



FORT LEONARD WOOD, MISSOURI

Woodworks Community Forum

FLW & Community
Information
August Events, 2014



August 2014

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Synopsis:

The Fort Leonard Wood Garrison Command hosts Wood Works each month, a community information forum 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 “Woodworks” link can be found on the Garrison Page and/or the Community Page for One-Stop access to events newsletter, calendar and archived data
www.wood.army.mil/newweb/garrison/garrison.html

Woodworks Mission:

To serve as a forum for installation and community information sharing with attendance by community members, family, retirees, civilians and military. Everyone is welcome.

Agenda:

- Woodworks Information Forum, 26 August 2014
- Facilitator: Mr. Housley
- Location: USO
- Time: 1030 – 1200
- Speakers: 1030
- Open Forum to Follow

Upcoming Woodworks: Attendance at last Woodworks (120)

Date	Location	FOCUS	Submission Deadline
30 Sept	TBD	See Agenda	23 Sept
28 Oct	TBD		21 Oct

POC for submissions to the Woodworks Newsletter is Vicki Reed, Garrison Command Administrative Officer, 563-5788. Information submissions are preferred by E-mail to 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

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POC: Peter Buttner, SM / Chrissie Lance, SC
Leonardwood@redcross.org **PHONE: 573-596-0300**

We want to clarify our processes for volunteering with the Red Cross while serving on Fort Leonard Wood as below.

Prospect's Name:	Contact #
Steps American Red Cross Volunteer Checklist to be completed before service starts.	Date
1 Register with Army Volunteer Corps Coordinator's Office BLDG 486 RM 142 (573-596-4334) MAOS	
<ul style="list-style-type: none"> a. FLW Form 585 completed b. DD Form 2793 completed c. DA form 4162 completed d. Installation Record Check completed and background check 	
2 Register with American Red Cross FLW; BLDG 496 Main Office (573-596-0300)	
<ul style="list-style-type: none"> a. Registered in Volunteer Connection b. Intake Path completed and referral received c. Assigned a Position completed 	
3 Hospital Requirements to complete	
<ul style="list-style-type: none"> a. Occupational Health Screening GLWACH RM 135; 573-596-0039 b. Hospital Orientation (1st TUES of the month in MEDDAC Classroom) c. Credentials: (if applicable) <ul style="list-style-type: none"> 1. Information sheet (RN/NP or TECH) 2. Resume 3. Consent to release form 4. Transcripts Sealed 5 Diploma 6. PSV Education 7. Copy(ies) of License(s) 8. PSV License(s) 9. BLS 10. Two letters of recommendation d. Security/Background (if applicable) e. ID Badge Office (must have escort) 	

- f. Placement with Department Representative
 - 1. Contact information/schedule worked out
 - 2. VOLAC Process initiated if applicable

- 4 **Volunteer Separation/Termination:**
 - a. Out processes department location
 - b. Turn in ID Badge/VOLAC is applicable
 - c. ARC Main Office for final out and records checkup

If there are any questions about the processes please feel free to contact our main office at 573-596-0300 or email us at

Leonardwood@redcross.org



**ARMED SERVICES YMCA OF MISSOURI (ASYMCA)
POC: LINDA BRIGHT, EXECUTIVE DIRECTOR, 329-4513**

ymca@centurylink.net; www.asymcaMO.com
See us on Facebook: Armed Services YMCA-FLW

ARMED SERVICES YMCA

Email address: ymca@centurylink.net
Mailing address: PO Box 3002, Waynesville, MO 65583
Phone numbers: 573-329-4513 or 573-774-9988

Thank you to all who participated in the 2014 Duck Race and the Field of Heroes event.

Weekly Activities:

Mondays	10:00	Playgroup with New Parent Support Grp- Pippin Youth
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 Waynesville ASYMCA

Arthritis Foundation Exercise classes: Classes forming

Help Me Learn- “Parent Participation Pre-school Program”: September session Call for details: 573-329-4513

C.A.R.E.S- Creative Activities to Reinforce Early Skills: Classes forming now

Kid Comfort quilts: Photo quilts for children with a deployed parent. Application available by emailing ASY office at ymca@centurylink.net



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.

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

ANGER MANAGEMENT: This is a six week class that focuses on understanding the dynamics of anger while learning anger management techniques. The next session begins **1 Oct 1130-1300**. For more information and to register, please call ACS.

5 LOVE LANGUAGES OF TEENS: Family Advocacy Program is offering a 5-week parenting class held **Mondays** at ACS beginning **20 Oct, 11:30 am-1:00 pm**. Explore the *Different Love Languages of Teens, Breaking Destructive Patterns, and Forging Constructive Patterns*. Please call to register.

BUNDLES OF JOY: A six-week class for new and expecting parents is offered quarterly. Next session begins **20 Oct 1330-1530**. Topics include *Bonding, Swaddling, Child Proofing, and Budgeting for the New Addition*. Please call to register.

24/7 DAD: Discover the Seven Habits of a GREAT DAD. Date: **Saturday, 13 Sept, 0900-1500**. Please call to register.

FAMILY ADVOCACY, COUPLES IN ARMS PROGRAM, PRESENTS THE 5 LOVE LANGUAGES MILITARY EDITION: Learn to speak the love languages through some of the most challenging times of a military marriage. Date: **Saturday, 18 Oct, Time 0900-1500**. Please call to register.

COUPLES IN ARMS: Is a Workshop for Couples that want to strengthen their relationship. The 4 week session begins **Thursday, 2 Oct 2014 1130-1300 at ACS**. Please call to register.

FAMILY VIOLENCE PREVENTION CLASSES are available for Family Readiness Groups. Topics include: *Identifying and Reporting Suspected Abuse, Preventing and Responding to Family Abuse (spouse, intimate partner, child), and Stress and Anger Management*. Please call for new class schedule.

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 at ACS**. 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.

MENTAL HEALTH FIRST AID: 16 Sept 0730-1700, For non-clinical mental health staff who interact with people and would like to know more about mental illness, addictions, and resources. Please call to register class is limited.

SCREAMFREE PARENTING PRINCIPLES: Offered the 3rd Tuesday of the month, 1130-1300 at ACS.

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.

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

DOWN SYNDROME SUPPORT RECREATION GROUP: For Families with a member who has Down syndrome- call Cinda at 596-0212 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. Featured movie **Turbo, 6 Sept from 1000-1200** at ACS.

RELOCATION READINESS PROGRAM (CAROL PATTON 596-0212)

NEWCOMER'S ORIENTATION: Newcomer's provides information about the post and surrounding area on the 3rd Thursday of every month, January-November. Join us on **18 Sept** for Newcomer's Orientation at the **Main Post Chapel, 0830-1215**. Spouses are highly encouraged to attend. The cost of childcare is the parent's responsibility. Please call 596-4950/5354 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.

TOUR DE FORT: Provides an informational tour of Fort Leonard Wood. Reservations can be made by calling the Relocation Readiness Office.

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 the DoD on-line Sponsorship Training. The eSponsorship Application & Training (eSAT), <http://apps.militaryonesource.mil/esat>, is user-friendly, self-paced and takes about 20 minutes to complete. An official DoD 'Training Certificate' is provided to the Soldier upon completion. The training includes downloadable Sponsorship Duties Checklist, sample letters and tools to be used by the sponsor. 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 tacking 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.

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 or 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 Jerry Patton or email jerry.l.patton6.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. The next classes will be held on **10 Sept 14 and 8 Oct 2014.**

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 classes will be held at **0830-0930 on 3 Sept 14 and 1 Oct 14.**

FIRST TERMER'S FINANCIAL READINESS COURSE: An experiential presentation about all aspects of money management including spending plans, credit/debt management, online banking, basic investing, and many other financial topics. First Termer's is a mandatory class for E-1 through E-4 upon entry into the Armed Services IAW AR 600-20 and AR 608-1. The next classes will be held at **0730-1600 on 9 Sept 14 and 14 Oct 14.**

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. The next class will be held **1000-1130 15 Oct 14.**

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. The next classes will be held **1000-1130 22 Oct 14.**

CAR BUYING: A class for those who are planning to buy a car, used or new. What to look for in price comparisons, CARFAX, negotiating, paying sales tax in Missouri, warranties, etc. The next class will be held at **1400-1500 on 9 Sept 14.**

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.

Level K, 2 – 3 Sep 14, 9:00 am – 3:00 pm, ACS
Drill Sgt Spouse Seminar, 19 Sep 14, 9:00 – 3:00 pm, ACS
ACS Instructor Training Course, 23 – 26 Sep 14, 9:00 am – 3:00 pm, ACS
Level K, 7 – 8 Oct 14, 9:00 am – 3:00 pm, ACS
AFAP Conference, 15 – 17 Oct 14, 8:00 – 4:30 pm, ACS
Command Spouse Seminar, 23 – 24 Oct 14, 9:00 am – 3:00 pm, USO

RESILIENCY 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 – not permanent; Challenges are local - not global; Challenges can be changed by your own effort - you're not a helpless victim. The next Resiliency Training will be held at Army Community Service, Bldg 486 on the dates listed below. Please call 596-0212 to register for training.

09 – 11 Sep 14	9:00 am – 3:30 pm, ACS
24 – 26 Sep 14	9:00 am – 3:30 pm, SFAC Bldg 340
01 – 03 Oct 14	9:00 am – 3:30 pm, SFAC Bldg 340
28 – 30 Oct 14	9:00 am – 3:30 pm, ACS

FAMILY READINESS GROUP LEADER TRAINING will be conducted at the Melvin Carnahan Army Community Service Center on the dates listed below. 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.

15 Sep 14	9:00 am – 3:00 pm, ACS, Bldg 486
6 Oct 14	9:00 am – 3:00 pm, ACS, Bldg 486

REAR DETACHMENT COMMANDER TRAINING will be conducted on **9 Oct 14, 9:00 am – 12:00 pm** at ACS. This training focuses on Family readiness, specifically the leadership role and issues involved in taking care of Families in different circumstances.

ARMY VOLUNTEER CORPS (AVC) PROGRAM: The AVC Program promotes and strengthens volunteerism by uniting community volunteer efforts. A multitude of volunteer opportunities are available. Please contact Rhonda Hutsell at 573-596-0212 or Rhonda.l.hutsell.civ@mail.mil for more information on how to volunteer and better your community.

Make a Difference Day is a national day for helping others. This year is the 24th Annual **“Make A Difference Day”** held the fourth Saturday of October. This is a great opportunity for people to give back to their community. This year's “Make a Difference Day” is on Saturday 25 October 2014, from 7-12 a.m starting at Army Community Service. The Army Volunteer Corps is looking for organizations with projects that volunteers can participate in on “Make a Difference Day.” Volunteers from all around our community will be participating. Fort Leonard Wood and surrounding communities will be doing volunteer projects to improve their community and help their neighbors. If you want to volunteer for a project or have a project that you are interested in having volunteers come out and help with on 25 October 2014, please call the Army Volunteer Corps at 573-596-0212, or e-mail: rhonda.l.hutsell.civ@mail.mil .

The Army Community Service (The Volunteer Corps and Family Advocacy Program) invites you to participate in the 5K fun run/walk Fort Leonard Wood “Make A Difference Day.”

MILITARY & FAMILY LIFE CONSULTANT (MFLC) PROGRAM: This is a DOD program offering immediate support and short term situational problem solving counseling. Consultants 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. 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 573-433-5939.**

SOLDIER FAMILY ASSISTANCE CENTER: The Soldier Family Assistance Center (SFAC) sponsors mutual support, a welcoming environment, and healing for Warriors in Transition (WTs) and their Families by providing the best social, financial, educational, personal, and pastoral services available. Their efforts are aimed at fostering dignity and independence, enabling the WTs in their transition back to duty or to service as a vital member of the community.

SURVIVOR OUTREACH SERVICES offers two Grief Support Groups for Survivors of Active Duty Service members (these have been suspended until August), a Lunch Social Group for Survivors of Active Duty Service members and a Lunch Social/Informational Group for Survivors of Military Retirees each month. We are here to keep all 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 formed an Advisory Council, consisting of the Garrison Commander, Senior Spouse representatives from the major commands and Survivors who would like to have input into our program. We also provide the Care Team Training for Units who want to form Care Teams as well as our new Resilience for Caregivers course. Please call Jody Carmack at 596-0195 for information about our program, the assistance we can provide to Survivors and to register for our events, Advisory Council or groups.

