



**March 2, 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>

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## RIA Family Program Changes Name, Embraces Changing Face of Military Families

While senior Army leadership continues their drive for more Soldier diversity initiatives from the top down, a program office on a little island in the middle of the Mississippi River is starting at the grassroots and from the ground up, with the very smallest of military family members – kids. Rock Island Arsenal's Army Community Services office began a program 20 years ago called the Fatherhood Program. It was developed to foster the special relationship between military dads and their children and has been a popular monthly event, with outings combined with dinner to local recreation facilities, parks, and installation support elements, such as the fire station. It was at the RIA Fire Station, Feb. 22 that ACS bid farewell to the moniker "Fatherhood Program" and ushered in a new and fresh program name and concept to reflect the ever-changing face of service member parents: Camo and Kids. Jenny Kerr, RIA's Family Advocacy Program manager at ACS, said the name change has been something they've been considering for a while, as more female service members, same-sex couples, single



## Upcoming Dates

**March-September:** PCS Season  
**March:** National Women's History Month  
**March:** Irish-American Heritage Month  
**March:** National Brain Injury Awareness Month  
**March 5:** U.S. Navy Seabee Birthday  
**March 5:** Do-It-Yourself Saturday, Auto Service Center, 8 a.m. - 2 p.m.  
**March 8:** ACS Active Duty Spouse Night, Bldg. 110, 6-8 p.m.  
**March 9:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.  
**March 10:** Thirsty Thursday, Lock & Dam Lounge, 3-7 p.m.  
**March 11:** 243rd Anniversary of the Establishment of the U.S. Army Corps of Engineers  
**March 11:** ImpactLife Blood Drive, donor bus in Commissary Parking Lot, 10 a.m. - 1:30 p.m.  
**March 11:** TGIF, Lock & Dam Lounge, 3-7 p.m.  
**March 12:** Do-It-Yourself Saturday, Auto Service Center, 8 a.m. - 2 p.m.  
**March 13:** K9 Veterans Day  
**March 13:** Daylight Saving Time Begins  
**March 13:** Arsenal of Democracy - Women Workers at Rock Island Arsenal During WWII, [online](#), 11 a.m.  
**March 14:** [Setting Up for Success: Defining and Achieving Your Goals](#), 1-2 p.m.  
**March 15:** American Legion Birthday  
**March 16:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.

parents and non-parental custodial caregivers began comprising the makeup of military families. (More: [www.army.mil/article/254436](http://www.army.mil/article/254436))

## Updated Guidance for Rock Island Arsenal Mask and Screening Testing

Effective immediately, Rock Island Arsenal will update the Health Protection Condition Level to HPCON Bravo. In conjunction with this change is an [OSD Guidance memorandum dated 1 March 2022](#), which updates the policy regarding masks and screening testing. Updated guidance released by the Safer Federal Workforce Task Force on Feb. 28, 2022, updates masking and screening testing guidance requirements be based on the [Centers for Disease Control and Prevention coronavirus disease 2019 \(COVID-19\) Community Levels](#). The following will apply to Rock Island Arsenal:

<u>Level</u>	<u>Indoor Mask</u>	<u>Screening*</u>
<b>High</b>	<b>Required</b>	<b>Required</b>
<b>Medium</b>	<b>Not Required</b>	<b>Required</b>
<b>Low</b>	<b>Not Required</b>	<b>Not Required</b>

Low
<ul style="list-style-type: none"><li>• Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li>• <a href="#">Get tested</a> if you have symptoms</li></ul>

\*[Attachment 1 References \(a\) FHP Guidance Supplement 23 Rev 3](#)

The current (as of March 4, 2022) [CDC COVID-19 Community Level for Rock Island Arsenal is Low](#) \*\*. All other force health protection guidance remains in effect, including guidance regarding workplace access, occupancy levels, physical distancing, travel, and meetings. Individuals must follow more rigorous workplace mandates when commands determine it is required to protect health and safety in the workplace. In these instances, commands/agencies must notify the RIA Garrison EOC of a higher standard and establish clear signage. Employees and visitors are encouraged to make the decision to wear/not wear a mask based on their personal, individual comfort levels, as well as to follow current CDC guidelines for COVID-19 mitigation practices which includes the requirement to wear masks when displaying symptoms, a positive test, or exposure to someone with COVID-19. For questions regarding COVID-19-related policies not discussed in this message, please contact your supervisor and Agency Management. \*\*  
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

