



March 9, 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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Rock Island Arsenal Honors Five Employees with Nearly 140 Years of Service during Retirement Ceremony

Three Soldiers and two Army Civilians – with service totaling nearly 140 years – left federal service March 4 to begin the next chapter in their lives, leaving a legacy of selfless service to the nation. RIA’s major tenant organizations, First U.S. Army, U.S. Army Sustainment Command, and U.S. Army Joint Munitions Command, conduct



joint quarterly retirement ceremonies to honor those who are ending their service to the U.S. and to thank their families for their unwavering support. Maj. Gen. Chris Mohan, commanding general, ASC, presided over the ceremony held in Heritage Hall. Assisting him in the presentations was Command Sgt. Maj. Marco Torres, command sergeant major, ASC. Mohan gave remarks before presenting awards to the retirees. “Each and every one of our retirees made a positive difference and had a lasting impact on mission performance. As they followed those who came before them, others now will follow behind them. You made a mark. (More: www.army.mil/article/254634)

Upcoming Dates

- March-September:** PCS Season
- March:** National Women's History Month
- March:** Irish-American Heritage Month
- March:** National Brain Injury Awareness Month
- 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.
- March 17:** St. Patrick's Day
- March 17:** Garrison Virtual Town Hall, MS Teams, 1 p.m.
- March 17:** Thirsty Thursday, Lock & Dam Lounge, 3-7 p.m.
- March 18:** ImpactLife Blood Drive, donor bus in Commissary Parking Lot, 10 a.m. - 1:30 p.m.
- March 18:** USO Frank'n Friday, Bldg. 110, 11 a.m. - 1 p.m.
- March 18:** Lock and Fam Night, Lock & Dam Lounge, 3-7 p.m.
- March 19:** Iraq War Start of Operation Iraqi Freedom 19th Anniversary
- March 19:** Do-It-Yourself Saturday, Auto Service Center, 8 a.m. - 2 p.m.
- March 19:** Quarters One Historical Tour, Quarters One, 10 a.m.

ASC Employees Adapt To New Work Environment, Hybrid Work Soars

Two years ago, many Department of Defense employees were sent home to telework due to the outbreak of the COVID-19 pandemic. The consensus at the time was that it would only be temporary. However that “temporary solution” has become a real-world reality for many federal employees. It appears that many federal employees, including the ones who work at the U.S. Army Sustainment Command, may be entering a new phase of work: A phase where they blend both working from home and working at the office. It is called hybrid working. This is a fairly new concept, but in the simplest terms it is a working arrangement that involves the employee splitting their time between teleworking and coming into the office. Hybrid work will allow ASC to preserve its pre-pandemic office work culture, but still meet the expectation for greater work flexibility. It is a balance between employee and employer preferences. During a town hall meeting held Feb. 10, Matt Sannito, deputy to the commanding general, ASC, stated that he wanted ASC to have a “21st Century workplace for our workforce.” Sannito said that the real challenge ASC faced as an organization (over the past two years of working in a COVID environment) was its willingness and ability to adapt. “The mission has not suffered; if anything, I have seen the organization rally that much more to ensure that what we do each and every day for the warfighter and the families is still effective,” Sannito said during an interview in January. (More: www.army.mil/article/254636)



Iowa Cadets Bring High-Fives, Good Vibes to Local Elementary School

You have probably seen Soldiers saluting, but have you seen them giving high-fives? On a cold February morning in northwest Iowa, six Cadets with the Buena Vista University Army ROTC program waved foam hands and brought smiles to the faces of hundreds of kids. It was High-Five Friday, where Storm Lake Elementary invites community members to come and give high-fives to students as they arrive at school. Cadet Logan Connelly, a unit supply specialist with the 3655th Classification and Inspection Company, Iowa Army National Guard, was among the group of Soldiers. He said some of the students were a bit shy, while others were excited and wanted to give each Soldier several high-fives. Connelly said there was one moment in particular that really stood out to him when a student in a wheel chair opted not to give the Cadets a high-five. (More: www.army.mil/article/254464)



