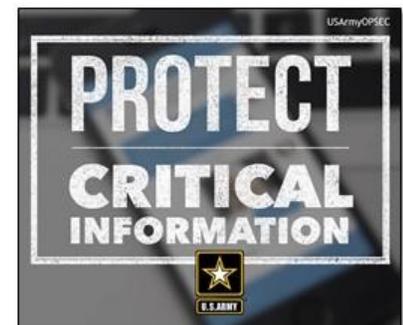
A year has passed since Army senior leaders declared that we are in a war for talent. We have implemented new initiatives, unveiled innovative programs, and challenged the status quo of how we recruit, hire, train, promote, and retain our greatest asset: our people. These efforts are paying off, and we have made great strides—across the Army and the materiel enterprise—to ensure that our ranks are filled with diverse, skilled, educated, and ready officers, NCOs, Soldiers, and civilians. The Army talent management system is a 21st-century, data-rich and people-centric approach to leveraging the right diverse talents to fight and win our nation's future wars. As our Chief of Staff of the Army, Gen. James McConville, said, “The goal is to create a comprehensive culture of talent development and management that will span Soldiers’ entire careers rather than just cropping up at key moments.” (More: www.army.mil/article/253833)



OPSEC Message for the Workforce

In light of current world events, Operations Security (OPSEC) is more important than ever in protecting the Army's critical and sensitive information. Follow these simple OPSEC rules:

- Practice good OPSEC both at work and home.
 - Ensure there are no un-cleared visitors around prior to having conversations with personnel who have a need to know within your work area
 - Telework environment-be mindful of your workspace when visitors enter your home; have conversations with family members regarding the possible sensitive nature of your work and the importance of protecting information
 - Always encrypt CUI, PII and other sensitive government information.
- Know your organization's critical information.
 - Critical Information = Information important to the successful achievement of U.S. objectives and missions, or which may be of use to an adversary of the United States (AR 530-1, 1-5, & Appendix B2) such as U.S. Capabilities, Activities, Limitations and Intentions. The CIL is approved by the commander and is available from your unit OPSEC Officer.
- Think before you post on social media.



- Adversaries attempt to acquire information in several ways such as eliciting from friends, family, neighbors, and through unprotected communications like Facebook posts, Instagram, Twitter and other social networking sites
- Limit phone conversations.
 - Keep conversations short and concise to minimize the amount of time an adversary could attempt to listen in
- Be alert for phishing scams, social engineering, and cyber-attacks.
 - If a message looks questionable, attempt to reach out to the sender via an alternate means to verify its authenticity prior to opening the message

Contact your OPSEC Officer if you have any questions.

Rock Island Arsenal Quarterly Retirement Ceremony

Rock Island Arsenal Military Community – The Rock Island Arsenal Commanding General requests the honor of your virtual presence at the Quarterly Retirement Ceremony on **Friday, March 4**, at 1 p.m., in honor of:

- Lt. Col. David Hankins, First Army
- Maj. Karl Butler Jr., First Army
- Capt. Michael Davis, ASC
- Angela Opsal, ASC
- Terrie Jordan, ASC

You may view the event at: www.facebook.com/rockislandarsenal

The ceremony will take place in Heritage Hall, Building 60. Uniform for personnel not participating in ceremony - Military: Duty Uniform & Civilian: Casual.

Blood Donors Urgently Needed

Both nationally and here within this region, we are experiencing an urgent need for blood to prevent shortages for patients and hospitals. As the local blood provider for 126 hospitals in Illinois, Iowa, Missouri, and Wisconsin,



ImpactLife shares in the concern over the state of the blood supply both nationally and within our region. Within their service region, they strive to collect an average of 3,600 donations on a weekly basis. In recent weeks, however, the donation rate has ranged from 2,500 to 2,800 donations per week. Christmas and New Year’s holidays, as well as winter weather and the ongoing impact of the COVID-19 pandemic have combined to decrease the rate of donation. Blood products are perishable and must be used for transfusion within a short window of time, so they strive to keep a 5-day supply in their inventories to meet anticipated and unanticipated needs. Currently most blood products and types are less than 3-day supply. Urgent need for all donations & blood types especially Type O, AB and all types for Platelets. ImpactLife has a blood drive scheduled on Arsenal Island for the month of March:

- **Friday, March 11:** 10 a.m. - 1:30 p.m. in Building 333, conference room left of MWR lobby; donor promo – shamrock t-shirt or \$5 gift card.
- **Friday, March 18:** 10 a.m. - 1:30 p.m. in Building 333, conference room left of MWR lobby; donor promo – shamrock t-shirt or \$5 gift card.
- Gift card options: Amazon, Home Depot, Lowe’s, Target, Subway, Starbucks, Walmart

If you would like to donate at either of these blood drives, feel free to email bhancock@impactlife.org with the time you'd like to schedule, or call the Donor Scheduling Team at 800-747-5401; 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.