CARE TEAM TRAINING will be conducted at the Melvin Carnahan Army Community Service Center on the dates listed below. The training will cover Care Team roles and responsibilities and understanding grief. Additional classes can be scheduled for your group upon request. Please contact Jody Carmack at 573-596-0195 or Jodeen.l.carmack.civ@mail.mil for further information or to register for the class.

18 September 2014	9:00 am – 12:00 pm	ACS Bldg 486
6 November 2014	9:00 am – 12:00 pm	ACS Bldg 486

RESILIENCE FOR CAREGIVERS will be conducted at the Melvin Carnahan Army Community Service Center on the dates listed below. 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. Please contact Jody Carmack at 573-596-0195 or Jodeen.l.carmack.civ@mail.mil for further information or to register for the class.

18 September 2014	1:00 pm – 4:00 pm	ACS Bldg 486
6 November 2014	1:00 pm – 4:00 pm	ACS Bldg 486

House Next Door:

Army Community Service offers a variety of **FREE** 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!**

Programs

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 and free of charge. 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.

September 2014 Classes

Sept 17 *Taste and Trade (Mexican): Bring your favorite prepared Mexican foods to share with the group along with the recipe! Please register for this delicious class!

Sept 24 *Quilt Block of the Month: We will be working towards making a quilt. We will be work on the block per months for 12 months. Leading to finishing touches. September (9 of 12 months). Please of call to register for this enjoyable class and for a supply list

Sept 11 *Christmas in December: We will be making a 30 day calendar for the upcoming holiday. You must know how to sew. Call to sign up for the supply list.

Sept 2, 9, 16, 23 and 30 Basic Sewing Class PM: This will be a six (6) week class. We will begin with sewing machine knowledge going into a six week project. Interested parties must be registered by the Please call for more information and register.

Sept 3 Chemo Caps: The group is making knitted/crochet/fabric hats for the patients going through chemo-therapy.

Sept 25 *Trash 2 Treasure "Faux Stained Glass": Repurpose and old frame. Into a hanging piece of art that reflects the colors can be altered to recipient's personal style. Call to sign up for the supply list. (In the Park.)

Sept 18 Unfinished Projects/Potluck: If you have a project that never seems to get finished or you're not sure how to complete it, today is the day for you.

Sept 4 Knitting: Want to learn how to knit our class is starting come on in. Teaching supplies are provided for in-house usage only.

Sept 10 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.

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 at 596-0212, or rhonda.l.hutsell.civ@mail.mil

“Make a Difference Day”

Make a Difference Day is a national day for helping others. This annual event is a great opportunity for people to give back to their community. This year's Make a Difference Day is 25 October 2014, from 7-12 A.M. on Saturday. The Army Volunteer Corps is looking for organizations with projects that volunteers can participate in on “Make a Difference Day.” Volunteers from all around our community will be participating. If you want to volunteer for a project or have a project that you are interested in having volunteers come out and help with on 25 October 2014, please call the Army Volunteer Corps at 573-596-0212, or e-mail: rhonda.l.hutsell.civ@mail.mil.

The Army Community Service (The Volunteer Corps and Family Advocacy Program) invites you to participate in the 5K fun run/walk Fort Leonard Wood “Make A Difference Day.”

Balfour Beatty
Communities

POC: Michelle Clemens
LIFEWORCS COORDINATOR
329-1009 fclemens@bbcgrp.com
www.facebook.com/flwhousing

- 9/5 – CEL Survey Kickoff Party – Stonegate Community Center – 4pm-6pm
- 9/12 – Popcorn Friday – Stop by the Stonegate Community Center for a bag of popcorn – 11am-2pm
- 9/16 –Scrapbooking – We provide the supplies, you provide the pictures! Piney Hills Community Center - 10am-12pm
- 9/22 – Fall Crafts – Join us for some fall crafts at the Stonegate Community Center – 3:30pm-4:30pm
- 9/25 – How to Clear Housing – Stonegate Community Center– 4pm

All events are FUN and FREE for Residents to enjoy! We look forward to seeing you there!

- **Terracycle:** A program that brings communities together to help build a sustainable future through: upcycling, recycling, and donation efforts!
- **Personal Care & Beauty Brigade** (Empty hair care bottles, caps, soap dispensers/tubes, face lotion, body wash etc.)
- **Cell Phone Brigade:** standard cell phones, smart phones, iPhones
- **Cheese Packaging Brigade:** (Large flexible cheese packaging, shredded cheese, string cheese, individual slices outer packaging, solid block packaging etc.)
- **Oral Care Brigade:** Toothpaste tubes & caps, toothbrushes, toothbrushes and toothpaste tube outer packaging, floss containers.
- **Inkjet & Toner Brigade:** Inkjet cartridges & toner cartridges. **Scotch Tape Brigade:** Plastic tape dispensers and plastic tape cores
- **Diaper Packaging Brigade:** Plastic diaper packaging, wipes outer plastic packaging, individual wipes packaging.
- **Elmers Glue Crew Brigade:** Elmer's glue sticks and caps, Elmer's glue bottles and caps.
- **Drink Pouch Brigade:** Aluminum and plastic drink pouches, drink pouches with spouts

***Anyone can donate to the Terracycle Brigade. All donations benefit the Armed Services YMCA! Thank You!**

BETTER OPPORTUNITY FOR SINGLE SERVICE MEMBERS (BOSS) PROGRAM
POC: Connie Obermuller



BETTER OPPURTUNITIES FOR SINGLE SERVICE MEMBERS (BOSS)

The Better Opportunities for Single Service Members (BOSS) Program supports the overall quality of single Service Members' lives. BOSS identifies real Service Member wellbeing issues and concerns by recommending improvements through the chain of command. BOSS encourages and assists single Service Members in identifying and planning for recreational and leisure activities. Additionally, it gives single Service Members the opportunity to participate in and contribute to their respective communities. BOSS is a demonstration of the chain of command's commitment to single Service Members.

Who can be a member of BOSS? If you are in one of the following categories and are assigned as permanent party or are on temporary duty at Fort Leonard Wood, then BOSS is for you.

- Single Soldier
- Single Sailor
- Single Marine
- Single Airmen
- Single Parent
- Geographically Single Soldier
- Foreign Service

BOSS MEETINGS

Held the 1st and 3rd Thursday of every month. Location: USO / Bldg 805 Iowa Ave Time: 1530. BOSS meetings are open to the public. For more information call 573-596-6912

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 & 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 & Holidays Closed

Training Holidays 8:00 am - 4:00 pm

CLOSED Labor Day Holiday, Monday 1 September 2014

RECURRING LIBRARY PROGRAMS/EVENTS:

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

Library Webpage www.wood.army.mil/library

You may access our Library Catalog directly at www-library.wood.army.mil

To view your own account & to place holds or renew books you must know your user name/alternate ID and PIN/password that you created when you registered. You must come to the library and show your ID card if you have forgotten your information.

The Clarke Library does provide access to many 24/7 Virtual services to include research and reference databases that provide access to thousands of journals, newspapers and digital reference materials.

We also have access to a number of ebook and eaudio services that you can either use on your computer or download to a variety of media devices. See sample list below.

These services are paid for by DoD, DA and the Clarke Library for the use of authorized patrons. Some of these services are also available on MilitaryOneSource, ArmyOneSource, and service portals such as AKO (www.us.army.mil). You have to register for FREE personal accounts for these services. In some cases you must also create a FREE account within the database or ebook service, such as Petersons, Ebsco, and Tutor.com/military for military and families.

Army Knowledge Online (AKO) - <http://www.us.army.mil>
 Army OneSource (AOS) - <http://www.myarmyonesource.com>
 Military OneSource (MOS) - <http://Militaryonesource.mil>
 Navy Knowledge Online (NKO) - <https://www.nko.navy.mil/>
 Air Force Portal - <https://www.my.af.mil/>
 Air Force Services Portal - <https://www.usafservices.com/>
 Marine Corps Community Services Libraries <http://library.usmc-mccs.org/> --for help accessing email the librarian at mccslibraries@usmc.mil with their name,rank and duty station

Retirees & Family Members without CAC cards coming in June 14

Access to e-Books and Audio Books in the **Army Digital Media Library (Overdrive)** as well as two eResources, **Transparent Language** and **Ancestry.com** that are only available with an AKO or GLIS My Account.

Bruce C. Clarke Library is not in the GLIS system. You may register for a geographically separated from a General Library Information System (GLIS) "My Account". You must have a DEERS account to qualify. Response to you will be by email weekdays CST duty hours.

<https://mylibraryus.armybiznet.com/selfreg.html~S1/selfregre>

If you try to register and get an error contact mwr.library@us.army.mil

FREE eAudio and eBooks and eMagazines

Army Digital Media Library

Now downloadable to Kindles in addition to Nooks, iPads, and other ebook readers!!! Available on Army (AKO) and other military services portals. Features eBook, Eaudio, music and video. See above for non-AKO account.

Zinio – Hundreds of full digital copies of your favorite magazines viewable on your computer or mobile device. Create free account in AKO, AOS, or other services portals (above) and then you can sign in and use from a computer and many devices. **Use AKO as your access code when signing up**



[OneClickDigital](#) use **AKO** as your access library code

Browse and download audiobooks to your home computer or mobile device.

Access through MOS, AOS, AKO and other services portals (see above links).

Safari Books Online Safari is an e-reference library where you can search across thousands of books from O'Reilly, Addison-Wesley, Cisco Press, Microsoft Press and more. Read books cover to cover or flip directly to the section you need in seconds.

Create FREE account in AKO, MOS, AOS, NKO, AF Portal, AF Services Portal

EBSCO ebook collections

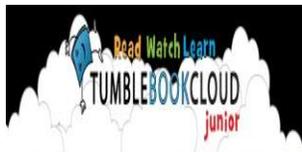
Full-text electronic versions of published books to include fiction and non-fiction books such as ASVAB Core Review, computer books, resume books and 213 Cliffs Notes. Create FREE account in AKO, MOS, AOS, NKO, AF Portal, AF Services Portal or in Bruce C. Clarke Library databases in the library



Listen and read-along for kids

www.tumblebooklibrary.com also access to Tumblebook Club JR

Username: army password: libra



eAudio eBooks for ages 12 +

www.tumblebookcloud.com & www.tbcjr.com

Username: army password: login



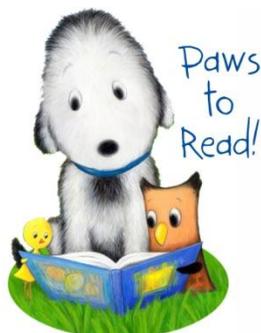
eAudio for teens & adults

www.audiobookcloud.com

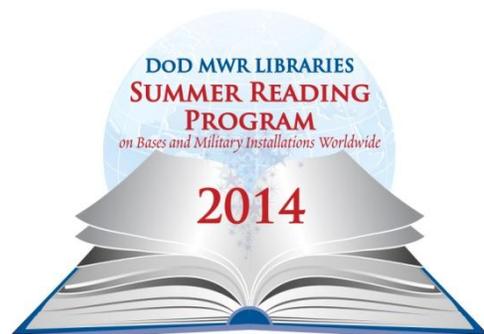
Username: army password: login

[National Geographic 1988-1994](#) - Search over 100 years of National Geographic . Create FREE account in AKO, MOS, AOS NKO, AF Portal and Clarke Library's Gale databases.

Gale Virtual Reference Library - GVRL is a database of encyclopedias and specialized reference sources for multidisciplinary research. These reference materials once were accessible only in the library, but now you can access them online from the library or remotely 24/7 The Clarke Library has several hundred books available.



672 registered
34% increase
10,612 books read
63% increase



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

SUNDAY NIGHT LIVE Sunday Night Live will have its kick-off meeting on Sunday, 7 September at 5:30-7:30 p.m. at the Main Post Chapel. This meeting will be an introductory meeting, and a time of fellowship. We will begin with a picnic supper. The Chapel will provide the hotdogs, "fixin's" and drinks. Please bring your favorite picnic dish to share with everyone. We share a meal every week, part of which is catered and part of it is provided by the community.