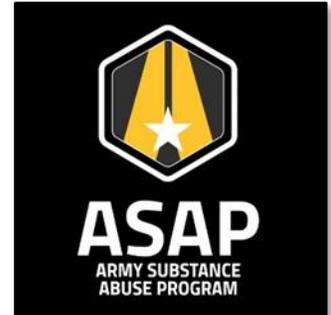
Ready Civilians: Developing Army Civilians Vital to the Success of the Future Force

As logisticians and sustainers, we enable the best-equipped and sustained fighting force in the world, providing warfighters with what they need to fight and win, anytime, anywhere. But the Army is not tanks, weapons, or other equipment; rather, it is people, and they are our most valuable resource and top priority. It is our people who provide us with an enduring advantage to remain the world’s most ready, lethal, and capable land combat force. Army Civilians form the institutional backbone of the Army and are an integral part of the Army enterprise providing leadership, stability, and continuity during war and peace. The materiel, installation, and sustainment enterprise employs a third of Army Civilians, with nearly 96,000 working for Army Materiel Command (AMC) alone. How we manage, grow, and care for our people throughout their careers directly affects and enables our ability to support warfighters and accomplish the Army mission now and in the future. (More: www.army.mil/article/253840)



Army Announces New Drug Testing Collection System

The Army has announced the use of an improved method to collect specimens in support of its drug testing program. The new Drug Testing Program—Client Collection System—will generate a two dimensional bar code label which will be placed on the specimen bottle. The use of the two-dimensional bar code label will eliminate sending the DD Form 2624, Chain of Custody Form, to the Drug Testing Lab. “We’re through the initial testing,” said Tom Gilliard, Deterrence Program Manager, “and have now moved to implementation and production.” All identifying information for each Soldier will be imprinted on the bar code label. There are two versions of the Drug Testing Program—Web based Drug Testing Program and Drug Testing Program Lite, according to Gilliard. The Web based Drug Testing Program Full saves all the data while Drug Testing Program Lite does not. The program is seeing significant benefits of the two dimensional change in the lab, according to Gilliard. (More: www.army.mil/article/254641)



APHC Assisting DoD \$1.5 Billion Effort toward PFAS Research, Cleanup

National Groundwater Awareness Week takes place March 6-12. Groundwater is an important natural resource for more than a third of the U.S. population that relies on it as their drinking water source. Per- and polyfluoralkyl substances, or PFAS, are potential groundwater contaminants that have been receiving increased public attention and regulatory scrutiny in recent years. PFAS have recently found their way into the news and into our collective vocabulary. PFAS are a group of man-made chemicals that have been used worldwide since the 1940s, and became common ingredients in many products due to their stain resistant, water proof and non-stick properties. Consumer products that may contain PFAS include food packaging materials, nonstick cookware, and stain resistant coatings for clothing and carpeting and personal care products, such as dental floss. (More: www.army.mil/article/254605)



Senate Passes 2022 Federal Spending Bill, Sends to Biden’s Desk

The Senate voted 68-31 Thursday night to pass a \$1.5 trillion omnibus bill that will fund federal government agencies for the remainder of Fiscal Year 2022, following in the footsteps of the House, which passed the measure the previous evening. The bill now goes to President Biden’s desk. The vote both avoids the prospect of government shutdowns through the end of the fiscal year on Sept. 30, and eliminates the threat of a year-long continuing resolution that federal agencies had feared. But finally getting a spending bill that aligns with 2022 spending priorities, rather than last year’s, presents challenges of its own, considering how much time has already passed. (More:



<https://federalnewsnetwork.com/congress/2022/03/senate-passes-2022-federal-spending-bill-sends-to-bidens-desk/>)

Climate Change a Critical Challenge for DOD, Hicks Says

Virtually every person and organization across the globe is impacted by climate change, including the Defense Department, Deputy Secretary of Defense Kathleen H. Hicks said. The deputy secretary made her remarks virtually before the Worldwide Logistics Symposium 2022, today. "Climate change is altering our planet right now — from contributing to severe weather events to sparking wildfires and driving drought conditions," she said, adding it creates conditions that are challenging nation states and proving catastrophic for communities around the world. The DOD Climate Risk Analysis makes clear that "Climate change is reshaping the geostrategic, operational and tactical environments with significant implications for U.S. national security and defense," Hicks said. "We are rapidly learning that it will increasingly set the context for our operations, with implications for readiness, resourcing and mission demand." (More: www.defense.gov/News/News-Stories/Article/Article/2959693)



CES Intermediate Coming Back To Arsenal

Civilian Education System (CES) Intermediate (GS10-12) is coming back to the Rock Island Arsenal, the class details and registration information below.