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

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

U.S. Coast Guard Auxiliary Boater Safety

Looking for a state approved boating safety course or need a boating safety certificate? Boat America is a state approved boating safety course taught by U.S. Coast Guard Auxiliary qualified instructors. We're offering this course on:

- **March 5 and March 12**
- 8 a.m. - 12:30 p.m.
- Two days, 4.5 hours per day, nine hours course total
- Cost: \$40 per person

Don't let a good boating day become a bad one – for more information and/or to register contact Charles Brennan at Charles.Brennan@CGAuxDiv9.org or 630-290-4773. Course Content:

- Know Your Boat
- Before You Get Underway
- Operating Your Boat... Safely
- Legal Requirements of Boating
- Boating Emergencies... What To Do
- Enjoying Water Sports with Your Boat

USCG Auxiliary, Division 9 Station, Sunset Marina, 10 - 31st Avenue, in Rock Island.

Excel Level I Training (March 15-16) Course Setup

Army Sustainment Command has scheduled another Excel Level 1 (Virtual) training session to be conducted on **March 15-16**, 8 a.m. – 4 p.m. via Teams 365.

1. Target Audience: RIA Military and Civilian Personnel
2. Session/Synopsis: Excel Level I Training
3. Objective: Familiarity with basic navigation of Microsoft Excel including basic formulas like "vlookup", If/and/or statements, and Pivot Tables.
4. Registration: Register no later than **March 7** in TEDs. Search for "Excel Level 1." After successful registration, you'll receive the welcome letter with the MS Teams link for the class within a week out from the class date. Class is limited to 20 personnel.
5. Connection Information:
 - a) The session will be conducted via Teams 365. Registrants will receive connection guidance in a separate email from ASC, LMI, SPO.
 - b) This is a self-paced, proctor-supported course in Teams 365 and using course materials in MilWiki. Proctors are signed in for the duration of the class to assist as needed with questions or clarification of the lessons on MilWiki.

6. Course credit: 16 CLPs. In order to earn completion credit for the class, all Practical Exercises and the Capstone Exercise must be completed and submitted.
 7. Point Of Contact: Alexander Triage or Michele Hagen.
- ASC, SPO, LMI, ORSA Team, Excel Level I Proctors:

- michele.r.hagen.ctr@army.mil, 563-593-4531
- alexander.j.triece.ctr@army.mil, 480-620-2132

Note: You must have access to Teams on Army 365 for the course. You must also sign in to MilWiki via CAC to access the course materials.

True Lifestyle Medicine Wellness 9-Month Series

Army Contracting Command – Rock Island (ACC-RI) is proud to announce a 9-month Health and Wellness series presented virtually via MS Teams by Dr. Cheryl True of True Lifestyle Medicine, LLC which will start next month in February. This series is geared toward individuals who wish to embrace a healthier lifestyle and increased benefits of self-care. Schedule and topics are presented below with this [MS Teams link](#) (link is the same for each session). You must register in TEDs no later than the day prior to the event and self-certify in TEDs after the event to receive credit. Those that do not self-certify within one week will be deleted from TEDs. If you do not register in advance, you are welcome to attend using the teams' link, but you will need to add it to your TEDs history after the fact. TEDs key word: "True Lifestyle Medicine,"

1 CLP. The sessions will not be recorded.

- **March 14:** [Setting Up for Success: Defining and Achieving Your Goals](#), 1-2 p.m.
- **April 11:** [Exploring the Pillars: Nutrition "Fueling Your Future"](#), 1-2 p.m.
- **May 9:** [Cooking Demo: "Whole Food Plant Based Recipes and Meal Preparation"](#), 1-2 p.m.
- **June 13:** [Exploring the Pillars: Physical Activity "Moving Through Your Day"](#), 1-2 p.m.
- **July 11:** [Exploring the Pillars: Stress & Resilience "The Human Capacity to Adapt and Thrive"](#), 1-2 p.m.
- **Aug. 8:** [Mindfulness, Meditation & Relaxation "Putting Your Mind to Work. Your Body is Listening"](#), 1-2 p.m.
- **Sept. 12:** [Exploring the Pillars: Social Relationships "The Power of Connections"](#), 1-2 p.m.
- **Oct. 17:** ["The Basics: Incorporating Lifestyle Changes at Home and at Work"](#), 1-2 p.m.

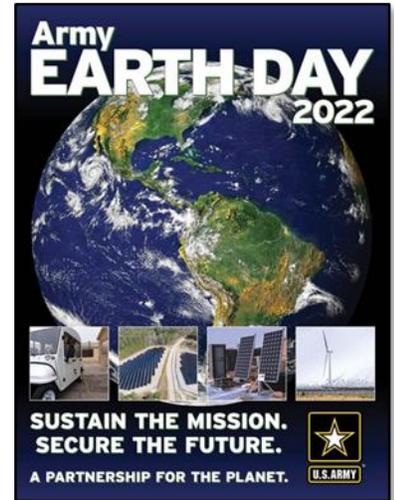
Health and Wellness POC: Theresa Fahrenkrug, 563-650-2093,
theresa.m.fahrenkrug.civ@army.mil; TEDs POC: Rebecca Peterson, 563-210-4436,
Rebecca.a.peterson.civ@army.mil.

