



April 27, 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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Veterans' Organizations Can Receive Free Ceremonial Ammunition

The U.S. Army Joint Munitions Command, headquartered at Rock Island Arsenal, provides blank ammunition and clips to American Legion posts, Veterans of Foreign Wars posts, Disabled American Veterans chapters, as well as other veterans' organizations, free of charge, to perform military funeral honors and to use at parades and other events. To order and receive the blank ammunition and/or clips, the veterans' organization must first have weapons issued through the ceremonial rifle program at the U.S. Army Tank-Automotive & Armaments Command in Warren, Michigan. Organizations that use privately-owned weapons or borrow weapons are not eligible to receive ammunition in this program. And only organization officers can request the blank ammunition and/or clips. The Joint Munitions Command is the Department of Defense's expert in ammunition. The blank ammunition is produced at JMC's Lake City Army Ammunition Plant in Independence, Missouri. The



Upcoming Dates

- March-September:** PCS Season
- April 23:** Army Reserve 114th Birthday
- April 24-May 1:** Days of Remembrance for Victims of Holocaust
- April 30:** National Military Brats Day
- April 30:** RIAWC Tour of Homes, 10 a.m. - 4 p.m.
- May:** National Military Appreciation Month
- May:** Asian American and Pacific Islander Heritage Month
- May:** Commissary Awareness Month
- May:** National Mental Health Awareness Month
- May 1-7:** Public Service Recognition Week
- May 1:** Silver Star Service Banner Day
- May 4:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
- May 4:** How to Recognize Child Abuse and Keep Your Child Safe, ACS and [MS Teams](#), 4-5 p.m.
- May 4:** May The Fourth Be With You – Jedi Training, Heritage Hall, Bldg. 60, 5-7 p.m.
- May 4-5:** Colonel Davenport House Opens for Season
- May 5:** Thirsty Thursday, Lock & Dam Lounge, 3-7 p.m.
- May 5:** Rock Island Arsenal Historical Society April Dinner/Program, Lock & Lounge Dining Area, 6 p.m.
- May 5:** Cinco de Mayo Celebration, School Age/Youth Center, 6-7:30 p.m.
- May 6:** Military Spouse Appreciation Day

plant makes more than one billion rounds of small arms ammunition each year for the U.S. military, other government agencies, and NATO allies, including all types of 5.56 mm, 7.62 mm and .50-caliber ammunition. (More: www.army.mil/article/256230)

In Defense of the Arsenal: A Look Back at World War II

If you go to just about any U.S. Army installation in the world, you will notice that they are gated communities with only a few access points to enter the post. These access points are staffed by guards who check your military identification card or, if you don't have one, check. Throughout its history Rock Island Arsenal has alternated between being an open post where the public could come on to the installation at will, and a closed post where a guard, either military or Civilian, controlled who can get on the installation. (More: www.army.mil/article/256140)



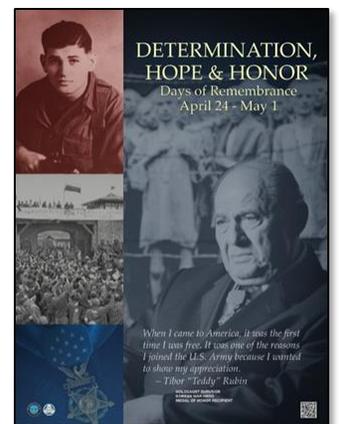
OPM-SANG and Army Contracting Command - Rock Island Collaborate to Keep Mission Running Smoothly

Six months after the integration of U.S. Army Office of the Program Manager-Saudi Arabian National Guard (OPM-SANG) contracting into Army Contracting Command-Rock Island's (ACC-RI) purview, staff say they are already seeing benefits of the transition. OPM-SANG is a cooperative program between the U.S. Army and the Kingdom of Saudi Arabia that supports the Saudi Arabian National Guard. Contracting actions for OPM-SANG were previously executed in Saudi Arabia until September 2021, when the mission was transferred to ACC-RI's Power Projection & Base Readiness Directorate (PP&BR). Two branches within PP&BR provide support to Saudi Arabia – one located in the Continental United States (CONUS) and one located Outside Continental United States (OCONUS) on site - via Foreign Military Sales (FMS) cases. (More: www.army.mil/article/256169)



