

# FORT LEONARD WOOD, MISSOURI



## Community Forum



### FLW & Community Leadership Information Forum July 2016



July 2016

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**Synopsis:**

The Fort Leonard Wood Garrison Command hosts a Community Leadership Information Forum each month, designed to provide a better understanding of community issues, share information and upcoming events, and network. Your attendance is key for the betterment of our community! Fort Leonard Wood invites you to get involved and join the conversation.

The “Community Forum” link can be found on the Fort Leonard Wood Home Page. Your One-Stop access to the Events Newsletter, Calendar and archived data.

<http://www.wood.army.mil/newweb/>

Your attendance is key for the betterment of our community members. All Families, Retirees, Civilians and Military are welcome and encouraged to attend. Children welcome!

**Agenda:**

- Community Information Forum, 26 Jul 2016
- Facilitator: Ms. Kathy B. Aydt
- Location: PCC
- Time: 1000 – 1130
- Speakers: 1030
- Open Forum to Follow

**Upcoming Forum:** Attendance at last forum (80)

Date	Location	FOCUS	Submission Deadline
27 Sept	PCC	See Agenda	20 Sep 2016

POC for submissions to the Community Information Forum Newsletter is Vicki Reed, Garrison Command Administrative Officer, 563-5788. Information submissions are preferred by E-mail to [vicki.l.reed1.civ@mail.mil](mailto:vicki.l.reed1.civ@mail.mil)

**Feedback:**

Do you have a question/concern that you would like a response to?  
 An organization, event, or activity that others can benefit from?  
 Let us know - SCAN the QR Code to the left & send in your  
 Comment / Questions / Concerns.  
 OR go online to [www.fortleonardwoodmwr.com/WWForm.php](http://www.fortleonardwoodmwr.com/WWForm.php)

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**American  
Red Cross**



**POC: Peter Buttner**, SAF Regional Program Manager  
Gabriela Gallagher, Station Chair

Main Office: Bldg. 496 (corner of Constitution & Replacement)  
Phone: 573-596-0300

Hospital Office: Mary Patrick Stewart, Hospital Chair  
Room 652, Phone: 596-1785

Email: [leonardwood@redcross.org](mailto:leonardwood@redcross.org)

Like us on Facebook at [facebook.com/arcfortwood](https://www.facebook.com/arcfortwood)

**Deadline  
July 7, 2016**

## Dental Assistant Program



American Red Cross



Fort Leonard Wood DENTAC

### INTERESTED IN A DENTAL ASSISTANT PROGRAM?

The Dental Assistant Training Program is designed to provide basic education and skills needed to successfully provide volunteers with transferrable skills, while providing support to the Dental Activity (DENTAC).

This is a valuable training opportunity where the dental trainees MUST be willing to commit to the seven (7) month period required for completion, with a minimum of 1000 hours required.

Duty day will be from 0715-1630 Monday – Friday.

It is mandatory that each trainee attend the entire program and complete every rotation.

- ❖ Applications are now available.
- ❖ Must be Military/Department of Defense ID card holders over the age of 18.
- ❖ There is no cost for trainees in this program.
- ❖ Candidates will be chosen on the basis of application, essay and individual interviews.
- ❖ Child care **WILL NOT** be provided.
- ❖ **Deadline to turn in applications will be July 7, 2016, no later than 10 am.**
- ❖ Interviews are July 11, 2016.
- ❖ **Class begins August 15, 2016.**

### START HERE FOR A GREAT OPPORTUNITY

#### American Red Cross

Bldg. 496, Corner of Constitution & Replacement Ave.

Monday – Friday 0800 – 1600

Ph: 573-596-0300

Email: [leonardwood@redcross.org](mailto:leonardwood@redcross.org) with subject: DAP Program



➤ **HeroCareNetwork**

### **How to Contact the Red Cross for Assistance**

The American Red Cross Hero Care Center is available 7 days a week, 24 hours a day, 365 days a year, with two options for requesting assistance, online and by phone.



#### **Submit a Request Online**

You can initiate a request for Red Cross emergency assistance for members of the military currently serving on active duty by using the online self-service tool. Using a computer, smart phone or tablet, you can start a request for services and track its progress from anywhere in the world.

To speak to a Red Cross Emergency Communications Specialist call: 1-877-272-7337.

<http://www.redcross.org/get-help/military-families/emergency-communication>

➤ **Disaster Preparation**



For more information, please visit [redcross.org](http://redcross.org)!

➤ **Red Cross Training - Get Trained & Certified**

Visit <http://www.redcross.org/ux/take-a-class> or call the Training Support Center (TSC) at 1-800-733-2767 (REDCROSS) for assistance or to answer any of your questions regarding Health & Safety Training.

- **Blended & Classroom**
  - First Aid/CPR-AED
  - Instructor First Aid/CPR-AED

- **Online Courses (ongoing)**

- Babysitting Basics (online course)  
This course is designed primarily for youth ages 11 and older.
- Advance Childcare Training  
This course teaches the knowledge and skills necessary to responsibly care for children and infants in and outside of the home.
- Have a group of people (8 or more) needing training? The Training Support Center can assist with getting classes scheduled for your organization or groups.

- **Blood Drive**

To sponsor and/or schedule a blood drive please contact Tyler Tharp at [tyler.tharp@redcross.org](mailto:tyler.tharp@redcross.org)  
314-202-3084 or 573-680-0813

Every Donation Helps Save Up To 3 Lives!!!



ARMED SERVICES YMCA

**ARMED SERVICES YMCA OF MISSOURI (ASYMCA)**

**POC: EXECUTIVE DIRECTOR, 329-4513, [ymca@centurylink.net](mailto:ymca@centurylink.net); [www.asymcaMO.com](http://www.asymcaMO.com)**

**See us on Facebook: Armed Services YMCA-FLW**

Email address: [ymca@centurylink.net](mailto:ymca@centurylink.net)

Mailing address: PO Box 3002, Waynesville, MO 65583

Phone numbers: 573-329-4513 or 573-774-9988

**Weekly Activities:**

Tuesdays,	10:30	Story Hour at Clarke Library – Clarke Library
Wednesdays	12:30	Story Hour at Clarke Library – Clarke Library
Thursdays	9:30	Mom & Me Craft Class at <b>Waynesville ASY</b>
After School Adventures:		Thayer - 1x month/TBA

**NO INFORMATION PROVIDED**



The Fort Leonard Wood ACS is fully accredited and provides numerous supportive, informational, educational, and networking opportunities. All activities are held at Building 486, the ACS Center unless otherwise indicated. The Chief of ACS is Mr. Dan Furlano, 573-596-0212 or [Daniel.furlano1.civ@mail.mil](mailto:Daniel.furlano1.civ@mail.mil).

### **FAMILY ADVOCACY PROGRAM**

For more information or to register for the below mentioned Family Advocacy Classes please call Debra at 596-0212 or e-mail [debra.l.ward14.civ@mail.mil](mailto:debra.l.ward14.civ@mail.mil)

**ANGER MANAGEMENT:** This is a six-week class that focuses on understanding the dynamics of anger while learning anger management techniques. **Next session will start 5 October at 1130.**

**SCREAM FREE PARENTING:** Learn how to guide your children's behavior without screaming. The fall session will begin **17 Oct starting at 1130.**

**BUNDLES OF JOY:** A six-week class for new and expecting parents is offered quarterly. Topics include *Bonding, Swaddling, Child Proofing, and Budgeting for the New Addition*. The next session starts on **Monday 17 Oct at 1400**. Please call to register.

**24-7 DAD:** A 24-7 Dad provides, love, nurturance and guidance around the clock. Identify the role you want to play in the lives of your children. **Date: 19 Nov, 0900-1500 at ACS.** Please call to register.

**SCREAM FREE MARRIAGE:** Family Advocacy Program offers *The Six Principles of a Scream Free Marriage* for your Unit, FRG or organization. We will come to you or call to register for the next session: **Tuesday evenings starting 25 Oct 1730-1930 and lasting for 4 weeks.** Please call to set up a date.

**FAMILY VIOLENCE PREVENTION CLASSES** are available for Family Readiness Groups. Topics include *Healthy Relationships, 24/7 Dad, Scream Free Marriage, Identifying and Reporting Suspected Abuse, Preventing and Responding to Family Abuse (spouse, intimate partner, child), and Stress and Anger Management*. To schedule a class please call Debra.

**PLAY MORNING:** Will be on **Mondays, 10:00-11:00 am** in the gym at Pippin Youth Center on Young Street. Children between the ages of newborn and five years are eligible. Parents and children interact with each other as well as other children and their parents.

**BRIGHT START (PLAY GROUP):** Held **Thursday's from 09:00-10:00 am and 10:30-11:30 am**. Children between the ages of newborn and three years are eligible. The children will enjoy hands on activities and interaction with other children.

**EXCEPTIONAL FAMILY MEMBER PROGRAM** For more information or to register for the following Exceptional Family Member Program Groups or Classes please call

596-0212 or e-mail [cynthia.k.holloway.civ@mail.mil](mailto:cynthia.k.holloway.civ@mail.mil).

**SCREAMFREE PARENTING:** Offered by EFMP. Please call Cinda for dates and times.

**EFMP OPEN RECREATION:** ACS hosts recreational activities for families with a child enrolled in EFMP. Come and enjoy activities in a non-traditional environment. Call Cinda for dates and times at 596-0212.

**AUTISM SUPPORT GROUP – Bowling/Miniature Golf –** Call for dates and times.

**MUSIC GROUP FOR CHILDREN WITH AUTISM:** A weekly event on **Mondays starting at 5:30 pm** for children/parents to learn social and communication skills through music.

**AUTISM SUPPORT GROUP:** For Families with a member who have autism – First and Third Wednesday from **0900-1000** at the Pulaski County Board for the Handicapped at 105 Ichord St. Call Cinda for more information.

**AUTISM SUPPORT GROUP AFTERNOON AT THE MOVIES:** Sensory friendly movie offering lower sounds, higher lighting, guided discussion on sensory needs and use of characters to demonstrate real-life situations. **First Saturday of the month. Call Cinda for time and location.**

#### **RELOCATION READINESS PROGRAM (CAROL PATTON 596-0212)**

**COMMUNITY ORIENTATION:** Community Orientation is part of a seven day cycle for in-processing Soldiers called Arrive Strong. The orientation is held at the USO every Thursday from 0815-1515 hours. Spouses are highly encouraged to attend. Please call 596-0136 for further details.

**COUNTRY SPECIFIC OVERSEAS ORIENTATIONS:** Going overseas? ACS now offers weekly Country Specific Orientations for Alaska, Germany, Korea, and Hawaii. Please call for further details.

**INDIVIDUAL PCS PLANNING:** One-on-one consultation for anyone needing assistance planning their move. Receive information on housing, budgeting, jobs, financial planning, moving with children, general moving preparation, and many other moving related topics.

**FOREIGN BORN SPOUSE SUPPORT:** Whether your question concerns immigration, naturalization or learning the English language, the Relocation Readiness Office provides assistance.

**SPONSORSHIP TRAINING:** Military One Source provides an on-line Sponsorship Training. The eSponsorship Application & Training (eSAT), <https://myhub.militaryonesource.mil>, is user-friendly, self-paced and takes about 40 minutes to complete. An official 'Training Certificate' is provided to the Soldier upon completion. The on-line training also provides a by name record of training. Track the sponsors trained by name or unit. Reports are available to unit leaders for use in tracking sponsors trained. In order to use the reports, a person must be registered in the Defense Installation Messaging System (DIMS), <http://apps.militaryonesource.mil/dims>. For more information contact Carol Patton at 596-4950/0212.

**HEARTS APART PROGRAM:** Offers support for waiting Families by linking Family members and children with other Families who are left behind due to the sponsor's mission requirements. Spouses have the opportunity to informally meet others in the same situation, share information and fun activities, and learn coping skills from the experts.

**OVERSEAS ORIENTATION:** Mandatory for AIT Service members prior to clearing Fort Leonard Wood for Permanent Change of Station overseas. Speakers provide beneficial knowledge on necessary topics to decrease difficulties in adjusting to the overseas relocation. Upon completion of orientation all AIT Service members are provided an AG Overseas Orientation Clearance form, FLW Form 1493. Service members are required to have this form prior to clearing Fort Leonard Wood for Permanent Change of Station overseas. Overseas Orientations are **every Tuesday** and can be scheduled by contacting the Relocation Readiness Office, 596-5354/4950. AIT units should schedule an orientation no later than three weeks prior to graduation to preclude scheduling conflicts.

**WELCOME PACKETS:** We provide packets for any Installation requested. Welcome Packets provide information about the Installation along with important contact numbers.

**LOAN CLOSET:** For Soldiers with Family members on PCS orders, basic household items are available to borrow while you are in transition. Typical items include pots and pans, dishes, silverware, irons, ironing boards, sleeping pads, port-a-cribs, high chairs and more.

### **EMPLOYMENT READINESS PROGRAM**

**EMPLOYMENT READINESS CLASSES** are offered to Family members of active duty, Retired Military and Family members of DOD Civilian employees. If you are new to the area, and looking for something to pass your time, or seeking employment to bring in a second income; why not get a head start by attending a special workshop just for you? For more information on classes being offered, please email or call Karen Hall or Daniel Danzo to reserve your seat at [karen.s.hall2.civ@mail.mil](mailto:karen.s.hall2.civ@mail.mil) or [daniel.a.danzo.civ@mail.mil](mailto:daniel.a.danzo.civ@mail.mil) or phone 573-596-0212. Participants must call 24 hours in advance to register.

**RESUME WRITING:** Do you want to have a professional looking resume that will catch the eye of any employer? Please attend this necessary, informative and fun class! Participants will have the opportunity to learn how to create a simple resume in the correct format and to identify the important key skills that will help them get into the job market.

**INTERVIEWING TECHNIQUES:** Do you have questions about the “do’s and don’ts” of employment interviews? This session offers participants the opportunity to discuss interview strengths and weaknesses with the instructor and learn what to expect during a job interview session.

**APPLICATIONS & COVER LETTERS:** Would you like to learn the correct way to complete an employment application and format a cover letter that will positively catch the attention of an employer? This class will provide proper training and instruction on these two subjects.

**NETWORKING/CAREER EXPLORATION: (Family members)** Networking contacts are one of the main tools successful job seekers utilize to identify and secure permanent employment. Learn how to use this valuable job seeking technique! The Career Exploration class allows participants the opportunity to engage in discussions to better understand the process of developing a career plan by assessing career goals, skills and abilities to make an ordinary job into a satisfying career. Come and explore your career options with us.

**DRESSING FOR SUCCESS:** This class will instruct participants on how to dress for the initial interview in order to get the job they want and the ‘do’ and ‘don’ts’ on dressing properly in the work place.

### **FINANCIAL READINESS PROGRAM**

Please call 596-0212 to register for the following classes, to schedule an appointment with a financial counselor, or if you would like more information please ask for Shinae Young or email [shin-ae.k.young.civ@mail.mil](mailto:shin-ae.k.young.civ@mail.mil).