Emergency Leave Transfer Program to Assist Federal Employees Affected by Hurricane Ida

If you are interested in donating annual leave, [complete OPM Form 1638](#) and submit to the Civilian Personnel Advisory Center, Building 104, no later than **Monday, March 14**. You must state on the 1638 which Emergency Leave Transfer Program you are donating to. If you have any questions contact the CPAC at 309-782-2430. This initiative has been directed by the President. The POC is Jaime Slocum at jaime.l.slocum.civ@army.mil OPM Form 1638:
https://www.opm.gov/forms/pdf_fill/opm1638.pdf

RIA 2022 Earth Day

Join us **Thursday, April 21**, at the Memorial Park Pavilion, 11 a.m. - 12:30 p.m., for the Rock Island Arsenal's Earth Day program. Earth Day is officially recognized each year on April 22, but due to that day landing on a Friday when many installation employees are off, this event will be held on Thursday. Everyone will gather at Memorial Park Pavilion for a short presentation with our Garrison Commander providing opening remarks, followed by an off-post guest speaker, then the very popular free distribution of tree saplings provided by Living Lands & Waters, a very active Quad-Cities organization that specializes in environmental protection, preservation, and restoration. The Army joins the nation in observing Earth Day on April 22. Earth Day events across the Army highlight how the Army has and will continue to Act, Innovate and Implement changes to meet and defeat climate challenges. In a partnership for our planet, the Army is collaborating with federal agencies, academia and industry to evaluate how climate, conservation and species preservation contributes to readiness. The application of this knowledge will lead to improve installation infrastructure and ensure the homeland is protected and defended from current and future threats. Army land, air and water resources are vital to both present and future missions and we must nurture the environment with an eye towards modernization and conservation.



VIOS Scheduling Eliminated, Garrison PA Assumes Limited Command Photos

The Visual Information Ordering System (VIOS) will no longer be available to schedule official Department of the Army photos previously taken monthly by a representative from Fort Eustis' Multimedia Visual Information Center and coordinated through the Garrison's Directorate of Plans, Training, Mobilization & Security (DPTMS) Visual Information section. This was due to the impact of COVID-19 and former Army Secretary Ryan McCarthy and former Chief of Staff Gen. James McConville's direction to suspend the use of the photos from officer promotion board packages effective Aug. 1, 2020. Official U.S. Army "head and shoulders" command photos (**leadership photo board photography**) duties have been assumed by Garrison Public Affairs for on-Island commands that do not have a public affairs office; this will take place by appointment only at 309-782-1121. The scheduled photos will be taken at the Photo Studio in Room B11 in the basement of Building 90. The 8"x10" head and shoulders – command photos will not be printed, but will be made available digitally. The previous service administered through VIOS and Fort Eustis personnel included government passport photography, which is suspended along with service record/DA Photos. Walk-in appointments are not available.



Arsenal Traffic/Construction



Building 227 Demolition and Partial Parking Lot 2C Closure

The Directorate of Public Works will block off 102 parking spaces in parking lot 2C (adjacent to Building 227) from **Nov. 1 to March 4**. This closure is required for the demolition contractor to set up heavy lift equipment and provide requisite clear zone during the demolition and removal of material from Building 227. The personnel turn-style entry toward Building 220 will remain open and available at all times. Signage, fence and barricades will be in place for safety.

Extension of Sylvan Drive Construction Project at Beck Road Intersection

Sylvan Drive from the Beck Avenue intersection north to the Building 208 parking lot will remain under construction through **Thursday, June 30** in order to replace the road, sewers and railroad crossings. USACE, Navy Reserve Center, Commissary, the Exchange, and Outdoor Rec will follow Beck Avenue to Gillespie Street to Rodman Avenue. JMTC's employee parking lot will remain accessible via Rodman Avenue. There is no change to the previously published closure area and detour routes. Signage and barricades will be placed for safety and traffic control.

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



Tax Center Services

The U.S. Army Materiel Command Legal Center-Rock Island Arsenal no longer operates a tax center. As a result, free tax preparation and filing services will no longer be available on-post. There are, however, free online services available to active-duty service members, retired and honorable discharged members, spouses, dependent children and survivors. It's important to decide what best fits your needs. Some factors to consider include the complexity of your taxes, ability to do your own tax work, and cost. Many people who used to itemize find that their tax preparation has been simplified by the larger standard deduction. Below are some resources to use:

- **IRS: Free File**
Eligibility: All filers with income below \$66,000
Website: <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>
- **MilitaryOneSource, MILTAX**

Eligibility: Active duty military. Retired and honorable discharged members are authorized for up to 180-days past separation. Spouses, dependent children and survivors are able to use the free services as well.

Website: www.militaryonesource.mil/miltax-software

- **Volunteer Income Tax Assistance (VITA)**

Eligibility: Earn low to moderate income; or be disabled; or not speak English; or be a senior citizen.

Website: <https://www.benefits.gov/benefit/1543>

- **Tax Counseling for the Elderly (TCE)**

Eligibility: Over the age of 60 or older and in need of either counseling or return preparation services.