Holocaust Remembrance Day: Determination, Hope and Honor

Fifteen-year-old Elie Wiesel wasn't afraid of anything. He wasn't afraid when the Nazis occupied Romania where he and his family lived. He wasn't afraid when his family was forced to relocate to a ghetto near the town of Sighet — now called Sighetu Marmatiei. Even in May 1944, when under German pressure, Romanian authorities began rounding up the Jews in the ghettos, to include his family, Wiesel wasn't afraid. "I wasn't worried," said Wiesel in an interview with CNN shortly before his death in 2016. "We had no idea Auschwitz existed." However, once he and hundreds of other Jews were packed into cattle cars for their trip to Poland, Elie knew something terrible was happening. Upon arrival at Auschwitz concentration camp, Wiesel lied to the guards and told them he was 18 years old. This meant he was marked for work — not for death. This lie saved his life, as 90% of the people from his ghetto, including his mother and one of his sisters, were killed upon arrival at Auschwitz. (More: www.army.mil/article/256008)



April a Month of Celebration and Accomplishment for First Army

April has meant a nearly nonstop celebration of milestones, accomplishments, and reflection for First Army Soldiers, civilians, veterans, and family members. On April 14, a First Army World War II hero had a medical clinic on Rock Island Arsenal named in his honor. Staff Sgt. Waverly Woodson was serving as a combat medic on D-Day when he saved the lives of dozens, and perhaps even hundreds, of fellow Soldiers over 30 hours. He did this despite suffering shrapnel wounds to his groin, back, and thigh. Working through these injuries, Woodson established a first aid station, where he treated other wounded service members. His lifesaving actions included rescuing persons who were drowning, as well as setting limbs, removing bullets, dispensing plasma, and performing a foot amputation, all under enemy fire. (More: www.army.mil/article/256066)



RIA Observes Child Abuse Prevention Month

The Rock Island Arsenal Army Community Service's Family Advocacy Program conducted a wreath dedication ceremony on April 15 to bring attention and awareness to Child Abuse Prevention Month. The ceremony not only featured a large blue and white wreath, but also a small "garden" of pinwheels, a keynote speech from the garrison commander and the signing of a large blue "awareness rock" dedicated in October 2018. Col. Todd Allison, garrison commander, U.S. Army Garrison Rock Island Arsenal, addressed the subject of child abuse and the challenges facing leadership and society in increasing awareness about such a difficult subject. "Coming out of COVID, we're seeing in the last two years that society had more stress on them than ever before and, unfortunately, that stress probably manifests itself in complicated situations," said Allison. "Child abuse is not happening just because people are abusing. It's happening because there are other stressors in their lives. (More: www.army.mil/article/256082)



How a Military Apprenticeship Program Prepares Service Members for Good Jobs

When most people think of apprenticeships, they think of the building trades, or other industries where employers and workers can mutually benefit from hands-on training through paid and credentialed programs. And though there are many apprenticeships in those fields, apprenticeships are also providing the same type of proven training and results for another major employer in the U.S. – the armed services. In fact, the United Services Military Apprenticeship Program (known as USMAP) is the largest single apprenticeship program registered with the U.S. Department of Labor, and dates back to the mid-1970s, when it was originally started by the Navy. Real-world benefits for service members USMAP is open to active-duty, guard and reserve service members from all branches of the armed services. In fiscal year 2020, USMAP had over 122,000 active apprentices, including over 29,000 women. (More: www.dvidshub.net/news/41920)



DOD's Great Strength Is its People, Undersecretary Says

The Defense Department's greatest strength is its people, and DOD is proud to represent the 3.3 million service members and DOD civilians who defend the nation every day and their families who serve alongside them, Gilbert R. Cisneros Jr., undersecretary of defense for personnel and readiness told a Senate panel today. Speaking before the Senate Armed Forces subcommittee on personnel, Cisneros said one of the earliest addresses DOD Secretary of Defense Lloyd J. Austin III made to the total force focused on how taking care of people was a national security imperative. "This administration has shown both in their words and actions that DOD will invest in our greatest strategic advantage. This commitment is evident in the FY 23 defense budget requests and our personnel policy efforts," the undersecretary said. (More: www.defense.gov/News/News-Stories/Article/Article/3012764)



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>)



Public Service Recognition Week

38 Years of Honoring Public Servants and Connecting Citizens with Their Government

Public Service Recognition Week is a week dedicated to honoring our public servants. Since 1985, Public Service Recognition Week has been celebrated the first week of May, beginning on the first Sunday of the month.



