



April 13, 2022

Island Insight

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

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

Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Employment Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)
- [MWR Leisure Travel Office](#)
- [Child & Youth Services](#)
- [Army Community \(ACS\)](#)
- [MWR Outdoor Recreation](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Exchange Zone](#)
- [Commissary Corner](#)
- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Around the O.C.](#)

RIA Soldiers Take Newly Revised Fitness Test

On March 23, the Army unveiled its newest version of the Army Combat Fitness Test. This test, after several years of tweaks and revisions, will be used for record starting Oct. 1.



While the new test went live on April 1, until Oct. 1 it will be considered a diagnostic test for all active-duty Soldiers. Reserve and National Guard Soldiers will have until April 1, 2023 to prepare for the record test. “This is not ‘ACFT 4.0,’” said Sgt. Maj. Michael Grinston, sergeant major of the Army, during a town hall at Fort Riley, Kansas, March 22. “It is the ACFT.” The decision to replace the Army Physical Fitness Test with the ACFT was made because the new test better assesses Soldiers’ overall physical fitness. According to the ACFT webpage, www.army.mil/ACFT, the ACFT is designed to test Soldiers’ muscular strength, endurance, power, speed, agility, coordination, flexibility, balance, reaction time, and aerobic capability. Soldiers from Headquarters and Headquarters Company, U.S. Army Sustainment Command, took the ACFT the week of April 4-8.

Upcoming Dates

- March-September:** PCS Season
- April:** Sexual Assault Awareness and Prevention Month
- April:** Month of the Military Child
- April:** Military Saves Month
- April:** Child Abuse Prevention Month
- April 16:** U.S. Army Medical Specialist Corps 75th Anniversary
- April 17:** Easter Sunday
- April 17:** Easter Sunrise Service, Quarters One, 6:30 a.m.
- April 17-23:** Volunteer Appreciation Week
- April 18:** Tax Day
- April 19:** Male Victimization with guest speaker Heath Phillips, [MS Teams](#), 9 a.m.
- April 19:** Passover Memorial Service, Heritage Hall, Bldg. 60, 11:30 a.m.
- April 20:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
- April 21:** Thirsty Thursday, Lock & Dam Lounge, 3-7 p.m.
- April 18-29:** Army Service Week
- April 20:** Active Duty Out Processing Levy Brief, MS Teams, 9:30 a.m. – noon
- April 21:** RIA 2022 Earth Day, Memorial Park Pavilion Area, 11 a.m. - 12:30 p.m.
- April 22:** Earth Day
- April 22:** Lock & Fam Night, Lock & Dam Lounge, 3-7 p.m.
- April 23:** Army Reserve 114th Birthday
- April 24-May 1:** Days of Remembrance for Victims of Holocaust
- April 27:** Denim Day, throughout Arsenal Island workforce

Per regulation, active-duty Soldiers are required to take an ACFT twice a year. The Soldiers at ASC take their test in April and October. "The diagnostic test is to give Soldiers a picture of their individual readiness," said Maj. Rylie DeLong, commander of HHC, ASC. "It gives the Soldiers a spot check on where they are, so they can work on their weaknesses before the record test." (More: www.army.mil/article/255738)

JMC RAMP Meeting Critical For Future Ammunition Requirements

HQ, Joint Munitions Command personnel and its Department of Defense partners met virtually for the bi-annual Requirements, Army Working Capital Fund, Mission Planning meeting in March to discuss FY22-24 projected ammunition requirements. Nearly 300 representatives attended the RAMP meeting, which included senior representatives from Joint Program Executive Offices, U.S. Army Aviation and Missile Command, U.S. Tank-automotive and Armaments Command, other DoD services, and commanders from JMC's Organic Industrial Base installations. (More: www.army.mil/article/255673)



Italian POWs Worked On RIA During World War II

Many people at Rock Island Arsenal are familiar with the Confederate Prison Barracks that existed here during the Civil War. But far fewer know about the role of Italian prisoners of war who lived and worked on RIA during World War II. By June 1943, over 14,500 Italian POWs resided in camps throughout the United States. When Italy agreed to join the Allied Powers in October 1943, the U.S. developed a program that would allow captured Italians to assist with the American war effort. Under this program, Italian POWs would perform a variety of manual labor jobs in order to help ease labor shortages. On July 16, 1944, the 38th and 40th Italian Quartermaster Services Companies arrived at Rock Island Arsenal by train from Pine Camp, New York. Their mission was to assist with the many labor-related projects on the installation. (More: www.army.mil/article/255678)