Website: <https://www.benefits.gov/benefit/722>

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



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

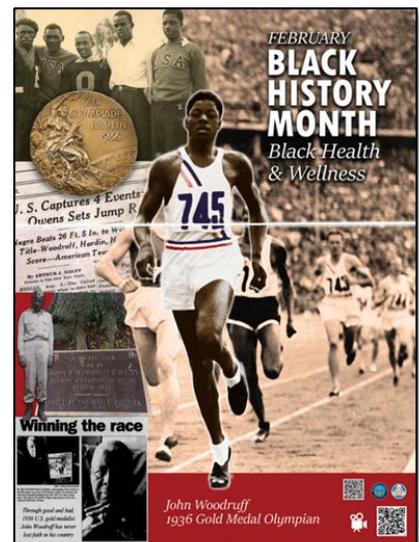


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It is the policy of the Department of Army to provide equal opportunity in employment for all people and to prohibit discrimination in employment because of race, color, religion, sex, national origin, age (40 and over), disability, genetic information, 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.

Black History Month

February is Black History Month, and the Army reflects upon and celebrates the tremendous contributions of African-Americans to the nation. The theme of 2022 Black History Month is “Black Health & Wellness.” During this observance the Army reflects on the contributions of African American Soldiers. The Army is dedicated to leveraging the strength of our diverse force and ensuring equality for all its members. To sustain a high-quality Army that is trained and ready, the Army will continue to ensure that all Soldiers and civilians are given the opportunity to maximize their talents and potential. African Americans make up more than 19 percent of the Total Army and the Department of the Army Civilian Workforce. African Americans play vital roles in today’s Army as Soldiers, Army Civilians and family members, and are critical members of the Army team. The Army strongly embraces diversity as a way to maximize individual talent, increase morale and greatly enhance military effectiveness. The Army finds its strength not only in its diversity, but in its ability to bring together people of different faiths, cultures, and races who share common values like duty, honor, selfless service, loyalty, and respect. The Army is confident that the myriad of talent, skills, and abilities in the diverse force will help to meet future defense challenges and win the nation’s wars.



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.

Lead Volunteer Coordinator - Armed Forces Day 2022 Wanted

Family and MWR is looking for an Armed Forces Day lead volunteer coordinator, to serve as primary POC for our Armed Forces Day 2022 event. The lead volunteer coordinator will be responsible for serving as primary POC for up to 80 volunteers assisting with the Armed Forces Day celebration. The lead volunteer coordinator will assist with volunteer registration, task designation and organization, and collecting information on volunteers including t shirt size, contact info, and assignment preferences. The lead volunteer coordinator will attend the Armed Forces Day in progress review meetings every other Thursday to update on volunteer progress on the following milestone activities:

- **May 19**, 4-7 p.m., orientation and pre-party event
- **May 20**, 4-7 p.m. packet pick up
- **May 21**, 6 a.m. – 3 p.m., Armed Forces Day event (Run the Rock, America's Kids Run, Armed Forces Day)

The lead volunteer coordinator position is an excellent opportunity for those seeking experience and volunteer hours to further their personal professional development. (Note: this posting is not an open call for regular Armed Forces Day volunteers. Recruitment for that will begin in the coming weeks.) Please contact Brett Robertson at brett.m.robertson2.naf@army.mil or 309-782-6789 for more information or to express interest.

Lock & Dam Lounge Now Open Fridays

Your wish is our command... Lock & Dam Lounge will now be open on Fridays. We are planning food features each day and a variety of fun events such as First Friday/Right Arm Nights, trivia, Lock and Fam Night and so much more. Be on the lookout each month for upcoming food features, beverage specials and happenings. Hours of operation Wednesday through Friday, 3-7 p.m. Please call 309-782-6319 for more information.

Appointments Available at the Auto Service Center.

Please call to make an appointment with our skilled team of mechanics. Some of our top services are oil changes, brake service, alignments, AC service, tire service and suspension repair. We can also provide you with a variety of other vehicle maintenance and repairs. Make an appointment for our experienced team of mechanics to diagnose that noise or error code and fix it at a fair and honest rate. Whether you're simply due for an oil change, tire rotation or have a major repair, let us

provide you with quality service. For more information and appointments, call 309-782-8631, Tuesday – Thursday: 8 a.m. – 4:30 p.m.

FMWR Digital Photo Contest

Enter your best photo in the 2022 U.S. Army Digital Photography Contest through **March 15**. This is an event encouraging novice or photography enthusiasts to capture their favorite views, moments and adventures from all across the world. Entries submitted showcase some of the most original and creative minds at work. Share your best shots for a chance to win great prizes. Enter at www.armymwr.com/programs-and-services/arts-crafts/digital-photo-contest

Island Oasis Now Inside Only

The Island Oasis is serving lunch today from their indoor location, inside the Fitness Center lobby (Building 67) and is open Monday-Friday from 11 a.m. – 1 p.m. The soup today will be sent to the workforce each day. There are lots of other delicious items on the regular menu as well. Please remember to bring a mask as it is required for entry to the Fitness Center and please remember to social distance while waiting in line and for your order. Call 309-782-6319 for more info on the Island Oasis.

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. Contact the office at 309-782-5890. (email: anna.winters@us.army.mil) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)

Wanted – Crafters & Vendors

MWR is looking for crafters and vendors for upcoming events.

- **Saturday, April 2:** Easter Egg Hunt, 8-11 a.m.,
- **Saturday, May 21:** MWR Armed Forces Day Celebration, 10 a.m. - 2 p.m.

Cost is \$25, we provide the table and two chairs. Contact the Leisure Travel Office for more information at 309-782-5890.