PUBLIC SERVICE
RECOGNITION WEEK

PSRW will be observed from **Sunday, May 1, until Saturday, May 7**, this year. Public Service Recognition Week (PSRW) is organized annually by the Public Employees Roundtable, and its member organizations to honor the men and women who serve our nation as federal, state, county

and local government employees. Public Service Recognition week is included in National Military Appreciation Month. Throughout the country, mayors, governors, agency leaders, communities and public service organizations participate in PSRW by issuing proclamations; hosting award ceremonies and special tribute events; and delivering messages about the value of public service. Public Service Recognition Week encourages government leaders and public servants from all backgrounds to participate, by showing appreciation to their employees and colleagues and by sharing their stories of excellence in public service.

Upcoming Flight Missions on RIA

The Iowa National Guard will be conducting CH-47 helicopter flight operations in the vicinity of Memorial Field on **Wednesday, May 4**. RIA law enforcement will provide traffic and pedestrian control to maintain safety during operations. Roads adjacent to Memorial Field will be closed for up to 10 minutes at approximately 8:45 a.m. for landing and again for up to 10 minutes at approximately 10:30 a.m. for take-off to facilitate safe air operations. Traffic will be allowed to move while the aircraft is on the ground.

Morel Mushroom Hunting Prohibited on Arsenal Island

Due to operational security, liability, and safety issues, Morel mushroom hunting and picking is prohibited throughout Arsenal Island. This includes both the general public, the Arsenal Island workforce, and RIA housing residents. Morels are one of the most desired wild mushrooms in the world. They are not farmed like most grocery store mushrooms, Cremini, Portobello, Oyster, etc. but gathered in the wild. The part that we eat is the fruiting body of the underground organism called mycelium that has a complex symbiotic relationship with trees. Every spring mushroom enthusiasts, foraging chefs, and an ever growing group of commercial harvesters hunt these little forest treasures. Morels vary tremendously in appearance. Their shape can be oblong to bulbous. Their color can be blonde to grey. Their size can be smaller than your fingertip to larger than your hand. Their most identifiable characteristic is what's typically described as a honeycomb like exterior. Bees are more methodical though. The 'combs' or pits on the outside of morels can be tight or loose and form an imperfect pattern. The inside of morels are hollow and white'ish and up close you can detect a goosebump-like texture. The base of the cap joins to a white'ish stem which can be short or tall and the hollow of the cap runs continuous into the stem (this is important to distinguish it from some false morels).



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 **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.



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.

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



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.

Rock Island Arsenal 160th Anniversary and Armed Forces Day Celebration

The Rock Island Arsenal invites the greater Quad Cities to be a part of our 160th Anniversary and Armed Forces Day Celebration on **Saturday, May 21**, from 9 a.m. to 3 p.m. Rock Island Arsenal welcomes the Quad Cities to come together and thank those who serve in America's Armed Forces. This year's celebration includes military equipment displays, watercraft, armed forces recruiters, history of the Arsenal displays, a large Kid's Zone with a petting zoo, six food trucks, a festival pavilion with local favorite beverages, a spring bazaar, music from "Cody Road Live," and much more. The event will kick off with the America Kid's Run, mascot races, and the Run the Rock 5K & 10K race. Those participating in any of the run/walk events can get registered today at

<http://getmeregistered.com/RIARunTheRock>. Register early for the best price: April adults - \$38, kids - \$18; May adults - \$40, kids - \$20. The food trucks that will be available to satisfy everyone's hunger will include Cindy's Tropical Shaved Ice, Stevie's Eatz (BBQ), Bragg BBQ, Simba's Dog Palace (hot dogs), Chicken Trap (fried chicken), Capriottis Sandwiches, Nellie B's (burgers and ribeyes).