## Journey to Leadership Ensures Disabled Personnel Can Enroll; New Courses Available Now

The U.S. Army Sustainment Command's Journey to Leadership program is open to all eligible personnel. Period. And if you're eligible but have a disability, Heather Tahja, program manager, wants you to know you shouldn't let that stop you. "JTL encourages and embraces workforce diversity and inclusiveness," Tahja said. "We encourage and welcome all workforce members to apply and participate in JTL." JTL is ASC's premier leadership program that many participants have been raving about since 2005. The program gives a deep dive into your own personal and professional skill sets, and provides the resources and tools to grow within each facet, stated a recent email released to the workforce. It functions to create strong and competent leaders for mission success and sustainability into the



future. (More: [www.army.mil/article/254364](http://www.army.mil/article/254364))

### **AMC Announces 4 ASC Winners in Annual Public Affairs Competition**

Public affairs professionals from the U.S. Army Sustainment Command were honored when the U.S. Army Materiel Command recently announced the winners of the David G. Harris Public Affairs Competition for 2021. AMC, which is ASC's higher headquarters, conducts a competition and presents awards annually to recognize individual excellence in the field of public affairs. The awards are named in honor of the late David G. Harris, who served for more than 30 years as a public affairs officer at Redstone Arsenal, Alabama, site of AMC headquarters. The winners of the Harris Awards from ASC and other AMC major subordinate commands and organizations have gone on to compete in the Keith L. Ware Awards Competition, an annual Army-wide awards program honoring excellence in public affairs. Winners of the Keith L. Ware awards are expected to be announced in April. (More: [www.army.mil/article/254457](http://www.army.mil/article/254457))



### **LOGCAP Holds Executive Level Summit at Rock Island Arsenal**

The Logistics Civil Augmentation Program hosted an executive level summit here Feb. 22-23. Commanding generals from the U.S. Army Sustainment Command, U.S. Army Mission and Contracting Command, and U.S. Army Contracting Command; the U.S. Army Contracting Command-Rock Island senior contracting official; and the four LOGCAP Primes' corporate leadership, were provided a forum to discuss corporate and program level topics and review LOGCAP operations from a programmatic perspective at the summit. Gen. Ed Daly, commanding general, U.S. Army Materiel Command, also had the opportunity to address the four LOGCAP Primes via a video teleconference session, where he emphasized that LOGCAP remains the contracted capability of choice for the Army and multiple joint partners for emergent and contingency operations. He also highlighted the critical role that LOGCAP played in the whole of government response to the COVID pandemic and resettling of Afghan refugees, adding that the responsiveness of LOGCAP is what makes it so unique as an Army capability. (More: [www.army.mil/article/254455](http://www.army.mil/article/254455))



### **Army Leaders Dive Deep To Strengthen Strategic Power Projection Platforms**

Recent U.S. Army deployments to support the NATO response to Russia's invasion of Ukraine serve as a timely reminder of the vital role Army installations play in strategic power projection. Lt. Gen. Doug Gabram, commanding general of United States Army Installation Management Command, welcomed leaders from across the Army to the IMCOM Global Command Center at Joint Base San Antonio-Fort Sam Houston. They came together to roll up their sleeves and dive deep into the processes and tools involved in assessing and reporting the readiness of Army installations. They are investing time and energy for this purpose despite a very busy operating environment because providing Army leaders with the most up to date and accurate information about the readiness of our power projection platforms is a real-time operational imperative. (More: [www.army.mil/article/254459](http://www.army.mil/article/254459))





## Biden COVID Plan Directs More Federal Employees to Resume In-Person Work in April

The Biden administration is looking to the federal workforce to set an example for the rest of the country's labor force by having more federal employees return to the office in April. The administration, in a National COVID-19 Preparedness Plan released Wednesday, said "federal agencies will lead by example" for a new stage of the COVID-19 pandemic. The plan calls for agencies to increase the hours that public-facing federal offices are open for in-person appointments and services in April. "This plan lays out the roadmap to help us fight COVID-19 in the future as we move America from crisis to a time when COVID-19 does not disrupt our daily lives and is something we prevent, protect against, and treat," the plan states. (More:

<https://federalnewsnetwork.com/workforce/2022/03/biden-covid-plan-directs-more-federal-employees-to-resume-in-person-work-in-april>)



## POTUS Issues Letter of Thanks to Federal Employees

President Biden has issued [a letter of thanks to federal employees](#) "for your dedication in service to our nation." It goes on to say: "Thanks to your tireless work this past year, America is on the move again. Together, we have made significant progress confronting the pandemic, fueling our economy's historic recovery, tackling the climate crisis, advancing racial equity, and protecting our national security. While our work is not finished, and deep challenges remain, this progress would not have been possible without you. "The strength of any organization rests in its people. Your capabilities and dedication are what make the Federal Government strong and ensure we deliver the basic needs for everyday Americans. As we look to the year ahead, we must build on the innovations and technologies that we put to work serving the American people throughout the pandemic, making our government more efficient, resilient, and effective. And because of our progress combatting the pandemic, we can safely increase in-person work, while continuing to protect your health and safety. Together, we can lead by example and show our country a way forward—not only by what we do, but by how we do it. (More: [www.fedweek.com/fedweek/biden-issues-letter-of-thanks-to-federal-employees](http://www.fedweek.com/fedweek/biden-issues-letter-of-thanks-to-federal-employees))



## 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](mailto: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](http://www.ImpactLife.org) and use code 029 to locate the blood drives. ImpactLife is requiring masks for donors, staff, and volunteers in all of their facilities and donor buses.

- 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](http://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](mailto: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](mailto:michele.r.hagen.ctr@army.mil), 563-593-4531
- [alexander.j.triece.ctr@army.mil](mailto: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](mailto:theresa.m.fahrenkrug.civ@army.mil); TEDs POC: Rebecca Peterson, 563-210-4436,

[Rebecca.a.peterson.civ@army.mil](mailto:Rebecca.a.peterson.civ@army.mil).

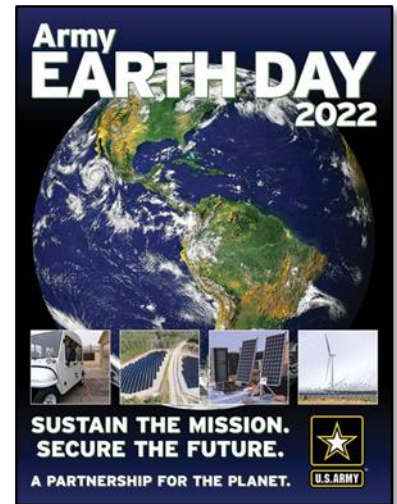
### Emergency Leave Transfer Program to Assist Federal Employees Affected by Hurricane Ida

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](mailto:jaime.l.slocum.civ@army.mil) OPM Form 1638:  
[https://www.opm.gov/forms/pdf\\_fill/opm1638.pdf](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.



## RIAWC Tour of Homes 2022

In celebration of the 160th Anniversary of the Rock Island Arsenal, the Rock Island Arsenal Welcome Club (RIAWC) invites you to its signature Tour of Homes 2022 on **Saturday, April 30**, from 10 a.m. to 4 p.m. This is a self-guided tour of several historic and modern homes, as well as the Clock Tower Building, the Colonel Davenport House, Locks and Dam 15, the Mississippi River Museum, the Confederate Cemetery, Memorial Park, and the Arsenal Attic. This is a self-guided tour, meaning you will be allowed to enter any of the listed homes and buildings at your own pace during the event timeframe that will take place from 10 a.m. to 4 p.m. There will be docents in all the homes to answer any questions you may have. You will receive one Tour of Homes 2022 commemorative guide for each group of guests. Additional commemorative guides will be available to purchase at the event, as well a 160th Anniversary Christmas Ornament featuring Quarters One. The Lock & Dam Lounge will be offering a taco bar for \$10 per person from 11 a.m. to 5 p.m. This event is not handicap or stroller accessible. There are no refunds. The event will take place rain or shine, so please keep that in mind when planning for the day. The RIAWC is a nonprofit organization committed to providing scholarships to high school seniors and continuing education students associated with the Arsenal, as well as grants for local charities and military-affiliated organizations. All the proceeds from the Tour of Homes 2022 will go directly to these scholarships and grants. (More: <https://riawc.com/ToH>)