Discounted Movie Tickets

MWR Leisure Travel Office has discounted movie tickets for Moline Regal Cinema and Davenport 53rd Cinema. Davenport tickets are \$10 each and we also have a concessions card for \$8 (junior popcorn and small fountain). Regal tickets are \$10 and we offer a gift packet that includes two movie tickets and a \$10 concession card. For more information call 309-782-5890.

Dr. Seuss Birthday Celebration

Join us **Wednesday, March 2**, in the Lock & Dam Lounge dining area; doors open at 4 p.m., and the movie begins at 5 p.m. The Lock & Dam Grill will be open and adult & child menus will be available. Come celebrate the birthday of one of the most beloved children's authors of our time, Dr. Seuss. I am what I am! That's a great thing to be! If I say so myself, Happy Birthday to me!

Canoecopia Event

MWR is planning a van trip to the Canoecopia event held in Madison, Wisconsin, on **Saturday, March 12**. The MWR van will depart from the Visitor Control Center at 6 a.m., departing from event at 2 p.m. Cost is \$35 per person, 10 passenger van. Masks are required. Transportation only. Canoecopia is the largest paddle sports consumer event in the world. More than 250,000 square feet of kayaks, canoes, stand up paddleboards, outdoor equipment and clothing, with the best selection of the season, make Canoecopia a "must go" place for gear. More than 180 seminars and clinics make Canoecopia an educational event where you can learn about the perfect gear for your style of paddling, develop skills to get you where you want to go, and discover some of the many places to paddle, both near and far. Tickets can be purchased at the door – 1-day is \$15. Ages 17 and under are free. Cash or check only for tickets purchased at the event.

Quarters One Historical Tour

Join us for Quarters One Historical Tour on **Saturday, March 19**, at 10 a.m. Cost: \$10 per person. At 51 rooms and more than 20,000 square feet, Quarters One is the second largest government homes. Being behind only the White House. To learn more of the history behind this hidden treasure and a guided tour get your spots today. Contact 309-782-5890.

Quarters One Paranormal Investigation

Join us **Saturday, March 26**, in Quarters One; doors open at 5 p.m., with the Illinois Paranormal Introduction at 6 p.m., and the investigation from 7-10 p.m. Limited to 30 guests; cost is \$25 per person. RSVP by calling 309-782-5890. Must be 18 years of age or older no alcohol allowed. Face masks are required. Quarters One is not handicapped accessible.

Cinch World's Toughest Rodeo

Cinch World's Toughest Rodeo will be returning to the TaxSlayer Center on **Saturday, April 2**, at 7:30 p.m., and **Sunday, April 3**, at 2 p.m. Fans are invited into the arena to a meet and greet with both contestants and specialty entertainers for autographs and photographs one hour prior to show. Enjoy the free preshow featuring interactive fun for adults and kids of all ages. Leisure Travel Office has discounted seats on sale for \$31,\$43 and \$61. Call 309-782-5890 to get your tickets.

Planet Funk Con

Join us **June 24-26** for Planet Funk Con at the River Center in Davenport. For the last couple of years Planet Funk Con has held the biggest pop culture convention the Quad Cities has ever seen. Join our thousands of attendees for comics, toys, anime, celebrities, cosplay, panels, table top game, video games, tournaments, and a ton of fun. Join us for three days of fresh and funky fun. MWR Leisure Travel Office has tickets available for sale. Friday/Sunday \$10, Saturday \$15, weekend pass \$25, V.I.P pass \$55. For more information 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 CYC programs/facilities will be closed all federal holidays, CYC CDC/CD Home/FCC staff in-service day and any other additional days/installation closures approved by the garrison commander. Fees will not be reduced, refunded, or prorated for these days. (Website: <https://rockisland.armymwr.com/programs/cy>) (Facebook: www.facebook.com/RIACYSS)

CYC Sports and Fitness Opportunities

Enjoy these winter sports and fitness opportunities through Child and Youth Services (CYC) Sports and Fitness. What better way to stay active in a safe and healthy environment. With programs for children ages 3 to 17, there is something for all ages. Military, civilian, veteran, and contractor families are eligible to participate in all attached offerings. Sign-ups begin and end very soon for many programs including:

- Baseball Leagues (for children 4-15 years old), sign up period **Feb. 7 to March 8**
- Softball Leagues (for children 4-16 years old), sign up period **Feb. 7 to March 8**

Help Wanted – volunteer sports coaches needed within the Sports and Fitness Program, especially to help with upcoming baseball/softball spring season. POC: Andy Milton, sports and fitness director, 309-782-6793. To sign up for sports, call CYC Parent Central Services at 9 a.m. during the sign up periods listed above at 309-782-0791, or stop in to the office on 1st Floor, Building 110. Each child must be registered with CYC in order to participate. Sports physicals are required.

Teen Council Meeting

Our teen council meeting is on the first Wednesday of the month from 4:30-5:30 p.m. at the School Age / Youth Center. No RSVP is required, but teens must be registered with CYC. Teens will earn service learning hours while helping to plan future teen events as well as learning new skills such as marketing, budgeting, event planning, and leadership. All 6th-12th grade military, civilian, veteran, and contractor CYC registered teens are welcome to participate in CYC teen events.