**BUDGET AND BANK ACCOUNT MANAGEMENT:** Designed for those interested in managing their finances in a more proactive way. Learn how to prepare and follow a monthly budget, develop a spending plan, manage a checking or debit card account, see how to handle basic debt and credit considerations, and participate in hands-on practices and scenarios.

**MONEY & THE MOVE:** Learn ways to plan and prepare to be financially ready for your PCS move. Information on developing spending plans, entitlements, travel costs, weight allowances, movers, etc. are all included in this presentation. The next class will be held from **0830-1000** on **3 Aug 16**.

**CREDIT AND DEBT MANAGEMENT/ CONSUMER AFFAIRS:** Everything you want and need to know about credit management, debt reduction, credit reports, credit scores, and how to use credit. Consumer Affairs update is provided.

**SAVING AND INVESTING:** Designed for those interested in consistent saving and ways to invest their finances. There will be discussions about TSP, IRA's, saving plans, and other methods.

**HOME BUYING ISSUES:** For those thinking about buying a home, what to look for and ask for from prices, market trends, negotiations, inspections, warranties, foreclosures and bank properties, to moving day and beyond. Contact ACS at 596-0212 for reservations or information.

**ARMY FAMILY TEAM BUILDING (AFTB) PROGRAM:** The Knowledge (level K) courses provide training on basic military concepts, introduction into Family Readiness Groups, financial readiness, problem solving, and much more! Our Personal Growth course (Level G) expands on the skills developed from Level K training to include how to manage deployment stress, communicate effectively, and develop personal skills that will make you an asset to any organization. The Leadership course (Level L) focuses on professional growth, identifying strengths and weaknesses, and building on the positive attributes that will make you an effective leader. Please call 596-0212 to register for training.

**RESILIENCE TRAINING** is designed to develop critical thinking, knowledge, and skills to overcome challenges, mature, and bounce back from adversity. Develop the ability to see that: Challenges are temporary; Challenges are local; Challenges can be changed by your own effort - you're not a helpless victim. Each Thursday Morning from 0900-1200. 1<sup>st</sup> Thursday of each month is Hunt the Good Stuff, ATC and Avoiding Thinking Traps. 2<sup>nd</sup> Thursday of each month is Detecting Icebergs and Problem Solving. 3<sup>rd</sup> Thursday of each month is Put It In Perspective, Real Time Resilience and Active Constructive Responding & Praise. 4<sup>th</sup> Thursday of each month is Identify Strengths in Self & Others and Assertive Communication. Please call 596-0212 to register for training.

4 Aug 16	0900-1200	Army Community Service
11 Aug 16	0900-1200	Army Community Service
18 Aug 16	0900-1200	Army Community Service
25 Aug 16	0900-1200	Army Community Service
7 July 16	0900-1200	Army Community Service
1 Sept 16	0900-1200	Army Community Service
8 Sept 16	0900-1200	Army Community Service
15 Sept 16	0900-1200	Army Community Service
22 Sept 16	0900-1200	Army Community Service
29 Sept 16	0900-1200	Army Community Service

**FAMILY READINESS GROUP LEADER TRAINING:** The training will cover FRG basics as well as regulations, communication, key callers, managing funds, volunteers, etc. If you are a new FRG Leader or feel as if you need a refresher course, please call 596-0212 to sign-up.

1 Aug 16	0900-1200	Day one FRG Leader
2 Aug 16	0900-1200	Day two FRG Leader
9 Aug 16	0900-1200	FRG Treasurer
16 Aug 16	0900-1200	FRG Key Caller

**REAR DETACHMENT COMMANDER TRAINING** focuses on Family readiness, specifically the leadership role and issues involved in taking care of Families in different circumstances.

**ARMY VOLUNTEER CORPS PROGRAM:** The Army Volunteer Corps promotes and strengthens volunteerism by uniting community volunteer efforts and supporting professional management. It is an umbrella that encompasses a multitude of organizations that support our military community. Volunteers share the purpose of improving the quality of life for our Service members, Families, and Civilians. For more information please contact Rhonda Hutsell Army Volunteer Corps Coordinator E-mail: [rhonda.l.hutsell.civ@mail.mil](mailto:rhonda.l.hutsell.civ@mail.mil), or Phone: 573-596-0131 ext 6-4334 or 596-0212.

**MILITARY & FAMILY LIFE COUNSELOR (MFLC) PROGRAM:** This is a DOD program offering immediate support and short term situational problem solving counseling. Counselors address deployment/ mobilization and reintegration issues that affect Service members and their Families. They also address any other issues that include stress management, coping skills, relationship problems, parent/child concerns, conflict resolution, communication, and loss and grief. Consultations are free and confidential. No records are kept. After-hour and weekend appointments are available and group, on or off-site meetings can be arranged. Psycho-educational presentations are available. A list of these presentations is available upon request. Email: [lwmflc@gmail.com](mailto:lwmflc@gmail.com). Phone numbers: **573-934-6813, 573-934-5328, 573-934-5446 or call ACS at 573-596-0212.** Fort Leonard Wood has an embedded MFLC position in the **4th MEB** the phone number is **573-979-7838**. There is now an MFLC available for those at GLWACH and Garrison HQ, phone number **573-337-0322**.

**SURVIVOR OUTREACH SERVICES** offers assistance and support to all Survivors as needed. We are here to keep Survivors connected with the military for as long as they desire. We provide a variety of one on one services that are tailored to meet the needs of the individual Survivor as well as inclusion in Military events and activities on Ft. Leonard Wood for our Survivors. In an effort to improve the services we provide, we have added Care Team Training for Units who want to form Care Teams, as well as our Resilience for Caregivers course. Also, we offer Applied Suicide Intervention Skills Training (ASIST) to our Survivors, military Family members and civilian employees. Please contact **Jody Carmack at 573-596-0195** or [jodeen.l.carmack.civ@mail.mil](mailto:jodeen.l.carmack.civ@mail.mil) for information about our program, the assistance we can provide to Survivors and to register for our events or groups.

**GOLD STAR SURVIVOR GROUP:** Refreshments provided, featured speakers on topics of interest to Survivors, social time to meet other military Survivors and form networks and friendships. Registration required. **2<sup>nd</sup> Tuesday of each quarter.**

**GOLD STAR SURVIVOR GRIEF SUPPORT GROUP** will begin a new series on 7 July 2016 at 1700 at Army Community Service. These will be the **1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month** with 1 December 2016 being the last session of this series. Registration required.

**RETIREE SURVIVOR SUPPORT GROUP LUNCH:** Lunch is pay your own in the local area, featured speakers cover topics of interest to this group and this provides an opportunity to meet other Survivors in their similar situation. Lunch is held on the

4<sup>th</sup> Thursday of each month at 1130 in a different location monthly.

25 Aug 16	1130	Price Cutter
22 Sept 16	1130	TBD

**COFFEE BREAK:** Military Survivors please come and join us for an afternoon coffee break. We will create a different craft each month or just enjoy coffee and each other's company. This gathering takes place the **2<sup>nd</sup> Monday of each month.**

8 Aug 16	1300-1600	Army Community Service
12 Sept 16	1300-1600	Army Community Service

**DINE & DIAL:** Financial information at your fingertips! Survivors can dial in from the comfort of their home or anywhere, listen and ask questions about the latest financial information that is relevant to them. **Each 3<sup>rd</sup> Wednesday of each quarter.**

**CARE TEAM TRAINING:** The training covers Care Team roles and responsibilities and understanding grief. Additional classes can be scheduled for your group upon request. Intended for FLW military units and civilian organizations. **2<sup>nd</sup> Thursday of each quarter.**

**RESILIENCE FOR CAREGIVERS:** This training will cover the resilience skills necessary to be an effective caregiver for Survivors who have lost their Service member. Additional classes can be scheduled for your group upon request. Intended for FLW military units and civilian organizations. **2<sup>nd</sup> Thursday of each quarter.**

**APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST):** Survivor Outreach Services, in cooperation with the Suicide Prevention Program is offering the Applied Suicide Intervention Skills Training (ASIST) workshop for **Military Survivors, Civilian employees, Family members and active duty personnel if accompanied by a Spouse or Family member** who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop. Enjoy small group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide intervention. Feel challenged and safe. Registration Required, classes limited to 15 participants. **2<sup>nd</sup> Tue/Wed of each month.**

9-12 Aug 16	0900-1530	Army Community Service
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#### **House Next Door:**

Army Community Service offers a variety of classes and services to any and all military ID card holders. (\*) Star classes require registration one week prior to the beginning of class. We welcome children: however, due to FCC regulations they must be accompanied by a parent or legal guardian. All classes are held at 14060 Replacement Ave., Room 133, unless otherwise specified. Note: If school is canceled, the House Next Door will be closed!

**Gowns Galore:** Do you have an upcoming formal event or wedding, dining in/out or just going out with your husband. We have gowns and dress of various styles and sizes are available for loan. Don't miss that special event. Donations of gowns and dresses are always welcome. **The hours will be Tuesday – Thursday 9-11 am call (573) 596-0212 for more information.**



### August 2016 Classes

- Aug. 2&16: Crochet:** Learn a new skill or challenge your mind with a new pattern or type of yarn. Teaching supplies are provided for in-house usage only.
- Aug.3: Loom Knitting:** If knitting is something you have always wanted to try, then try Loom Knitting Class! You'll learn how to take something simple and make it a work of art.
- Aug. 4: Cross stitch:** Like to learn cross stitch, come on in.
- Aug. 9 & 10: \*Candy Bouquet:** We will be making a Candy Bouquet. Call for a supply list.
- Aug. 11: Embroidery:** If needlework is something you have always wanted to try, and then try Embroidery class! You'll learn how to take something simple and make it work of art.
- Aug. 17: Chemo Caps:** Want to learn how to make a hat. Come on in. Will be making, donated hats, to the Children's Hospital of St. Louis. Call for info.
- Aug 18: \*Taste and Trade (Eastern Asia) Park:** Come and bring your best Eastern Asia, (Thailand, Vietnam, Malaysia and Myanmar). Bring your favorite prepared foods to share with the group along with the recipe! Please register for this delicious class!
- Aug, 23 & 30: \*Basic Sewing class PM:** This will be a (7) week class. We will begin with sewing machine knowledge going into a (7) week project. Interested parties must register by the first class have his/her own sewing machine. Class size is limited to (6) students only. Please call for more information to register. No Children Please.
- Aug. 24: \*Christmas in August:** We will be making a holiday craft. Call for information and a supply list.
- Aug. 25: Coffee and Crafts:** We'll provide the coffee and you provide the crafts. Come join us for this enjoyable session.
- Aug. 31: \*State Quilt Block:** We will be making State Quilt Blocks. If you are interested call for more information. Call for supply list.

### September 2016 Classes

- Sept. 1: Unfinished Project and Potluck:** If you have a project that never seems to get finished or you're not sure how to complete it, today is your lucky day.
- Sept. 6, 13, 20, 27: \*Basic Sewing class PM:** This will be a (7) week class. We will begin with sewing machine knowledge going into a (7) week project. Interested parties must register by the first class have his/her own sewing machine. Class size is limited to (6) students only. Please call for more information to register. No Children Please.
- Sept. 7: Pillow cases:** Want to learn how to make a decorative pillow case? We have basic patterns. (We have fabric available for pillow cases that upon completion will be donated to the Children's Hospital in St. Louis).
- Sept. 8: \*Girls Day Out:** We will be having a girl's day. If interested call for information.
- Sept. 14: Crochet:** Learn a new skill or challenge your mind with a new pattern or type of yarn. Teaching supplies are provided for in-house usage only.
- Sept. 15: \*Taste and Trade (Northern Europe Island):** Bring your favorite Northern Europe Island, (Finland, Sweden, Norway and Denmark), prepared to share with the group along with the recipe! Please register for this delicious class!
- Sept. 21: \*Christmas in September:** Want a quick idea for a Christmas Gift. Call for a supply list.
- Sept. 24: Coffee and Crafts:** We will provide the coffee and you crafts. Come join us for this class.
- Sept. 30: \* State Quilt Blocks:** We will be making State Quilt Blocks. If you are interested call for more information.
- Sept. 31: Unfinished Project and Potluck:** If you have a project that never seems to get finished or you're not sure how to complete it, today is your lucky day.

POC: Michelle Clemens  
LIFEWORCS COORDINATOR  
329-1009 fclemens@bbcgrp.com  
[www.facebook.com/flwhousing](http://www.facebook.com/flwhousing)

### TerraCycle Brigades

Fort Leonard Wood Homes has partnered with TerraCycle, a program that brings communities together to help build a sustainable future through: upcycling, recycling, and donation efforts.

How the Program Works: Through the TerraCycle program, residents help eliminate waste by collecting TerraCycle Brigade products. For each unit item collected, a donation is made to the USO of Missouri, Inc. TerraCycle then either recycles or upcycles the collected items into new useful products.

Fort Leonard Wood Homes collect for the following brigades:

Personal Care & Beauty Brigade: Hair care (bottles, caps), Skin care (lip balm, soap dispensers/tubes, face lotion, body wash, body lotion, shaving foam tubes, hand lotion bottles; Cosmetics packaging such as lipstick cases, lip gloss tubes, mascara tubes, eye shadow cases, bronzer cases, foundation packaging and bottles, powder cases, eyeliner cases, eyeliner pencils, eye shadow tubes, concealer tubes, concealer sticks, lip liner pencils.

Scotch Tape Brigade: Plastic tape dispensers & plastic tape cores.

Oral Care Brigade: Toothpaste tubes & caps, toothbrushes, toothbrush and toothpaste tube outer packaging, floss containers

Drink Pouch Brigade: Aluminum and plastic drink pouches (straws included), drink pouches with spouts.

Cleaner Packaging Brigade -Cleaner Packaging Brigade accepted waste:Pumps and caps, Triggers, Pouches, Flexible cleaner product packaging.

ALL ITEMS CAN BE DROPPED OFF AT ANY OF OUR COMMUNITY OFFICES!

\*Separating your items in bags makes it easier but is not required\*

Questions or concerns call Michelle at 573.329.1009 or emailfclemens@bbcgrp.com < Caution-mailto:fclemens@bbcgrp.com

Stonegate Community Center: 235 Ellis St

Woodlands Community Center: 140 Indiana Ave.

Piney Hills Community Center: 100 Thayer St.