Then you will be introduced to the classes that are being offered so that you can make your decision for the coming weeks. This year SNL will go from 7 Sept.- 12 Dec. There will be no classes on 12 October, or the 9th and 31st of November due to holidays and training holidays. Also, on the 5th of October we will host the Harvest America: a televised revival that will be shared National Wide, and we will be part of it!

This semesters class offerings include: Children Kindergarden-5th grades, classes will be led by Patti Miniotta, Youth groups for youth 6th-12th grades led by David McKay, Adult classes: The Book of Mark led by Chaplain Kelly, Christian Orthodoxy led by Chaplain Gillette, T4T led by Bill Bennett, Financial Peace University, led by Derek Welborn, and Toward a Meaningful Life, led by Chaplain Stern. Child care will be provided for those participating in the programs. POC: Cindy T. Dack, DRE 596-0089

CATHOLIC WORSHIP SCHEDULE

Catholic Mass: Saturday, 6 p.m. or Sunday, 9 a.m. at Soldier Memorial Chapel (SMC)

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

Confessions: Saturday, 5 – 5:30 p.m. or Sunday, 8 – 8:30 a.m. at SMC or by appt call Pat Johnson, Catholic Director, (573) 596-3913.

Baptisms: During 9 a.m. mass, third Sunday of the month

Daily Mass: Monday – Friday, 11:40 a.m., Hospital Chapel

SUNDAY PROTESTANT WORSHIP

Liturgical Protestant Service: 9 a.m., Museum Chapel

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

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

4th MEB Dauntless Service: 11 a.m., Museum Chapel (Contemporary Worship)

OTHER WORSHIP SERVICES

Jewish Service: Friday, 1900, Bldg 1701a, Specker Barracks Area, Fort Leonard Wood.

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, 8 a.m., Main Post Chapel – Room 130

A.T. E.A.S.E. (Attending To Every Armed-Forces Spouse Exclusively) Who: Armed Forces Spouses of enlisted and officers. What: To support the Home Front, our Front line champions, the Unsung heroes who work in the shadows, the Armed Forces Spouse and their family members. Food, friendship, fun and games and so much more. When: Sep 19th – 6-8 p.m..

Where: Main Post Chapel. POC: Cindy Grothe at (307) 258-6880, or CH (CPT) Sharon Browne, 596-1323 or find us on face book; AT EASE Fort Leonard Wood.

WORLDWIDE MARRIAGE ENCOUNTER The next Worldwide Marriage Encounter Weekend is Sept. 26th-28th in St. Louis, MO. The weekends are open to many denominations and provide an atmosphere that allows the couple time to focus on their relationship and communication. Even if your marriage is great or

just needs a little spice, this weekend is for all. The weekend does not provide Marriage counseling. For more information on Marriage Encounter you can visit this link: <http://www.wvme.org/> For more information and to sign up for a weekend, please contact Mike Johnson at 573-528-3913, or Pat Johnson at 573-528-3912.

KNIGHTS OF COLUMBUS (KofC) A Catholic men's organization that meets the second Tuesday of the month at Building 6501 (Old Pershing School) Library at 7 p.m. KofC offers Catholic Christian fellowship and opportunities to be of service to others in the FLW/ St Robert / Waynesville area. POC: Greg Miller at 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 Director, 596-3913.

CATHOLIC WOMEN OF THE CHAPEL (CWOC) For women interested in learning about/growing in their faith, and getting to know other women who share their beliefs. We are always welcoming new friends to our group! Kick Off took place on August 21st. Please check website for details and upcoming events. <https://sites.google.com/site/fortleonardwoodcwoc> POC: Lisa Seeber, CWOC President at flwcwoc@gmail.com or Patricia Johnson, Catholic Director at 596-3913.

CATHOLIC CONFRATERNITY OF CHRISTIAN DOCTRINE (CCD) Classes meet Sundays from 11:00 – 12:30 p.m. at the Installation Chaplains Office, Bldg 6501 Indiana Avenue (Old Pershing Elementary School). Classes are for those going into Kindergarten through Confirmation class (the child must be 13 years of age and in the 8th grade to be Confirmed). POC: Patricia Johnson, Catholic Director, 596-3913. **We will resume classes on Sunday, 14 Sep.**

CATHOLIC YOUTH OF THE CHAPEL (CYOC) meets every Sunday afternoon at the Installation Chaplains Office, Bldg 6501- 3307 Indiana Avenue (Old Pershing Elementary School). Teens 9-12th grade meet 2:30 – 4:30 p.m. Contact POC: Courtney Champagne, Catholic Youth Coordinator, 573-452-1398 or 3champagnes@gmail.com for more information. **We will resume meeting on Sunday, 7 Sep.**

CATHOLIC MIDDLE SCHOOL/JR. HIGH YOUTH GROUP Meets every Sunday afternoon at the Installation Chaplains Office, Bldg 6501- 3307 Indiana Avenue (Old Pershing Elementary School). Youth 5-8th grade meet 4:30 – 6 p.m. Contact POC: Courtney Champagne, Catholic Youth Coordinator, 573-452-1398 or 3champagnes@gmail.com for more information. **We will resume meeting on Sunday, 7 Sep.**

CATHOLIC Rite of Christian Initiation for Adults (RCIA) meets Wednesday evenings, 6:00pm, at Bldg. 4835 (590), corner of Iowa and North Dakota. 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 Director, 596-3913. **We will resume classes on Sunday, 14 Sep.**

CATHOLIC Rite of Christian Initiation for Children (RCIC) meets Sundays, 11:00 am, at the Installation Chaplains Office, Bldg 6501 Indiana Avenue (Old Pershing Elementary School); RCIC is a program for children who have yet to receive the Sacraments of Initiation (Baptism and/or Holy Communion). Contact: Pat Johnson, Catholic Director, 596-3913. **We will resume classes on Sunday, 14 Sep.**

PROTESTANT WOMEN OF THE CHAPEL (PWOC) Our Fall Kick-Off was 19 August. We meet every Tuesday at the Main Post Chapel, 9 – 11:30 a.m. Our desire is to uplift and grow the women of Fort Leonard Wood through relationships, mentorship, and bible study. We cannot wait to meet each one of you and see

what God has in store for the year but until then, please visit our Facebook page at

<http://www.facebook.com/pages/Fort-Leonard-Wood-PWOC/135315366507898>

You may also contact us at pwocflw@gmail.com and we have a confidential prayer request email set up, as well, at pwocflwprayer@gmail.com. CH (LTC) Darin Powers is POC and can be contacted at 573-596-0131 ext. 6-6225.

PROTESTANT YOUTH OF THE CHAPEL (PYOC) meet on Wednesdays from 6:00 - 8:30 p.m. for Sr. High School Students (9-12th grade). Jr. High School Students (6-8th grade) meet Tuesdays from 5:00 – 7:00 p.m. Both meet at Pershing Elementary School on Indiana Ave (Old Pershing Elementary School). POC: David McKay, 573-528-3109 or CH (LTC) Darin Powers at 573-596-0131 ext. 6-6225.

KIDSZONE meets Tuesdays from 5:00 – 7:00 p.m. Grades 1-5 at Installation Chaplains Office, Bldg 6501 Indiana Avenue (Old Pershing Elementary School). To sign-up (to attend or volunteer) contact Evangeline McKay at 573-433-9152. POC: Cindy Dack 596-0089 or CH (LTC) Darin Powers at 573-596-0131 ext. 6-6225.

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) Darin Powers at 573-596-0131 ext. 6-6225.

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



U.S. Army Child, Youth
& School Services

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 615 operates 0800-1700 Monday thru Friday. The hourly care program at 614 operates 0730-1630 Monday thru Friday. The part day preschool three-day program at 615 operates during the school year on Monday, Wednesday and Friday from 1230-1530 and Strong Beginnings at 615 operates during the school year on Monday thru 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 thru 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 offers 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 or a Service Member of the deployed unit. 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 615 opens twice a month for this service. For the month of September the center will be open on the 7th from 1200-1600 and the 19th from 1800-2200.** The normal cost of hourly care is \$4.00 per hour will apply; payment 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 at CDC-615. 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 dates for September are the 4th and 16th from 1800-2030.**

CYS Services are also giving deployment fee discounts to children registered with CYS Services whose parent/sponsor is deployed or a Service Member of the deployed unit. 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) \$300 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.

The Skate Park is currently closed at PYC due to construction of the addition to the facility.

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 thru Thursday from 1430-1900, Friday from 1430-2100, and Saturday from 1200-2200.

Information from School Liaison Services:

POC: School Liaison Specialist
Bldg 470 Suite 1102
573-596-0357

Facebook: Fort Leonard Wood School Liaison Services

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

- 1 September, No School, Labor Day
- 19 September, No School, Professional Development

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

- 1 September, No School, Labor Day
- 19 September, Early Release, Cow Days

Edgar Springs: <http://pcr3.k12.mo.us/>

- 1 September, No School, Labor Day

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

- 1 September, No School, Labor Day
- 19 September, No School, Professional Development

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

- 1 September, No School, Labor Day
- 19 September, No School, Professional Development

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

1 September, No School, Labor Day
26 September, No School, Professional Development

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

1 September, No School, Labor Day
12 September, Early Release, Professional Development

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

1 September, No School, Labor Day
19 September, No School, Professional Development

Salem R-80: <http://www.salem.k12.mo.us/>

1 September, No School, Labor Day
29 September, No School, Professional Development

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

1 September, No School, Labor Day
26 September, End of 1st grading period for WHS

Free Tutoring for Military Personnel and Dependents:

FREE live personal tutors in Math, Science, English, Social studies and more: K-12, College and adult learners. Plus online links to tests, worksheets and other study tools. Sign-up for your account at www.tutor.com/military

Tutor.com/military is now offering **free Spanish tutoring**. In addition, you can now submit English papers for proof reading 2 different ways: You can stay connected live with a tutor while they read your paper or you can submit your paper to the website and a tutor will proof read your paper and return the paper to you within 24hours.

ACT Test Dates for 2014-2015

Test Date	Registration Deadline	(Late Fee Required)
September 13, 2014	August 8, 2014	August 9–22, 2014
October 25, 2014	September 19, 2014	September 20–October 3, 2014
December 13, 2014	November 7, 2014	November 8–21, 2014
February 7, 2015*	January 9, 2015	January 10–16, 2015
April 18, 2015	March 13, 2015	March 14–27, 2015
June 13, 2015	May 8, 2015	May 9–22, 2015

SKIESUnlimited

The **SKIESUnlimited** office and some of the class offerings have moved to the new Child Development Center Bldg 614, 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 new facility to see what we offer!

In support of the Army Family Covenant, dependents of a deployed service member, Wounded Warrior or fallen Soldier are eligible for up to \$300 per child/youth for SKIESUnlimited classes per deployment. For enrollment information, contact Child, Youth & School Services Parent Central Services at 573-596-0238/0421

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

Academic tutoring will be taking place June thru August for 1st thru 12th grade. Please call 596-0120 for more information.

Current Classes:

Gymnastics are offered to children and youth from 18 months to 18 years old. Lessons are \$42 per month for 45 minute class, \$45.00 per month for 55 minutes class and \$58.00 per month for the 1 ½ hour advanced class. A one hour class held twice weekly is available for \$70 per month. Classes are available Tuesday – Friday.

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

Martial Arts - Tae Kwon Do meets Monday and Wednesday evenings. Classes offered are one time a week for \$35 per month or two times a week for \$65 per month. 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 \$75 (regular price is \$159). For more information please call 573-596-0120.

Swimming- Fall swim classes will be offered at Davidson fitness center. Classes will be held TBD. The cost is \$45 per session. Classes are limited to 5 students per class. Contact Parent Central Services for dates and times at 596-0238/0421.

Academic Support Whether you're looking to improve your reading skills or writing ability, or need assistance with ACTS, SAT or GED test prep, let our SKIES Unlimited instructors help you! SKIESUnlimited Academic Tutoring offers private or small group sessions (maximum of 2 students with 3 year age range) on a 4-week, 2-hour sessions. Please call (573)596-0120 for more information on day and time availability.