1. Must have completed Phase 1 (Distance Learning) – If you have not yet completed Phase 1 and would like to attend Phase 2 at RIA, quickly register and complete Phase 1, then follow steps 2 through 4 for Phase 2.
2. Register in CHRTAS (<https://www.atrrs.army.mil/chrtas>)
3. Your supervisor will need to approve you
4. Contact Patrick Wagner with ASC directly, he will then complete your request in CHRTAS



This will be a great time to update your CHRTAS profile. Any incorrect email addresses (requestor &/or supervisors) will slow or stop the process (i.e. email address, supervisor changes, unit changes, GS grade changes, and any other changes that may have occurred). The formal course title is Civilian Education System (CES) Intermediate (GS10-12), course number 1-250-C61, Phase 2 (in-person), class number 707, report date is **Monday, May 2** (start date is the same), end date is **Friday, May 20**, the school is 704W – Army Management Staff College (AMSC), and the class type is O (Onsite – Rock Island Arsenal). For any questions and/or assistance please contact Patrick Wagner at 309-782-3561 or patrick.m.wagner.civ@army.mil.

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.

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 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

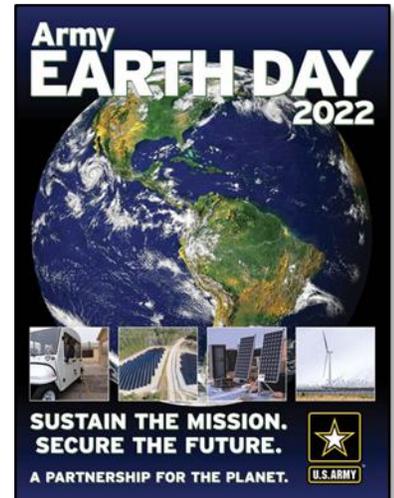
The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information: www.militaryblood.dod.mil

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.



USACE Offers Free Boater Safety Course

If you don't want to end up like this boater, you may want to consider taking a boater safety course. The U.S. Army Corps of Engineers-Mississippi River Project will be hosting three classes on **April 23, May 7 & 14**. Classes are free and will be held at the Mississippi River Project Office in Pleasant Valley, Iowa. Some topics that will be covered include: safe operation, required equipment, hazards on the water and how to boat through a lock. Successfully completing this class will grant you a safe boating card which you may possibly need in order to legally operate a boat. Classes are open to anyone 12 years of age and older. Class sizes are limited and reservations are required. Please contact the Mississippi River Visitor Center at 309-794-5338 to sign up or for more information.



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.



Arsenal Traffic/Construction



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



USO Pie for Pi Day

Stop by the USO on **Monday, March 14**, to celebrate Pi Day. We will be open special hours from 10 a.m. – 2 p.m. Come enjoy a slice of pie on Pi Day.

How to Prepare For a Smooth PCS with Your Pets

A permanent change of station move is stressful as it is, but moving with your pet can add an extra layer of stress unless you are well prepared. Public Health Command Europe Veterinarians have some tips to help make moving your furry companion as easy as possible. "As soon as you know your travel details, contact your local veterinary treatment facility to assist with your upcoming pet travel process," said Maj. Christopher Reeves, a veterinarian and officer in charge of the Wiesbaden Veterinary Treatment Facility. "Some countries, such as Japan, Guam or the United Kingdom, have specific requirements for importing a pet and can take over six months to prepare. Therefore it's important to prepare for your move ahead of time." Additionally, rotator space has become more limited during COVID-19, so Reeves recommends reaching out to the transportation office as soon as you can to see if you can get a reservation. Your Veterinary Treatment Facility can help prepare you for a smooth move. (More: www.army.mil/article/254612)