## BRUCE C. CLARKE LIBRARY

**POC: JOYCE A. WAYBRIGHT, 563-4113****Regular Hours****Library Hours – 1st Floor Community Services 573-563-4113**

Monday – Thursday 10:00 am – 6:00 pm

Saturday – Sunday 10:00 am – 5:00 pm

Friday &amp; Holidays Closed

**Library Hours – 2nd Floor Academic Services (enter from Lincoln Hall on Fridays)**

Monday – Thursday 7:15 am – 6:00 pm 573-563-4109

Fridays 7:15 am – 5:00 pm

Sat, Sun &amp; Holidays Closed

**Training Holidays 8:00 am - 4:00 pm****RECURRING LIBRARY PROGRAMS/EVENTS:**

- + Toddler Story Time** Tuesdays 10:30 am, Ages @ 18 months-3 years.  
Stories and simple crafts. Children's Library 563-5857
- + Preschool Story Time** Wednesdays 12:30 pm, Ages @ 2-6 years.  
Stories and crafts Children's Library 563-5857

**CHAPELS****POC: CH (COL) MIKE THOMAS 596-2127**

WEDNESDAY NIGHT LIVE The fall session will begin Weds 14 Sep thru 16 Nov at Main Post Chapel. A light dinner will be served beginning at 1730 followed by a variety of Bibles studies, groups and classes for adults and children ages 5 and up. POC: Cindy Dack, 573-596-0089 or [cindy.t.dack.civ@mail.mil](mailto:cindy.t.dack.civ@mail.mil) .

#### CATHOLIC WORSHIP SCHEDULE

Catholic Mass: Saturday, 5 p.m. or Sunday, 9 a.m. at Soldier Memorial Chapel (SMC)

Adoration: 6 p.m., first Friday of the month

Confessions: Saturday, 4 – 4:30 p.m. or Sunday, 8 – 8:30 a.m. at SMC or by appt call Pat Johnson, Catholic Religious Education Coordinator (573) 596-3913.

Baptisms: During 5 p.m. mass, last Saturday of the month

Daily Mass: Monday – Thursday, 11:40 a.m., Hospital Chapel; Fridays, 11:40 a.m., Soldier Memorial Chapel

#### SUNDAY PROTESTANT WORSHIP

Liturgical Protestant Service: 9 a.m., South Iowa Chapel

Gospel Protestant: 10 a.m., Central Iowa Chapel

Traditional Protestant Service: 11 a.m., Soldier Memorial Chapel

#### OTHER WORSHIP SERVICES

Jewish Study: Sunday, 0930 am, Main Post Chapel Room 162.

Muslim Jumu'ah: Friday, 12:30-1:30 p.m., Pershing Elementary School – Bldg 6501, Rm 21

Buddhist Service: Sunday, 10 a.m., North Iowa Chapel

Orthodox Service: Sunday, 11 a.m., South Iowa Chapel

PROTESTANT WOMEN OF THE CHAPEL (PWOC) PWOC meets every Tuesday at the Main Post Chapel, 9 – 11:30 a.m. **Their last meeting was May 17<sup>th</sup>, they will not be meeting over the summer.** For PWOC information, please visit our Facebook page at <http://www.facebook.com/pages/Fort-Leonard-Wood-PWOC/135315366507898>

PROTESTANT YOUTH OF THE CHAPEL (PYOC) meets every week at the Youth Religious Activity Center, Building 6501, 3307 Indiana Avenue. Every meeting we offer many opportunities for the teens to put their faith into action and provide free food.

Tuesday: 5:00-7:00 p.m., grades 6-8

Wednesday: 6:00-8:30 p.m., grades 9-12

Sunday night Bible Study: 5:30-7:30 p.m., grades 6-12

POC: David McKay, 573-528-3109 or CH (MAJ) Thomas Collier, Resource Management Chaplain, at 573-596-0131 ext. 6-1043.

KIDSZONE meets Tuesdays from 5:00 – 7:00 p.m. Grades 1-5 at the Youth Religious Activity Center, Building 6501, 3307 Indiana Avenue. To sign-up contact POC: Evangeline McKay at 573-433-9152 or CH (MAJ) Thomas Collier, Resource Management Chaplain, at 573-596-0131 ext. 6-1043.

PROTESTANT MEN OF THE CHAPEL (PMOC) meets every Wednesday at Main Post Chapel (MPC) Room 148 at 11:30 a.m. Lunch is provided. POC: CH (LTC) James Paulson, Community Chaplain, at 573-596-0131 ext. 6-6225.

KNIGHTS OF COLUMBUS (KofC) A Catholic men's organization that meets the second Tuesday of the month at Building 590 at 6 p.m. KofC offers Catholic Christian fellowship and opportunities to be of service to others in the FLW/ St Robert / Waynesville area. POC: Joe Hernandez at 573-433-4468 or [flw\\_kofc@hotmail.com](mailto:flw_kofc@hotmail.com)

**We are looking for Spirited Catholic men to join the council and be an integral part of Sacred Heart Church and to also provide support to FLW and surrounding communities overall.**

PRE-CANA The Catholic Church requirements for marriage stem from the belief that it is a very serious, holy, and permanent event - a sacrament. It is not only the union of two bodies, minds and hearts, but also two souls. This is a requirement for Catholic Marriage. POC: Pat Johnson, Catholic Religious Education Coordinator, 596-3913.

CATHOLIC CONFRATERNITY OF CHRISTIAN DOCTRINE (CCD) Classes meet Sundays from 11:00 – 12:30 p.m. at Youth Religious Activity Center, Building 6501, 3307 Indiana Avenue. Classes are for those going into Kindergarten through Confirmation class (the child must be 13 years of age and in the 8<sup>th</sup> grade to be confirmed). POC: Patricia Johnson, Catholic Religious Education Coordinator, 596-3913. **First Day of CCD for 2016-2017 is 21 August.**

CATHOLIC YOUTH OF THE CHAPEL (CYOC) meets every Sunday afternoon at the Youth Religious Activity Center, Building 6501, 3307 Indiana Avenue. Teens 5th-12th grade meet 1:00 – 3:00 p.m. Contact POC: Claryssa Hernandez, Catholic Youth Group Coordinator at 573-596-0088 or Pat Johnson, Catholic Religious Education Coordinator at 573-596-3913. **First Day of CCD for 2016-2017 is 21 August.**

CATHOLIC Rite of Christian Initiation for Adults and Children (RCIA) (RCIC) meets during CCD at the Youth Religious Activity Center, Building 6501, 3307 Indiana Avenue. RCIA is a program for adults interested in learning more about the Catholic Faith and/or preparing to receive the Sacraments of Initiation (Baptism, Holy Communion, or Confirmation). Contact: Pat Johnson, Catholic Religious Education Coordinator, 596-3913. **First Day of CCD for 2016-2017 is 21 August.**

OFFICER CHRISTIAN FELLOWSHIP (OCF) is open to all who are interested in Small Group Bible study. Presently a group meets on Sundays, 1600 hrs at the Star Bucks in Price Cutter, Waynesville. OCF has a weekly Discipleship Lunch on Thursdays from 1145-1245 in Lincoln Hall Room 1666. Focus is Discipleship and Small Group Bible Study leadership training. If you are interested in being part of this, please contact Chaplain (COL) Michael Thomas [Michael.I.thomas.mil@mail.mil](mailto:Michael.I.thomas.mil@mail.mil) / 596-2127 or LTC Michael Helton, [mike\\_helton@hotmail.com](mailto:mike_helton@hotmail.com)



U.S. Army Child, Youth  
& School Services

**CHILD, YOUTH & SCHOOL (CYS) SERVICES**  
**POC: NANCY B. STARNES, 596-0200**

Children utilizing the Child Development Center's (CDC's) must be registered with CYS Services. The CDC's are open Monday-Friday and are closed weekends and federal holidays. The full day program currently operates from 0530-1730 Monday thru Friday. The hourly care program at 614 operates 0730-1930 Monday thru Thursday and 0730-1730 on Fridays. The part day preschool three day program at 408 and 615 operates during the school year on Monday, Wednesday and Friday from 1230-1530 and Strong Beginnings at 408 and 615 operates during the school year Monday through Friday from 0830-1130.

Children participating in Family Child Care (FCC) activities must be enrolled at a certified FCC provider's home.

**Youth participating in Middle School/Teen activities at Pippin Youth Center (PYC)** must be registered with CYS Services. These activities are open to preteens and teens from 6th through 12th grade. Youth interested in participating in any of these clubs or activities may contact the center for more information about the wide variety of activities that are available and the procedures for signing up for any of the programs that they may be interested in. **The phone number for the center is 596-0209.**

Through our participation in the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP), the CDC offers Parent's Choice Infant Formula with Lipids and Iron; available for infants through 11 months old if parents choose to participate. The CDC's also offer commercially prepared infant food or ground food prepared by our kitchen staff to all children who are not yet eating table food. Infant Feeding Plans are available at the CDC's to be completed to inform the staff of the food your child has been introduced to. As always, children over the age of one year will also be supplied with all of their nutritional needs while they are at the center. For more information on these programs, please contact the center.

**Deployment Discounts/Services:** Deployment Respite Care is available for children registered with CYS Services whose parent/sponsor is deployed, on TCS, PCS or TDY (90-179 days) orders. Sixteen free hours of care is available per month, per child, during the deployment. A copy of the Service Member's orders must be provided. **CDC 614 opens twice a month for this service. For the month of August the center will be open on the 7th from 1200-1600 and the 19th from 1800-2200.** The cost of care is \$4.00 per hour and must be made in advance. A snack will be provided for the children. This service may be utilized by other patrons whose children are registered for hourly care. Reservations are required and may be made up to two weeks in advance. Care is available for children 6 weeks through the 5th grade. Due to space limitations, paid reservations may be bumped to make room for deployed Service Member's reservations. If this should occur, advance payments will be refunded.

**Family Readiness Group (FRG) childcare** is a partnering event between CYS Services and Army Community Service (ACS). There is free childcare service two nights per month for any FRG member who would like to utilize the service to attend an FRG meeting. To utilize the service your child must be registered with CYS Services and reservations must be made no later than 1200 the week before the date of the opening. **The FRG childcare at CDC 614 dates for August will be the 4th and the 16th from 1800-2030.**

CYS Services are also giving deployment fee discounts to children registered with CYS Services whose parent/sponsor is deployed. Offsets to fees may be given as follows:

- 1) Waiver of CYS Services registration fee
- 2) 20% discount reduction for regularly scheduled full/part day fees
- 3) \$2.00 per hour rate beyond the free respite care hours
- 4) \$100 for team or individual sports
- 5) \$200 for SKIES Instructional Programs

To receive the discount, deployment orders must be presented to Parent Central Services upon registration, or if your child or children are already registered, you must make an appointment to rewrite your present contract and present the deployment orders at this time; however, rewriting the contract does not extend the date of your contract (it will still expire on the original date). Call 573-596-0238/0421 to inquire about eligibility for benefits.

**Parent Participation Points (PPP):** For parents with children enrolled in the CDC, SAC or an FCC home, there are a variety of ways to earn PPP. These points can add up to a monthly 10% discount on your childcare fees. Check with your program or provider for more information on this program.

**MS/T program at PYC will open at 1430 on weekdays. On non-school days and Saturday the center will open at 1200. Regular hours for the center when school is in session are Monday through Friday from 1430-1900 and on Saturday 1200-1900 for Open Recreation. The High School Lounge is open Monday through Thursday from 1430-1900, Friday from 1430-2100 and Saturday from 1200-2200.**

**Information from School Liaison Services:**

**POC: Lauren Venne, School Liaison Specialist**  
**Bldg 470 Suite 1102**  
**573-596-0357**

In many districts Back to School Open House and New Student Registration dates/times have yet TBD.

**Crocker R-II:** <http://www.crockerschools.org>

8-9 August 2016-High School-New Student Enrollment, 0900-1400  
 16 August 2016-District Open House, 1730-1930  
 18 August 2016-First Day of School

**Dixon R-1:** <http://www.dixonr1.com>

5, 8-9 August 2016- Dixon Middle School New Student Registration, 0800-1530  
 16 August 2016-6<sup>th</sup> Grade Orientation & Dixon Middle School Open House, 1700-1800  
 18 August 2016-First Day of School

**Edgar Springs: Phelps County R-III:** <http://pcr3.k12.mo.us/>

17 August 2016-First Day of School

**Laquey R-V:** <http://laquey.k12.mo.us/>

15 August 2016-Open House, 1700-1900  
 17 August 2016-First Day of School

**Lebanon R-3:** <http://www.lebanon.k12.mo.us/main/>

16 August 2016-K-5 Open House, Time-TBD

18 August 2016-First Day of School

**Newburg R-II:** <http://newburg.k12.mo.us/>3-11 August 2016-Fall Registration, Grades 7<sup>th</sup>-12<sup>th</sup> in High School Library, 0830-1130, 1300-1500

16 August 2016-Open House, Time TBD

18 August 2016-First Day of School

**Plato R-V:** <http://www.plato.k12.mo.us/>

16 August 2016-Open House, 1700-1900

18 August 2016-First Day of School

**Richland R-IV:** <http://www.richlandbears.us/>

11 August 2016-Open House, 1800-1930

16 August 2016-First Day of School

**Rolla:** <http://www.rolla.k12.mo.us/>

9 August 2016-Freshman Registration-Rolla Junior High Cafeteria, 1200

10 August 2016-Sophomore Orientation-Rolla High School, Time TBD

11 August 2016-8<sup>th</sup> Grade Registration-Rolla Junior High, 1200

17 August 2016-First Day of School

**St. James R-I:** <http://stjsschools.org/>

11 August 2016-Middle School Open House, 1800-2000

16 August 2016-First Day of School

**Waynesville R-VI:** <http://www.waynesville.k12.mo.us/>

27-29 July 2016-WHS New Student Enrollment

2-4 August 2016-New Student Enrollment

16 August 2016-Meet the Teacher Night, 1600-1830

17 August 2016-First Day of School (No Late Start)

**College and Scholarship Resources:****Military.Com Scholarship Finder**Go to [www.military.com](http://www.military.com) and type "Scholarships" into their search engine to locate the Scholarship Finder.**College Toolkit**College Search, Admissions, Financial Aid & Careers [www.collegetoolkit.com](http://www.collegetoolkit.com)**Campus Tours**View thousands of virtual college tours and interactive college maps at [www.campustours.com](http://www.campustours.com)

**Four Steps to College** [www.knowhow2go.org](http://www.knowhow2go.org)  
**Find Scholarships and helpful information:**

[www.myfuture.com/](http://www.myfuture.com/)

[www.mycollegeoptions.org/](http://www.mycollegeoptions.org/)

[www.fastweb.com](http://www.fastweb.com)

[www.scholarships.com](http://www.scholarships.com)

**Free Tutoring for Military Personnel and Dependents:**

**FREE live personal tutors** in Math, Science, English, Social studies and more for K-12. Plus online links to tests, worksheets and other study tools. Sign-up for a free account at [www.tutor.com/military](http://www.tutor.com/military).

**SKIESUnlimited**

The **SKIESUnlimited** office and some of the class offerings are located at the Child Development Center Bldg 614, 13613 Replacement Ave. Our phone number is 573-596-0120. We are also able to take payments for SKIES fees in this facility from 0930-1900 Monday-Friday. Come and check out our facility to see what we offer!

In support of the Army Families, dependents of a deployed service member, Wounded Warrior or fallen Soldier are eligible for up to \$200 per child/youth for SKIESUnlimited classes per deployment. For enrollment information, contact CYS Services Parent Central Services at 573-596-0238/0421.

Children enrolled in EFMP may be eligible for free lessons. Please contact the EFMP coordinator at 596-2784 for more information.