Army Veteran, Soldier For Life Celebrates 90th Birthday

Fred Allen Brown celebrated his 90th Birthday with family and friends in East Moline, Illinois on March 26. Born in Beaverton, Alabama on March 30, 1932 into a family that loved serving the United States of America, Brown is proud of his "Soldier For Life" story. Although he attended Sulligent High School in Alabama, he began his Army Civilian Career May 1951 at Rock Island Arsenal, before graduating. Years later, as a husband and father of three, he earned his general education diploma from the State of Iowa, while employed at RIA in 1971, at the age of 39. "This is one of my most cherished accomplishments; to think after all those years, I did it," said Brown. Brown and his first wife Cathy were married in July 1952, just before he was drafted into the U.S. Army, December 1952. Together they had three children; Veronica (born in 1954 at New York Naval Hospital), John (born in 1959 in Moline Public



Hospital, Illinois), and Terry (born in 1966 in Arab Hospital, Alabama). Brown served for two years at Fort Tilden, New York before being honorably discharged in 1954. After his discharge, Brown went on to serve another six years as an Army Reservist at Fort McCoy, Wisconsin. "Serving our country as a Soldier is one of my greatest joys in life," said Brown. "The Army taught me so many life skills, gave me amazing career opportunities, and allowed me to work as a Soldier and Army Civilian serving my country for more than 35 years." (More: www.army.mil/article/255742)

Rock Island Arsenal Dedicates Health Clinic to Black Army Medic Who Saved Lives on D-Day

The Rock Island Arsenal's health clinic will now bear the name of a Black U.S. Army combat medic credited with saving countless lives during World War II, despite being wounded. The clinic, located in Building 110 on the Arsenal, provides primary care services to more than 1,940 active-duty soldiers, retirees and family members. It will now be called the Woodson Health Clinic, named for Staff Sgt.

Waverly Woodson, who tirelessly worked to treat numerous injured soldiers on June 6, 1944. "This is a great day for our Arsenal; it's a great day for our Army," Major Gen. Christopher Mohan said.

"Today, it is our distinct honor and privilege to name what was simply known as the Rock Island Arsenal Health Clinic for a true American Hero — someone whose heroism has gone unrecognized for far, far too long." More than 100 U.S. Army personnel and officers, civilians and local officials gathered Thursday morning in Heritage Hall on the Arsenal to honor the legacy of Woodson during a formal ceremony that included members of the U.S. Army band. (More: https://qctimes.com/news/local/rock-island-arsenal-dedicates-health-clinic-to-black-army-medic-who-saved-lives-on-d/article_48059743-6bf1-5842-8c9b-eb907f282793.html)



The Push for Resilient Army Installations

The U.S. Army is the largest consumer of installation energy in the Department of Defense, spending more than \$1 billion per year on facility energy and water. With few exceptions, Army installations rely on commercial energy and water sources to accomplish critical missions. Uninterrupted access to energy and water is essential for readiness and the Army's requirement to deploy, fight and win. Vulnerabilities in interdependent electric grids, natural gas pipelines and water resources supporting Army installations jeopardize mission infrastructure, base security and the ability to project power and sustain global operations. As the Army's initial maneuver platforms,

installations must be able to operate and meet power projection requirements in and from an increasingly contested multi-domain operational environment. Each Army installation is required to conduct routine and full-scale testing of emergency and standby systems that support critical missions in order to validate system readiness. Black start exercises evaluate how an installation maintains operational capabilities during an extended utility outage. These "pull the plug" scenarios have been completed at Fort Bragg, North Carolina; Fort Greely, Alaska; Fort Knox, Kentucky; and Fort Stewart, Georgia, with the next to be held at Fort Hood, Texas; Fort Leavenworth, Kansas; and **Rock Island Arsenal, Illinois**. In addition to evaluating how a base handles sudden power disruption, these exercises identify overall resilience deficiencies and can help prioritize future projects to address them. (More: www.army.mil/article/255603)



AMC Presents OIB Modernization Plan to House Military Depot Caucus Members

The legislative leaders who shape the future of the Army's Organic Industrial Base, or OIB, heard from Army leaders about the service's impending requirements for a modernized OIB to support and sustain the future force, April 7 in Washington, D.C. Reps. Blake Moore and Cheri Bustos hosted Army leaders on Capitol Hill as co-chairs of the House Military Depot Caucus. The Honorable Doug Bush, the Assistant Secretary of the Army for Acquisition, Logistics, and Technology and Gen. Ed Daly, commanding general of Army Materiel Command, delivered remarks and provided caucus members and staff an update on OIB modernization and readiness. The reception marked the rollout of the OIB Modernization Implementation Plan. Daly thanked the caucus members for their continued advocacy and for their leadership in regard to authorizations and appropriations in support of the Army's OIB. (More: www.army.mil/article/255589)



Easter Sunrise Service

The Rock Island Arsenal Community (family and friends) is invited to join us for Easter Sunrise Service on **Sunday, April 17**, 6:30-7:30 a.m., in Heritage Hall, Building 60, to come celebrate the Resurrection of our Lord in a brief service. Sponsored by USAG & RIA Religious Support Teams. Coffee and doughnuts will be served. Points of contact are Chaplain (Lt. Col.) Kevin J. Niehoff, 309-782-0923, and Chaplain (Maj.) Robert Gibbs, 309-782-9421.