## 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.



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## 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



C

## ACS Active Duty Spouse Night

The March Active Duty Spouse Night is scheduled for **Tuesday, March 8**, 6-8 p.m. Come join us for a fun night of crafts, games and prizes. We will be making a wreath to help raise awareness for the prevention of child abuse. Snacks, water, coffee and tea will be provided. Please RSVP to 309-782-4736 or email [tracy.a.warren8.civ@army.mil](mailto:tracy.a.warren8.civ@army.mil).

## Free Virtual Wellness Event Presented By the USO

InDependent and the USO are proud to bring the 7th annual InDependent Wellness Summit to military spouses worldwide from **March 7-11**. This free event is for all military spouses regardless of duty location. [Register now for the free, virtual InDependent Wellness Summit: Flourish!](https://iws22flourish.eventbrite.com/?aff=IWS22), presented by the USO, happening March 7-11. Registration is open to all military spouses from every service branch and every status - active, National Guard, reserve, veteran, and retired. This is a chance for every military spouse to invest in their wellness, on their terms - listen anytime, from anywhere. The week includes 10 carefully curated interviews with experts designed to encourage service spouses to Flourish through intuitive self-care, conflict, holistic health, nature, joyful tidying, feedback, self-expression, physical health, your community, and in your past, present, and future. Participants receive access to two new interviews a day for five days along with a listening guide for planning, journaling, notes, and further resources. The event is specially made for military spouses because their wellness matters. Register for free here: <https://iws22flourish.eventbrite.com/?aff=IWS22>.

## 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](http://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](http://www.militaryonesource.mil/financial-legal/tax-resource-center/preparing-filing-and-refunds/volunteer-income-tax-assistance-program)



**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>**

### **The Importance of Workplace Housekeeping**

According to OSHA, good housekeeping means that a workplace is kept organized, uncluttered and hazard-free. In fact, good housekeeping can help improve or prevent some of the most common causes of preventable injuries and OSHA violations – including fire hazards, falling objects, and slips, trips and falls – while also boosting productivity and improving employee morale. It requires the involvement of everyone at your organization, from managers and safety professionals to employees at every level. (More: [www.nsc.org/pages/member-materials/safety-spotlight](http://www.nsc.org/pages/member-materials/safety-spotlight))

### **March Is Brain Injury Awareness Month**

An acquired brain injury (ABI) is an injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma. Essentially, this type of brain injury is one that has occurred after birth. The injury results in a change to the brain's neuronal activity, which affects the physical integrity, metabolic activity, or functional ability of nerve cells in the brain. There are two types of acquired brain injury: traumatic and non-traumatic. A traumatic brain injury (TBI) is defined as an alteration in brain function, or other evidence of brain pathology, caused by an external force. Traumatic impact injuries can be defined as closed (or non-penetrating) or open (penetrating). (More: [www.biausa.org/brain-injury/about-brain-injury/basics/overview](http://www.biausa.org/brain-injury/about-brain-injury/basics/overview))

# 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.

## National Women's History Month

March is National Women's History Month. This year's theme is "Providing Healing. Promoting Hope." During this observance, the Army pays tribute to the contributions of women in the building of this great nation. Army leaders across the department continue to set the conditions for all Soldiers and Civilians to reach their full potential, and assign tasks and jobs throughout the force based on ability, not gender. All Soldiers, regardless of gender, complete the same training and must pass the same requirements to be awarded a military occupational specialty in any career field. Women have served the United States Army since the Revolutionary War. Today more than 174,000 women serve in the Total Force. Women serve in every career field in the Army, and are critical members of the Army team. The Army is proud of today's women Soldiers, who serve with distinction and are role models exemplifying the Army's highest values. Women's History Month stands as a reminder of the strength the Army has gained through a high-quality diverse all-volunteer force. ([2022 White House Proclamation](#)) ([Women in the Army](#))



# 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.

## Run the Rock 5K/10K Race, American's Kids Run

Run the Rock 5K/10K Race and the American's Kids Run have returned! Join us on **Saturday, May 21** as we celebrate Armed Forces Day with the ever popular Run the Rock 5K/10K and the America's Kids Run. Along with the races we will have a kid's zone, petting zoo, food and beer trucks, live music, military displays and so much more. Get registered today at <http://getmeregistered.com/RIARunTheRock>.