**Current Classes:**

**Gymnastics** are offered to children and youth from 18 months to 18 years old. Children 18 months to 3 years old will require parent participation. Classes are available Monday-Friday. Please call Parent Central Services at 596-0239/0421 for more information.

**Piano, Guitar, Violin & Voice** - 30 minute private lessons \$60, 1 hour group lessons \$43. Selected time slots are available. Contact Parent Central Services for dates and times at 596-0238/0421.

**Swim**- 30 minute private classes from ages 6 months-18 years old- \$60 month. 30 minute group sessions for ages 6 months-18 years old- \$45 for two week sessions. Times and locations depend on each child's level of swim. Please contact parent central to check availability at 573-596-0120.

**Martial Arts** - Tae Kwon Do meets Monday and Wednesday evenings. Classes offered are one time a week for \$45 per month for children ages 4-5 years old or two times a week for \$65 per month for children 6-18 years old. By signing up for

Martial Arts on Monday and Wednesday your child can attend Master Prosser's Tuesday and Thursday classes in Rolla for FREE! For more information you can contact the SKIES Instructional Program Specialist at 573-596-0120. Start-up fee is now \$89 (regular price is \$159).

**Dance** – Registration for Dance will be at the end of August 2016.

**Parent Outreach Services**

**Bldg 470 Rm 1126**

**596-0421**

PWIM workshop, "Self Esteem", 26 August 2016, 1130-1230, Building 614.

imAlone class is scheduled on the 3<sup>rd</sup> Saturday of every month at the SAC, 0800-1200. Please call Parent Central Services at 596-0238/0421 to sign up. It is a class for children ages 10 and above. A \$20.00 deposit is required and will be returned upon completion of the class.



**COMMISSARY**  
**POC: 596-0689, ext 3020**

NO INFORMATION PROVIDED

**Family & MWR  
Upcoming Events**



**AUGUST 2016**

The mission of Your Family & MWR is to deliver quality choices in a welcoming environment that supports the wellbeing of Service Members, Families, Retirees and Civilians.

**IT'S EASY ...  
RELAX ~ ENJOY ~ REPEAT**



## REGISTER FOR UPCOMING MWR EVENTS!



### Now – August 11

#### REGISTRATION: CARDBOARD BOAT RACE

Welcome to the wild, wacky and downright crazy Family & MWR “Cardboard Boat Race!” From rafts to canoes to monster trucks to space ships; you're going to see it here **August 13!** Yes, they can (well, some of them can) float. Try and figure out "How did they do that?" Some are engineering marvels, some are...not so buoyant. Awards will be given for the most spirited, creative, and first team to successfully cross the finish line (afloat). Check in begins at 10:30 am and race begins at 11:00 am. Event is FREE and open to the public; located at TA250 Lake. Gather your team and get ready to build a boat! Register online at [www.fortleonardwood.com](http://www.fortleonardwood.com). For more information call 573-596-6913.

### Now - August 20

#### REGISTRATION: PUNT, PASS & KICK COMPETITION

Young pro football fans will have the opportunity to exhibit their football skills FREE at the “NFL Punt, Pass & Kick Competition!” Hosted by CYS Youth Sports and Fitness the event begins at 10:00 am at the PX game field along Constitution Ave. Competition is open to boys and girls ages 6 -15. For each age division, the top scorer has an opportunity to advance to the sectional competition. Open to the public. Register in advance online at <http://www.nflppk.com/competitions/register/index.com> or on the day of event from 9:30 am—10:00 am.

For more information contact the Youth Sports & Fitness office at 573-596-0209.

### August 1 - 30

#### REGISTRATION: BOWLING LEAGUE SIGN-UPS

Daugherty Bowling Center invites you to “Strike” up some friendly competition; join a USBC Sanctioned or Fun League! Win prizes and make new friends! Must be 18 years and older to participate; with the exception of Youth Leagues. Watch for sign up opportunities at the PX and Commissary or stop in at Daugherty Bowling Center; open to the public and located at 1609 South Dakota Ave. For more information call 573-596-1498/329-2477.

### August 1 - September 7

#### REGISTRATION: ALL NIGHT SOFTBALL TOURNAMENT

Davidson Fitness Center is hosting the “2016 All Night Softball Tournament” beginning at 6:00 pm **September 9** at Sports Complex B. Cost is \$150 per team. Tournament is open to the public. ASA rules apply. Must be 18 or older and out of high school. Cash prizes will be awarded and payout is based on number of entries. Register by September 7 at the Davidson Fitness Center located at 1300 South Dakota Ave. or call 573-596-7444.

**August 1 – September 8****REGISTRATION: CLUB CHAMPIONSHIP**

The Piney Valley Golf Course is hosting our “Club Championship” **September 10 & 11**, to determine the best golfer of 2016! Three flights will be offered; Men’s, Women’s and Seniors with 9:00 am tee times. Registration fee is \$60 per Non (AGFP) or \$35 per Annual Green Fee Patron (AGFP). Must be registered by 8 September. Open to the public. The Piney Valley Golf Course is located at 10221 Water Intake Rd. Rental clubs are available. For more information call 573-329-4770.

**Now – September 15****REGISTRATION: FALL MWR YARD SALE**

Whether you are getting rid of old treasures or looking for a bargain, you can do both at the Fort Leonard Wood “Fall MWR Yard Sale!” Sale will take place **September 17** from 8:00 am ~ 12:00 pm at the Baker Theater auxiliary parking lot. Cost is \$15 if registered by September 15 by 4:00 pm / \$20 day of; includes double length parking lot size space and lots of advertising. Tables are available for \$5 each and must be reserved in advance. Register online [www.fortleonardwoodmwr.com](http://www.fortleonardwoodmwr.com) or at the Family & MWR Installation Wide Events Office, Bldg. 1000, suite 167 located on E. 19<sup>th</sup> Street. Yard sale is open to the public for sellers and buyers. Fort Leonard Wood Thrift Shop will be on site to collect donations until 12:00 pm. *Following items cannot be sold:* weapons, food items, animals/ livestock, retail items (Avon, Tupperware, and Scentsy etc.) For more information call 573-596-6913.

**August 22 – September 16****REGISTRATION: MINI BASKETBALL**

CYS Service’s Youth Sports & Fitness is hosting a “Mini Basketball” program at Bldg. 614 Replacement Ave **September 27 thru November 3**. Cost is \$20 per child and includes a t-shirt and participation medal. Start Smart is a program designed by the National Alliance for Youth Sports (NAYS) that requires parents to participate with their child to focus on fundamental skills and motor development of basketball. Children 3 yrs. of age meet on Tuesdays. Children ages 4-5 meet on Thursdays. (5:30 pm – 6:30 pm) No physical is required. All Mini Sports require parent participation. Children must be registered at Parent Central Services located in Bldg. 470, Rm. 1126. For more information call 573-596-0209.

**Now – October 4****LADIES FUN LEAGUE**

Join in on the fun at Piney Valley Golf Course’s “Ladies Fun League!” Enjoy 9 holes every Tuesday at 5:00 pm; Now – October 4. Registration fee is \$30 for each participant. Weekly fees are \$6 cart, \$6 green fees, and \$5 prize fee.

The 9 hole fun league is great for team building, stress reliever, or just to hang out with friends, coworkers, and/or family. There will be an awards banquet at the end of the league. Piney Valley Golf Course is open to the public and located at 10221 Water Intake Rd. For more information call 573-329-4770.

### **Now – Aug 19**

#### **FREE! 2016 SUMMER FUN BOWLING SPECIAL**

Daugherty Bowling Center is offering the 2016 Summer Fun Bowling Special now – August 19, Monday thru Friday, 11:00 am – 6:00 pm. Youth ages 16 yrs. and under will receive 2 FREE games of bowling per day! Make sure to register for a prize drawing at the end of summer! Daugherty Bowling Center is open to the public and located at 1609 South Dakota Ave. For more information call 573-596-1498

### **August 1**

#### **SESSION 4 SCREAM FREE PARENTING**

Army Community Service is hosting “Scream Free Parenting”; 11:30 am – 1:00 pm. Scream Free Parenting is a FREE workshop where parents learn to raise their children in a calm, cool and connected way. Refreshments will be provided. The workshop is open to authorized patrons only and will be held at Army Community Service located in Bldg. 486 on Replacement Avenue. For more information call 573-596-0212.

### **August 2 & 16**

#### **SENIOR GOLF TOUR**

The Piney Valley Golf Course is hosting the “Senior Tour” with a 9:00 am shotgun start. Cost is \$30 for Advance Green Fees Patron (AGFP) and \$40 per non-AGFP. Includes green fee, cart, range practice and breakfast. Tour is open to the public ages 50 yrs. and older. Register at the Piney Valley Golf Course located at 10221 Water Intake Rd. For more information call 573-329-4770.

#### **Additional Tour Dates:**

September 6 & 20 / October 4 & 18

### **August 3**

#### **WEDNESDAY EVENING GOLF SCRAMBLE**

The (9 hole) “Wednesday Evening Golf Scramble” will be hosted by the Piney Valley Golf Course with a 5:00 pm shotgun start. Cost is \$12 for Advanced Green Fee Patrons (AGFP) or \$18 for non AGFP’s; includes cart, green fee and prizes. Bring your friends, co-workers or battle buddies for a great evening of golf. Make up your own team or we can pair you up. The Piney Valley Golf Course is open to the public and located at 10221 Water Intake Rd. For more information call 573-329-4770.

#### **Additional Dates:**

August 10, 17, 24 & 31

### **August 4**

#### **WILLIAM TELL SHOOT**

The Outdoor Adventure Center is hosting the “William Tell Shoot!” Come and see if you can hit a moving target. Competition is from 10:00 am – 2:00 pm; cost is \$5 per person. We provide the long bow and arrow for you to shoot and you provide the competition by challenging your friends. The Outdoor Adventure Center is located in Bldg. 2290 FLW K Road. For more information call 573-596-4223.

**August 4****BLACKJACK BAR & GRILL CUSTOMER APPRECIATION NIGHT**

Family & MWR invites you to join us for “Customer Appreciation Night” from 4:00 pm – 6:00 pm! Bring your family, friends and coworkers and enjoy great times and FREE finger food while building esprit de corp. Event is open to the public and located at the Pershing Community Center’s Blackjack Bar & Grill inside Bldg. 4109 Piney Hills Drive. Beverages are available for purchase. Ask about our Designated Driver Program! For more information call 573-329-2455.

**August 5****BASS TOURNAMENT**

The Lake of the Ozarks Recreation Area (LORA) will be hosting a “Bass Tournament” starting at 7:30 pm, weigh-in is at 1:00 am. Entry fee per boat is \$40 and an optional \$10 fee for Big Bass. **There must be at least one Military ID / CAC Card holder per boat.** Stop by LORA or the Outdoor Adventure Center for entry forms/rules. LORA is located 50 miles NW of Fort Leonard Wood on McCubbins Drive off a Route A. For more information call 573-346-5673.

**Bass Tournament Dates:**

September 17 – 7:00 am / Weigh-in: 3:00 pm

October 8 – 7:00 am / Weigh-in: 3:00 pm

**Open to the Public Date:**

September 24 - 7:00 am / Weigh-in: 3:00 pm

**August 13****3D ARCHERY TOURNAMENT**

The Outdoor Adventure Center is hosting a “3D Archery Tournament” from 8:00 am – 3:00 pm. Tournament will be a normal 3D shoot and a great opportunity to test your capabilities in judging yardage and shot placement. Cost is \$10 adults / \$5 youth and don’t forget to enter to win a free bow! Outdoor Adventure Center is located in Bldg. 2290 FLW K. For more information call 573-596-4223.

**August 13****5K FUN RUN – MINI HEALTH FAIR**

The Davidson Fitness Center (DFC) is hosting a “5K Fun Run-Mini Health Fair” beginning at 8:00 am starting at the DFC. This is a noncompetitive fun run offered to promote awareness of children’s eye health and safety. Kids Duathlon (run 1.25 miles, bike 3 miles, run 1.25 miles) and half miler will begin at 9:00 am. Punch cards can be obtained at the information tables prior to or after the 5k; athletes completing six of eight 5k’s receive a free t-shirt. This event is FREE and open to the public. For more information call 573-596-7762.

**August 13****CARDBOARD BOAT RACE**

Welcome to the wild, wacky and downright crazy Family & MWR “Cardboard Boat Race!” From rafts to canoes to monster trucks to space ships; you’re going to see it here! Yes, they can (well, many of them can) float. Some are engineering marvels, some are...not so buoyant. Awards will be given for the most spirited, creative, and first team to successfully cross the finish line (afloat). Check in begins at 10:30 am and race begins at 11:00 am. Event is FREE and open to the public; located at TA250 Lake. Gather your team and get ready to build a boat! Register online at [www.fortleonardwood.com](http://www.fortleonardwood.com). For more information call 573-596-6913.

**August 15~19****GET GOLF READY CLINIC**

Piney Valley Golf Course is hosting “Get Golf Ready Clinic” starting at 5:00 pm. If you have ever thought about playing golf, then Get Golf Ready is for you! Whether you are a beginner or returning to the game, the Get Golf Ready Clinic is designed to teach you everything you'll need to know to step onto a golf course and play with confidence. Cost of clinic is \$59; includes rules of golf (etiquette, procedures) range, rental clubs, balls and course lesson. **Class size limited so sign up early!** Piney Valley Golf Course is open to the public and located at 10221 Water Intake Rd. For more information call 573-329-4770.

**August 20****PUNT, PASS & KICK COMPETITION**

Young pro football fans will have the opportunity to exhibit their football skills FREE at the “NFL Punt, Pass & Kick Competition!” Hosted by CYS Youth Sports and Fitness the event begins at 10:00 am at the PX game field along Constitution Ave. Competition is open to boys and girls ages 6 -15. For each age division, the top scorer has an opportunity to advance to the sectional competition. Open to the public. Register in advance online at <http://www.nflppk.com/competitions/register/index.com> or on the day of event from 9:30 am—10:00 am. For more information contact the Youth Sports & Fitness office at 573-596-0209.

**August 21****COLE SWINDELL CONCERT**

Country Star Cole Swindell and the USO in partnership with Family and MWR team up to support Service Members and Military Families August 21 at Gerlach Field! Cole Swindell’s self-titled debut album, certified Platinum by the RIAA, includes four back-to-back No.1 singles “Let Me See Ya Girl,” and the first three Platinum-certified singles “Hope You Get Lonely Tonight,” “Ain’t Worth The Whiskey” and “Chillin’ It” making him the only solo male artist in the history of *Country Aircheck/Mediabase* to top the chart with his four singles. The concert is FREE and begins with the 399<sup>th</sup> Army Band performance 5:30 pm – 6:30 pm followed by Cole Swindell 7:00 pm – 8:15 pm. For more information contact the Family & MWR Installation Wide Events Office at 573-596-6913.

