

The Wellness Room Committee Needs You

By **Jacqueline Chandler, Planning, Programs and Project Management**

You might have heard about the Rock Island District Wellness Committee and have probably attended their fund-raisers and the Corps Day festivities, which they sponsor. But have you ever heard about the Wellness Room or the Wellness Room Committee? If you have not been up to the Wellness Room, located on the fourth floor of the Clock Tower, you should visit it. It is never too late to begin to be healthy.

A committee of volunteers maintains the room, along with co-chairpersons Jacqueline Chandler, Planning, Programs and Project Management, and Pam Dannacher, Engineering Division, and is currently trying to improve the conditions of the room.

Scheduled upgrades include painting the room, fixing the large hole that is behind the "Field of Dreams" poster, putting up plexiglass behind the chin-up bar, and replacing some of the equipment which, is either wearing out or not very user-friendly.

We also have other activities that will be scheduled throughout the year. Currently, the Fitness Challenge is underway in which participants are challenged to complete 2,001 minutes of exercise over the next few months.

If you have missed this activity, don't worry. We plan to run a separate challenge beginning in November for a "No Gain" holiday season. During this time, we will have special tips for

not over-eating at parties, ideas to maintain better mental health during the stress of the season, and recipes for lightening up the usual holiday fare.

Beginning Nov. 1, please check the Wellness Bulletin Board for the Wellness Tip of the Day.

Also in early November, we will be having a soup and salad fundraiser. We hope to have more fundraisers with an emphasis on healthy eating and several lunch-and-learns on healthy eating and general wellness.

Once again we are planning on doing a "Pie in the Eye" fundraiser, so see if you can get your boss to sign up to be hit with a whipped cream pie. The bidding war was fairly spirited last year, and even the commander did not escape a pudding pie in the face.

This year, we will only be using whipped cream for the pies, so it will be less messy, but still loads of fun.

If you think that all of this seems entertaining, please volunteer to help out. There will be plenty to do in the coming months. We need people who would like to help with fundraising, maintaining the equipment in the Wellness Room, as well as people to help search out the best equipment for purchase.

Any one wishing to volunteer should contact either Jacqueline Chandler, at ext. 5582, or Pam Dannacher, at ext. 5649. 🏠



ARMY BENEFITS CENTER TIGHTENS SECURITY

Civilian employees throughout the North Central Region started to take advantage of their federal benefits in late March using the new Army Benefits Center for Civilians.

ABC-C provides automated benefit services, retirement, thrift-savings plan, and health and life insurance, to more than 20,000 employees in the region's six-state area (Illinois, Wisconsin, Minnesota, Michigan, West Virginia, and Pennsylvania), and military technicians with the U.S. Army Reserve Command located throughout the world.

Although the service has been available for more than seven months, only 30 percent of Army civil service employees eligible to use it, have taken advantage of it.

The ABC-C website has recently added a new security screen.



Employees must now create a "User ID" and a password in order to access ABC-C information, www.abc.army.mil.

The extra security level was created to help ensure employees transactions are safe over the automated system.

If employees do not have computer access or they want to talk to a benefits counselor, they can use the Interactive Voice Response System to discuss and complete benefits transactions. IVRS is an automated self-service system you can access from a touch-tone telephone (1-877-276-9287).

If District employees have any problems with the web-based system, please contact ABC-C directly (1-877-276-9287) or Kathy Palmer at the District Civilian Personnel Advisory Center, (309)-794-5840. 🏠



Diane Venenga, police officer, North Liberty, Iowa, speaks with children about bicycle safety at Sugar Bottom Campground, Coralville Lake.

Safety Can Be Fun

Story and Photo by Scott Ford, park ranger, Coralville Lake

If safety is a learned habit, the young campers at Coralville Lake, Iowa, are off to a good, safe start. As part of the never-ending quest to assure the recreation safety of all campers, Park Ranger Jeff Nelson organized a special event at Sugar Bottom Campground.

On Sept. 2, Nelson, along with North Liberty Police Officer Diane Venenga, hosted a bicycle safety program for children and their families. The program was well received as 40 bicycle-riding children attended the event. Venenga talked about bicycle maintenance issues, as well as using proper hand signals, appropriate clothing and the rules of the road.

Nelson graphically illustrated the

importance of wearing a helmet. He did this by dropping two human-like gelatin brains on the floor. One was protected inside of a standard bike helmet, and the other was not. The results created an indelible image in the minds of all who witnessed the test.

Nelson also displayed a "safety bike," donated for the event by Northtowne Schwinn of Cedar Rapids, Iowa. The bike was outfitted with mirrors, reflectors, a headlight, a multi-flashing rear light, and comes with special reflective clothing for the operator.

The safety program included a riding course laid out in traffic cones so the children could safely practice their newly acquired biking skills.

Coralville Lake's cooperating association -- the Iowa City Area Science Center, provided streamers and balloons for the children to decorate their bikes.

At the conclusion of the program, three different age-group winners were chosen and each first-place winner received a bicycle helmet, courtesy of Mercy Hospital in Iowa City, Iowa.

As if the group couldn't get enough, they topped off the event by parading through the campground, led by Officer Venenga.



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