## 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](mailto:brett.m.robertson2.naf@army.mil) or 309-782-6789 for more information or to express interest.

## RIA Annual Easter Egg Hunt – Bloom On The Rock

Join us for the RIA Annual Easter Egg Hunt - Bloom On The Rock on **Saturday, April 2**, at Quarters One for the Easter Egg Hunt from 8:30-11 a.m. Breakfast will be available from inside in Heritage Hall, Building 60 from 8:30-11 a.m. The event will include selfies with the Easter Bunny and a vendor/flea market. This event is open to MWR authorized patrons, which includes all active duty military, reserves, National Guard, military retirees, RIA workforce civilians & contractors, and their families, as well as RIA DoD/Army civilian retirees.

### **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](http://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.



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](mailto: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.

### **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 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](http://www.facebook.com/RIACYSS))

## CYS Sports and Fitness Opportunities

Enjoy these winter sports and fitness opportunities through Child and Youth Services (CYS) 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 CYS 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 CYS 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 CYS. 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 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, 1<sup>st</sup> floor SE; visit our ACS website <https://rockisland.armymwr.com/programs/army-community-service> or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook click here: [www.facebook.com/RIAACS](http://www.facebook.com/RIAACS). 24/7 Domestic Violence Crisis Line: **309-912-6089**. The ACS center is open 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](#))

### ACS Active Duty Spouse Night

The March Active Duty Spouse Night is scheduled for **Tuesday, March 8**, 6-8 p.m. Come join us for a fun night of crafts, games and prizes. We will be making a wreath to help raise awareness for the prevention of child abuse. Snacks, water, coffee and tea will be provided. Please RSVP to 309-782-4736 or email [tracy.a.warren8.civ@army.mil](mailto:tracy.a.warren8.civ@army.mil).

## 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.

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## MWR Outdoor Recreation Office



Outdoor Recreation is your one-stop rental shop for all your outdoor adventures, special events, home maintenance and repair. No matter the season, we have the equipment to get you out into the great outdoors. From skis and snowboards to campers and canoes, we have you covered. Office Hours: Monday through Friday, 8:15 a.m. – 4 p.m., Building 333, Phone: 309-782-8630. (email: [robert.l.lampert.naf@mail.mil](mailto:robert.l.lampert.naf@mail.mil)), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>



## American Forces Travel

Spring is just around the corner! Looking to plan a spring break vacation or even plan a staycation? Check out ([www.americanforcetravel.com](http://www.americanforcetravel.com)) for discounted airfare, hotels, rental cars, local attractions, and more.

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## Employee Assistance Program



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



## WeCare Rock Island Arsenal App

The WeCare Rock Island Arsenal App (WeCare RIA) is available for download to mobile devices from the App Store. At the touch of a finger you can readily access vital tools and resources available to you and your family. The WeCare RIA App was developed to support the Rock Island Arsenal and US Army's Domestic Abuse, Resilience in the Workforce, Suicide and Sexual



Harassment/Assault Prevention campaigns. It serves as an educational and resource tool for the user to recognize and reduce high risk behavior. The app allows all military, civilians, and family members who are aware of, witness to, or involved with a high risk behavior the ability to have points of contact and resources readily available with one click of a button. The main features include emergency phone numbers for local and national points of contact on a one-touch dialer. Go to the App store and download the WeCare Rock Island Arsenal App or from the below link:

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

Tell your Family and friends.



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

### **Blanket Tuition Assistance Exception to Policy Still Available for FY22 Courses**

Eligible Soldiers unable to request TA in ArmyIgnitED for courses with start dates between Oct. 1 - Sept. 30 before the start date of the course are still able to receive TA under the blanket ETP until the ETP is discontinued. Contact your Army Education Center for additional information about the TA ETP. Find your AEC at <https://home.army.mil/imcom/index.php/customers/ACES>.