Dance –Ballet/Tap/Hip Hop-Ballet/Tap will start in August and Hip Hop (Tuesdays) will start in September. Dance classes through the School of Performing Arts are held on Tuesdays and Thursdays between 1600 – 1900 for ages Pre-K and up. Cost is \$35.00 per month.

Like us on Facebook <https://www.facebook.com/SKIESUnlimitedFortLeonardWood>
<<https://www.facebook.com/SKIESUnlimitedFortLeonardWood>>

Outreach Services/Special Events:

PWIM Workshop – is scheduled for 12 September 2014 from 1130-1230 at building 614. The topic is “Guidance”.

imAlone class is scheduled the third Saturday of each month, 0800-1230, SAS. Call Parent Central Services at 573-596-0238/0421 to sign up. A refundable \$20.00 deposit is required and is for youth ages 11-18.



COMMISSARY
POC: WANDA DOTSON, 596-0689, ext 3020

NO INFORMATION SUBMITTED



**FAMILY & MORALE, WELFARE & RECREATION
(MWR)**
POC: WAYNE BARDELL, 596-0118

REGISTER FOR UPCOMING MWR EVENTS!



Now - September 6 **REGISTRATION: SCHOOL'S BACK IN SESSION MELTDOWN**

Join Davidson Fitness Center and the MWR Fitness Instructors and celebrate the start of the new school year "Fitness Style". Come work your way to a healthier you. Register at Davidson Fitness Center, advance registration fee is \$10 per person if registered by September 5th or \$15 day of the event. Event is open to the public. All fitness levels ages 13 and up are welcome. Please wear comfortable clothes and sneakers. Light refreshments and light snacks will be provided. For more information call 573-596-4359.

Now – September 25 **REGISTRATION: TASTE OF THE ARTS**

Family & MWR and the Arts & Crafts Frame Shop will be registering original works of art in categories from drawing, painting, photography, Mixed Media and photo 1=SOOC (Straight Out Of Camera), photo 2 =DE (Digitally Enhanced), photo 3 =DM (Digitally Manipulated) and sculpture. Art work will be showcased at the Piney Valley Golf Course from 6:00 pm - 8:00 pm October 2. Cost to register is \$5 per artwork for adults / FREE for youth ages 18yrs and younger. Prizes will be awarded for the top 3 artists in each age category. Age categories are 18 yrs. & older, children in grades Kindergarten-2nd, 3rd-5th, 6th-8th, and 9th-12th. Judging will take place prior to the event. Registration for artwork is open to the public. Register your artwork at the Frame Shop located in Bldg. 490, Mini Mall. For more information call 573-596-0242.

September 1 – 26 **REGISTRATION: THE GREAT FALL CLEANING FMWR YARD SALE**

Looking for a bargain or need to get rid of some items? Find them or sell them at Fort Leonard Wood's Great Fall Cleaning Yard Sale from 8:00 am – 12:00 pm at the Baker Theater auxiliary parking lot. Cost is \$15 advance / \$20 day of, includes a parking spot. Due to limited space ONLY one vehicle is permitted per paid spot. Tables are available for \$5 each and must be reserved in advance. Fort Leonard Wood Thrift Shop will be on site to collect donations until 12:00 pm. Rain date will be September 28. Yard sale is open to the public.

The following items cannot be sold: weapons, food items, animals or livestock, retail items (Avon, Tupperware, Scentsy etc.)

For more information and to register before September 26 by 3:00 pm call the MWR Installation Wide Events office at 573-596-6913.



Thursdays FAMILY X-TREME NIGHT

Family & MWR invites you to bring the whole family out Thursdays' in August from 7:00 pm – 9:00 pm; for a night of X-treme bowling with music and laser lights. Cost is \$25 per lane (up to six persons per lane). Daugherty Bowling Center is open to the public and located at 1609 South Dakota Ave. For more information call 573-596-1498/329-2477

September 4, 11, 18, 25

September 1 LABOR DAY BOWLING

Daugherty Bowling Center will be open 10:30 am – 8:00 pm, during Labor Day! Regular rates apply. Daugherty Bowling Center is open to the public and located at 1609 South Dakota Ave. For more information call 573-596-1498/329-2477.

September 2 & 16 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 Annual Green Fees Patron members 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.

Tour Dates:

October 7 & 21 / November 4 & 18

September 5 ALL NIGHT SOFTBALL

Davidson Fitness Center is hosting the Stars and Stripes 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. Register at the Davidson Fitness Center or call 573-596-7444.

Additional Tournament & Date:

5 September: All Night Softball, 6:00 pm

Must register two days prior.

September 6 SCHOOL'S BACK IN SESSION MELTDOWN

Join Davidson Fitness Center and the MWR Fitness Instructors and celebrate the start of the new school year "Fitness Style". Come work your way to a healthier you. Register at Davidson Fitness Center, advance registration fee is \$10 per person if registered by September 5th or \$15 day of the event. Event is open to the public. All fitness levels ages 13 and up are welcome. Please wear comfortable clothes and sneakers. Light refreshments and light snacks will be provided. For more information call 573-596-4359.

September 6 END OF SUMMER DOGGY SOCIAL

Bring your best friend to play in the water, make new friends, compete and socialize with other dogs! Registration and Vet check begins at 10am, Doggy Social and competitions begin at 10:30am with prizes being awarded starting at 11:30am. Enter to win prizes in our under/over 40lbs categories: Best Pet Trick,

Biggest/Smallest Slash, Best Owner/Doggy Musical Duet. All dogs must meet Fort Leonard Wood vaccination requirements, and be approved by the Vet Clinic, 573 596-0094. For more information on the event call the Installation Wide Events Team at 573-596-6913.

September 6 [NIGHT GOLF](#)

The most fun you can have on the course after dark! Piney Valley Golf Course hosts Night Golf; enjoy golfing at night with glow in the dark golf balls and glow sticks, beginning at 6:00 pm. Cost is \$30 per person for Annual Green Fee Patrons (AGFP) / \$40 per person, non AGFPs, meal included. Each team will play 9 holes in daylight and then 8 holes after dark. Enjoy dinner at the turn. Prizes will be awarded for 1st-3rd place and for most "off-the-wall" dressed team. Night golf is open to the public and limited to 64 people and rental clubs are available, so sign up early! The Piney Valley Golf Course is located at 10221 Water Intake Rd. For more information call 573-329-4770.

Additional Dates: October 11; at 5:00 pm

September 6 [SCOTCH AND CIGAR NIGHT](#)

Enjoy the view and a premium quality cigar on our deck area at the Morelli Heights Bar & Grill;. Relax and enjoy a fine single malt scotch perfectly paired with premium cigars. Tasting is \$8 per glass, \$15 for a cigar, or both for \$20. Must be 21 & older to drink and 18 & older to smoke. The Morelli Heights Bar & Grill is located in the MH Complex of IHG Hotels.

For more information call 573-329-6005.

September 7 [CONCEALED CARRY WEAPONS CLASS](#)

The Outdoor Adventure Center (OAC) is hosting Concealed Carry Weapons Class; the first step in acquiring a Missouri CCW endorsement including weapons qualification on the range. Class is 8:00 am – 5:00 pm. Cost is \$15 to register, \$65 day of class. Each student must bring a photo ID, eye and hearing protection, semi-automatic handgun and a revolver (plus minimum of 50 rounds each), and lunch or money for food. All handguns must be in good working condition. If you do not have both types of guns, please notify the OAC at time of pre-registration so that arrangements can be made. Class is open to the public 21 yrs. and older.

Interested patrons must be registered the day prior to each class at the Outdoor Adventure Center located in Bldg. 2290 FLW K Road. For more information call 573-596-4223.

September 7 [REC PLEX SUMMER BLUES BOGO SPECIAL](#)

Bring the whole family to enjoy some fun in the sun, and fight off those "back to school blues" with the Summer Blues BOGO Special at the Rec Plex! All day Sunday, from 12:00 pm – 7:00 pm, we will be saying goodbye to summer with Buy One Get One: rounds of mini golf and go-kart rides! For more information call 573-596-0843.

September 7 [PARENT/ CHILD SCOTCH DOUBLES](#)

Daugherty Bowling Center is hosting a Parent/ Child Scotch Doubles Tournament; Sundays at 5:30 pm, tournament runs for 12 weeks! Teams or singles, subject to participation, determined at league meeting. Daugherty Bowling Center is open to the public and located at 1609 South Dakota Ave. To sign up or for more information call 573-596-1498/ 329-2477.

September 8 [9-PIN NO-TAP NOON TIME LEAGUE](#)

Daugherty Bowling Center is hosting a 9 Pin No Tap Noon Time League; Mondays at 11:30 am, tournament runs for 12 weeks! Teams or singles, subject to participation, determined at league meeting. Daugherty Bowling Center is open to the public and located at 1609 South Dakota Ave. To sign up or for more information call 573-596-1498/ 329-2477.

September 9 [SINGLE MIXER SCOTCH DOUBLES LEAGUE](#)

Daugherty Bowling Center is hosting a Single Mixer Scotch Doubles Tournament; Tuesdays at 6:30 pm, tournament runs for 12 weeks, subject to participation! Daugherty Bowling Center is open to the public and located at 1609 South Dakota Ave. To sign up or for more information call 573-596-1498/ 329-2477.

September 11 [NOON TIME LEAGUE](#)

"Strike" up some friendly competition at Daugherty Bowling Center's Noon Time League held on Thursdays starting at 11:30 am. League consists of 2 person teams bowling 2 games per bowler during lunch time, with trophies awarded at the end of the season. League is open to Military and Civilian employees. The Strike Zone Snack Bar has a variety of items from burgers to salads to feed your appetite. Daugherty Bowling Center is open to the public and located at 1609 South Dakota Avenue. For more information call 573-596-1498/329-2477.

September 12 [COMMANDER'S GOLF SCRAMBLE](#)

The Commander's Golf Scramble will be hosted by the Piney Valley Golf Course with a shotgun start at **1:00 pm**. Scramble consists of a 4 person team; cost is \$30 for Advanced Green Fee Patrons (AGFP) or \$40 for non AGFP's. Cot includes greens fees, cart, prize fund and meal. Bring your friends, co-workers or battle buddies for a great afternoon of golfing. Food and beverages are provided following the tournament. The Piney Valley Golf Course is located at 10221 Water Intake Rd. For more information call 573-329-4770.

Dates:

October 17/ November 14

September 13 [BASS TOURNAMENT](#)

The Lake of the Ozarks Recreation Area (LORA) will be hosting their annual Bass Tournament starting at 7:00 am; weigh-in is at 3:00 pm. Entry fee per boat is \$40 and an optional \$10 fee for Big Bass. *Each boat must have a DOD authorized ID Card holder.* Stop by the Outdoor Adventure Center or LORA for entry forms/rules. Open to the public. LORA is located 50 miles NW of Fort Leonard Wood on McCubbins Drive off a Route A. For more information call 573-346-5673.

Tournament Dates:

October 11 – 7:00 am / Weigh-in: 3:00 pm

October 4 – Open to the public Tournament; 7:00 am / Weigh-in: 3:00 pm

September 13 [5K RUN FOR FUN, FITNESS & FIRE PREVENTION](#)

The Fort Leonard Wood 5K Fun Run/Walk is scheduled to take place the 2nd Saturday of each month at Davidson Fitness Center beginning at 8:00 am. Come a bit early (7:45M) and join our professional Personal Trainer for some pre run/walk stretches! Bring the little ones for a Kid's Half Miler walk/run on a specially marked route! Highlighted this month is Fire Prevention! Come out and talk with the Fort Leonard Wood's Fire Department, experience the Smoke House and educate yourself and your children on fire safety and prevention. The event is FREE and open the public, all are welcome to include strollers and dogs on a leash. Join others on a fun run/walk and gather information regarding health and fitness.

For more information call 573-596-4359.