Passover Memorial Service

Join us for a Passover Memorial Service on **Tuesday, April 19** from 11:30 a.m. to noon in Heritage Hall, Building 60. The holiday of Passover begins at sundown on Friday, April 15 and lasts until Saturday, April 23. It commemorates the exodus of the Jews from slavery in Egypt. This brief annual Jewish observance is open to all people of all faiths and will include memorializing loved ones that are no longer with us. To request that the names of your dear ones be read aloud, please email Cantor Gail Karp, gailkarp@gmail.com. You may also include a pronunciation guide in your request.



Sexual Assault Awareness and Prevention Month

What is SAAPM? Sexual Assault Awareness and Prevention Month is observed globally every April to raise awareness and educate communities on the prevention of sexual violence. SAAPM is an opportunity to highlight the corrosive effects sexual assault has on Soldiers, civilians, unit readiness, team cohesion, command climate, and trust. Sexual harassment and sexual assault violate the Army Core Values, the Warrior Ethos, and the nation's trust in leaders. Below is a list of events or awareness activities your ASC and RIA installation SHARP program is hosting this April.

- **Tuesday, April 19:** Male Victimization with guest speaker Heath Phillips – guest speaker Heath Phillips will speak on male victimization at 9 a.m. on [MS Teams](#); he will speak virtually to the RIA and ASC workforce on the struggles that he has endured and overcome. Phillips will discuss how it has affected him and the importance of why men need to speak up if they have been sexually assaulted. www.heathtalks.com



- **Wednesday, April 27:** Denim day decorating contest – this year to celebrate and bring awareness to Denim Day SHARP is hosting a "Show Us Your Denim" Contest. To participate all you need to do is find a way to use denim in the most creative way possible and then send us a picture to RIADenimDay@gmail.com. We want to see the most unique ways to show your advocacy by using denim in the most unique and creative way possible. A fun outfit, decorate your desk, or even decorate your dog. Submissions are due by **Tuesday, April 26**, and the winner will be announced on Denim Day. Find out more about Denim Day here at www.denimdayinfo.org/history.
- **Friday, April 29:** Step Out Against Sexual Assault – join the SHARP Program as we close out SAAPM with our culminating 5k run/walk. Start in the court in front of Quarters One at 6:30 a.m. No registration is necessary. All are welcome to attend and participate.

This year's Army theme is "Prevention Starts With You." This theme builds on the concept of upholding what it means to be a member of an Army team. When it comes to sexual assault and sexual harassment, the only person responsible for committing the act is the perpetrator, but all members of the team have the ability to look out for each other's safety. Leaders and Soldiers must work in unison to build comradery and trust amongst the ranks. This trust allows teams to focus on mission and unit readiness, eliminate harmful behaviors by preventing sexual harassment, sexual assault, and associated retaliation.

RIA Energy Resilience Readiness Exercise

Rock Island Arsenal will be conducting an Energy Resilience Readiness Exercise (ERRE) on **Monday, May 16**. The ERRE is a DoD-directed exercise to test installation emergency and standby energy generation systems, critical infrastructure and equipment to inform senior leaders of what infrastructure is required to support critical mission on the installation. For more information, contact Rock Island Arsenal Public Affairs at 309-782-1121.

Blood Donors Urgently Needed

Urgent need for all donations & blood types especially Type O and all types for platelets. ImpactLife has a blood drives scheduled on Arsenal Island for the month of May:

- **Friday, May 13 and 20:** 10 a.m. - 1:30 p.m. in Building 333, conference room left of MWR lobby.

All donors who register to give with ImpactLife **March 21 – May 15** will get a voucher to redeem for an electronic gift card plus a tree planted on their behalf to support reforestation efforts. All automated donations/deferrals (platelet, plasma, and double red) will be eligible to redeem their voucher for their choice of a \$25 gift card; whole blood donors will get a \$10 gift card. Physical gift cards available on demand. Eligible donors will be able to redeem their vouchers through **May 22**. Gift card options: Amazon, Home Depot, Lowe's, Target, Subway, Starbucks, and 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.

- 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

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,"

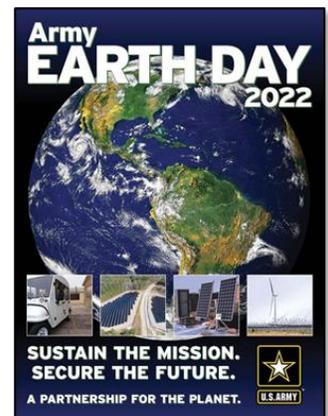
1 CLP. The sessions will not be recorded.