Memorial Day Flag Placement

Cemetery volunteers are needed for placement of American flags on **Thursday, May 26**. The Rock Island National Cemetery is seeking volunteers to place American flags at the headstones of fallen service members in honor of Memorial Day. Work to place the flags will begin at 4 p.m., **Thursday, May 26** rain or shine. Please plan to arrive early due to the incredible support from the greater Quad Cities area, which will result in high traffic into the Cemetery. In the event of severe weather, flag placement will be 4 p.m., **Friday, May 27**. All volunteers need to show up inside the cemetery to receive flags and instructions. For more information, call 309-782-2094. Hotdogs will be served to participants and volunteers at the conclusion of flag placement. Work to remove the flags begins at 8 a.m., **Tuesday, May 31** weather permitting.



Memorial Day Ceremony

A Memorial Day Ceremony will begin at 10:45 a.m., **Monday, May 30** at Rock Island National Cemetery. There will be no parking at the cemetery for this ceremony except for individuals who are wheelchair bound. Parking for all others will be behind Memorial Park in the large lot. Buses will be transporting people from the parking lot to the cemetery and will run 9 a.m. to 1 p.m. Visitors should arrive early to ensure enough time to park their vehicles and be transported to the cemetery. Memorial Park is located off of the main Island road, Rodman Avenue at the corner of East Street. For more information, call 309-782-2094. Memorial Day represents a day of national awareness and reverence, honoring the military men and women who gave their lives in defense of the nation and its values. Memorial Day honors fallen service members while Veterans Day is an opportunity for Americans to publicly recognize living military veterans. Memorial Day was originally known as Decoration Day. It was first widely observed on May 30, 1868, to commemorate the sacrifices of Civil War Soldiers and a day to honor the nation's Civil War dead by decorating their graves. Maj. Gen. John A. Logan, commander-in-chief, Grand Army of the Republic, proclaimed May 30 as Decoration Day by General Order No. 11. The Uniform Monday Holiday Act moved Memorial Day from May 30 to the last Monday in May. The law took effect in 1971 at the federal level. In 2000, Congress established the National Moment of Remembrance on Memorial Day.



Show Support for National Poppy Day

The American Legion Family has called upon Congress to designate **May 27**, as National Poppy Day to expand awareness and provide support everywhere for all who have served and sacrificed in the U.S. armed forces. “The American Legion is pleased to bring Poppy Day to the United States, joining countries around the world who use the symbolic flower to remember our fallen and support the living,” American Legion National Commander Charles E. Schmidt said. (More: www.legion.org/poppyday)



Visit a Toastmasters Club

Toastmasters International is a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders. Improved skills can benefit your community, your corporation, your family, and you, personally. For information about local Toastmasters clubs, please visit www.toastmasters.org or contact Mike at immikecox@gmail.com.

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 is closed from April 18 through **Friday, June 17**, to conduct Phase 2 of the East Street Construction Project including sewer, sidewalk and road replacement work. There is not any on-street parking allowed on East Street adjacent to Building 68 (First Army) during this period. Residents in East Circle 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) 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 remains open from Ramsey Road/King Drive to the Building 56 north parking lot entrance and Building 90 north parking lot entrance. Signage and barricades are in place for safety and traffic control.

East Street Sidewalk Closure

Directorate of Public Works will close the sidewalks on both sides of East Street from Rodman Avenue to the Building 56 and Building 90 North Entrances in order for the contractor to replace them as part of the ongoing East Street project. The sidewalks will be closed from **Monday, April 25 through Friday, Aug. 5**. Signage and barricades will be placed for safety. As this is an active construction zone with trucks and heavy equipment, personnel are requested to avoid crossing barricades and transiting areas under construction.

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



DoD Celebrates Military Spouse Appreciation Day

This year's Military Spouse Appreciation Day is **May 6**. Traditionally, it is the Friday before Mother's Day, building on the idea that 92% of military spouses are female, C. Eddy Mentzer, associate director of military community support programs for the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy, said. Although the commemoration is only for a day, installations around the globe have a variety of spouse appreciation events throughout the month, as do many military and veteran service organizations. Military OneSource has a variety of events on various days in May. Mentzer said the premier Military OneSource event this month is a three-day virtual symposium specifically designed for the military spouse community, scheduled for May 10 to 12. (More: www.defense.gov/News/Feature-Stories/Story/Article/3015032)



USO Military Spouse Appreciation Week

The USO is recognizing the service and sacrifices of military spouses with USO Military Spouse Appreciation Week. As always, all USO center and program offerings are complimentary for the currently serving military community. From **Sunday, May 1 – Friday, May 6** the USO is celebrating military spouses with in-person and virtual events:

- Sunday, May 1: Escape Room Challenge, 2:45 p.m. – Skellington Manor, Rock Island: Join us for a thrilling interactive adventure where our guests will have 60 minutes to either

recover a stolen stash of jewelry or find a famous gangster's hidden cache of evidence before he returns to the speakeasy.