NEW for this month's Fun Run/Walk:

- Measured 5K Loop – want more, do it twice!
- Clock - to time your progress
- Kid's Half Miler @ 9:15am
- Multiple Dog Watering Stations
- FLW Fire Department

5K Fun Run Time Line:

7:30 am Information tables set up
7:45 am Stretch it out with a professional Personal Trainer
8:00 am Walk/Run begins
9:15 am Kid's Half Miler
9:30am Fire Department Displays/Smoke House

Additional Fun Run Dates:

October 11 / November 8 / December 13

September 13 [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. Must be registered by September 11; class is open to authorized patrons and will be held at Army Community Service in Bldg. 486 Replacement Avenue from 9:00 am – 3:00 pm. For more information call 573-596-0212.

September 14 [ANNIE GET YOUR GUN](#)

The Outdoor Adventure Center is hosting an educational class specifically for women. The course will teach women how to handle and fire a gun. From 10:00 am – 3:00 pm participants will learn the different types of guns, what they are used for, how to use them, and how to clean them. The course includes a trip to the range to fire a few different types of guns. Cost is \$20 per person, 18yrs and older, and includes lunch and ammo. **Registration must be made one week prior to event.** The Outdoor Adventure Center is located in Bldg 2290 FLW K Road. For more information call 573-596-4223.

September 15 - 19 [GET GOLF READY CLINIC](#)

Piney Valley Golf Course is hosting a Get Golf Ready Clinic from 5:30 pm – 6:45 pm. If you have ever thought about playing golf, then Get Golf Ready is for you! Whether you are a beginner at golf or returning to the game, the Get Golf Ready Program is designed to teach you in five lessons, everything you'll need to know to step onto a golf course and play with confidence. Cost of clinic is \$50 and includes course lessons, range use, rules of golf (etiquette, procedures) as well as a 5 punch card for free club rentals. (\$50 value) Class size limited to 8 individuals – so sign up early! Open to the public. Piney Valley Golf Course is located at 10221 Water Intake Rd. For more information call 573-329-4770.

September 18 [NEWCOMER'S ORIENTATION](#)

Gather great information about Fort Leonard Wood and the surrounding community at the Newcomer's Orientation from 8:30 am-12:15 pm at the Main Post Chapel, 608 Constitution Ave. Spouses are highly encouraged to attend. For more information call 573-596-0212.

September 19 [MSCoE CIVILIAN 5K FUN RUN/WALK](#)

The annual Maneuver Support Center of Excellence and Fort Leonard Wood Civilian Fun Run/Walk is scheduled from 7:30 to 8:30 a.m. at Gammon Field. Get out of the office and out in the open! The event is FREE and open to all MSCoE and Fort Leonard Wood civilian work force members. Participants must get approval from their immediate supervisors prior to registration. Register online at www.wood.army.mil/mscoe_5k. For more information call 573-563-7090/3-4693.

September 19 MOVIE IN THE PARK

Family & MWR invites you to the Movie in the Park, featuring “The Lego Movie”. An ordinary Lego construction worker is recruited to join a quest to stop an evil tyrant. Enjoy this movie with friends and family under the stars! Movie begins at 7:30 pm and will take place at Colyer Park. Movie is FREE and open to the public. Bring your own blanket and chairs. No pets allowed. No show if rain or high winds. Concessions will be available for purchase.

For more information call 573-596-6913.

September 27 THE GREAT FALL CLEANING MWR YARD SALE

Looking for a bargain or need to get rid of some items? Find them or sell them at Fort Leonard Wood’s Great Fall Cleaning Yard Sale from 8:00 am – 12:00 pm at the Baker Theater auxiliary parking lot. Cost is \$15 advance / \$20 day of, includes a parking spot. Due to limited space ONLY one vehicle is permitted per paid spot. Tables are available for \$5 each and must be reserved in advance. Fort Leonard Wood Thrift Shop will be on site to collect donations until 12:00 pm. Rain date will be September 28. Yard sale is open to the public.

The following items cannot be sold: weapons, food items, animals or livestock, retail items (Avon, Tupperware, Scentsy etc.)

For more information and to register before September 26 by 3:00 pm call the MWR Installation Wide Events office at 573-596-6913.

October 3 WOMEN’S HEALTH EXPO

General Leonard Wood Army Community Hospital (GLWACH) Community Health in partnership with ACS (Army Community Service) would like to invite you to the FREE Women’s Health Expo; in conjunction with Breast Cancer and Domestic Violence Awareness Month at the Main Post Chapel. Information booths, displays, demonstrations, volunteer recruitment, health services and guest speakers will be there to provide valuable information. Refreshments and door prizes will also be available. This event is open to the public. For more information or to register as a vendor contact Phyllis Jones at 573-596-0491/0518.

October 4 OKTOBERFEST VOLKSMARCH

U.S. Army **Chemical, Biological, Radiological and Nuclear School (USACBRNS)** and Family & MWR invite you to get out and enjoy the outdoors in a social setting at the Oktoberfest Volksmarch on October 4th. The five (3.1 mile) and 10 kilometer (6.2 mile) walks will begin at 3:00 p.m. at Nutter Field House. Participants can choose to walk either 5K or 10K, the course will close at 7:00 p.m. Volksmarch — literally “the people’s walk” — traces its roots to the mid-1960s in Germany, where it became a popular, stress-free way for people of all ages to exercise in a non-competitive, fun environment. Upon completion of the Volksmarch, participants will receive a certificate of completion. Following the Volksmarch, enjoy the Family & MWR family friendly Oktoberfest celebration, from 3:00 p.m. to 10:00 p.m. Enjoy traditional German music, food, beverage and games. Both events are FREE and open to the public. Concessions and beverages will be available for purchase! For more information call 573-596-6913.

October 4 OKTOBERFEST

Family & MWR will host the annual Fort Leonard Wood Oktoberfest family fun celebration from 3:00 pm-10:00 pm at the Nutter Field House. Celebration will feature the traditional tapping of the keg, Oktoberfest food, beverage and music, plus a bounce house, games to include barrel toss, barrel relay, straight arm stein holding contest and more and of course a biergarten! This year’s event will include a Volksmarch from 3:00 -7:00 pm. The Volksmarch is a stress-free way for people of all ages to exercise in a non-competitive, fun environment. Upon completion of the Volksmarch, participants will receive a certificate of completion. Join us for this great community event! Feiern sie freunde an Oktoberfest-Prost! Event is FREE and open to the public. Concessions and beverages will be available for purchase! For more information call 573-596-6913.

October 7 & 21 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 Annual Green Fees Patron members 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.

Tour Dates:

November 4 & 18

October 10 REGISTRATION BEGINS FOR TEXAS HOLD 'EM

Excitement is building for our MWR Texas Hold'em Marathon. Family & MWR invites you to put your poker face on for the one night only showdown at the Pershing Community Center's Ball Room. Hold'em will continue until the final hand is played. Cost is only \$20 in advance, pre-registration begins October 10 online or at the Installation Wide Events office Bld 1000. Night of registration is \$30. On play night, registration/check-in begins at 5:30 pm; play begins at 6:00 pm. ; must be 18 years of age or older to play. For more information or to register by phone call 573-596-6913.

October 11 BASS TOURNAMENT

The Lake of the Ozarks Recreation Area (LORA) will be hosting their annual Bass Tournament starting at 7:00 am; weigh-in is at 3:00 pm. Entry fee per boat is \$40 and an optional \$10 fee for Big Bass. *Each boat must have a DOD authorized ID card holder.* Stop by the Outdoor Adventure Center or LORA for entry forms/rules. Open to the public. LORA is located 50 miles NW of Fort Leonard Wood on McCubbins Drive off a Route A.

For more information call 573-346-5673.

October 11 5K RUN FOR FUN, FITNESS & NUTRITION

The Fort Leonard Wood 5K Fun Run/Walk is scheduled to take place the 2nd Saturday of each month at Davidson Fitness Center beginning at 8:00 am. Come a bit early (7:45M) and join our professional Personal Trainer for some pre run/walk stretches! Bring the little ones for a Kid's Half Miler walk/run on a specially marked route starting at 9:15 am! Highlighted this month is Nutrition! Come out and talk with professional about healthy eating and nutrition. The event is FREE and open the public, all are welcome to include strollers and dogs on a leash. Join others on a fun run/walk and gather information regarding health and fitness.

For more information call 573-596-4359.

Additional Fun Run Dates:

November 8 / December 13

October 11 NIGHT GOLF

The most fun you can have on the course after dark! Piney Valley Golf Course hosts Night Golf; enjoy golfing at night with glow in the dark golf balls and glow sticks beginning at 5:00 pm. Cost is \$30 per person for Annual Green Fee Patrons (AGFP) / \$40 per person, non AGFPs, meal included. Each team will play 9 holes in daylight and then 8 holes after dark. Enjoy dinner at the turn. Prizes will be awarded for 1st-3rd place and for most "off-the-wall" dressed team. Night golf is open to the public and limited to 64 people and rental clubs are available, so sign up early! The Piney Valley Golf Course is located at 10221 Water Intake Rd.

For more information call 573-329-4770.

October 15 – November 28 [2014 ARMY PHOTOGRAPHY CONTEST](#)

Family & MWR and the Arts & Crafts Frame Shop invite you to submit your original photographs in categories from animals, design elements, digital darkroom, Military life, nature and landscapes, people and still life. There will be two major divisions; Military and other eligible participants (family members, retirees, and DA civilians.) Download and register photos FREE online at <https://apps.imcom.army.mil/appracmain>. Find more information and rules on the MWR web site at www.fortleonardwoodmwr.com or contact the Arts & Crafts Frame Shop in Bldg. 490, Mini Mall at 573-596-0242.

October 15 [FLW HARDWOOD CLASSIC](#)

Join us at Davidson Fitness Center for some collegiate hardwood action! MWR is excited to host Mineral Area Community College, from Park Hills Mo. and Columbia College, from Columbia Mo as they battle on the court. This is an excellent opportunity to enjoy a FREE collegiate basketball without travelling away from Fort Leonard Wood. Game is open to the public and begins at 6:00 pm. For more information call 573-596-4276.

October 16 [NEWCOMER'S ORIENTATION](#)

Active Duty and spouses are encouraged to attend this get-together that will expose them to all Fort Leonard Wood and the surrounding community has to offer. Newcomer's Orientation is held the 3rd Thursday of every month (except December) from 8:30 am to 12:15 pm at the Main Post Chapel, 608 Constitution Ave. For more information call 573-596-0212.

October 17 [COMMANDER'S GOLF SCRAMBLE](#)

The Commander's Golf Scramble will be hosted by the Piney Valley Golf Course with a 12:00 pm shotgun start. Scramble consists of a 4 person team; cost is \$30 for Advanced Green Fee Patrons (AGFP) or \$40 for non AGFP's. Cost includes greens fees, cart, prize fund and meal. Bring your friends, co-workers or battle buddies for a great afternoon of golf. Food and beverages are provided following the tournament. The Piney Valley Golf Course is located at 10221 Water Intake Rd. For more information call 573-329-4770.

Upcoming Tournament:

November 14

October 17 [B.O.S.S. HAUNTED HOUSE](#)

The Fort Leonard Wood Better Opportunities for Single Service Members (BOSS) Program dares you to enter the 2014 BOSS Haunted House. You've heard the stories; now experience it for yourself: the hair-raising, shiver-inciting unexplained mysteries. The BOSS Haunted House will be held at a very scary location near you (TBD). Cost is \$5 per person and is open to the public. For more information call 573-596-6913.

Additional Dates:

October 18, 24, 25 & 31: 7 – 10 pm

October 17 & 18 [LORA'S 7th ANNUAL HAUNTED HAYRIDE](#)

The Lake of the Ozarks Recreation Area is hosting their 7th Annual Haunted Hayride from 7:00 pm – 10:00 pm. Take a haunted hayride tour around LORA's grounds with ghosts, goblins, and other scary creatures. This will be your scariest experience at the lake. Event is open to the public; cost \$1 for children 6-17, adults \$2 and children 5yrs and under are free. Book a room and spend the weekend, enjoy LORA's highlights by day and haunts by night! The Lake of the Ozarks Recreation Area is located on 789 Olney Circle, Linn Creek, MO.

For more information call 573-346-5673.