- **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.

RIA 2022 Earth Day

Join us **Thursday, April 21**, at the Memorial Park Pavilion, 10:30 a.m. - noon, 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 a guest speaker, Park Ranger Mike McKean from the U.S. Army Corps of Engineers, Rock Island District, 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. 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. (Burr Oak, Red Oak, Swamp White Oak, and Over-cup Oak)



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>)



ID & Common Access Card (CAC) Office (Building 56)

- Monday; Wednesday - Friday: 8 a.m. – 3:30 p.m. (Closed for lunch 12-1 p.m.; No walk-ins after 11 a.m. & 3 p.m.)
- Tuesday: 7:15 a.m. – 12 p.m. (No walks-in after 11 a.m.).

We recommend customers schedule appointments when possible to reduce waiting times. Appointments may be scheduled at following website: <https://idco.dmdc.osd.mil/idco> Customer may contact the ID card office by phone - 309-782-0596; email – usarmy.ria.usag.mbx.id-card-office@army.mil.

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



East Street Road Closure

East Street from Rodman Avenue to North Avenue and North Avenue to the Building 56 south parking lot entrance will be closed from **Monday, April 18 through Friday, June 17**, to conduct Phase 2 of the East Street Construction Project including sewer, sidewalk and road replacement work. There will not be any on-street parking allowed on East Street adjacent to Building 68 (First Army) during this period. Residents in East Circle will have access via the North Avenue-East Street Intersection. Employees and customers transiting to the ID Card Facility, Education Center, Garrison Staff Offices and Child Development Center (CDC) will use Gillespie Avenue and Ramsey Road to detour the construction area. CDC Customers may then use King Drive to drop-off and pick-up at CDC buildings 11, 15, and 16. East Street will remain open from Ramsey Road/King Drive to the Building 56 north parking lot entrance and Building 90 north parking lot entrance. Signage and barricades will be placed for safety and traffic control.

Sylvan Drive Phase II Construction Project

DPW will continue Phase 2 construction on the Sylvan Drive Repair Project effective March 28. Construction is planned to be complete on **Thursday, June 30**. The following traffic changes will be made on March 28:

- The south section of the road will be opened to allow JMTC's employee parking lot access via Beck Avenue.
- Sylvan Drive will be closed at the intersection of Rodman Avenue to the south in order to replace the road and sewers.
- USACE, Navy Reserve Center, Commissary, the Exchange, and Outdoor Rec will follow Beck Avenue to Gillespie Street to Rodman Avenue.

Signage and barricades will be placed for safety and traffic control.

Building/Space Closures



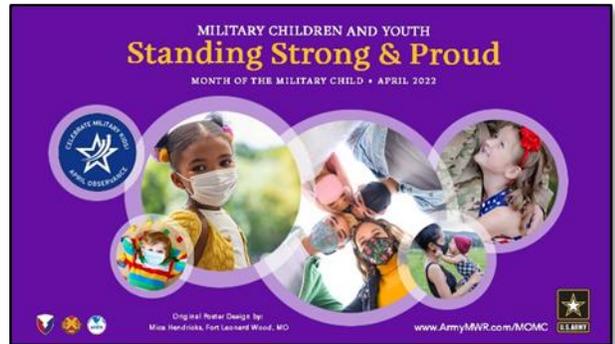
There are no announcements at this time.

Active Duty/Reserve Zone



April Is DOD's Month to Recognize Military Children

For nearly 40 years, April 1 has marked the Defense Department's kickoff for the Month of the Military Child, and this month promises to be packed with events for parents and children of all ages, said a program analyst in DOD's Children, Youth and Families, Office of Military Family Readiness Policy, Military Community and Family Policy. Dianna M. Ganote said DOD is supporting this month with the theme of mental health and the overall well-being of all military children. The Month of the Military Child is a time to focus on and celebrate the contributions of military children and the unique needs of their lives, she



noted. The objective for this month's recognition is to "highlight the unique life and challenges of military children. Our goal is to improve their quality of life and help mitigate the demands they experience from all the transitions, such as frequent moves, parental separations for military training and worrying about their parents when they're deployed" Ganote said. (More: www.defense.gov/News/Feature-Stories/Story/Article/2986528)