- Monday, May 2: Virtual Bingo, 7 p.m. – Join the USO for a night of virtual Bingo fun. Meet other military spouses from throughout the Midwest region and win prizes.
- Tuesday, May 3: Virtual Cooking Class, 5 p.m. – Join the USO as our special guest chef, who's also a military spouse, teaches us how to make our own sauce for pizza and pasta. Get your ingredients and kitchen ready for a fun and tasty meal for your entire family.
- Wednesday, May 4: Coffee Connection, 10 a.m. – USO Rock Island Center: USO Coffee Connections were created for military spouses to connect over a cup of coffee, craft, or activity and make new friends. Come as you are and join us as we host this event for you to make lasting friendships, learn more about your community, and find local resources to help you throughout your military journey.
- Thursday, May 5: Virtual Yoga, 10 a.m. – Join the USO for a morning virtual yoga session. Meet other military spouses from throughout the Midwest region and relax your mind.
- Friday, May 6: Dinner and Music, 5 p.m. – Bayside Bistro, Rock Island: Join the USO as we celebrate Quad City area military spouses with a private dinner and live music from one of the region's top guitarists. Registration to open soon.

Throughout the week, stop by the USO in Building 110 to pick up your Military Spouse Appreciation Gift Bag. Please visit illinois.uso.org/events for more information and to register.



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>

Severe Thunderstorm Safety

Severe thunderstorms are officially defined as storms that are capable of producing hail that is an inch or larger or wind gusts over 58 mph. Hail this size can damage property such as plants, roofs and vehicles. Wind this strong is able to break off large branches, knock over trees or cause structural damage to trees. Some severe thunderstorms can produce hail larger than softballs or winds over 100 mph, so please pay attention to the weather so you know when severe storms are possible. Thunderstorms also produce tornadoes and dangerous lightning; heavy rain can cause flash flooding. These hazards are covered in more detail under the tornado, lightning safety and flood safety websites. (More: www.weather.gov/safety/thunderstorm)

Equal Employment Opportunity Focus

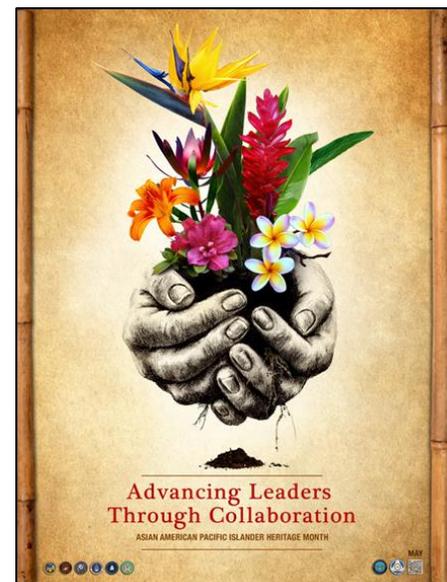


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It is the policy of the Department of Army to provide equal opportunity in employment for all people and to prohibit discrimination in employment because of race, color, religion, sex, national origin, age (40 and over), disability, genetic information,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

Asian American Pacific Islander Heritage Month

Asian American Pacific Islander Heritage Month celebrates the important contributions of individuals of Asian/Pacific Islander descent to the nation, both historically and in today's society. The month of May was chosen for this commemoration because it marks the anniversary of the arrival of the first Japanese immigrants to American on May 7, 1843, and the completion of the transcontinental railroad by predominantly Chinese laborers on May 10, 1869. The theme for 2022 is "Advancing Leaders Through Collaboration." The Army commemorates and celebrates the contributions of Asian and Pacific Islanders to the nation and the Army. Asian and Pacific Islander American warriors have served in America's Army since the Civil War. The 442nd Regimental Combat Team, the all Japanese-American unit from WWII, is still one of the most highly decorated units in military history. This distinguished unit earned 9,485 Purple Hearts, eight Presidential Unit Citations, and 21 of its members were awarded Medals of Honor. In October 2017, Congress awarded the Congressional Gold Medal to Filipino veterans of World War II in honor of 260,000 Filipinos who fought alongside American forces during the war. (More: www.army.mil/asianpacificamericans) ([2022 White House Proclamation](#))



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.