October 29 FALL FESTIVAL FUN NIGHT

Too little for a big scare this Halloween? Boys and ghouls, age's infants to 5 years, are invited to attend the CYS Services Fall Festival Fun Night from 6:00 pm – 8:00 pm at the Pippin Youth Center. The Fall Festival Fun Night will have a variety of activities including bounce house, face painting, games, art activities and much more. Dress up because a costume contest will be the highlight of the night with prizes awarded for the "best dressed." Event is FREE and open to the public. The Pippin Youth Center is located on 9625 Young Street.

For more information call 573-596-0238.

ONGOING:**CYS SERVICE SPECIAL OPENING - RESPITE CARE**

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 or a Service Member of the deployed unit. Sixteen free hours of care are available per month, per child, during the deployment. A copy of the Service Member's orders must be provided. The CDC opens twice a month for this service. The normal cost of hourly care is \$4 per hour will apply; payment must be made in advance. 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 - 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. For more information and hours call 573-596-0197.

Dates:

September 7 – 12:00 pm – 4:00 pm

September 19 – 6:00 pm – 10:00 pm

October 5 – 12:00 pm – 4:00 pm

October 17 – 6:00 pm – 10:00 pm

CYS SERVICES - FRG CHILDCARE

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 12:00 pm the week before the date of the opening.

For more information call 573-596-0200.

Dates:

September 4 & 16 – 6:00 pm – 8:30 pm

October 2 & 21 – 6:00 pm – 8:30 pm

CYS SERVICES- THE "I'mAlone" PROGRAM

CYS Services offers *I'mAlone*, a FREE program to help prepare youth to stay home alone. Youth will learn to increase personal safety skills, demonstrate responsibility and other positive character traits, recognize and handle emergencies, identify a Family & Friend Support System, prepare nutritious snacks, and practice good decision making. Workshop is held every 3rd Saturday at School Age Services, for youth ages 11 to 18yrs and parents. A \$20 deposit is required and will be fully refunded upon completion of the program.

Call Parent & Outreach Services for workshop dates and times 573-596-0238.

SKIESUNLIMITED**SCHOOL OF KNOWLEDGE, INSPIRATION, EXPLORATION AND SKILLS PROGRAM (SKIES) OFFERS Unlimited POSSIBILITIES FOR THE ARMY CHILDREN AND YOUTH AGES 6 MONTHS TO 18 YEARS**

Learn to Swim Program is offered to children and youth from 4 years to 18 years old. Classes are taught by American Red Cross Certified Instructors. \$45 per child. For more information call 596-0238/ 0421.

Gymnastics are offered to children and youth from 18 months to 18 years old. Classes are available Monday – Friday afternoons and Wednesday and Thursday mornings at Pippin Youth Center.

Academic Tutoring in reading, writing, math, test prep, SAT, ACT and GED prep are available for students from 6 – 18 years old. Please call the SKIES office at 596-0200 for details.

Martial Arts - Tae Kwon Do meets Monday and Wednesday evenings at Audie Murphy's Community Center. Classes offered are one time a week for \$35 per month or two times a week for \$65 per month. Sign up for 2 days a week class and you can attend Grand Master Prosser's Tuesday and Thursday classes in Rolla for FREE! Start-up fee is now \$75 (regular price, \$159).

Call Parent Central Services at 596-0238/ 0421 for more information.

Dance – Pre-ballet and ballet I, II and III through the School of Performing Arts are held on Thursdays between 1600 – 1900 for children ages Pre-K and up. Cost is \$35 per month. Starlighters School of Dance offers instruction on Fridays in preschool ballet, tap, and jazz, junior hip hop, and hip hop for school age children and youth. Cost is \$40 per month.

Music and Movement – includes activities like creative movement, finger plays and hands on activities with child sized instruments. Available for children ages 3 -5 years. Cost is \$40 for eight 1 hour, once a week session. Please call 596-0200/ 3006 for more information on dates and times.

Piano, Guitar, Violin & Voice - 30 Minute Private Lessons \$60, Hour Long Group Lessons \$43. Some time slots are still available. Contact Parent Central Services for dates and times at 596-0238/ 0421.

SKIESUnlimited is currently recruiting individuals with experience in math tutoring, baby sign language, piano instruction, cooking, auto skills, robotics, and arts & crafts. If you are interested in working as an independent contractor with the SKIESUnlimited Program contact Patricia Garcia at 596-2050/ 3006.

YOUTH SPORTS COACH

Make a difference in the life of a child and be a youth sports coach for the following sports:

Spring Soccer – March to May

Baseball/Softball – May to July

Flag Football – Aug to Oct

Fall Soccer – Aug to Oct

Basketball – Nov to Feb

Cheerleading – Aug to Oct / Nov to Feb

Track & Field – March to May

Coaches earn 3 volunteer hours per week towards promotion points. Coaches with children in Youth Sports earn registration credits. Must be over 18yrs and a background check is required.

For more information call the CYS Services Youth Sports and Fitness office 573-596-0209.

HIGH SCHOOL LOUNGE

573 596-0209

Grades 9-12

Open: Mon-Thurs. - 2:30 pm-7:00 pm

Fri - 2:30 pm-9:00 pm / Sat - Noon-10:00 pm

Computer Lab – Open

Non school weekdays open at noon except holidays. Computer/Homework Lab

PIPPIN YOUTH CENTER

573 596-0209

Grades 6-8

Open: Mon-Fri - 2:30 pm-7:00 pm

Sat – 12:00 pm-10:00 pm

OPEN REC

PIPPIN YOUTH TECHNOLOGY LAB

The Technology lab is available for children grades 6 - 12 to utilize for homework, computer access, technology based programming. The lab is available and FREE to all children registered with Fort Leonard Wood Child, Youth & School Services before and after school and during open recreation hours. For more information call 573-596-7494.

AUTO SKILLS CENTER

573 596-0243

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

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

CLOSED Tuesdays

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 Shop is also home to a Resale Lot with 24h hour access, a vehicle storage lot, and a coin operated car wash.

MWR FRAME SHOP

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

Mon-Fri 10:00 am-6:00 pm / Sat & Sun – 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, includes safety gear 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. Two For One Class allows couples to take the class together 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

SILENT AUCTION

The Arts & Crafts Frame Shop will be hosting a silent auction every month. View our art on Facebook or stop by the Arts & Crafts Frame Shop. Submit your silent bid to win one of the wonderful pieces of artwork! For more information call 573-596-0242.

REC PLEX

Rec Plex offers an 18-hole Miniature Golf Course, an Outdoor Pool complete with Slide, Spray Park, and Go Karts. The pool house also offers party rooms for your birthday, Organizational, and Unit parties.

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

For more information call 573-596-0843.

MINI GOLF/GO KART –

Spring (Apr 12-May 23)	Summer (May 24- Sep 1)	Late Fall (Sep 2-Oct 31)
Wed-Fri 4pm-7pm	Sun-Thur 12pm-7pm	Wed-Fri 4pm-7pm
Sat-Sun 12pm-7pm	Fri-Sat 12pm-11pm	Sat-Sun 12pm-7pm

LEISURE TRAVEL SERVICES

Monday - Friday 8:00 am–5:00 pm

Local & National Discount Tickets / Cruises / Book Flights

PX Mini Mall Bldg. 490, 573-329-TKTS

The MWR Leisure Travel Services (LTS) office sell discounted tickets for local and national attractions. Authorized users include active and retired military and their families, Reserves/National Guard, civilian employees and contractor personnel working on Fort Leonard Wood. Hours of operations are Monday-Friday 8:30 am-5:00 pm.

For more information call 573-329-TKTS (8587).

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!

DAVIDSON FITNESS CENTER**SPORTS & FITNESS**

Mon-Fri 5:00 am – 9:00 pm

Saturday 8:00 am – 6:00 pm

Sunday 8:00 am – 6:00 pm

573-596-4359

FITNESS CLASSES Davidson Fitness Center and/or Specker Gym offer a variety of aerobic classes monthly at various times at 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 \$2/class or Aerobic Punch Passes are available, cost \$18 - 10 punch (\$34/ 20 or \$50/ 30.) Class schedule is available online at www.fortleonardwoodmwr.com. Class schedule subject to change.

PERSONAL TRAINING Davidson Fitness Center offers one on one custom designed workout programs to improve your physical fitness and well being!

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) can play while you achieve your fitness goals. An "Insight Child Care Area" is available during operational hours. An enclosed a 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.

AQUATICS

LIEBER POOL will be closed for the season effective Saturday, 23 August.

DFC INDOOR POOL will reopen at 0500 Monday morning, 25 August.

WALLACE POOL will remain open through Labor Day with the following hours of operation:

Monday – Friday: 3 – 7 pm

Saturday, Sunday and Labor Day: 12 – 7 pm

Lap swimming is available at Wallace Pool daily from 11 am – 12 pm through 29 August.

We appreciate your patience and understanding as painting and repairs were conducted at DFC Pool

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

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

Ask about our SEASONAL and ANNUAL Pool Passes!

SPECKER GYM WEIGHT ROOM CLOSED

For RENOVATION to include painting and new flooring system.

Work is estimated to be completed by September 11, 2014

The remainder of Specker Gym will remain OPEN!

During this time we invite you to utilize Davidson Fitness Center Weight Room.

Monday - Friday 5:00 am – 9:00 pm

Saturday, Sunday, & Holidays 8:00 am – 6:00 pm

For questions or more information, please call 573 596-7377

PERSHING COMMUNITY CENTER CLOSED FOR RENOVATIONS

The Pershing Community Center is CLOSED for renovations during the summer of 2014. To provide a bridge during the renovation period, MWR offers some services at the Piney Valley Golf Course. The golf course currently offers a lunch program and we will have an extended food service times available. MWR will also continue to operate the Morelli Heights Bar & Grill and be available to cater bar operations at Nutter Field House and at the museum during this timeframe. For more information call 573-596-0076.

Catering Office

Office relocated to Piney Valley Golf Course
 573-329-6533 or 573-329-4770
 Monday – Friday 0900-1600

Piney Valley Golf Course / Food Operation

Monday 1000 – 1500
 Tuesday – Thursday 0800 – 1500
 Friday & Saturday 0800 – 2100
 Sunday 0800 – 1500

PVGC Bar Operation Friday & Saturday 1700 – 2200

Morelli Bar & Grill

Tuesday – Thursday 1700 – 2000
 Friday – Saturday 1700 – 2200

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.

Hours of operation:

Daily thru November 30.

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: Monday 10:00 am – 3:00 pm / Tuesday – Sunday 8:00 am – 3:00 pm

**Limited menu after 3:00 pm*

Annual Range Pass	\$ 275
Daily Trail Fee	\$ 13
Annual Locker	\$ 45
Range Balls	Small Bucket - \$3 Large Bucket - \$5

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 is also offered.

Daugherty Bowling Center is 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)

XTREME BOWLING

“Bowling like you’ve never seen before”! Glow in the dark pins. Laser light show with cranking 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.

GAME ROOM

Featuring pool tables, video games, internet access, music and more!

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 & GAME ROOM

Located inside the Daugherty Bowling Center and open during regular operational hours, the Kids Adventure Zone (KAZ) offers a fun and whimsical place for the perfect kid’s birthday party, Unit family function or an afternoon of fun. KAZ has a multitude of options for children of all ages and interests. Kids will love this action packed play place and parents can enjoy that there is not set-up or clean-up involved. Party packages are available - see below.

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, 8 tokens and 1 or 2 games of bowling.

PACKAGE 3: \$13/\$15 per child. Jumbo hotdog or 1 slice of pizza with small fountain drink, 8 tokens, 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, 12 tokens.

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





Fort Leonard Wood Blood Donor Center

POC: Carl Norman, (573) 596-5385; Carl.A.Norman2.civ@mail.mil

When serious injury or illness strikes, people often need blood to recover or even survive. Blood is a single-source commodity; we can only get it from other people. It also has a very limited shelf life; it only lasts for 42 days. Because of this, blood must be collected regularly to make it available for everything from routine military medical treatment facility operations to contingency situations. We encourage you to give us a call at the Fort Leonard Wood Blood Donor Center and donate a unit of blood so those who need it can have a second chance at life or recovery. You can reach us at (573) 596-5385. The Fort Leonard Wood Blood Donor Center collects blood for the Armed Services Blood Program, the official blood collection agency for the Department of Defense. For more information on the ASBP, visit www.militaryblood.dod.mil.