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>

Distracted Driving

Being an attentive and alert driver can help prevent crashes that lead to unintentional injury and death. With the wide use of smartphones in the United States, distracted driving has become an important traffic safety topic. While cell phones and navigation devices often are the culprit when it comes to distracted driving, conventional distractions such as interacting with passengers and eating also contribute to crashes. Distracting tasks can affect drivers in different ways and can be

categorized as visual, manual, and cognitive distraction. The National Safety Council (NSC) analysis of National Highway Traffic Safety Administration (NHTSA) data finds that 3,142 people died in distraction-affected crashes in 2020. This is an increase of about 1% from 3,119 deaths in 2019. See Data Details to understand the data limitations and potential underestimation of the number of distraction-affected crashes. (More: <https://injuryfacts.nsc.org/motor-vehicle/motor-vehicle-safety-issues/distracted-driving>)

Equal Employment Opportunity Focus



It is the policy of the Department of Army to provide equal opportunity in employment for all people and to prohibit discrimination in employment because of race, color, religion, sex, national origin, age (40 and over), disability, genetic information, and/or reprisal for prior EEO activity. Any Department of the Army employee, former employee, or applicant for employment, and certain contract employee, who believes they have been discriminated against because of race, color, religion, sex (includes pregnancy, equal pay, gender identity, and sexual orientation), national original, age (40 and over), mental or physical disability, genetic information, and/or reprisal for prior EEO activity in an employment matter, subject to the control of the Army, may initiate the EEO complaint process. To file an EEO complaint, you must contact the Garrison EEO Office within 45 calendar days of the alleged discriminatory incident and express your intent to initiate the complaint process. The Garrison EEO office is currently providing services virtually. Please contact EEO staff at 309-782-2548.

There are no announcements at this time.

Morale, Welfare & Recreation



Army MWR is a quality-of-life program that directly supports readiness by providing a variety of community, Soldier, and family support programs, activities and services. Included in MWR are social, fitness, recreational, educational, and other programs and activities that enhance community life, foster Soldier and unit readiness, promote mental and physical fitness, and generally provide a working and living environment that attracts and retains quality for U.S. Army Soldiers, Family members, Retirees and its civilian workforce. Visit the MWR website at <https://rockisland.armymwr.com> for information on all MWR programs. How is MWR doing? Tell us by going to <https://ice.disa.mil>, navigate to "Rock Island Arsenal" and search "MWR" for a full listing of all our programs and services.

Auto Service Center Closing Early April 20

MWR will be honoring three employees on **Wednesday, April 20** at 3 p.m. as we celebrate their retirements from MWR. The programs will be back to normal business hours on **Thursday, April 21**.

Island Oasis Outdoor Grill

The Island Oasis Outdoor Grill began service outside of Building 67 effective April 11. The Island Oasis Outdoor Grill is open Monday-Friday from 11 a.m. – 1 p.m. There are lots of delicious items on the menu. Call 309-782-6319 for more info on the Island Oasis Outdoor Grill.

Community Gardens Are Back

MWR is happy to bring back this popular program to military families to include National Guard, reserve, Retirees and DoD civilians. If you are looking for a place to enjoy the outdoors and get your hands dirty we have the place for you. Our new community gardens are located on the north side of the Island off of Blunt Road. The new and improved layout will provide you with four different garden size options, a pavilion, water source, fencing, and dedicated driving path for loading and unloading. MWR started renting the gardens effective April 11 at their Outdoor Recreation program located in Building 333. The schedule for rentals is:

- Monday, April 11 – Military families, National Guard, Reserve
- **Monday, April 18** – Retirees, DoD Civilians

This is a first come first selection program so hurry and come in to select your desired garden. Outdoor Recreation is open Monday through Friday 8:15 a.m. – 4 p.m. (closed all federal holidays). To reserve your garden you must come into Building 333 to complete your paperwork and make your selection. For more information call Outdoor Recreation at 309-782-8630.

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.

Company Kitchen Temporary Closure

All three Company Kitchen café locations in buildings 60, 212 and 350 are closed; a monthly evaluation is ongoing – at this time the lower RIA daily on-island workforce population continues

to have Company Kitchen in a holding pattern before consideration of reinstating services. For more information please contact the MWR management assistant at 309-782-6319.

MWR Leisure Travel Office



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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>)

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.

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.

Wanted – Crafters & Vendors

MWR is looking for crafters and vendors for upcoming events.

- **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.

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.

Cubs Baseball Trips – Baseball is Back

The MWR leisure Travel Office has two bus trips planned.