Teen Training Event

On **Thursday, March 3**, we have our teen training event from 4:30-5:30 p.m. at the School Age / Youth Center for 6th-12th grade teens. They will earn service learning hours while learning how to respond to bullying, what healthy relationships look like, how to interact with youth with special needs, and how to treat those with differences respectfully. Pizza and soda will also be provided. Youth must RSVP for the event to 309-782-6515 or 309-782-5019 and must be registered with CYC to participate. All 6th-12th grade military, civilian, veteran, and contractor CYC registered teens are welcome to participate in CYC teen events.

Teen Movie Night

On **Friday, March 4**, all 6th-12th grade teens are invited to join our teen movie night at the School Age / Youth Center from 6-8 p.m. to watch the movie Shrek. Teens are encouraged to wear green and will be enjoying green snacks during the movie. Youth must RSVP for the event to 309-782-6515 or 309-782-5019 and must be registered with CYC to participate. All 6th-12th grade military,

civilian, veteran, and contractor CYS registered teens are welcome to participate in CYS teen events.

MWR Easter Egg Hunt

On the morning of **Saturday, April 2**, teens are welcome to volunteer at MWR's Easter Egg Hunt. For more information call 309-782-2165. All 6th-12th grade military, civilian, veteran, and contractor CYS registered teens are welcome to participate in CYS teen events.

RIA Earth Day Celebration

On **Friday, April 22**, all 6th-12th grade teens are invited to join us for an Earth Day celebration at the School Age / Youth Center from 6-7:30 p.m. Teens will be planting a salsa garden, enjoying food and drinks as well as earning service learning hours. Youth must RSVP for the event to 309-782-6515 or 309-782-5019 and must be registered with CYS to participate. All 6th-12th grade military, civilian, veteran, and contractor CYS registered teens are welcome to participate in CYS teen events.

Cinco de Mayo Celebration

On **Thursday, May 5**, all 6th-12th grade teens are welcome to join us for our Cinco de Mayo celebration from 6-7:30 p.m. at the School Age / Youth Center. Teens will create and fill their own piñatas and enjoy a nacho bar. Youth must RSVP for the event to 309-782-6515 or 309-782-5019 and must be registered with CYS to participate. All 6th-12th grade military, civilian, veteran, and contractor CYS registered teens are welcome to participate in CYS teen events.

MWR's Armed Forces Day Kids Run

On the morning of **Saturday, May 21**, all teens are welcome to volunteer for MWR's Armed Forces Day Kids Run. For more information call 309-782-6793. All 6th-12th grade military, civilian, veteran, and contractor CYS registered teens are welcome to participate in CYS teen events.

CYS Teen Council

CYS is looking for youth leaders to join our Teen Council. It is held the first Wednesday every month from 4:30-5:30 p.m. at the School Age / Youth Center, Building 150. Teens will earn service learning hours while helping to plan future teen events and learning marketing, budgeting, event planning and leadership skills. Youth must be registered with CYS to participate, but no sign up is necessary. For more information call 309-782-6515. All military, civilian, veteran, and contractor teens are welcome to participate.

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 Mondays, Tuesdays, Thursdays, and Fridays from 7 a.m. - 4:30 p.m., and Wednesdays from 12-4:30 p.m. ([ACS on MS Teams](#))

Active Duty Out Processing Levy Brief

Out Processing Levy Brief schedule - this briefing is designed to provide you with access to the information and resources you need to complete your permanent change of station move. Service members that are put on assignment will sign up for the next available briefing. Spouses are encouraged to attend with or without their sponsor and should bring a power of attorney in case specifics need be discussed or coordinated. Upcoming Levy Brief dates:

- Wednesday, April 20
- Wednesday, July 20

Delivered through MS Teams, 9:30 a.m. – noon; to register call MPD at 309-782-1526.

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>

Ice Skate Rental

Now open, RIA's ice rink located behind Building 312. Outdoor Recreation has plenty of ice skates for rent.

Snow Days

Whether you're planning a trip to the mountains or getting out to explore the winter wonderlands of the Mississippi River Valley, Outdoor Recreation has the equipment you need. Downhill skis,

snowboards, cross country skis, snowshoes, ice skates and fat tire bicycles are available for rental. Before your next winter adventure please stop by the Outdoor Recreation Office in Building 333 to see all the great equipment available for your use. Open Monday thru Friday 8:15 a.m. – 4 p.m. (closed all federal holidays). For more info please call 309-782-8630.

Winter Camping

For the more adventurous the camping trailers at Outdoor Recreation are available during the winter months. Many Iowa and Illinois state parks are open for winter camping with limited amenities. The plus side is that the campground will be much less crowded, quieter and at night around the campfire there will be a million stars in the sky. Check ahead with the state parks to see what kind of services are available at this time. With the Outdoor Recreation camper trailer and your own electric space heater you are sure to have a great a great relaxing time. For more information please contact Outdoor Recreation at 309-782-8630.

Fat Tire Bicycles

Your bicycle riding does not need to stop when there is snow on the ground. There are miles of trails in the Quad Cities region and several fat tire bicycle riding events planned over the winter months by area bicycle clubs. Outdoor Recreation has five inch adult fat tire bicycles available for rental. Come try something new and see how fun riding in the snow can be. For more information, contact Outdoor Recreation at 309-782-8630.