(Alternate weather site: Nutter Field House)

**August 26****COMMANDER’S GOLF SCRAMBLE**

The “Commander’s Golf Scramble” consisting of 4 person teams, will be hosted by the Piney Valley Golf Course with a 12:00 pm shotgun start. Cost is \$30 for Advanced Green Fee Patrons (AGFP) or \$40 for non AGFP’s which includes: greens fees, cart, meal and range practice from 11:00 am – 12:00 pm. Bring your friends, co-workers or battle buddies for a great afternoon of golfing.

The Piney Valley Golf Course is open to the public and located at 10221 Water Intake Rd. For more information call 573-329-4770.

**Additional Dates:**

September 30 / October 28

**August 26****MUSIC IN THE PARK**

Family & MWR invites you to “Music in the Park!” **Cruise In** to Colyer Park and show off your car, truck, or motorcycle while enjoying music performed by Trixie Delight! Cruise In begins at 6:00 pm, concert begins at 7:00 pm. Event is FREE and open to the public; No pets allowed. Concession available for purchase. For more information call 573-596-6913.

**August 27****THE SEVEN HABITS OF A 24/7 DAD**

Army Community Services will be hosting “The Seven Habits of a 24/7 Dad”. Learn what a 24/7 dad is and how to provide love, nurturance, guidance, and support “around the clock. “Identify the role you want to play in the lives of your children and the kind of impact you want to have on their lives. Class is open to authorized patrons and will be held at Army Community Service located in Bldg. 486 Replacement Avenue from 9:00 am – 3:00 pm. For more information call 573-596-0115.

**August 28****WATER SKIING SUNDAYS**

The Outdoor Adventure Center will be hosting “Water Skiing Sundays” from 8:00 am – 8:00 pm. Grab your swim suit and enjoy a day on the lake skiing, tubing, wakeboarding and swimming. We provide transportation, boat, driver, lunch and a great time! You provide your beverages (nonalcoholic) and the willingness to have fun! Cost for hours of water recreation and instruction is \$50 per person (\$25 for children 12 and under.) Check in is 8:00 am and we will be leaving the Outdoor Adventure Center at 8:30 am. Water skiing Sundays is open to the public. Interested participants must know how to swim and preregister two days prior to the event at the Outdoor Adventure Center located in Bldg. 2290 FLW K Rd. **Limited to 14 persons per trip so sign up early!** For more information call 573-596-4223.

**September 6 & 20****SENIOR GOLF TOUR**

The Piney Valley Golf Course is hosting the “Senior Tour”, with a 9:00 am shot gun start. Cost is \$30 for Advance Green Fees Patrons (AGFP) and \$40 per non-AGFP; includes green fee, cart, range practice and breakfast. Tour is open to the public ages 50 yrs. and older. Register at the Piney Valley Golf Course located at 10221 Water Intake Rd. For more information call 573-329-4770.

**Additional Tour Dates:**

October 4 & 18

**September 9****ALL NIGHT SOFTBALL TOURNAMENT**

Davidson Fitness Center is hosting the “2016 All Night Softball Tournament” beginning at 6:00 pm at Sports Complex B. Cost is \$150 per team. Tournament is open to the public. ASA rules apply. Must be 18 or older and out of high school. Cash prizes will be awarded and payout is based on number of entries. Register by September 7 at the Davidson Fitness Center located at 1300 South Dakota Ave. or for more information call 573-596-7444.

**September 10****COUNT DOWN TO COLLEGE**

“Count Down to College” assist parents in navigating financial aspects and scholarship possibilities of college, and assist students (grades 6-8 next school year) in designing a plan for a successful college admission. There will be door prizes and refreshments! Event is FREE and open to parents and registered youth from 8:00 am ~ 12:00 pm. Youth must be registered with CYS Services. The Pippin Youth Center is located in Bldg. 9625 Young Street. For more information or to RSVP call 573-596-0209.

**September 10 & 11****CLUB CHAMPIONSHIP**

The Piney Valley Golf Course is hosting our ‘Club Championship’ September 10 & 11, to determine the best golfer of 2016! Three flights will be offered; Men’s, Women’s and Seniors with 9:00 am tee times. Stroke play 36 holes; Saturday’s scores determine flights. Registration fee is \$60 per Non (AGFP) or \$35 per Annual Green Fee Patron (AGFP). Must be registered by 8 September. Open to the public. The Piney Valley Golf Course is located at 10221 Water Intake Rd. Rental clubs are available. For more information call 573-329-4770.

**September 10****3D ARCHERY TOURNAMENT**

The Outdoor Adventure Center is hosting a “3D Archery Tournament” from 10:00 am – 3:00 pm. Tournament will be a normal 3D shoot, a great opportunity to test your capabilities in judging yardage and shot placement. Cost is \$10 adults / \$5 youth enter to win a free bow! Cost is \$10 adults / \$5 youth and don’t forget to enter to win a free bow! Cost is \$10 adults / \$5 youth and don’t forget to enter to win a free bow! Outdoor Adventure Center is located in Bldg. 2290 FLW K. For more information call 573-596-4223.

**September 10****END OF SUMMER PAW PARTY**

Family & MWR is hosting an “End of Summer Paw Party!” Strut your mutt with other dog lovers at the pool. Don’t have a dog, no problem, borrow one for the day and make a new friend for the afternoon or for life! Dogs provided by the Fort Leonard Wood Veterinary Clinic shelter. The party will take place at Wallace Pool Splash Park. Enjoy the pet trick competition. Party begins at 10:00 am; registration is FREE and open to the public. All pooches must meet Fort Leonard Wood vaccination requirements, and be approved by the Vet Clinic. For more information call the Vet Clinic at 573-596-0094 or the Installation Wide Events Team at 573-596-6913.

**September 12 ~ 16****GET GOLF READY CLINIC**

Piney Valley Golf Course is hosting “Get Golf Ready Clinic” starting at 5:00 pm. If you have ever thought about playing golf, then Get Golf Ready is for you! Whether you are a beginner or returning to the game, the Get Golf Ready Clinic is designed to teach you everything you’ll need to know to step onto a golf course and play with confidence. Cost of clinic is \$59; includes rules of golf (etiquette, procedures) range, rental clubs, balls and course lesson. **Class size limited so sign up early!** Piney Valley Golf Course is open to the public and located at 10221 Water Intake Rd. For more information call 573-329-4770.

**September 17****BASS TOURNAMENT**

The Lake of the Ozarks Recreation Area (LORA) will be hosting a “Bass Tournament” starting at 7:00 am (or first safelight), weigh-in is at 3:00 pm. Entry fee per boat is \$40 and an optional \$10 fee for Big Bass. **There must be at least one Military ID / CAC Card holder per boat.** Stop by LORA or the Outdoor Adventure Center for entry forms/rules. LORA is located 50 miles NW of Fort Leonard Wood on McCubbins Drive off a Route A. For more information call 573-346-5673.

**Bass Tournament Dates:**

September 17 – 7:00 am / Weigh-in: 3:00 pm

October 8 – 7:00 am / Weigh-in: 3:00 pm

**Open to the Public Date:**

September 24 - 7:00 am / Weigh-in: 3:00 pm

**September 17****FALL MWR YARD SALE**

Whether you are getting rid of old treasures or looking for a bargain, you can do both at the Fort Leonard Wood “Fall MWR Yard Sale!” Sale will take place on September 17 from 8:00 am ~ 12:00 pm at the Baker Theater auxiliary parking lot. Cost is \$15 if registered by September 15 at 4:00 pm / \$20 day of; includes double length parking lot size space and lots of advertising. Tables are available for \$5 each and must be reserved in advance. Register online [www.fortleonardwoodmwr.com](http://www.fortleonardwoodmwr.com) or at the Family & MWR Installation Wide Events Office, Bldg. 1000, suite 167 located on E. 19<sup>th</sup> Street. Yard sale is open to the public for sellers and buyers. Fort Leonard Wood Thrift Shop will be on site to collect donations until 12:00 pm. **Following items cannot be sold:** weapons, food items, animals/ livestock, retail items (Avon, Tupperware, and Scentsy etc.) For more information call 573-596-6913.

**September 17****COUNTDOWN TO COLLEGE**

“Count Down to College” assist parents in navigating financial aspects and scholarship possibilities of college. And assist students (grades 9-12 next school year) in designing a plan for a successful college admission. There will be door prizes and refreshments! Event is FREE and open to parents and registered youth from 8:00 am ~ 12:00 pm. Youth must be registered with CYS Services. The Pippin Youth Center is located in Bldg. 9625 Young Street. For more information or to RSVP call 573-596-0209.

**September 18****5 ON 5 PAINTBALL TOURNAMENT**

The Outdoor Adventure Center is hosting a “5 on 5 Paintball Tournament” 12:00 pm - 4:00 pm. Bring your team of 5 and compete on our wooded paintball course within Mark Twain’s National Forest (with boundaries)! Cost is \$20 / 5 person team. Paintball gear is \$30 per person for the basic package. Last team standing wins! Event is open to the public ages 10 and older. For more information call 573- 596-4223.

**September 23****MOVIE IN THE PARK**

Family & MWR invites you to the “Movie in the Park”, featuring “Zootopia”. In a city of anthropomorphic animals, a rookie bunny cop and a cynical con artist fox must work together to uncover a conspiracy. Movie is FREE, open to the public and begins at 7:30 pm at Colyer Park. No pets allowed. No show if rain or high winds. Concessions will be available for purchase in support of Better Opportunities for Single Soldiers (BOSS) program. For more information call 573-596-6913.

**September 24****OPEN TO THE PUBLIC BASS TOURNAMENT**

The Lake of the Ozarks Recreation Area (LORA) will be hosting a “Bass Tournament” open to the public, starting at 7:00 am (or first safelight), weigh-in is at 3:00 pm. Entry fee per boat is \$40 and an optional \$10 fee for Big Bass. Stop by LORA or the Outdoor Adventure Center for entry forms/rules. LORA is located 50 miles NW of Fort Leonard Wood on McCubbins Drive off a Route A. For more information call 573-346-5673.

**September 30****COMMANDER’S GOLF SCRAMBLE**

The “Commander’s Golf Scramble” consisting of 4 person teams, will be hosted by the Piney Valley Golf Course with a 12:00 pm shotgun start. Cost is \$30 for Advanced Green Fee Patrons (AGFP) or \$40 for non AGFP’s which includes: greens fees, cart, meal and range practice from 11:00 am – 12:00 pm. Bring your friends, co-workers or battle buddies for a great afternoon of golfing. The Piney Valley Golf Course is open to the public and located at 10221 Water Intake Rd. For more information call 573-329-4770.

**Additional Date:**

October 28

**ARMY FAMILY TEAM BUILDING**

Do you want a better understanding of the Army life? The *Army Family Team Building* (AFTB) classes will help you to not just cope with, but also understand, military life. With AFTB you will gain the knowledge and self-confidence to take responsibility for yourself and your family while your sponsor is away. It’s training for a way of life that prepares you in America’s Army to function at the highest level. Many of these courses can be applied toward college credits, resume/career building, and self-development. Classes are FREE and open to the public. Classes consist of three levels and you are encouraged to take all three. Child care is available through CYS Services, children must be registered, and reservations required 8 days prior to class. For more information call 573-596-1481/596-0212.

**Family Readiness Training:**

Helping Families become more knowledgeable and self-reliant. Advocating more efficient use of community resources and reducing stress while promoting Soldier and Family readiness. Providing an opportunity for Families to meet and contribute to the well-being, morale and spirit de corp of the unit. Child care available with prior registration by calling 573-596-0197. Children must be registered with CYS Services. For more information call 573-596-1671.

**\*FRG leaders required to attend all sessions.**

**Resiliency Training:**

Designed to build resilience and enhance performance of the Army Family, Soldiers and Army civilians. Every Thursday 9:00 am ~ 12:00 pm

**1<sup>st</sup> Thursday:** Hunt the Good Stuff, Activating Events, Thoughts, and Consequences, and Avoiding Thinking Traps.

**2<sup>nd</sup> Thursday:** Detecting Icebergs, Problem Solving.

**3<sup>rd</sup> Thursday:** Put It In Perspective, Real Time Resilience, Active Constructive Responding and Praise.

**4<sup>th</sup> Thursday:** Identify Strengths In Self and Others, Assertive Communication.

Participants will receive a certificate upon completion of all four sessions.

Spaces are limited. Call to inquire about child care.

Army Community Service Bldg. 486. Deadline for reservation 1 day prior to course.

For more information call 573-596-0212.

**Now – October****SOS TRAINING 2016**

Army Community Service is hosting SOS Training 2016 now thru October. Training is FREE and open to the public. For more information call 573-596-0212.

**Training time and days:**• **Care Team Training:**

April 14, October 13; 9:00 am – 12:00 pm

• **Resiliency for Caregivers:**

April 14, October 13; 1:00 pm- 3:30 pm

• **Applied Suicide Intervention Skills Training (ASSIST):**

Monthly~ 2<sup>nd</sup> Tuesday / Wednesday; 9:00 am 3:30 pm

• **Coffee Break:**

Monthly~ 2<sup>nd</sup> Monday; 1:00 pm - UTC

• **Resiliency Skills Training:**

Monthly~ 1<sup>st</sup> and 3<sup>rd</sup> Tuesday / Wednesday / Thursday; 9:00 am - 3:30 pm

• **Grief Support Group:**

Monthly~ 1st and 3rd Thursday beginning February 4th thru July 21st; 5:00 pm - UTC

**AUTO SKILLS CENTER**

573 596-0243

Monday, Thursday & Friday 11:00 am - 7:00 pm

Saturday, Sunday & Holidays 10:00 am - 6:00 pm

CLOSED Tuesdays & Wednesdays

Avoid the high cost of car repairs and have your vehicle serviced at the on-post MWR Auto Skills Center. Fort Leonard Wood Auto Skills Center has a do-it-yourself hobby shop that provides patrons the opportunity to work on their own vehicle to avoid costly repair bills and offers professional repair services for those individuals who would rather receive professional assistance.

The Auto Skills Center offers: 4 flat car bays, 5 lift car bays, 1 motorcycle bay, designated for specific automotive repairs and maintenance related activities. The shop also has a computerized and manual information center, safety equipment (including eye and ear protection, OSHA eye wash areas), basic car care classes, on site car repair and Missouri state inspections. Technicians are available to answer questions and make repairs with full service appointments. The Auto Skills Center is also home to a Resale Lot with 24h hour access, a vehicle storage lot, and a coin operated car wash.

### **DAUGHERTY BOWLING CENTER**

Sunday – Thursday 10:30 am – 10:00 pm.

Friday – Saturday 10:30 am - Midnight

573-329-2477/ 596-1498.

The Daugherty Bowling Center offers a 40 lane AMF Certified state of the art bowling experience. It features a game room, Kids Adventure Zone (KAZ), proshop and the Strike Zone Restaurant. USBC Sanctioned as well as Fun Leagues are also offered. Daugherty Bowling Center is open to the public and located at 1609 South Dakota Ave.