Operation Purple® Camp Summer 2022 Program Taking Applications

Operation Purple® Camp offers military kids a free week of camp where they connect with other kids, just like them. Children from all uniformed services, including National Guard, Reserve, Space Force, and the Commissioned Corps of the National Oceanic and Atmospheric

Administration and United States Public Health Service may apply. When your military child attends Operation Purple Camp, they'll enjoy a true summer camp experience, complete with arts and crafts and outdoor activities, like ropes courses, canoeing, swimming, archery, and climbing walls. Campers will thrive in an environment with fully trained counselors and camp staff experienced in helping children adapt and overcome the stressors of military life. By meeting kids like them, campers make life-long friends who understand what it's like for a parent to serve in the military. Campers are encouraged to celebrate the sacrifices they make and be proud of their role as a military kid! (More: www.militaryfamily.org/programs/operation-purple/operation-purple-camp)

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>

Prioritizing Heat-Illness Prevention

The Occupational Safety and Health Administration (OSHA) is targeting occupational heat injury and illness prevention as part of its recent efforts to establish a universal standard to protect workers. According to OSHA, “Heat is the leading cause of death among all weather-related phenomena, and it is becoming more dangerous, as 18 of the last 19 years were the hottest on record.” OSHA tracks workers who develop medical conditions or die from excessive heat exposures, and identifies those in construction and agriculture to be at the highest risk. These medical conditions, referred to as heat illnesses or injuries, occur when the body is unable to compensate for increased body temperatures due to hot and humid environmental conditions and exertion. (More: <https://safety.army.mil/MEDIA/Risk-Management-Magazine/ArtMID/7428/ArticleID/7145/Prioritizing-Heat-Illness-Prevention>)

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)

Equal Employment Opportunity Focus

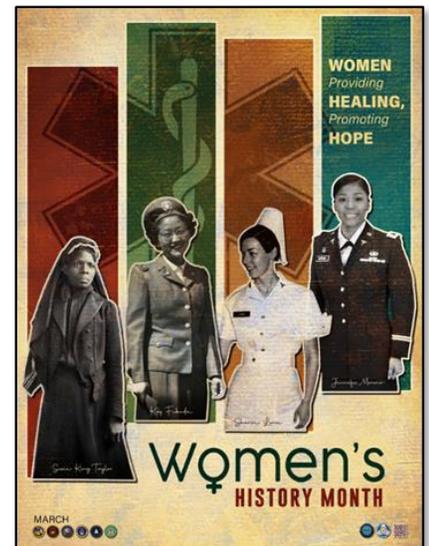


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It is the policy of the Department of Army to provide equal opportunity in employment for all people and to prohibit discrimination in employment because of race, color, religion, sex, national origin, age (40 and over), disability, genetic information,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

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.

Trivia Night Presented By Brain Gamez

Join us for Trivia Night Presented by Brain Gamez on **Friday, March 25**, in the Lock & Dam Lounge, at 5:30 p.m. Come out and test your knowledge. Fun for all and a chance to win \$50! Get your team together for an exciting evening. Cost is \$5 per person or \$25 for a team of six. You can enjoy a great burger or other Lock & Dam favorites on our food menu as well as some great drink specials. Please call 309-782-6319 to sign your team up or walk-ins welcome.

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.

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.

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>.

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>)

Spring Break Tickets

If you're heading South for spring break Leisure Travel in Building 333 has great discount tickets to Orlando, Florida destinations for sale. For more information please call 309-782-8630 or 309-782-5890.

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.

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.

Scooby Doo Movie Night

Join us for Scooby Doo Movie Night in the Lock and Dam Lounge dining area on **Wednesday, April 20**, at 5 p.m., movie begins at 6 p.m. The Lock and Dam Lounge will be open and children's menu available for purchase. Any questions contact the Leisure travel Office 309-782-5890.

May The Fourth Be With You – Jedi Training

Join us for "May The Fourth Be With You" – Jedi Training on **Wednesday, May 4**, in Heritage Hall, Building 60, from 5-7 p.m. Cost is \$25 per student. Train with our galactic warriors. Kid safe lightsabers provided. Lock & Dam Lounge will be open and children menu available for purchase. Any questions contact the Leisure travel Office 309-782-5890.