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

WeCare Rock Island Arsenal App

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

include emergency phone numbers for local and national points of contact on a one-touch dialer. Go to the App store and download the WeCare Rock Island Arsenal App or from the below link:

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

Tell your Family and friends.

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>

Transition Assistance Program

The Transition Assistance Program (TAP) is a U.S. Department of Defense (DoD) led program that provides information and training to ensure service members transitioning from active duty are prepared for their next step in life – whether pursuing additional education, finding a job in the public or private sector, or starting their own business. It is highly recommended transitioning service members begin the transition process 365 days prior to transitioning for those who are separating and two years prior for those who are retiring. In the event of an unanticipated separation or retirement, or a member of the reserve component is demobilized with less than 365 days, TAP must begin as soon as possible within the remaining time period of service. Upcoming TAP dates:

- **May 9-13**
- **Aug. 8-12**

TAP is a week-long class; to register please contact Carol Beauford at usarmy.ria.usag.mbx.hrm-tsm@army.mil.

RIAWC Scholarship

The Rock Island Arsenal Welcome Club (RIAWC) scholarship applications became available online Jan. 25 at <https://riawc.com/scholarship>. The deadline for the applications is **Friday, March 18**. The applications are open to active duty, Guard, Reserve as well as civilian and contractor employees on Rock Island Arsenal and spouses and dependents of all those individuals. The application further explains requirements. Questions can be directed to riawcscholarship@gmail.com.

Defense Commissary Agency / Exchange



Rock Island Commissary information is located at: www.commissaries.com/shopping/store-locations/rock-island-arsenal; Rock Island Exchange information is located at: www.shopmyexchange.com/company/storeDetails.jsp?storeId=1074020.

RIA Exchange Hours Adjustment

The Exchange will start the hours listed below effective **Monday, Feb. 28**.

- Monday, 8:30 a.m. – 5:30 p.m.
- Tuesday, 8:30 a.m. – 5:30 p.m.
- Wednesday, 8:30 a.m. – 5:30 p.m.
- Thursday, 8:30 a.m. – 5:30 p.m.
- Friday, 8:30 a.m. – 5:30 p.m.
- Saturday, 10 a.m. – 3 p.m.
- Sunday, Closed

The Exchange will run these hours for the month of March and then evaluate if they need to be expanded.

Your Commissary Challenges You to Supercharge Your Nutrition in March

Maybe you made a New Year's resolution to eat better, and maybe you got off track with it. You might have snacked while watching the Big Game or eaten a little too much chocolate or candy for Valentine's Day. Before you knew it, your resolve to make healthier choices began to fade. But every day is a new opportunity to build healthier habits, and Your Commissary is here to help. March is when Spring begins, a time of new beginnings. It's also National Nutrition Month, which makes it a great time to have a fresh start and familiarize yourself with the Healthy Living resources we offer, if you haven't already. We're giving you advance notice so you can prepare for our 30-Day Challenge, if you choose to accept it: use these resources to help you build healthy habits for 30 days to see how simple and effective these changes can be. (More: www.commissaries.com/our-agency/newsroom/news-releases/your-commissary-challenges-you-supercharge-your-nutrition-march)

Military Community Can Receive 10% Off Tax Preparation Through Army & Air Force Exchange Service and H&R Block

The Army & Air Force Exchange Service is taking the stress and worry out of filing taxes by teaming with H&R Block to provide tax preparation services to military members and their families at a 10% discount at select locations worldwide and online. (More: <https://publicaffairs-sme.com/ExchangePost/2022/02/09/military-community-can-receive-10-off-tax-preparation-through-army-air-force-exchange-service-and-hr-block>)

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)

Rock Island Arsenal Historical Society March Dinner

Join us for the RIA Historical Society March Dinner, **Thursday, March 3**, in the Lock & Lounge. The program will be presented by Dr. Jane Simonsen. She is a professor of history and women's, gender, and sexuality studies at Augustana College. She received her PhD in American studies from the University of Iowa in 2001, and is the author of *Making Home Work: Race, Gender, and Native American Assimilation in the American West, 1850-1919*. Her most recent article is titled "Power Suits: Sartorial Politics in Portraits of Black Hawk, 1833-1837." She currently serves on the boards of the *Journal of American Studies* and of the Hauberg Estate in Rock Island. Her areas of teaching and research include U.S. history, Native American history, gender history, and visual culture. Dr. Simonsen's program will be: *Legitimate Heirs: Native Women's Land Claims in Eastern Iowa*. In the years leading up to and following the Black Hawk War, a number of individuals with Sauk or Meskwaki mothers and Euro-American fathers were entitled to land in Eastern Iowa. Many of these women had close, even familial, ties with white traders, miners, and settlers in the area. This presentation will look closely at the documentary evidence involved in these claims to better understand the ways that white men and native women negotiated the meanings of land, the legal power of white men, and shifting ideas about Native American identity into the 1840s. The program will follow a dinner of beef stroganoff, vegetable, rolls and butter. The cost of the dinner \$15. Reservations are due by noon on **Monday, Feb. 28**. To make your reservation, please contact one of the following individuals: Linda Miller at 563-355-6165 or email Linda at chiicaliinda@aol.com; Julianne Hardy at 563- 343-5637; or Jim Jochum. Dinner cancellations must be made by the reservation deadline or you will be liable for costs incurred and billed accordingly.