### **MONDAY MADNESS**

Daugherty Bowling Center is hosting Monday Madness. \$1 game, shoes, hot dog and small fountain drink every Monday open to close. (Excludes holidays)

### **X-TREME BOWLING**

***“Bowling like you’ve never seen before”!*** Glow in the dark pins, laser light show with crankin music! Friday and Saturday nights 10-Midnight \$10 per person (2HR SESSION) Includes all you can bowl and shoe rental. 5 person maximum limit per lane.

### **ELECTRONIC BINGO**

Win up to \$4000! Must be 18 or older. Portable terminals play anywhere in the building. Payouts of \$499.95 paid out immediately. Payouts \$500 or more will be paid via check in 7 to 10 business days.

### **OPEN BOWLING**

\$2 JR/SR Game/ \$3 Regular Game/ \$2 Shoe Rental

### **BUMPER BOWLING**

Available for beginner bowlers 8 years and younger. This is ideal if you have younger bowlers as bumpers prevent gutter balls that can often discourage younger bowlers!

### **KIDS ADVENTURE ZONE**

Located inside the Daugherty Bowling Center and open during regular operational hours, the Kids Adventure Zone (KAZ) offers a fun place for the perfect kid’s birthday party or a Unit family function. No set up or clean up. Party packages are available - see below.

**GAME LINK AT DAUGHERTY BOWLING CENTER**

Game Link Drop Zone is an XBOX 360® & PC based gaming lounge now open at Daugherty Bowling Center! Game Link is designed to satisfy the most demanding gamer and promote communal play by providing gaming stations for gaming interactivity. Each station consists of high-end, comfortable leather seating, LCD HDTVs and advanced surround-sound audio dome technology. The audio quality is amazing! The Game Link community is wireless and XBOX LIVE® enabled. Game Link will have 150+ XBOX 360® titles to choose from including all the newest and most popular releases to choice from. Get your Game On! Game Link Drop Zone is open to ages 17yrs and older!

**BIRTHDAY BOWLING PARTIES**

PACKAGE 1: \$15 per lane/hour. Hourly Bowling Party.

PACKAGE 2: \$9/\$11 per child. Jumbo hotdog or 1 slice of pizza with small fountain drink, and 1 or 2 games of bowling.

PACKAGE 3: \$13/\$15 per child. Jumbo hotdog or 1 slice of pizza with small fountain drink, 1 or 2 games of bowling, shoes, birthday party supplies, and a balloon center piece.  
(Maximum of 5 children per lane, 16 and under on all packages).

**BIRTHDAY PARTIES (KAZ) KIDS ADVENTURE ZONE**

PACKAGE 1: \$10 per hour. Hourly table reservation.

*(Time limits may apply)*

PACKAGE 2: \$8 per child. Jumbo hotdog or 1 slice of pizza with small fountain drink.

PACKAGE 3: \$12 per child. Jumbo hotdog or 1 slice of pizza with small fountain drink, birthday party supplies, and a balloon center piece.

*\*ASK ABOUT OUR OPTIONAL BOWLING PIN OFFER!*

*\*RESERVATIONS AVAILABLE MONDAY THRU FRIDAY FOR HAIL AND FAREWELLS, CO2 TRAINING, SAFETY TRAINING, FRG'S AND MORE! CALL FOR SPECIAL PACKAGE PRICING.*

**MWR FRAME SHOP**

573-596-0242 / Custom and self-help framing/engraving

Monday ~ Friday 9:00 am - 5:00 pm

Saturday, Sunday & Federal Holidays – CLOSED

**FRAME CLASS**

The Frame Shop offers a one-on-one class. Learn to mat, mount, and secure your artwork in a frame. Students are introduced to frame shop equipment and safety procedures. You will also learn to choose the right mat color, determine margins, cover frame joinery, mounting techniques, and frame closures. Cost for class is \$20 plus supplies and frame shop card that allows you to access the self-help area. Our "Pass the Baton" program allows Units to pay for the first Soldier to be trained in self-help Framing and then to pass the knowledge/training onto the next Soldier to avoid additional training costs. A "Two for One Class" is offered at a discounted rate for \$30 (a savings of \$10). Must be 18 yrs. and older to participate. Must bring in your project you wish to frame on your appointment. Class is open to the public.

Other classes offered in a classroom style setting are Photo, Painting, Drawing, and Art competitions. Frame shop is located in Bldg. 490 Mini Mall. For more information call 573-596-0242.

### ENGRAVING

The Frame Shop now offers engraving. Let the Frame Shop capture your memories and expressions. You can engrave on wood, plastic, glass, acrylic, mat board, pens, metals, and more. This is great for gifts, awards, promotion, birthdays, and weddings! For more information call 573-596-0242

### LEISURE TRAVEL SERVICES

Monday - Friday 8:00 am–5:00 pm

Local/National Discount Tickets for entertainment and attractions

Book flights, hotels and Cruises,

Bldg. 490, (PX Mini Mall) (573) 329-TKTS (8587)

Book your travel on line at [www.fortleonardwoodmwr.com](http://www.fortleonardwoodmwr.com)

### LTS OFFICE OFFERS B&B THEATER GIFT CARDS

B & B Theatre Gift Cards only \$25 (\$30 value). These Gift Cards make great gift and are good for any show, any time, even "NO PASS" Special Engagements, 3D and Concessions. NO EXPIRATION DATE!

### OUTDOOR ADVENTURE CENTER

2290 FLW K Road.

573-596-4223

Open Monday ~ Thursday 10:00 am – 6:00 pm.

Now thru Labor Day

Open 8:00 am – 8:00 pm Friday, Saturday and Sunday- and every 4 day training holiday

The Outdoor Adventure Center (OAC) is the hub for over 30,000 acres available for hunting and fishing on Fort Leonard Wood. The Trout Management areas are open year round; all hunting and fishing state and local licenses and permits are available at the OAC. A large retail operation sells guns, ammunition, fishing and hunting equipment, as well as paintball equipment; camping and outdoor equipment are also available. The OAC hosts a fully stocked archery department and sells bows and custom made arrows.

The center also has a 3D archery course, two trap and skeet ranges that are open daily, as well as two paintball courses: a wooded course within Mark Twain National Forest (with boundaries) and a 100 yard by 100 yard speedball course. The OAC offers float trips daily during the spring, summer and part of autumn (weather permitting) on the Big Piney which flows through Fort Leonard Wood; as well as fishing classes and hunter education. Besides the programs offered through the OAC, Fort Leonard Wood also has multiple walking trails, caves, hiking areas and two parks (Colyer and Happy Hollow) with play areas. Open 7 days a week 10:00 am – 6:00 pm. Outdoor Adventure Center is located at 2290 FLW K Road.

For more information call 573-596-4223.

**PERSHING COMMUNITY CENTER / BLACKJACK**

Bldg. 4109 Piney Hills Drive.  
573-329-2563.

**BLACKJACK BAR AND GRILL**

Wednesday ~ Thursday 5:00 pm-10:00 pm  
Friday ~ Saturday 5:00 pm -12:00 am

**CUSTOMER APPRECIATION/ RIGHT ARM NIGHT**

The first Friday of each month, 4:00 pm — 6:00 pm, is set aside to say THANK YOU to our customers! Bring your Right Arm, office, friends and family & enjoy social hour at the Blackjack Bar & Grill.

**DOMINOES & CARDS**

Blackjack Bar & Grill and Morelli Heights have dominoes & cards available for you at the bar. Just ask your server or bartender for them, enjoy your game and return when done.

**FOOD AND FUN**

Dinner Service Wed-Sat 5:00 pm – 9:00 pm  
Happy Hour Wed-Fri 5:00 pm -7:00 pm; Domestic Draft \$2.00 12oz cup, \$6.60 Pitcher  
Dart Board, Pool Table, Corn Hole, and Volleyball available for fun or competition!

**CATERING OFFICE**

573-329-6533  
Tuesday – Friday 9:00 am – 4:00 pm

**MORELLI HEIGHTS BAR & GRILL**

CLOSED March 7 until further notice.  
During this time, please enjoy Blackjack Bar & Grill.

**PINEY VALLEY GOLF COURSE**

The Piney Valley Golf Course offers a par 72 - 18 holes course that runs through a beautiful valley along the Big Piney River. It also features a driving range, putting green, chipping area, pro shop, snack bar and golf lessons. Piney Valley also offers daily specials. The Piney Valley Golf Course is located at 10221 Water Intake Rd. For more information call 573-329-4770.

**PINEY VALLEY GOLF COURSE SPECIALS**

**THURSDAY SPECIAL** – Experience the best for less! Get 50% OFF all Greens Fees every Thursday at Piney Valley Golf Course (*daytime play only, no discount on twilight rates, no other discounts apply*).

Hours of operation:

**PVGC Greens:**

Monday 10:00 am – Dusk / Tuesday – Sunday 7:00 am – Dusk

**PVGC Pro Shop:**

Monday: 10:00 am – Dusk / Tuesday – Sunday: 8:00 am – 6:00 pm

**PVGC Sandwedge Eatery:**

Tuesday – Sunday 8:00 am – 3:00 pm

*\*Limited menu after 3:00 pm*

**REC PLEX**

The Rec Plex offers an 18-hole Miniature Golf Course, Go-Karts and an Outdoor Pool complete with a two story double slide and a spray park. The Rec Plex also offers party rooms and a pavilion for birthdays as well as Organizational and Unit parties.

Military graduation special Wednesdays and Thursdays; during the season graduates can bring their family and the graduate will receive one race on the go-kart track or one round of golf FREE.

**Hours of operation:****Spring Season March 25 ~ May 26:**

Wednesday ~ Friday 4:00 pm – 7:00 pm

Saturday 12:00 pm – 7:00 pm

Sunday 12:00 pm – 5:00 pm

**Summer Season May 27 ~ September 5:**

Sunday ~ Thursday 12:00 pm – 7:00 pm

Friday and Saturday 12:00 – 9:00 pm

**Fall Season September 6 ~ October 30:**

Wednesday ~ Friday 4:00 pm – 7:00 pm

Saturday 12:00 pm – 7:00 pm

Costs available online at [www.fortleonardwoodmwr.com](http://www.fortleonardwoodmwr.com)

For more information call 573-596-0843.

**SPORTS & FITNESS****DAVIDSON FITNESS CENTER**

Monday-Friday 5:00 am – 9:00 pm

Saturday-Sunday 8:00 am – 6:00 pm

Fed Holidays 8:00 am – 4:00 pm

573-596-4359

**SPECKER**

Monday-Friday 5:00 am – 10:00 pm

Saturday- Sunday 8:00 am – 10:00 pm

Federal holidays 8:00 am – 4:00 pm

573 596-7377

**FITNESS CLASSES**

Davidson Fitness Center and/or Specker Gym offer a variety of aerobic classes monthly at various times to fit your fitness level and your busy schedule. Classes include but not limited to Zumba, Step, Body Blast, Yoga and more. Classes are open to authorized patrons and are \$3/class or Aerobic 10 Punch Pass available for \$27. Class schedule is available online at [www.fortleonardwoodmwr.com](http://www.fortleonardwoodmwr.com).

Class schedule subject to change.

**FREE INSIGHT CHILD CARE AT DFC**

Family & MWR knows your family comes first and that shouldn't mean your fitness has to come last. Davidson Fitness Center is offering a place for your child (ren) to play while you achieve your fitness goals. A Family Fitness Area (Insight Child Care) is available during regular operational hours. An enclosed play area will entertain your child while you exercise – **no attendant is on hand - child MUST be in the parent/guardian's line of sight at all times.** The Family Fitness Area is open to parents with children only. Davidson Fitness Center is located at 1300 South Dakota Ave. For more information call 573 596-4359.

**PERSONAL TRAINING**

Davidson Fitness Center offers one on one custom designed workout programs to improve your physical fitness and well-being! Training is open to authorized patrons; initial consultation \$15, 1 on 1 Training - 60 minute session \$30, 2 on 1 Training - 60 minute session \$50.

**REGISTRATION: GROUP FITNESS CERTIFIED INSTRUCTORS**

Are you Group Fitness Certified? Davidson Fitness Center (DFC) is looking for energetic group fitness instructors for our aerobics program. Must be willing to work nights and weekends and have current certifications, including CPR/AED.

If interested please call our Fitness Coordinator, Tara Graves at DFC at 573-596-4359.

**AQUATICS**

The pool rules are set according to AR 215-1 and TB Med 575. Youth 13 years old and older are allowed to stay at the pool alone however all children under the age of 13 must be accompanied by an adult (16 years or older) regardless of a passing a swim test

## Daily Rates

**Individual Day Rate**

\$3 - CAT 1

\$5 - CAT 2

**Family Day Rate**

\$8 - CAT 1

\$15 - CAT 2

CAT 1 – Active Duty Military, Reserve, National Guard, Retirees, DoD Civilians & Family Members.

CAT 2 – Non DoD Civilians

**POOL PARTIES / AFTER HOURS ONLY / DFC INDOOR POOL**

1--100 Guests \$110 (2 hours) - \$50 for each additional hour

101--150 Guests \$150 (2 hours) - \$70 for each additional hour

Over 150 Guests - please call for price



**Fort Leonard Wood-Mid Missouri Chapter of the Association of the United States Army (AUSA)**

We are the Army's professional organization. Our motto is "Voice for the Army Support for the Soldier".

NO INFORMATION PROVIDED



**FORT LEONARD WOOD SPOUSES CLUB**

August 22 - FWCSC Annual Membership Drive at Stonegate Community Center, from 11am - 2pm.

September 15 - FWCSC Luncheon at PCC 11-1



NO INFORMATION PROVIDED



**July 28:** Head over to the Mills Center for the Relay for Life Paddle Party. The Mills Center is located at 650 Mills Drive in Lebanon. Doors open at 6:00 p.m. with the auction starting at 7:00 p.m. \$5 per bid or a quarter per bid. Items for raffle will be \$1 per ticket or \$5 for 6 tickets. For more information call 573-433-0076 or [goldie.spahn@cancer.org](mailto:goldie.spahn@cancer.org).

**July 29:** The Lebanon Area Chamber of Commerce cordially invites you to the Annual Eggs & Issues Breakfast. Doors open at 7:00 a.m. at Lindsay Ford of Lebanon at 260 West Elm Street. Guest speakers will include State Senator Mike Parson and State Representatives Sandy Crawford and Diane Franklin. This is a free breakfast provided by CenturyLink. Please RSVP to the Chamber Office 417-588-3256 or [chamber@lebanonmissouri.com](mailto:chamber@lebanonmissouri.com).

**July 29:** Please join us for Lebanon Community Night at Hammons Field as the Springfield Cardinals play the Northwest Arkansas Naturals! Gates open at 6:10 p.m. with the game starting at 7:10 p.m. Tickets are \$12 per person. Pick up your tickets at the Chamber Office located at 186 North Adams in Lebanon. Seats are in Section E behind First Base Dugout in rows 8-14. With your ticket purchase you will receive a voucher for a red Springfield Cardinals cap! Go Cardinals!