- Wrigley Field

- St. Louis Cardinals vs. Chicago Cubs
- **Saturday, June 4**, game time at 1:20 p.m.
- \$169 per person
- Wrigley Field
 - Milwaukee Brewers vs. Chicago Cubs
 - **Sunday, Aug. 21**, game time at 1:20 p.m.
 - \$159 per person

Contact the Leisure Travel Office to purchase 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 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)

Youth Sports and Fitness Opportunities

Enjoy late spring youth 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. Military, civilian, veteran, and contractor families are eligible to participate. Call CYS Parent Central Services at 309-782-0791 or stop in to the office in 1st Floor, Building 110 to sign up or for more information. Each child must be registered with CYS in order to participate. Sports Physicals required. Sign-ups begin **Tuesday, April 19** for the following programs:

- "Little Kickers" Parent/Child Soccer (for children ages 3-5), sign-up dates **April 19-28**, class begins **Friday, April 29**.
- "Little Rippers" Parent/Child Lacrosse (for children ages 3-5), sign-up dates **April 19-28**, class begins **Friday, April 29**.

Help wanted! Volunteer coaches needed within the Sports and Fitness Program especially to help with baseball, softball, basketball, soccer, golf, and flag football. Training is provided and no experience is necessary. Inquire within CYS Parent Central Services.

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.

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.



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](#))

Child Abuse Prevention Month

The Department of Defense recognizes Child Abuse Prevention Month each April and the theme this year is “All in to End Child Abuse.” This year, active duty spouses created a large blue and white wreath for display at the entrance to the ACS/FAP office to remind everyone of the importance of working together to end child abuse. Parenting is not easy, and support from others is essential for strong and resilient families. There



is help available, but it can be overwhelming to take the first step to act. Family Advocacy is available year round to military and civilian families through their programming and resources. During April, there will be several opportunities to learn about preventing child abuse and community resources for families, to include summer activities for kids and families. Events for this year's campaign include:

- **Wednesday, April 13**: MWR Scooby Doo Movie Night, Lock & Dam Lounge Dining Area, Doors open at 5 p.m. Movie starts at 6 p.m. Children's menu available for purchase. Preview of information for the Youth Summertime Activities Expo from organizations across the Quad Cities.
- **Friday, April 15**: Wreath Dedication and Pinwheel Garden, 11-11:30 a.m., ACS Entrance, Building 110, Opening Remarks, Col. Todd J. Allison
- **Wednesday, April 20**: Youth Summertime Activities Expo, 11 a.m. - 12:30 p.m., Army 365 Teams link: <https://dod.teams.microsoft.us/l/channel/19%3adod%3a3105eafe54804ef380180cc405a0df15%40thread.tacv2/Family%2520Advocacy?groupId=4599aea9-a639-4594-b287-ec2247363d19&tenantId=fae6d70f-954b-4811-92b6-0530d6f84c43>. Join to browse what the community has to offer children over the summer. Information is available for more than 30 on and off Island programs.
- **Thursday, April 21**: Camo and Kids at Big River Bowling, 5:30-7:30 p.m., RSVP to 2-3049. Open to service members and their children.
- **Tuesday, April 26**: The Explosive Child: Managing Difficult Behavior Parenting Discussion, 11:30 a.m. - 12:30 p.m., ACS Office and Army 365 Teams, register with FAP at 309-782-3049 or jennifer.a.kerr10.civ@army.mil. Teams link: <https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3af3f10f76250b4841b46fc866ffd659d8%40thread.tacv2/1649796945391?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%2261d0c5c0-7849-4c27-8496-15842a8c1dfe%22%7d>
- **Wednesday, May 4**: How to Recognize Child Abuse and Keep Your Child Safe, 4-5 p.m., ACS Office and Army 365 Teams, register with FAP at 309-782-3049 or jennifer.a.kerr10.civ@army.mil. Teams link: <https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3af3f10f76250b4841b46fc866ffd659d8%40thread.tacv2/1649797197841?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%2261d0c5c0-7849-4c27-8496-15842a8c1dfe%22%7d>

POC for more information is Jenny Kerr, family advocacy program manager, 309-782-3049, jennifer.a.kerr10.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.

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 campers to 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>

Outdoor Recreation Closing Early April 20

MWR will be honoring three employees on **Wednesday, April 20** at 3 p.m. as we celebrate their retirements from MWR. The programs will be back to normal business hours on **Thursday, April 21**.

MWR RV Lot Spaces

MWR has RV Lot spaces available – if you are the outdoor type and have recently purchased a RV or you have a boat or vehicle and are looking for some place for storage, MWR has the solution. MWR has spots open for small and large vehicles in our storage lots. There is only a few spots in each lot so please hurry to reserve yours today. This will be on a first come first serve basis. Outdoor Recreation is open Monday through Friday 8:15 a.m. – 4 p.m. (closed all federal holidays). To reserve your space you can either come into Building 333 to complete your paperwork or the staff can send the information via email. For more information call Outdoor Recreation at 309-782-8630.

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.