Arsenal of Democracy - Women Workers at Rock Island Arsenal During WWII

Join us **Sunday, March 13**, at 11 a.m., online, when Rock Island Arsenal Museum director, Patrick Allie, as he explores the history of women workers at Rock Island Arsenal during WWII. (More: www.facebook.com/events/504448280912562)

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](#) 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 transitioned from Health Protection Condition Alpha (HPCON A) to HPCON Bravo Plus (HPCON B+) effective Aug. 23. The decision to transition to HPCON B+ was made based on guidance outlined in the [Secretary of Defense memorandum dated April 29, 2021](#), which takes into consideration increasing case rates and community transmission levels in and around the Quad Cities. Implemented measures under HPCON B+ includes enforcing social distancing in all gathering places, to include reduced gathering sizes to 40 percent normal capacity. Additionally, RIA is maintaining the current DoD indoor mask mandate applicable to the workforce, visitors, and contractors, for both vaccinated and unvaccinated individuals, per the DoD memorandum dated July 28, 2021 – "[Updated Mask Guidance for all DoD Installations and Other Facilities](#)," stating installations must reinstitute 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 \(CDC\)](#).

RIA Choose to Lose Weight Loss Challenge

The Island wide weight loss challenge that was cut short by COVID is back and this time it is virtual. All RIA personnel are invited to participate in the RIA Choose to Lose Challenge endorsed by the Commanders Ready and Resilient Council (CR2C) and promoted by the Health Promotion and Fitness Group.

- Start date (initial weigh-in): **Thursday, March 3**
- End date (final weigh-in): **Thursday, May 26**

This Island wide "Choose to Lose" challenge is a 13-week weight loss challenge. Each command will have its own point of contact. Winners will be determined by the largest proportionate weight lost (percentage of body weight lost) at the end of the 13 weeks. For example, a 200 pound person who lost 10 pounds lost 5.0% of their weight. A 150 pound person who lost 10 pounds lost 6.7% of their weight. Participants' starting and ending weights will be determined at the initial and final weigh-ins respectively. Weekly weigh-ins will be held every Wednesday or Thursday (check with your command POC). Participants must weigh in at least once a month to be eligible to win. Numerous studies show that people who regularly weigh themselves at least once a week lose more weight than those who do not. Three ways to participate:

- A team of 3-5 people
- As an individual
- Both on a team and as an individual

Sign up – look for an email coming out from your command that will let you know how to sign up. Each command has its own POC that will be helping with sign-ups before the challenge starts, and collecting weights during the challenge. Looking forward to a great challenge. Find out more at www.dvidshub.net/image/7053453/choose-lose-challenge-2022. Register at



Rock Island Arsenal
CR2C
Commanders Ready and Resilient Council

"Choose to Lose"
13-Week
Challenge!

Begins March 3rd!
Mark this date on your
calendar!

It can be an
individual effort!
Do it for your own health!

Or form a team and
support each other!
Cheer your team on!

Just send in your
weight weekly!
Watch the pounds come off!

Awards are
based on % of
body weight lost!

But what it really means is
**If you're a loser
YOU'RE A WINNER!**

<https://asc.aep.army.mil/sites/g1/G1HRI/Wellness/C2L/Lists/Choose2LoseTracker/NewItem.aspx?Source=https%3a//asc.aep.army.mil/sites/g1/G1HRI/Wellness/C2L/Lists/Choose2LoseTracker/ByTeams.aspx&RootFolder=>

RIA Health Clinic Appointment Number

Rock Island Arsenal Health Clinic's patient appointment line has changed. Appointments should be made by calling **1-866-524-4677 (HOSP)** or by using TRICARE Online at www.tricare.online.com. Since June 7, the old appointment line is no longer available and patients must use the central appointment line to speak with appointment personnel. Rock Island Arsenal Health Clinic hours are the same, 7 a.m. to 4 p.m., Monday through Friday. "This central appointment line booking will help with access to care and better customer service for our patient population," said Sgt. First Class Matthew Brockway, Rock Island Arsenal Health Clinic noncommissioned officer in charge.



Notes for Veterans



VA Asks For Public Input on Veterans Outdoor Recreation Experience

The Department of Veterans Affairs seeks input from Veterans outdoor recreation groups on how it can facilitate the health and wellness of Veterans, their families, caregivers and survivors through improved access to public lands and other outdoor spaces. Research shows access to the outdoors may contribute significantly to better health and well-being and VA wants to learn how it can best integrate outdoor experiences into its Whole-Health approach to providing care to Veterans and their families, caregivers and survivors. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5766)

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 at the Facebook events people have posted to the group at: <https://www.facebook.com/groups/275103093432020/events>

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

Island Insight



Col. Todd J. Allison, Garrison Commander; Staci-Jill Burnley, Public Affairs Officer; Mark Kane, Editor The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of AR 360-1

https://armypubs.army.mil/ProductMaps/PubForm/Details.aspx?PUB_ID=1020482 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@army.mil or phone 309-782-1121.