Pella Tulip Festival Bus Trip

Join us for our Pella Tulip Festival Bus Trip on **Saturday, May 7**, departing the Visitor Welcome Center at 7 a.m. Cost is \$30 per person. Pella is beautiful and unique all year long, but at Tulip Time it comes alive with tulips, Dutch attire, food, fun, and more. Thousands of residents wear Dutch attire and celebrate our Dutch heritage. Three days each spring, Pella is bursting with color and excitement for Pella residents and visitors alike. Contact the Leisure Travel Office to get your seat at 309-782-5890.

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 Teen Council

CYC 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 CYC 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.

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 CYC registered teens are welcome to participate in CYC 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 CYC to participate. All 6th-12th grade military, civilian, veteran, and contractor CYC registered teens are welcome to participate in CYC 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 CYC to participate. All 6th-12th grade military, civilian, veteran, and contractor CYC registered teens are welcome to participate in CYC 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 CYC registered teens are welcome to participate in CYC teen events.

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.

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>

Spring Break Rentals

Before heading out on your spring break skiing vacation, stop by Outdoor Recreation in Building 333 (next to The Exchange) for all your winter time fun equipment rentals.

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) for discounted airfare, hotels, rental cars, local attractions, and more.

Employee Assistance Program



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

March Is Problem Gambling Awareness Month

The Robert Young Center-Center for Alcohol and Drug Services is pleased to present the virtual class, "Gambling-The Hidden Addiction." Approximately 2-5% of Americans struggle with responsible gambling and about 2% will be diagnosed with a problem gambling disorder. Those numbers are much more alarming for U.S. military veterans. About 10% of U.S. military veterans will experience problem gambling issues and around 3% will be diagnosed with a problem gambling disorder. Problem gambling is difficult to identify among loved ones and family members and often goes undetected until the gambler is in a dire legal or financial situation. Participants of this training will learn the difference between responsible and problem gambling, the impact problem gambling has on an individual and their family, local statistics, and the resources available to help those in need.

- Date: **Tuesday, March 22**
- Time: 2-3 p.m.

Register in TEDs using the search: "Gambling-The Hidden Addiction" Zoom Link:

<https://us02web.zoom.us/j/82430878112?pwd=S3hldnMvSEhnZ2hmR1lzSmprcDcvUT09>

Please sign in to the class using your full name to obtain credit for attending. Verification of attendance is available for training coordinators by contacting Robert Donohoo at 309-782-2552 or robert.w.donohoo.civ@army.mil.

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>

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.

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.

Exchange Micro Markets Bring Self-Serve Convenience to Military Communities

Service members can fuel up with better-for-you meals and snacks while staying close to their workplace at the Army & Air Force Exchange Service's nearly 150 micro markets. Fully automated and contactless, the self-serve markets are positioned near Soldiers, Airmen, Guardians and Department of Defense civilians working unusual hours or in high-traffic or out-of-the-way areas. Exchange micro markets can be found throughout the continental United States as well as one location at U.S. Army Garrison Bavaria in Germany. (More: <https://publicaffairs-sme.com/ExchangePost/2022/03/09/exchange-micro-markets-bring-self-serve-convenience-to-military-communities>)

Commissaries Invite Patrons to Improve Quality of Their Diets during 30-Day Challenge

Two months into the new year and your resolution resolve and willpower are waning. It's no accident that March is National Nutrition Month, a time to reset your vow to be healthier in 2022. To help customers get refocused on improving the nutrition quality of their diet, the Defense Commissary Agency invites patrons to join its 30-day challenge in March. (More: www.commissaries.com/our-agency/newsroom/news-releases/focusing-nutrition-commissaries-invite-patrons-improve-quality)

New Barber Shop Hours

The Barber Shop that is part of The Exchange is changing its hours effective **Monday, March 14**. The new hours are as follows:

- Monday – closed
- Tuesday – 9 a.m. – 5 p.m.
- Wednesday – 9 a.m. – 5 p.m.
- Thursday – 9 a.m. – 5 p.m.
- Friday – 9 a.m. – 5 p.m.
- Saturday – 10 a.m. – 2 p.m.

Reminder: Eligibility to use The Exchange and the Barber Shop includes all civilians who are a part of the Arsenal Island workforce.