Fort Wood Community Spouses Club (FWCSC)

Friday, September 12

8:45am

[Lebanon Carvan Tour](#)

When: Fri, September 12, 8:45am – 3:00pm

Where: Price Cutter, 300 Ichord Center, Waynesville, MO

RSVP by 9/8/14 to Nicole Farmer to reserve your spot at (559) 670-1494 x-8 or activities@fwcsc.org.

Meet at Price Cutter Parking lot in Waynesville, MO. Bus leaves at 8:45 am and returns at 3:00 pm. Come experience what Lebanon has to offer!

Thursday, September 18

11:00am [Luncheon - "Set Sail with FWCSC"](#)

When: Thu, September 18, 11am – 1pm

Where: Ft Leonard Wood USO Club, 805 Iowa Ave, Ft Leonard Wood, MO

Description- Doors open at 11AM, lunch served promptly at 11:30. Lunch cost \$12.

Suggested Attire: Nautical

Sharing is Caring Partner: USO

RSVP by September 12th to Katie Gonzales: reservations@fwcsc.org

Leonard Wood Medical Home Ozark Family-Centered Medical Home

Enrollment is open for TRICARE Prime (Active Duty, family members, retirees) and TRICARE Plus (65+) at General Leonard Wood Army Community Hospital and at the Ozark Family-Centered Medical Home clinic.

- ✓ **Cost** -No appointment or prescription co-pays!
- ✓ **Convenience** -Nurse Advice Line (NAL), eICU, 3 full-service pharmacies, online prescription ordering, "Calendar View" exclusive online appointment booking with your PCM, Secure Messaging with your PCM Team, online lab and biopsy results, and MUCH MORE.
- ✓ **Continuity of Care** -Averages 92% (100% with "Calendar View").

To enroll call United Healthcare at 1-877-988-WEST (1-877-988-9378).

Healthcare Consortium meeting: second Tuesday of month

The monthly hospital Healthcare Consortium Meeting is an opportunity for anyone to affect positive change concerning process improvements or healthcare delivery policy here. This meeting is hosted by the hospital commander, so come meet our new General Leonard Wood Army Community Hospital Commander, Col. Peter E. Nielsen, at an upcoming meeting as well.

The Consortium meeting is held every second Tuesday of the month at 2:30 p.m. in the hospital MEDDAC Classroom, located on the main floor near the southwest corner. **Next meeting is on Sept. 9.**

Everyone is invited to attend the Healthcare Consortium, which is conducted in a town-hall-type meeting format. Attendees have direct feedback to the hospital Commander and his staff concerning the type and quality of care provided here. This forum is also intended to promote communication between medical treatment facility leadership and those who receive or are eligible for patient care here.

Please consider attending this meeting—and bringing others who are eligible for enrollment with you. General Leonard Wood Army Community Hospital and the Ozark Family-Centered Medical Home intend to foster an environment of engaged and committed healthcare providers—*actively* engaged with our patients, and committed to providing *well-coordinated care that promotes and optimizes health*.

Prevent heat injuries with both food and water

By Lt. Col. Ann Loveless, General Leonard Wood Army Community Hospital

FORT LEONARD WOOD, Mo. -- Good hydration is necessary to avoid heat injury during hot conditions and when exercising in the heat.

But did you know that the food you eat is just as important? Food provides energy and electrolytes.

Even if you are just sitting, the body needs energy to maintain a normal body temperature.

The more extreme the air temperature, the more energy the body needs to stabilize its temperature. So getting enough energy which comes from food is important too.

In fact, if you are exercising or exerting yourself, this energy is just as important as drinking water.

Food also provides electrolytes. Electrolytes help the body retain the water you drink.

Have you've ever drunk water after fasting for many hours, such as first thing in the morning? If so, you may have noticed that water seems to go right through you. That is because your electrolyte levels have gone down due to the many hours since your last meal. So, if you don't have enough electrolytes, you will have trouble staying hydrated.

If you are sweating a lot, you are losing electrolytes too. But as long as you are eating regularly, your body will be able to replace them. Many sports drinks contain electrolytes but these drinks should not be consumed in place of eating, just for the electrolytes. Sports drinks may also have too much sugar for the level of your particular activity. The bottom line is that these drinks should be used for the occasional adjunct to healthy eating and not as a replacement for it.

The length of time you can go without eating and still be ok in the heat will depend on a variety of factors such as fitness level, medical conditions, medications, hydration level, outside temperature, humidity, availability of shade, stress, etc.

Consider a snack if it has been more than five or six hours since you last ate. If you are exercising or exerting yourself, or if it has been more than eight hours since you last ate, you will likely need something more substantial than just a snack.

So, as you enjoy the warm summer months, remember to eat healthy so that you can maintain your hydration and energy level.

(Editor's note: Lt. Col. Ann Loveless is chief of Preventive Medicine at General Leonard Wood Army Community Hospital)

Stress Management and the Performance Triad

By Maj. Richard Sonnier, General Leonard Wood Army Community Hospital

FORT LEONARD WOOD, Mo. -- Mankind continuously strives for something better, as evidenced by the variety of self-help manuals on the market today. Experts profess to know how to manage our lives better. They advise better eating habits, provide new ways to achieve more exercise, lower our cholesterol levels, and increase our productivity.

There are even self-help books on how to maintain a stress-free life. But is it realistic--or even beneficial--to strive for a life free of stress?

In comparing life to mechanical architecture, we find that most structures are designed with stress in mind. For example, the more stress put on a weight-bearing bridge, the stronger it actually becomes. So, while attempting to eliminate stress from one's life may not be realistic or even healthy, we can expect improvement in coping with life's stressors if we apply Performance Triad principles.

The Army's comprehensive plan to strengthen our readiness and increase resilience is called the Performance Triad. The triad promotes engaging in activity, improving nutrition, and getting quality sleep.

Sleep...

Applying any of three pillars of the Performance Triad can result in stress management, but quality sleep is especially important to mental fitness.

Achieving adequate sleep is an immediate intervention that can yield optimal mental function.

Recent studies have shown that military personnel who do not achieve adequate sleep are at higher risk for being overly aggressive and showing poor judgment, which is obviously not conducive to maximal functioning. A person needs 6-8 hours of sleep every night in order to be optimally functional, according to a recent study led by Dr. Vincent Mysliwiec, MD, of Madigan Army Medical Center in Tacoma, Washington.

For many people, a major source of stress is the inability to concentrate on tasks, especially for those engaged in college classes and continuing education for their jobs. Adequate sleep actually helps us to learn by preparing our brain for initial formation of memories, according to a recent article published by The National Institute of Health.

Adequate sleep obtained after learning is essential to help save and cement the new information into healthy memories to be used later, according to the article. It further states that people who engage in "all-nighters" to study for tests, etc., actually harm their ability to recall information and learn new material.

The lack of sleep has been shown to affect the part of the brain called the hippocampus, which is instrumental in forming new memories. So, obtaining adequate sleep not only helps us function well physically, but it also contributes to our mental health wellness.

The bottom line is that following Performance Triad guidance can lead to a better quality of life.

Life is busy and demanding. Since stress cannot be avoided, so we might as well become optimally fit to handle life's stress. We care about your total health and wellbeing here at General Leonard Wood Army Community Hospital—that's why we do what we do.

If you're having difficulties with sleep, make an appointment with your PCM today by calling (866) 299-4234, by using TRICARE Online's "Calendar View," or by using "Secure Messaging" at <https://app.relathealth.com>.

For more healthy tips to achieve stress fitness, visit <http://phc.amedd.army.mil/topics/healthyliving/sleep/Pages/default.aspx>

(Editor's note: Maj. Richard Sonnier is a psychiatric nurse practitioner at General Leonard Wood Army Community Hospital)

How to dispose of Medicines Properly

DON'T: Flush expired or unwanted prescription and over-the-counter drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so.

DO: Return unwanted or expired prescription and over-the-counter drugs to a drug take-back program or follow the steps for household disposal below.

1ST CHOICE: DRUG TAKE-BACK EVENTS

To dispose of prescription and over-the-counter drugs, call your city or county government's household trash and recycling service and ask if a drug take-back program is available in your community. Some

counties hold household hazardous waste collection days, where prescription and over-the-counter drugs are accepted at a central location for proper disposal.

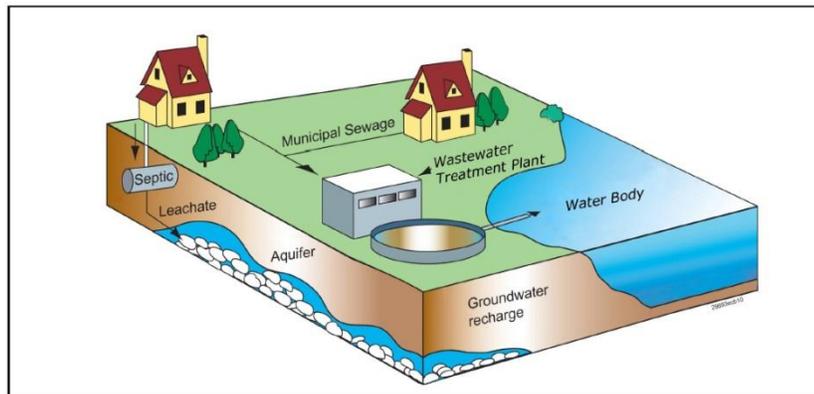
How to Dispose of Medicines Properly

2ND CHOICE: HOUSEHOLD DISPOSAL STEPS*

1. Take your prescription drugs out of their original containers.
3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.
2. Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.
4. Conceal or remove any personal information, including Rx number, on the empty containers by covering it with permanent marker or duct tape, or by scratching it off.
5. The sealed container with the drug mixture, and the empty drug containers, can now be placed in the trash.

How Proper Disposal of Medicines Protects You and the Earth:

- Prevents poisoning of children and pets
- Deters misuse by teenagers and adults
- Avoids health problems from accidentally taking the wrong medicine, too much of the same medicine, or a medicine that is too old to work well
- Keeps medicines from entering streams and rivers when poured down the drain or flushed down the toilet



How Improper Disposal of Medicines May End Up in Our Drinking Water Sources

In homes that use septic tanks, prescription and over-the-counter drugs flushed down the toilet can leach into the ground and seep into ground water.

In cities and towns where residences are connected to wastewater treatment plants, prescription and over-the-counter drugs poured down the sink or flushed down the toilet can pass through the treatment system and enter rivers and lakes. They may flow downstream to serve as sources for community drinking water supplies. Water treatment plants are generally not equipped to routinely remove medicines.

For more information, go to www.epa.gov/ppcp/ or call the Safe Drinking Water Hotline at 800-426-4791.

*Environmental Protection Agency Drug Disposal Guidelines, Office of National Drug Control Policy, October 2009; and the EPA Office of Water (816-F-11-003), April 2011.

<http://water.epa.gov/scitech/swguidance/ppcp/upload/ppcpflyer.pdf>

The basics about adult vaccines**By Terri Mulvihill, General Leonard Wood Army Community Hospital**

If you're an adult and it's been more than five years since you've had a vaccine, it's time to ask your Patient-Centered Medical Home healthcare team which vaccines you need. There are several important vaccines that your PCMH healthcare team may suggest.

TDAP

Tetanus, Diphtheria and Pertussis, a vaccine known as TDAP, not only protects you, but also protects children around you, especially newborns. During the first 6 months of 2014, there were 9,964 cases of Pertussis reported in the US. That is an increase of 24% from last year. Adults should have a current TDAP. Once you get the shot, you are covered for 10 years.

Shingles

If you are over the age of 60, you should have a Shingles vaccine. Shingles is a very painful disease caused by the chicken pox disease. The vaccine is recommended even if you're not sure you've had chicken pox. Approximately 1 in 3 people will develop shingles and it can return 2 or 3 times. The Shingles vaccine is a one-time shot.