**July 29-31:** The 2016 Gospel Music Spectacular will be held at the Cowan Civic Center, 500 East Elm Street in Lebanon with Emcee Duane Garren! Enjoy the musical talents of the Primitive Quartet, Chosen Ones, New Horizons, The McCunes, Truelove Quartet, and More! For more information on this Gospel Sing call 417-532-9741 or 417-588-3256.

**August 2:** The University of Missouri Extension Office will be hosting a Home Food Preservation Class at United Methodist Church located at 300 North Madison in Lebanon. This session will be canning fruit and salsa in a water bath. The cost will be \$15. Registration is one day prior to the class date. To register or to receive more details on this canning session call 417-532-7126.

**August 3-6:** The 1st Annual Lebanon Gospel Music Get-Together promises plenty of singing with Gospel Music Greats such as, The Collingsworth Family, Greater Vision, Inspirations Quartet, Triumphant Quartet, Signature Sound Quartet, and Many, Many More! Also featuring the always funny, never serious Dennis Swanberg! Join Promoter and Emcee Duane Garren at the Cowan Civic Center located at 500 East Elm Street in Lebanon. To order your tickets visit [www.lebanonsing.com](http://www.lebanonsing.com) or call 417-236-9090 today!

**August 9:** COPE presents a free public forum "It Takes a Village" held at the Mighty Oak Lodge, 1720 Lynn Street in Lebanon. Come join the conversation of how Domestic Violence is affecting us all. Doors open at 5:30 p.m. with the event beginning at 6:00 p.m. Finger Foods and beverages will be served. For more information call 417-533-5201.

**August 11-12:** The Global Leadership Summit will be hosted live via Satellite by LifePoint Church in Lebanon. The Summit is a resource to be leveraged for community transformation and will include speakers Bill Hybels, Melinda Gates, Alan Mulally, Bishop T.D. Jakes, Horst Schulze, Dr. Travis Bradberry, Erin Meyer, and More! You can register online at [lifeointlebanon.com/GLS](http://lifeointlebanon.com/GLS).

**August 13:** The Back to School & Safety Fair will be held at The Mall in Lebanon and is open to the public with no pre-registration required. Come out and your children can receive free haircuts, school supplies, vision screenings, books, inflatable, face painting, and more! For more details call 417-664-2290.

**August 20:** The 5th Annual Poker Run will be held August 20 with registration from 8:00 a.m.-9:30 a.m. The Route for the Poker Run will be from Laclede Electric Cooperative in Lebanon, Laclede Electric Cooperative in Camdenton, Casey's General Store in Richland, Country Corner Market in Stoutland, and back to Laclede Electric Cooperative in Lebanon. All proceeds to

benefit Relay for Life. Lunch will be provided at the end of the route. No alcohol will be allowed. For more information and to register for the Poker Run call 417-718-0110 or

417-532-3164. Cost: \$20-Primary Driver's Poker Hand without a shirts, \$10-Passenger's Poker Hand without a shirt, \$5-Additional hand available (Limit to 3), \$25 Primary Driver's Poker Hand with shirt, \$15-Passenger's Poker Hand with Shirt.

**August 20:** The 2nd Lebanon Area Bridal Show will be held from 11:00 a.m.-4:00 p.m. at the Cowan Civic Center. General Admission is \$5 and with a Military ID admission is \$3. Special events will include Bridal Shows, Hair Style Demonstrations, Make-up demonstrations, Door Prizes, Health, Wellness, and Wrap It Demonstrations. Brides that Pre-Register to the event will be entered in an exclusive drawing with prizes estimated at \$1,500! To Pre-Register PM your name, contact number, and e-mail address to Facebook.com/MrsOliversWeddings or call or text your name, contact number, and e-mail address to 417-844-1266.

**September 17:** The 5th Annual Business Expo & Fun Day plus Job Fair will be held at the Cowan Civic Center from 9:00 a.m.-2:00 p.m. Admission is FREE! Make plans to attend with your family and enjoy vendors, doors prizes, and more! See you there!

**September 24:** Head out to the OTC Lebanon Center and join in the 5 Mile Fall Trail Run!

Register by August 29 to guarantee your event t-shirt. All proceeds benefit the OTC Foundation which helps students by funding scholarships, endowments for new programs, and capital

improvements. The Trail Run will begin at 9:00 a.m. with registration starting at 7:15 a.m. You can register online at [www.otc.edu/trailrun](http://www.otc.edu/trailrun) or call 417-532-5044 or e-mail [rainsa@otc.edu](mailto:rainsa@otc.edu) for more information.



**FORT LEONARD WOOD LIONS CLUB**  
**POC:** Harold L. Burluson - Phone# 573-528-1767  
 Email – [flwlions@hotmail.com](mailto:flwlions@hotmail.com)

Facebook - Fort Leonard Woods Lions Club

*“Our Diversity is Our Strength!” Dr. Jitsuhiro Yamada, LCI President*



The FLW Lions Club was chartered 20 January of 1966 and has been a part of the world's largest service organization since that time. The FLW Lions Club was one of the first Lions Clubs formed on a military installation. Currently, our club is the only Lions Club that remains active on a military installation. The motto of Lions Clubs International is **WE SERVE** and the FLW Lions Club tries to live up to this motto. Lions Clubs International has 1.3 million members and is located in 208 countries and geographical areas. This is more countries and geographical areas than the United Nations. We are just one club of 46,434 clubs worldwide. For additional information on Lions Clubs International visit the website: [www.lionsclubs.org](http://www.lionsclubs.org) and tag it as one of your Favorites. The FLW Lions Club is very active on the District and State level with four active Past District Governors (PDG) and several members serving on District and State level committees. On 30 January 2016, the vision, hope, and dream of our 25 Charter Members were realized as we joyously and successfully celebrated our FLWLC 50<sup>th</sup> Anniversary Program at the Pershing Community Center on Ft Leonard Wood.

We are proud to announce in local media outlets a listing of our current ongoing activities that will continue for Lionistic Year 2016-2017 that will begin on 1 July 2016. Your support can help us achieve this year's goal to be a better Lions Club than in the previous years. Come, share, join and enjoy being a new Lion or support us in any way you can, remembering that our aim is to take care of others within our greater Fort Leonard Wood Community. Your little bit is huge to us!

The all-new digital LION Magazine is now available. Read the June and past issues now, [LionMagazine.org](http://LionMagazine.org)

**CHECK THIS OUT>>> Please, don't throw those used eyeglasses away!** The FLWLC continue to collect gently used eyeglasses for recycling. These glasses are taken to a collection point, cleaned and calibrated. They are given to eye doctors who go on missions to third-world countries and are given to those who need the eyeglasses. If you have used eyeglasses, feel free to give them to any of our Lions Club members or drop them off at a local eyeglass center and let the staff know they are being donated to the FLW Lions Club. Please pass this information to your family, friends, and coworkers. Local Drop-Off Points: FLW GLWACH EENT Clinic and Main Exchange Optical Center on the left side of the front entrance and at the Pulaski County Courthouse Main Entrance. Request an eyeglasses pickup through [flwlions@hotmail.com](mailto:flwlions@hotmail.com).

**29<sup>th</sup> Annual Peace Poster Art Contest For Youth.** The theme for the 2016-17 Peace Poster Contest is "A Celebration of Peace." The FLWLC proudly sponsors Peace Poster Contests to highly encourage our local boys and girls (ages 11-13) to celebrate peace through art to express their visions of peace. Help the FLWLC to encourage our local students to share their individual talents when the 2016-2017 Lions Club International Peace Poster Art Contest goes active and announced by the Art teachers at all participating schools.

**Congratulations:** On Tuesday, May 24 and 27, members of FLWLC presented awards to local participating winners Mackenzie Overbey with school staff of the Waynesville 6th Grade Center (WSGC) and Waynesville Middle School (WMDS) winner Gabe Golinghorst. The WSGC Art Teacher's name is Faye May with Dr. Marsha Smith as the Principal. The WMDS Art Teacher's name is Melissa Lynch with Dr. Michele Sumter as the Principal. Photos of the presentations may be viewed on our FLWLC Facebook page.

To see the Peace Poster achievements children have completed in the past, please visit [www.lionsclubs.org/EN/our-work/youth-programs/peace-poster-contest/peace-poster-contest-finalists.php](http://www.lionsclubs.org/EN/our-work/youth-programs/peace-poster-contest/peace-poster-contest-finalists.php).

**The Mission Statement of Lions Club International:** "To empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions Clubs."

**Volunteers and Visitors are always "Welcome"** to join us at any of our FLW Lions Club meetings and community activities. And, we strongly encourage everyone to bring a friend! We also ensure that your Volunteer information for our events is listed in the Volunteer Information Management System (VIMS) for future references. ***Let us help you to do what you want to do for our great community!***

Thanks Everyone!!!

Harold L. Burleson, Publicity Chair, FLW Lions Club

**U Make Us!!!**

**DIRECTORATE OF HUMAN RESOURCES (DHR)**  
**POC: JESSE FRENCH**

## **ARE YOU READY TO VOTE?**

Are you registered to vote in your state of legal residence? If not, the Federal Post Card Application (FPCA) is how active duty military members, their eligible Family members, and citizens living outside of the United States can register to vote in their state of legal residence, request an absentee ballot, and/or update a mailing address. You **must** send in a FPCA this calendar year in order to receive a ballot. You can find the FPCA at [www.fvap.gov](http://www.fvap.gov) or with your unit Voting Assistance Officer. You may also contact the Installation Voting Assistance Office in Dillard Hall, building 470, suite 2107. The phone number is 573-596-0741.

**Election Day is Tuesday, November 8, 2016. Send Your Vote Home!!**



## MSCoE SAFETY CORNER

**POC: JOHN COBLEIGH, 596-2961**

**Heat Stress Awareness and Prevention:** When spring/summer temperatures rise significantly above normal, staying cool and safe may become a challenge for most military families. Many environmental factors including temperature, wind and rain; duration of heat/sun exposure; individual risk factors physical fitness, health, history of heat injury, use of medicine and alcohol can all contribute to heat related injuries. The combination of high temperatures and stresses such as physical labor, fluid loss, and fatigue sets a breeding ground for heat rash, exhaustion, and stroke. Heat-related illnesses are often attributed to outdoor work during summer months, but they can happen just as easily at any time of the year in poorly ventilated indoor facilities. Preventing them requires an understanding of how your body regulates temperature, the ability to recognize the symptoms, and knowing how to treat them.

### Safety tips:

- ▣ Select clothing such as lightweight cotton that breathes. Light colors tend to reflect heat, and hats should be worn when working in sunlight if possible. Some protective clothing manufacturers offer ice vests that, although heavy, can provide several hours of cooling without hindering movement.▣ It's important to drink plenty of liquids before, during, and after working in warm environments. Health experts recommend drinking 8 ounces of fluids for every 20 to 30 minutes of work being performed. Most sporting goods stores sell water bottles with measurements printed on the side to help you ensure you're drinking the proper amount.
- ▣ Take more frequent breaks when working in extreme temperatures or at the first sign of heat stress symptoms. If possible, try to schedule your tasks around the weather. Complete more physical tasks in the morning and evening when the sun isn't at its peak and the temperature is cooler. Reduce manual labor by using mechanical assistance when possible.
- ▣ The best defense against heat disorders is common sense and a healthy body. Excessive weight traps heat in your body and forces your heart and glands to work harder to dispose of it. Exercise and eat a nutritious, balanced diet. Exercise may help you to acclimate to warmer temperatures as well. A nutritious diet will ensure your body received the right amount of salt to keep it functioning properly.
- ▣ Heat stress is 100% avoidable and preventable as long as you recognize the signs and take proper precautions. Remember, you don't need to be working outdoors or living in a warm climate to be exposed to the hazards of heat stress. By understanding how your body controls temperature you're more able to recognize the symptoms of heat stress. Take immediate action if you, a family member or a co-worker develops heat cramps, heat exhaustion, or heat stroke. Use engineering controls whenever possible to reduce the hazards, and allow your body to acclimate to warmer temperatures before you overexert yourself.



**PUBLIC AFFAIRS OFFICE**  
**POC: Tiffany Wood, 563-4145**

**Aug. 8-12**

**Military Police Competitive Challenge**

The U.S. Army Military Police School plans to host the 2016 MP Competitive Challenge at Fort Leonard Wood, Aug. 8 to 12, in combination with the Military Police Regiment's 75<sup>th</sup> Anniversary.

**Aug. 14**

**Missouri State Fair**

The Missouri State Fair Military Appreciation Day ceremony is slated for 2 p.m. Aug. 14, at the Missouri State Fairgrounds, Mathewson Exhibition Center, 2503 W. 16 Street, Sedalia, MO. A representative from Fort Leonard Wood has been invited to speak at the ceremony. General Frank Grass, National Guard Bureau Chief, is scheduled to be the keynote speaker. A VIP reception will be held prior to the ceremony beginning at 12:30 p.m.

**Sept. 9 - 10**

**Annual Retiree Appreciation Days**

The annual Fort Leonard Wood Retiree Appreciation Days events are slated to take place Sept. 9 and 10. More information to follow in August.

**Sept. 10**

**St. Louis Cardinals Military Appreciation Day**

The St. Louis Cardinals Military Appreciation Day game is set for Sept. 10. A tailgate barbecue for Military Appreciation Day ticket holders starts at 3 p.m. in the Ballpark Village parking lot at the SE Corner of Busch Stadium. Sponsored by AUSA Fort Leonard Wood Mid-Missouri Chapter. Game time is 6:15 p.m. St. Louis Cardinals take on the Milwaukee Brewers. Tickets are \$15 through the MWR Information, Ticketing and Registration office, Building 490, mini mall, phone: 573-329-8587.

**Sept. 11**

A Patriot Day Prayer and Remembrance Ceremony led by the Installation Chaplain's Office will be held from 8:30 to 8:45 a.m. Sept. 11 on the Maneuver Support Center of Excellence Plaza steps.

**Sept. 19-26**

**Military Police Regimental Week Events – 75th Anniversary**

The U.S. Army Military Police School and Regiment plans to celebrate the MP Regiment's 75<sup>th</sup> Anniversary Sept. 19 to 26. The Regimental Ball is slated for Sept. 24 and the Regimental Run takes place Sept. 26.



**ST. ROBERT/WAYNESVILLE CHAMBER OF COMMERCE**  
**POC: CECILIA MURRAY, 336-5121**

**Chamber of Good-** The Waynesville – St. Robert Chamber of Commerce is launching a new community-building program called Chamber for Good which allows local charities to raise their visibility within the community and provides businesses and philanthropic individuals an easy way to become aware of local charitable needs, causes and events. The Chamber for Good tool allows residents of the community to view local charitable needs posted by local charities sorted into three areas: financial needs, volunteer needs and item needs. All local charities that fit the eligibility guidelines have the ability to create a public profile on the Chamber for Good site, then post needs in the three areas as they arise. The local Chamber for Good web site can be found by clicking on the 'GIVE LOCAL, Chamber for Good' banner on the Waynesville – St. Robert Chamber of Commerce's web site, which can be found at [www.wsrchamber.com](http://www.wsrchamber.com). Additionally, the local web site can be found by going to [www.ChamberForGood.com/wsr](http://www.ChamberForGood.com/wsr).