April is Alcohol Awareness Month

Most adults in the United States who drink alcohol drink moderately and without complications. At the same time, alcohol-related problems are among the most significant public health issues in the country. Alcohol use disorder (AUD) affects about 15 million adults in the United States, and an estimated 88,000 people die from alcohol-related causes annually, making alcohol the third leading

preventable cause of death in the nation. Alcohol use disorder (AUD) is a medical condition that doctors diagnose when a patient's drinking causes distress or harm. The condition can range from mild to severe and is diagnosed when a patient answers "yes" to two or more of the following questions. In the past year, have you:

- Had times when you ended up drinking more, or longer than you intended?
- More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- Spent a lot of time drinking? Or being sick or getting over the after effects?
- Experienced craving—a strong need, or urge, to drink?
- Found that drinking—or being sick from drinking—often interfered with taking care of your home or family? Or caused job troubles? Or school problems?
- Continued to drink even though it was causing trouble with your family or friends?
- Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?
- Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout?
- Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
- Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, or sweating? Or sensed things that were not there?

If you have any of these symptoms, your drinking may already be a cause for concern. The more symptoms you have, the more urgent the need for change. A health professional can conduct a formal assessment of your symptoms to see if AUD is present. For an online assessment of your drinking pattern, go to [RethinkingDrinking.niaaa.nih.gov](https://www.rethinkingdrinking.niaaa.nih.gov). For more information about alcohol abuse and alcoholism, visit the National Institute on Alcohol Abuse and Alcoholism at: www.niaaa.nih.gov.

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>

CPR and First Aid Classes

The Rock Island Arsenal Fire Department will be offering CPR and First Aid training. Both trainings will be offered once a month. The trainings are open to civilian employees, military, and military Families. These classes will be free to take, but it will cost \$20 if you would like a card. This has to be paid in cash at the class. All classes will be scheduled for 9 a.m. at Building 225 (Fire Department) in the training room. There is a minimum attendance of 8 people and a maximum attendance of 16 people. Classes that do not meet the minimum requirement will be cancelled. All registrations are required on week prior to class delivery dates. POC for this opportunity is Timothy Weller, Firefighter/Paramedic, 309-782-6107. Class description and dates are as follows. Heart Saver CPR – • What does this course teach? • Describe how high-quality CPR improves survival • Explain the concepts of the Chain of Survival • Recognize when someone needs CPR • Perform high-quality CPR for an adult • Describe how to perform CPR with help from others • Give effective breaths using mouth-to-mouth or a mask for all age groups • Demonstrate how to use an AED on an adult • Perform high-quality CPR for a child • Demonstrate how to use an AED on a child • Perform high-quality CPR for an infant • Describe when and how to help a choking adult or child • Demonstrate how to help a choking infant. Dates: Fridays – **May 20, June 17, July 1, Aug. 5, Sept. 16, Oct. 21, Nov. 4, and Dec. 16**. TEDs key word search: RIA Fire Department Heart Saver CPR. Heart Saver First Aid – • What does this course teach? • First aid basics • Medical emergencies • Injury emergencies • Environmental emergencies • Preventing illness and injury. Dates: Fridays – **May 6, June 3, July 15, Aug. 19, Sept. 2, Oct. 7, Nov. 18, and Dec. 2**. TEDs key word search: RIA Fire Department Heart Saver First Aid. Those without access to TEDs should contact the training POC, Timothy Weller at 309-782-6107, to reserve your slot.

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.

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.

Exchange Zone



Rock Island Exchange information is located at:

www.shopmyexchange.com/company/storeDetails.jsp?storeId=1074020.

Sweepstakes, Giveaways and Drawings, Oh My! Exchange Shoppers Won \$800,000 in Prizes in 2021

Army & Air Force Exchange Service shoppers always get great savings and tax-free shopping, but in 2021, hundreds of military community members got a bonus as Exchange sweepstakes winners. Throughout year, the Exchange hosts many military-exclusive sweepstakes and giveaways. In 2021, the Exchange gave away more than \$800,000 in prizes, from popular products to trips to gift cards to cash. (More: <https://publicaffairs-sme.com/ExchangePost/2022/04/14/sweepstakes-giveaways-and-drawings-oh-my-exchange-shoppers-won-800000-in-prizes-in-2021>)

Commissary Corner



Rock Island Commissary information is located at: www.commissaries.com/shopping/store-locations/rock-island-arsenal

DeCA's April 11-24 Sales Flyer Includes Promotions Specific to Easter, Earth Day Along With Commissary Rewards Card Instant Savings and 'BOGO' Deals

The Defense Commissary Agency's Sales Flyer for April 11-24 offers customers opportunities to save even more by purchasing promotional products. Featured in this flyer are savings specific to Easter and Earth Day, for example, canned goods like Del Monte and Dole vegetables, pineapple, and fruit as well as baking goods like College Inn chicken broth, select hams from Hillshire Farm, Smithfield, Tofurky, Sugardale, Kentucky Legend and Superior's, choice beef top round London broil, and fresh asparagus, strawberries and pineapples. The Easter sale ends April 17. (More: www.commissaries.com/our-agency/newsroom/news-releases/decas-april-11-24-sales-flyer-includes-promotions-specific-easter)