### **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](mailto: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](mailto:riawcscholarship@gmail.com).

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## Defense Commissary Agency / Exchange



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

## RIA Exchange Hours Adjustment

The Exchange started the hours listed below effective 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](http://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>)

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## Arsenal Archive

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

### 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](https://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](http://arsenalhistoricalsociety.org), as it undergoes this exciting process. The museum has been closed since March 2020 due to a nationwide surge in COVID-19 cases. "We look forward to reopening our doors to the Quad Cities community in the fall of 2022," said Patrick Allie, Rock Island Arsenal Museum director. For more information or questions contact 309-782-3518.



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## 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 \(CDC\)](#).



## Teeth Grinding: You Won't Believe How Harmful it Really Is

Are you a teeth grinder or a jaw clencher? You might not even realize that you're doing it, especially while you're sleeping. But your jaw can grit and grind with as much as 250 pounds of force. Ouch! Chronic, involuntary teeth grinding – technically called bruxism – can lead to all sorts of health problems. You could crack or fracture your teeth, which may require crowns or dental implants. You could also wear down the enamel on your teeth, leading to periodontal disease or lost teeth. (More: <https://health.mil/News/Articles/2022/02/28/Teeth-Grinding-You-Wont-Believe-How-Harmful-it-Really-Is>)

## How to Tell If You Have Sleep Apnea

Do you sometimes wake up feeling tired, headachy, or have a sore or dry mouth? These could be symptoms of obstructive sleep apnea, also known as OSA. It's one of several common sleep disordersKey Sleep Disorders page on the CDC website affecting service members. Getting proper sleep means sleeping at least seven hours a night and sleeping continuously through the night. Good sleep remains vital to service members' physical and psychological strength and resilience. "OSA is the most common sleep-related breathing disorder," said Army Lt. Col. (Dr.) Jennifer Creamer, a sleep specialist at Fort Leavenworth, Kansas. Yet it "remains undiagnosed in most affected men and women." (More: <https://health.mil/News/Articles/2022/02/25/How-to-Tell-If-You-Have-Sleep-Apnea?linkId=154620142>)

## 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](http://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 Will Propose Adding Rare Cancers to the Presumed Service-Connected List as Related To Military Environmental Exposure

The Department of Veterans Affairs intends to propose adding certain rare respiratory cancers to the list of presumed service-connected disabilities in relation to military environmental exposure to particulate matter. VA determined through a focused review of scientific and medical evidence there is biologic plausibility between airborne hazards, specifically particulate matter, and carcinogenesis of the respiratory tract, and that the unique circumstances of these rare cancers warrant a presumption of service connection. Based on these findings, VA's Secretary is proposing a rule that will add presumptive service connection for several rare respiratory cancers for certain Veterans. (More: [www.va.gov/opa/pressrel/pressrelease.cfm?id=5768](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=5768))

## Call for Submission: 2022 Veterans Day Poster Contest

Are you an artist – professional or amateur? Do you like to create artwork that honors Veterans? VA and the Veterans Day National Committee are currently accepting submissions for the 2022 Veterans Day poster contest. Submissions are due by 11:59 p.m. (EDT) on April 1. Anyone can enter. The winning design will be displayed in VA facilities; military installations; federal, state, and local office buildings; and classrooms across America. Winning posters are also occasionally observed in the background of TV shows and movies about Veterans. Most importantly, the poster will serve as the cover of the official program for the Veterans Day observance at Arlington National Cemetery on Nov. 11, during which a grateful nation will honor Veterans for their service and sacrifices. (More: <https://blogs.va.gov/VAntage/100592/call-for-submission-2022-veterans-day-poster-contest>)

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## Around the Q.C.



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

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

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

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## 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](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/ria/index.php/contact/public-affairs>. To send comments email [usarmy.ria.imcom-central.mbx.usag-ria-pa@army.mil](mailto:usarmy.ria.imcom-central.mbx.usag-ria-pa@army.mil) or phone 309-782-1121.