**Pulaski County Farmers Market-** Every Saturday from 8:00 a.m. - 12:00 p.m. in Downtown Waynesville.

**1903 Route 66 Courthouse Museum-** Every Saturday from 10:00 a.m. - 4:00 p.m. Contact Pulaski County Museum & Historical Society (Denise Seevers) at 573-855-3644 for more information. This museum is housed in one of only 2 period courthouses on Route 66 in Missouri, on the National Register of Historic Places this museum features 9 themed rooms. Don't miss the old vault, the courtroom and the Route 66 souvenirs in the gift shop. FREE admission, donations accepted.

**Old Stagecoach Stop Museum-** Every Saturday from 10:00 a.m. - 4:00 p.m. Pulaski County's oldest building has served as a private residence, a stagecoach stop, a Civil War hospital, and a hotel on Historic Route 66. Listed in the National Register of Historic Places. FREE admission, donations accepted.

**Tiger Typhoon-** Now Open! Contact City of Saint Robert Parks & Recreation at 573-451-2625 or email [park@saintrobert.com](mailto:park@saintrobert.com) for more information.

**Waynesville Library Way-Out Wednesday Story Time-** Wednesday, July 27, 2016, 10:30 a.m. - 11:30 a.m.

**St. Robert Fitness/Healthways Silver Sneakers-** Wednesday, July 27, to September 28, 2016, 12:00 p.m. - 1:00 p.m. Free 40-minute class held every Wednesday and Friday at 12 pm at St. Robert Fitness, 530 Marshall Drive. Fitness Program-Free center membership with classes designed exclusively for older adults to improve strength, flexibility, balance, and endurance. For more information, call 573-336-1979.

**Luck of the Draw-** Thursday, July 28, 2016, 6:00 p.m. - 9:00 p.m. Bow and Barrel Sportsmen Center. Contact info: [tanyaryen@bowandbarrelsports.com](mailto:tanyaryen@bowandbarrelsports.com). \$10.00 entry fee Semi-automatic 9mm - 45acp up to 6"barrel. Just a Little competition on the range.

**Waynesville Library Throw Back Thursday Game Night-** Thursday, July 28, 2016, 4:00 p.m. - 5:45 p.m. Free Bring in your games or try one of our for free. Kids can enjoys fun games and activities in the children's room whilst parents can enjoy a quiet movie in the community room one room away.

**5K at Old Settlers Day (Army Engineer Association)-** Saturday, July 30, 2016 from 7:00 a.m. - 9:00 a.m. Contact Army Engineer Association- Sverdrup Chapter at [sverdrupsecretary@armyengineer.com](mailto:sverdrupsecretary@armyengineer.com) for additional information.

**Civil War Battle Reenactment-** Old Settlers Day & Civil War Battle Reenactments to be held in Waynesville, MO July 30 & 31, 2016. NEW in 2016- Civil War Reenactments! Spend the weekend in Pulaski County immersing yourself in the living history of the Civil War! Battle Reenactments are scheduled for both Saturday and Sunday. Camps will be open to the public at specified times. A Civil War era church service is scheduled for Sunday morning. Live music will entertain throughout the weekend. Unique food and shopping opportunities throughout the weekend! For more information visit the Facebook page.

**Paranormal Investigations of the Historic Talbot House-** Saturday, August 6, 2016, 6:00 p.m. - 11:00 p.m. and the first Saturday of the month through October. Contact for info: Crocker's Optimistic Paranormal Society (Dawnmarie Cecora) 573.528.2149 or [crockerparanormal@yahoo.com](mailto:crockerparanormal@yahoo.com).. Have you always wanted to be part of a paranormal investigation? Well here is your chance. You can join us on an investigation of the Historic Talbot House in Waynesville, Missouri. Participants will be given a brief history and tour of the Talbot House. Then upon completions of the tour we will sign liability waivers and then participants will be allowed to conduct a supervised investigation. You must call to reserve your place for an investigation. We cannot accept anyone arriving on location to investigation without prior reservations. Investigations take place on the 1st Saturday of the month. Cost is \$20.00 per person. There is a maximum of 8 people per investigation and a minimum of 4. Reservations must be made prior to investigation date. Minimum age limit is 18 years old. If you have any of the following items feel free to bring them with you on the investigation; camera, flashlight, audio recorder, video camera. During the Halloween Season, September & October we will be offering supervised investigations every Saturday 8pm thru 11pm. Cost is \$25.00 per person. Paranormal Teams are welcomed, your investigation are unsupervised and cost per team (up to six people) \$150.00 (Maximum of eight), additional members \$25.00 per person. Don't forget anyone interested in participating in an investigation must call 573-528-2149 to reserve your date and ensure space availability. We cannot accept anyone arriving on location without prior reservations. We do reserve spaces in advance, if you want to ensure the date and number of people attending we suggest you reserve early.

**"Show Me Hope" Relay for Life-** Register for the 2016 Relay For Life of Pulaski County today at <http://relayforlife.org/pulaskimo>. Join us on Saturday, August 20th at the St. Robert Community Center from Noon-10:00pm. Celebrate our community Cancer Survivors and Caregivers. There will be food, fun activities, and Luminaria Ceremony. For Sponsorship Opportunities please contact Goldie Spahn [goldie.spahn@cancer.org](mailto:goldie.spahn@cancer.org).

**Achieving Graduation A Pathway for Excellence-** August 13, 2016 from 9:30 a.m. - 11:30 a.m. Spur Shopping Complex 743 Missouri Avenue St. Robert MO 65584. College Prep Classess for ages 15-24 years old. This program is designed to show parents and students how to get from application to acceptance, acceptance to graduation, while being a financially responsible steward. There are many colleges and paths to achieve this goal. This course will provide you with a comprehensive road map with various strategies weather you want to attend a state university, mid-sized college, HBCU, or a small liberal arts college. Regardless of the path, there are opportunities for you to receive an education. Contact God's Agape Love Faith Church at (573) 340-3634 or visit <http://www.agapelovefaith.org> for additional information.

**Donor Appreciation Event-** The Assistance Association Missouri Veterans Cemetery at Ft. Leonard Wood will be hosting our Donor Appreciation Event late afternoon on Sunday, August 21st. Time and Location to be determined.

**4th Annual Senior Fest 2016-** The event will be held Wednesday, Aug 24th from 12:00 pm through 6:00 pm in the community room. The goal is to offer free information and services for seniors on a variety of subjects including healthcare & wellness, recreation, employment, retirement, volunteerism, adult literacy and education etc. We would be happy to include any information that you wish to provide. This is also a great opportunity to network and collaborate with other organizations in the area. All you need to do is be there as a representative to talk about your service and answer questions and/or provide information through literature. Please arrive early to allow for set up. If you will not be able to attend but would still like to participate please send literature to address below. What you need to know - \* No registration or fees for set up. \* Free WiFi available \* A maximum (2) Tables per organization and electricity can be provided however you will need your own extension cord and surge protector. \* Vendors and Organizations are asked to bring a small door prize for a drawing. \* Tables will be assigned on a first come basis. For more information contact Angela Garrett-Librarian at the Waynesville Library, 306 Historic 66 West in Waynesville. Phone: 573-774-2965 or Fax: 573-774-6429.

**7th Annual Kiwanis Gun, Knife and Archery Show-** Saturday, August 27 9:00 a.m.- 5:00 p.m & Sunday, 28<sup>th</sup> 9 am - 3 pm entry \$5 at the St. Robert Community Center. 100 plus tables of Guns, knives and archery items for sale. Concession available. Contact Pulaski County Kiwanis Club Jerry Booker 573-433-6507 or Tim Berrier 573-528-4305 for more information.

**9th Annual Shrine Club BBQ Cookoff-** Saturday, August 27, 2016 9:00 AM - 4:00 PM. Located at the Shrine Club Park, Buckhorn. Contact info: Kevin Cordry 573-586-9801.

**Railroad Days-** Saturday, September 3, 2016 9:00 a.m. - 9:00 p.m. Family friendly street festival. Admission is free. Contact: Crocker City Hall at 573-736-5327.

**Haunted River Float-** Friday and Saturday nights the month of September, 7:00 p.m. - 10:00 p.m., Lay Z Day Canoes and Camping 573-336-8639. Haunted houses can be scary. Corn Mazes can be fun. But nothing compares to the thrill of the haunted river float on the Big Piney River. Once you are in the raft there is no turning back!!! After the spooky float, take a walk through the haunted forest then hop on the hay wagon for a ride back to a bonfire.

**Blackpowder Muzzleloader Meat Shoot-** Sunday, September 11, 2016 2:00 p.m. - 5:00 p.m. The Kickapoo Trace Muzzleloaders will be hosting a traditional blackpowder muzzleloader meat shoot on Sunday, September 11, 2016, 2:00 p.m., at the club property located at 16490 Cracklin Drive, Dixon, MO. The entry fee is \$10 for 10 rounds. For more information contact Earl Ellegood at 573-855-0984 or Keith Hane at 740-683-9954.

**American Cancer Society Missouri Day at the Ballpark-** Help Strike Out Cancer on Sunday, September 11th. Join us for our annual American Cancer Society Missouri Day at the Ballpark. Tickets may be purchased online at [www.stlcardinalsrf.org](http://www.stlcardinalsrf.org) Tickets include admission, a hot dog and drink, and access to the pre-game activities. A game for the family and your friends or reward your employees for a job well done. The St. Louis Cardinals VS the Milwaukee Brewers; \$20 ticket for 300/400 level seat or \$30 ticket for 100/200 level seat, includes one ticket to the game, pre game activities, hot dog, and drink. A portion of the proceeds benefit the American Cancer Society. For more information please contact Goldie at 573-433-0076.

**Cow Days-** Friday and Saturday, September 16<sup>th</sup> and 17<sup>th</sup>. 33rd Anniversary of Cow Days in downtown Dixon! Win a cow during the 33rd anniversary of this beloved street festival! Location: Downtown Dixon. Time: Friday- Noon until 11 pm Saturday- 11 am- 11 pm Cost: FREE admission Contact: Dixon Area Chamber of Commerce (Tommy Nichols)- 573-528-1159 URL: <http://dixonchamberofcommerce.com/CowDaysInd>.

**Gun Show Swap Meet-** Saturday, September 17, 2016 8:00 a.m. - 5:00 p.m. The Barn (Bill) 573-433-9370.

**4th Annual MOCA Community Health Fair-** Saturday, September 17, 2016 10:00 a.m. - 2:00 p.m. Located at 101 North Pine Street Richland MO (First Baptist Church's Family Life Center). Contact Info: Kelly Birdsong or Kathy Drake 573-336-3183 [kbirdsong@mocacaa.org](mailto:kbirdsong@mocacaa.org) or [kdrake@mocacaa.org](mailto:kdrake@mocacaa.org). MOCA's 4th Annual Community Health Fair Free and Open to the public. Screening from vendors, lots of health information and services available. Hot dogs, hamburgers, popcorn and drinks.

**DC Fly-In-** The 2nd Annual DC Fly-In is scheduled for Sept. 20-22, 2016. We are looking forward to having everyone join us as we take our message to Washington DC and to our Federal legislators. For travel purposes our first event will kick off on Tuesday afternoon at 2:00 p.m. with a guided tour of Arlington National Cemetery and our first reception will be at 5:30 p.m. at the Boeing Collaboration Center. We plan on wrapping up around 12:00 p.m. on the 22nd. Contact Tamara L. Long at 573-634-3511 for more information.

**Uncle Buck's Pumpkin Patch-** Saturday, September 24, 2016 10:00 a.m. - 6:00 p.m. Uncle Buck's Pumpkin Patch 573-759-9045 or 573-239-1757. Date: opening day September 24th 2016 open the last weekend of September 2016 and every weekend in October. Town: Dixon Mo. Brief description: zipline, corn bin spooky tunnel, mini golf course, duck races, bounce house, puppet and magic shows, petting zoo and more Also full concession, hayrides and pumpkins sold by the pound. Location: 10800 Highway D. Times Open and Close: 10 am to 6pm. Costs: \$6 general admission for Everyone age 2 and up. Phone: 573-759-9045 or 573-239-1757.

**True Colors Workshop-** Wednesday, September 28, 2016 8:00 a.m. - 12:00 p.m. Waynesville-St. Robert Chamber of Commerce [chamber@wsrchamber.com](mailto:chamber@wsrchamber.com) or 573-336-5121. True Colors® Seminar Do you want to build teamwork, improve communication and enhance customer relations within your business? Would you like a better understanding about yourself and those you work with? The True Colors® methodology has helped millions of people find personal success and dramatically improve their interpersonal relationships in these areas and beyond. Register and plan to attend the True Colors Seminar on September 28th at the Hampton Inn from 8 a.m. to 12 p.m. Cost is \$50 per person and includes materials. Lunch will be provided.



## The Farmer's Market at Fort Leonard Wood

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Farmers' Market at Fort Leonard Wood is organized by the Pulaski County Workshop as part of FLW's Installation Strategic Sustainability Planning and with the help of the Post's Directorate of Family and Morale, Welfare, and Recreation. Our market's mission is to bring together local farmers to support our military servicemen and -women, their families, and community by providing local, quality, producer-only foods. Our market strives to encourage meaningful interactions with our armed services and local farmers, foster sustainable agriculture, creating a vital civic institution for Fort Leonard Wood.

Founded in late 2014, the first market on the installation was held May 15, 2015. After an impressive inaugural season, we are revved up to start our second season! We are excited to announce that we will increase the number of market days this season so be sure to check out our Market Dates & Times!

Our market currently counts 14 local families engaged in agriculture as vendors. Currently, 25% of our vendors are active duty or retired military and we actively seek to grow that number by engaging local veterans to farmers programs and veteran agriculture groups. We're excited to see more variety of vendors as word spreads and love hearing from interested farmers! Product offerings include pastured pork, grass fed beef, grass fed bison, artisan goat cheese, all manner of produce, jams, breads, naturally raised eggs, sweets, vegetable plants, seeds, and more! We also feature educational vendors, like the Pulaski County Master Gardeners. Not only does the market strive to provide a wonderful shopping experience, we wish to engage and encourage the community to learn about where their food comes from and to dig into sustainable agriculture!

The Farmers' Market at Fort Leonard Wood to seek USDA funding through grants and community support. Additionally, we have been approved by the USDA to begin accepting EBT / food stamp benefits at our market. Our Fresh For All Program enables SNAP recipients to use their food stamp benefits to purchase healthy local foods! When you shop at our market, the food you buy travels just 40.9 miles from farm to your plate. In comparison, the food at the supermarket travels an average of 1500 miles from its place of origin to your table. Our market supports over 700 acres of farmland and in turn, those 700 acres support our military men and women by providing them healthy food locally!

Our market provides a needed venue for our community (a USDA designated food desert) to purchase healthy, local foods. Our market takes place at the MWR Rec Plex, located at Building 604 on Constitution Ave, and offers convenient street and lot parking.