Commissary Now Open On Mondays

Spring has sprung and so have the savings at your Rock Island Commissary. There is no need to hunt for deals this Easter, [click here for our new sales flyer for March 28 - April 10](#). In addition, the Commissary is now open on Mondays on a limited basis. Hours of operation on Mondays will be from 10 a.m. – 4:30 p.m., with Self Check Outs (SCO's) available for your purchases and convenience. The Commissary Click2Go will have pick up times every 1/2 hour from 11 a.m. – 4 p.m.

- Monday, 10 a.m. – 4:30 p.m.
- Tuesday, 8 a.m. – 6:30 p.m.
- Wednesday, 8 a.m. – 6:30 p.m.
- Thursday, 8 a.m. – 6:30 p.m.
- Friday, 8 a.m. – 6:30 p.m.
- Saturday, 8 a.m. – 6:30 p.m.
- Sunday, Closed

If you have any questions or concerns, we are available to you via phone or email. Thank you for your service and for shopping your Commissary.

Arsenal Archive



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

RIA Museum Closed For Renovation

The Rock Island Arsenal Museum is undergoing a \$1.5 million renovation. The project includes the biggest modernization of the museum in more than 50 years. The renovation will refocus the exhibits on the history of the U.S. Army's organic industrial base, Rock Island Arsenal, and the Arsenal's current role in producing Army readiness. It is part of the U.S. Army Museum Enterprise's five-year reform effort to refine its collection and enhance education and training capabilities at its 47 field museums. To provide a sneak peek of the new exhibits, a series of virtual presentations will be held this summer outlining the new interpretation and exhibit design. Stay tuned for updates on the [Museum's Facebook page](https://www.facebook.com/RIAMuseum) or website, arsenalhistoricalsociety.org, as it undergoes this exciting process. The museum has been closed since March 2020 due to a nationwide surge in COVID-19 cases. For more information or questions contact 309-782-3518.



Healthbeat



New App Addresses Service Women's Health Care Needs

The Deployment Readiness Education for Service women app gives service women a one-stop resource for some of the most common questions and concerns before, during, and after deployment. The app, developed through collaborative efforts from the Women and Infant Clinical Community, and based upon research by the Navy's Bureau of Medicine and Surgery, Office of Women's Health, provides health information relevant to the unique circumstances women. (More: <https://health.mil/News/Articles/2022/04/01/New-App-Addresses-Service-Womens-Health-Care-Needs>)

RIA at HPCON-Alpha

The senior commander at Rock Island Arsenal authorized a change in the installation's operational status to Health Protection Condition - Alpha, effective April 11. On April 4, the Department of Defense issued a memo updating guidance directing Health Protection Level to coincide with CDC county levels. HPCON Alpha now coincides with Low county transmission. HPCON-Alpha lifts the restrictions on indoor locations. With this change, the following recommendations have been issued by the Department of Defense:

- Less than 100 percent of normal occupancy in the workplace, with telework as appropriate.



- Communicate to personnel how and when to report illness and seek care for potential influenza-like illness.
- Common areas and large venues (e.g., sit-down dining, movie theaters, gyms, sporting venues, and commissaries) should adhere to established cleaning and sanitation protocols.
- DoDEA schools will operate following CDC recommendations and guidelines specific to schools as implemented in operational procedures and guidance from the Director, DoDEA. Children are not required to mask. Any DoD guidance that is more stringent than CDC guidance must be followed.

The change also allows the resumption of installation services. Family and MWR facilities can operate at full capacity; Child Development Centers can open additional spaces for youth; and guests may attend ceremonies and events at full capacity. Senior leadership and health personnel at the Rock Island Arsenal continue to encourage the Arsenal workforce and their families to get the first COVID-19 vaccine. Any questions regarding this change should be addressed through your supervisory chain. For more information, please reference the full DoD memorandum located at <https://go.usa.gov/xuaVG>.

RIA Health Clinic Appointment Number 📞

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

Notes for Veterans



VA Advances Equity in Benefits, Services and Health Care

The Department of Veterans Affairs released its Equity Action Plan, April 14, to eliminate barriers to health care, benefits and services, and create opportunities to improve access and experiences for historically marginalized Veterans. VA’s Equity Action Plan is part of the Biden-Harris administration’s broader focus on advancing equity as outlined in Executive Order 13985, Advancing Racial Equity and Support for Underserved Communities Through the Federal Government. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5782)

Around the Q.C.



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

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

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

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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