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.

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 American'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>.

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



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.

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.

Quarters One Historic Tour

Join us for our Quarters One Historic Tour on **Saturday, May 7** and choose between one of two tours at 10 a.m. and 1 p.m., cost is \$15 per person. On Mother's Day weekend treat your mother to a tour of historic Quarters One. When Quarters One was still being used as military quarters, this majestic and historic Italianate-style mansion, with 51 rooms and 21,965 square feet, was the second-largest residence in the federal government system — second only to the White House. Refreshments available after the tour. For more information or to reserve your spot contact the Leisure Travel Office at 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.

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 12:20 p.m.
 - \$169 per person
- Wrigley Field
 - Milwaukee Brewers vs. Chicago Cubs
 - **Sunday, Aug. 21,** game time at 12:20 p.m.
 - \$159 per person

Contact the Leisure Travel Office to purchase your seat at 309-782-5890

Princess Etiquette Class

Join us for Princess Etiquette Class on **Saturday, June 11** at 10 a.m. at Quarters One. Cost is \$30 per student. Our MWR Princesses will be offering an etiquette class designed to instruct your little Princess or Prince in manners, charm and character development. Students will have a lesson, make a craft and have a graduation ceremony followed by desserts and lemonade. Contact the Leisure Travel Office at 309-782-5890 for more information.

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.

Family Paranormal Investigation

Join us for Family Paranormal Investigation on **Saturday, July 9** at 6 p.m., at Quarter One. Cost is \$30 per person. Is your child interested in the paranormal? MWR is working with Illinois Paranormal Research Group to offer a night of learning and exploring. IPR will have a class on the instruments they use and answer all questions. The investigation will follow the class. This event is offered to children ages 12+ -- limited spaces available... reserve your spot today. Leisure Travel Office 309-782-5890.

Bus Trips Are Back

MWR Leisure Travel Office has planned a day trip to Chicago on **Saturday, July 9**. The cost is \$50 per person. Deadline for sign up and payment is **Thursday, June 9**. Contact the Leisure Travel Office for more information at 309-782-5890. Navy Pier is a 3,300-foot-long pier on the shoreline of Lake Michigan. Navy Pier encompasses more than 50 acres of parks, gardens, shops, restaurants, family attractions and exhibition facilities and is one of the top destinations in the Midwestern

United States, drawing nearly two million visitors annually. Taste of Chicago (also known locally as The Taste) is the world's largest food festival, held for five days in July in Chicago, Illinois in Grant Park. The event is also the largest festival in Chicago.

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)

Cinco de Mayo Celebration

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

MWR's Armed Forces Day Kids Run

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

CYS Teen Council

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

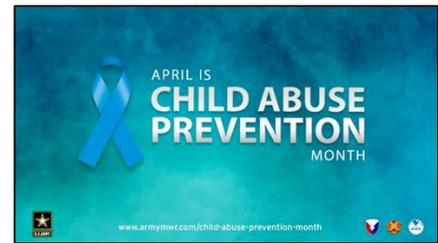
Army Community Service



Army Community Service is an Army-wide community, social service program that provides services that assist Soldiers, Family members, and Department of the Army civilians maintain readiness, develop self-reliance, resiliency and stability. U.S. Army Installation Management Command provides these services through a network of programs that support goals related to recruitment, retention, morale, and operational readiness of the force. ACS on RIA is located in Bldg. 110, 1st floor SE; visit our ACS website <https://rockisland.armymwr.com/programs/army-community-service> or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook click here: www.facebook.com/RIAACS. 24/7 Domestic Violence Crisis Line: 309-912-6089. The ACS center is open Mondays, Tuesdays, Thursdays, and Fridays from 7 a.m. - 4:30 p.m., and Wednesdays from 12-4:30 p.m. ([ACS on MS Teams](#))

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, 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%3ad0d%3af3f10f76250b4841b46fc866ffd659d8%40thread.tacv2/1649797197841?context=%7b%22id%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, 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: eric.t.leffler.naf@army.mil), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>

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. 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. Outdoor Recreation is open Monday through Friday – 8:15 a.m. - 4 p.m. (closed all federal holidays).