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.

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)

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

Rock Island Arsenal is at Health Protection Condition (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](#). 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>

Women's Heart Attacks Symptoms Can Differ from Men's: Know the Signs

When you are having a heart attack, minutes matter. Fast action can save lives. Heart disease and heart attacks are the number one global killer of both men and women. But women often experience symptoms other than the classic crushing chest pain and left arm pain that typically afflict men having heart attacks. For example, women are more likely to experience pain between the shoulder blades, abdominal pain, and nausea. In some situations, a failure to identify the unique symptoms women experience can lead to delays in seeking treatment. (More: <https://health.mil/News/Articles/2022/02/11/Womens-Heart-Attacks-Symptoms-Can-Differ-from-Mens-Know-the-Signs>)

Don't Ignore those Lumps, Bumps and Weird Moles on Your Skin

Beware of lumps and bumps. When it comes to your skin, anything out of the ordinary is a potential cause for concern. Keep an eye out for moles that are changing or growing in size. Maybe it's just acne. But it also could be skin cancer. You might be surprised to hear that your skin is the largest organ in your body. It protects against the environment, including sunlight, bacteria, chemicals, and extreme temperature. Skin problems are among the top 10 reasons active duty service members seek out medical care, military medical data show. A common reason that service members seek out medical attention is for inflammatory skin conditions, including acne, shaving bumps, or ingrown hairs. Others report unusual lumps and bumps. These are generally the top reasons service members seek dermatology care, said Dr. Neil Gibbs, dermatology residency program director at Naval Medical Center San Diego Naval Medical Center San Diego website. Eczema or psoriasis are other skin conditions. They can be treated but not cured, Gibbs added. (More: <https://health.mil/News/Articles/2022/03/04/Dont-Ignore-Those-Lumps-Bumps-and-Weird-Moles-on-Your-Skin>)

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

Newly Released Survey Data Shows VA Leads In Patient Experience

Department of Veterans Affairs hospitals outperform community hospitals, on 10 of 11 metrics, in Medicare's latest Hospital Consumer Assessment of Healthcare Providers and Systems patient survey report. The Jan. 26 report found 54% of VA medical centers received 4 or 5 HCAHPS Stars for the Patient Survey Rating compared to 35% of community hospitals. "VA has seen significant improvement in our patient experience scores since first being included in Care Compare in 2018," said Deputy Under Secretary for Health, performing the delegable duties of the Under Secretary for Health Steven L. Lieberman, M.D. "Four years ago, only 26% of VA hospitals received 4 or 5 HCAHPS Stars for Patient Survey Rating — rising to 54% — in the latest January 2022 results. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5773)

VA Would Close 3 Medical Centers, Restructure 100s of Outpatient Clinics in New Plan

Veterans Affairs leaders will recommend closing three major medical centers and more than 170 other outpatient health facilities in coming years as part of an ongoing review of the department's footprint across America, according to documents obtained by Military Times. But VA officials will also push for construction of 255 new health care and community living facilities as part of the plan, a trade-off that they say will put almost 200,000 more veterans within a 30-minute drive of basic medical care and 370,000 more veterans within an hour's drive of specialty care. (More: www.militarytimes.com/veterans/2022/03/09/va-would-close-3-medical-centers-restructure-100s-of-outpatient-clinics-in-new-plan)

Veteran Communities Receive Latest Resources for Crohn's Disease and Ulcerative Colitis

The Department of Veterans Affairs encourages Veterans affected by inflammatory bowel diseases to access a new website that raises awareness of Crohn's disease and ulcerative colitis. Veterans can use the site to get step-by-step instructions to access treatment and links to VA resources — connecting with online communities and peer to peer support to improve their quality of life. "A 2020 study of VA data found that rates of anxiety, depression and post-traumatic stress disorder increased among Veterans diagnosed with inflammatory bowel disease over time," said National Center for Healthcare Advancement and Partnerships Nurse Executive Tracy L. Weistreich, Ph.D. "It's important we find ways to assist our Veterans with all issues relevant to this chronic condition,

especially Veterans who may not be receiving care through VA.” (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5772)

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>)



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

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