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.

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.

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.

Careers with the Army & Air Force Exchange Service Begin at \$15 an Hour

The Army & Air Force Exchange Service is looking for new team members with a passion for serving those who serve, with positions beginning at \$15 an hour. The Exchange, the Department of Defense's largest retailer, operates more than 4,900 retail stores, restaurants and distribution centers in 50 states and more than 30 countries. (More: <https://publicaffairs-sme.com/ExchangePost/2022/04/26/careers-with-the-army-air-force-exchange-service-begin-at-15-an-hour>)

Commissary Corner



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

May Sidewalk Sales to Offer Discounts on Variety of Everyday Items at Stateside Commissaries

Commissary customers stateside can enjoy significant savings while stocking up on their favorite items during the Defense Commissary Agency's Military Appreciation Month Sidewalk Sale event in May. "We are striving to be our customers' grocery provider of choice," said Bonita Moffett, DeCA's director of sales. "These sidewalk sales help us do that by offering our stateside military members and their families a chance to realize extra savings during Military Appreciation Month." (More: www.commissaries.com/our-agency/newsroom/news-releases/military-appreciation-month-may-sidewalk-sales-offer-discounts)

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)

Rock Island Arsenal Historical Society April Dinner/Program

Join us for the May Rock Island Arsenal Historical Society April Dinner/Program on **Thursday, May 5**, at 6 p.m. in the Lock & Dam Lounge dining area. The program will be presented by Dale Blesz, PhD, Associate Professor of Education at St. Ambrose University and Valerie Woodhurst, U.S. Air Force veteran and St. Ambrose alumni. They will talk about the Veteran's Legacy Project – a project to honor veterans buried in the Rock Island National Cemetery and their legacies. This is a yearlong undertaking about 300 selected veterans of the 24,000 interred there. The effort will include 20 SAU interns spending several months scouring military records, library archives, books and newspaper clippings – and when possible, interview family and friends – to learn about each veteran's participation, their role in the military, and their challenges and successes in life. That information will be part of a curriculum kit that contains 300 cards with biographical information about the veteran. Each card will include the veteran's name, rank, branch of service, a short bio, and photograph. Additionally, using the card's QR code leads to a website with even more information about the veteran's service and their life. Those profiled will have participated in some capacity to uphold American freedom and ideals in conflicts dating from the Civil War. Some lost their lives in battle and others experienced life, happiness, heartache, and success beyond their military involvement. The 500 kits will be donated and delivered to K-12 schools and public libraries throughout the region and the finished project will be publicly unveiled and celebrated on Veterans Day 2022. The program will follow a dinner of chicken mushroom Alfredo, vegetable, rolls and butter. The cost of the dinner \$15. Reservations are due by noon on **Monday, May 2**. To make your reservation, please contact one of the following individuals: Linda Miller at 563-355-6165 or Linda at chiicaliinda@aol.com; Julianne Hardy at 563-343-5637; or Jim Jochum at

jochum2823@msn.com. Dinner cancellations must be made by the reservation deadline or you will be liable for costs incurred and billed accordingly. No cost for attending the program only.

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. For more information or questions contact 309-782-3518.



Healthbeat

Do Sports / Energy Drinks Enhance Individual Performance?

Sports drinks claim that they "increase performance," "rehydrate," and "refuel." What does this mean and should you include them as part of your work out? What do sports drinks have in them? Sports drinks contain electrolytes and carbohydrates (energy or fuel source). Carbohydrates replace the energy used to fuel your workout. Dextrose and high-fructose corn syrup are two commonly used energy sources. (More: <https://health.mil/news/articles/2021/04/12/do-sports--energy-drinks-enhance-individual-performance>)

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.tricareonline.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 Establishes Presumptive Service Connection for Rare Respiratory Cancers for Certain Veterans

As part of President Biden's Unity Agenda commitment to support the nation's Veterans, the Department of Veterans Affairs is adding nine rare respiratory cancers to the list of presumed service-connected disabilities due to military environmental exposures to fine particulate matter. The following list of rare respiratory cancers have been added to VA's regulations through an Interim Final Rule published in the Federal Register on April 26, 2022. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5786)

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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