Pneumococcal

Adults over the age of 65 should receive one dose of the Pneumococcal vaccine. This vaccine will help prevent pneumonia as well as some blood and brain infections. Pneumococcal disease has been known to kill about 4,000 to 5,000 people each year in the United States.

Influenza

Finally, adults should receive the influenza vaccine every year. The flu kills people of all ages every year. By receiving the flu shot, you also help stop the spread of flu to others. People with ongoing health issues are at high risk for getting the flu. You should protect yourself and others by getting a new flu shot every flu season.

Other important vaccines

Human Papillomavirus (HPV), Hepatitis B, and Hepatitis A are just a few other common vaccines you may need. Talk to your health care provider or stop by the General Leonard Wood Army Community Hospital Immunizations Clinic if you have questions. The Immunizations Clinic generally operates on a walk-in basis but you can also contact your PCMH team for help or call the TRICARE appointment line at 866-299-4234.

Visit <http://www.cdc.gov> for more immunization information.

(Editor's note: Terri Mulvihill is an immunizations specialist at the General Leonard Wood Army Community Hospital)

Hospital commander answers questions, explains processes**By John Brooks, General Leonard Wood Army Community Hospital**

General Leonard Wood Army Community Hospital's commander addressed hospital closure rumors, telemedicine initiatives, secure messaging and other topics at his first Healthcare Consortium since assuming command in July.

Col. Peter Nielsen hosts monthly consortiums as a platform for hospital customers to provide medical-care feedback. Nielsen said that maximizing efficiency and enrollment are among the key strategies that will keep the hospital a viable inpatient facility continuing to support the Fort Leonard Wood military community.

"By enrolling more people, the use of inpatient services increases," Nielsen said. "And if we offer additional services in selected areas where we and the VA could mutually benefit, both their patients and our facility – and vice versa – will benefit. Increased use of the facility is vital, he said.

"We are striving to increase the utilization of the facility, thereby making it very difficult to argue that the facility should lose inpatient capability," Nielsen said.

Nielsen said he and his command team will be as aggressive as possible to bring both inpatient and outpatient business – to offer expanded general medical and specialty services where possible, including the use of some telemedicine initiatives.

"All of these initiatives ... can make it more economical and efficient for patients so that they don't have to travel as far for care – making healthcare more convenient and improving the experience. It's the right thing to do, and it's what patients want and deserve. We're going to strive to make GLWACH their number one choice for health care," Nielsen said. "So, that's our goal, and we're going to achieve it through improving the patient experience – which means we need feedback."

Nielsen explained that additional appointment availability and incorporating more convenient ways to communicate will create a better patient experience and improve access. "Making additional appointments available further into the future as well as expanding telemedicine and Secure Messaging as a more convenient means to communicate with your provider will improve access and the experience of care." Nielsen said.

With Secure Messaging, patients can enjoy the convenience of communicating directly with their provider or nurse online without making an appointment or leaving home, he said.

Nielsen agreed with a comment that the hospital should explore how to promote safe exercise programs for retirees and those with limited mobility.

"That's a good point and aligns with the Army Surgeon General's priorities of emphasizing sleep, activity and nutrition. The "activity" portion focuses on exactly what you're talking about – it's movement and flexibility," Nielsen said.

The colonel also addressed a method of quickly assessing the level of satisfaction with the hospital's services. "We're really interested in service recovery. We want to know what the problems, perceived or real, are – at the time that they are happening – so that we can make corrections on the spot, or take action as immediately as we can to ensure that the patient is completely satisfied – or at least knows that something's going to be worked on before they leave, as opposed to going home, wondering, and getting more upset," Nielsen said.

He said that, without him or his staff knowing about a problem, this presents a challenge to make things better. Nielsen added that the Healthcare Consortium meeting is an avenue to promote communication between leadership and patients about the type and quality of care provided.

The meeting, open to military ID card holders, is held in the hospital's Medical Activity classroom the second Tuesday of the month at 2:30 p.m.

5K Fun Run/Walk and Health Fair

To promote health and fitness across Fort Leonard Wood and the surrounding community, MWR is hosting the 5K Fun Run/Walk and Health Fair with events on the second Saturday of each month from Aug. 9 through Dec. 13.

These free events take place at the Davidson Fitness Center and along a designated route and are open to all military, civilian, family, and community members.

For more information, visit the MWR website at: <http://www.fortleonardwoodmwr.com/>

Heard about the Performance Triad?

Take the Performance Triad survey about sleep, activity and nutrition! Your feedback is needed to evaluate this Army-wide total health campaign. Survey: <http://go.usa.gov/X6TF>

For more information about the Performance Triad, visit <http://armymedicine.mil/Pages/performance-triad.aspx>.



TRICARE Pharmacy Home Delivery!

TRICARE Pharmacy Home Delivery is the least expensive way to fill prescriptions, other than by getting them filled at your military pharmacy.

With TRICARE Pharmacy Home Delivery, you can get up to a 90-day prescription for most drugs at the following costs:

- Generic: \$0
- Brand name: \$13
- Non-formulary: \$43 (unless you get medical necessity)
- Home Delivery Advantages
- It's safe and easy to use.
- Request refills by mail, phone, or online
- Recommended for prescriptions you take regularly
- You can even use it when you're traveling or if you move

If you're using TRICARE For Life you may be required to fill your prescriptions via home delivery through the TRICARE For Life Pharmacy Pilot. Do you have other health insurance with a pharmacy benefit? You can't use home delivery unless your prescription isn't covered by your other plan, or you've reached the dollar limit of your other plan.

For more information, contact your PCM team.

Tramadol dispensing changes

Tramadol has been reclassified as a Schedule IV controlled substance medication July 2 by the DEA under the Controlled Substance Act. Beginning on Monday, July 21, all prescriptions presented to any of the General Leonard Wood Army Community Hospital pharmacies (main outpatient, inpatient, PX, and Ozark Family-Centered Medical Home pharmacies) for Tramadol will comply with legal and the local GLWACH policies of prescribing and dispensing of controlled medications. The local General Leonard Wood Army Community Hospital policy will limit all Tramadol prescriptions to a 30-day supply with two refills. Any existing prescriptions will be modified to comply with this restriction when refills are called in to be filled. Questions with regard to these changes or about your Tramadol prescription can be directed to the officer in charge of the main outpatient pharmacy at 573-596-0515.

TRICARE/UHC face-to-face Vendor Visit

Due to schedule changes, **the next Vendor Visit will be on Sept. 19.**

Normally, patients can now get their TRICARE and United Healthcare questions answered face-to-face on the 1st Thursday of each month at the General Leonard Wood Army Community Hospital.

Any Vendor Visit schedule changes in the future will be communicated here on Facebook and at our Healthcare Consortium meeting (second Tuesday of each month at 2:30 p.m.) as well as at the installation Woodworks meeting (last Tuesday of each month at 10:30 a.m.).

Kathy Lucero, TRICARE and UHC's West Region Beneficiary Services & Education Representative, will have an information table set up near the hospital's Primary Care Clinic and Main Outpatient Pharmacy area from 9 a.m. to 2 p.m. during her Vendor Visit.

"I look forward to making myself available for the beneficiaries and answering any questions they may have," said Lucero. "I will also plan to have my laptop with me to educate beneficiaries on the online resources available."

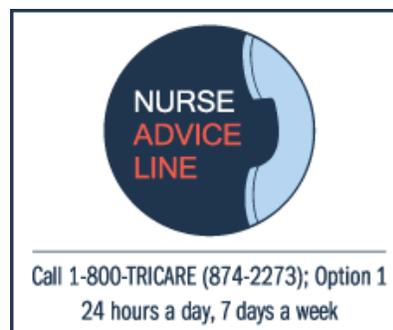
New Ambassador Program!

Hospital Subject Matter Experts are now available as to speak to your organization!

Army Medicine's new **Ambassador Program** identifies Army Medicine Subject Matter Experts here who possess a unique knowledge and desire to share their expertise with others. If you'd like an Army Medicine SME—an "Ambassador"—to speak to a group you represent, please contact John Brooks, hospital Ambassador Program manager, at 573-596-0131, ext. 6-9632 or via email at john.d.brooks12.civ@mail.mil.

Where can you find recent hospital news and information?

- ✓ **Facebook!** Facebook remains the best place to find recent hospital news and information—all in one place—simply because it can display all types of products (video, text, audio, photos and graphics)
- ✓ **Hospital website:** <http://glwach.amedd.army.mil> (A new website template is now in development to update our website and make information easier to find)
- ✓ **Newspaper:** The Guidon
- ✓ **Radio:** Several timely topic discussions are broadcast each month on 1390 AM, 97.9 FM and 102.3 FM
- ✓ **Video Loop:** Our hospital video loop can be seen in our waiting rooms, at the Maneuver Support Center of Excellence, on the installation's internal cable channel 59, and video segments are also on our Facebook page.
- ✓ **Ambassador Program:** Army Medicine's new Ambassador Program identifies Army Medicine Subject Matter Experts here who possess a unique knowledge and desire to share their expertise with others. If you'd like an Army Medicine SME—an "Ambassador"—to speak to a group you represent, please contact John Brooks, hospital Ambassador Program manager, at 573-596-0131, ext. 6-9632 or via email at john.d.brooks12.civ@mail.mil.



Nurse Advice Line: urgent care questions**By John Brooks, General Leonard Wood Army Community Hospital**

Sometimes it's difficult to know if and when to seek medical help for acute health problems, so having professional help at a moment's notice is invaluable. The Military Health System's new Nurse Advice Line for TRICARE beneficiaries does just that. There will always be a live-person on the NAL to address beneficiary concerns.

The NAL is a team of registered nurses available to answer a variety of urgent healthcare questions. They can help you decide whether self-care is the best option, or if it is better to see a healthcare provider. TRICARE beneficiaries in the continental United States, Alaska and Hawaii will have the NAL available toll-free 24/7, just like it's now available here at the General Leonard Wood Army Community Hospital.

This Military Treatment Facility was selected as one of only two NAL pilot sites. As a NAL pilot site, we want and need your questions, comments and suggestions. By filling out an NAL Interactive Customer Evaluation comment card, your participation will help identify best practices before NAL is fielded to all of Army Medicine.

Here is the direct link to fill out an online NAL ICE card: <https://ice.disa.mil/index.cfm?fa=card&sp=132186&s=1063&dep=%2ADoD&sc=11>, but you can visit our hospital's homepage at <http://glwach.amedd.army.mil/> and click on the text below the NAL graphic to get there without typing that long internet address manually.

The NAL offers a variety of solutions for all TRICARE beneficiaries.

For pediatric issues, the NAL routes the beneficiary to a pediatric nurse. If follow-up is necessary or requested, the NAL will call the beneficiary back to check the child's status a few hours later.

Beneficiaries with an acute healthcare concern or question are connected with a registered nurse who asks a series of standard questions to determine the next steps and allow the NAL nurse to provide the best advice possible. When calling the NAL, a customer service representative will verify the beneficiary's eligibility through the Defense Enrollment and Eligibility Reporting System (DEERS).

Check <http://www.facebook.com/glwach> for new NAL news and developments, and for other recent and upcoming hospital news and information.

Beneficiaries can always use TRICARE Online's customer service options at <http://www.tricareonline.com> to book an appointment exclusively with their primary care manager team using "Calendar View," use the convenient online prescription refill option there, and use Secure Messaging to contact their PCM or clinic.

The NAL is now another new option for beneficiaries to access the care they need, when they need it, and from a real person (registered nurses).

Some other ways patients can get information and answers, now that TRICARE has transitioned from walk-in service centers to online services, include calling the regular hospital appointment line to make an appointment at 1-866-299-4234, calling the Western Region United Healthcare toll-free phone number at 1-877-988-WEST (1-877-988-9378), or visiting with our brand new patient representative, Charla Hoaglin, located in room 123 next to the hospital's main bank of elevators.

Bariatric procedures, education and support

Surgical weight loss surgery is now available at General Leonard Wood Army Community Hospital, along with complete pre and post-operative services.

Patients, families and anyone interested in knowing more about surgical weight loss are invited to attend the bariatric orientation interest group meeting held on the 3rd Wednesday of each month at 5:00 p.m. in the MEDDAC Classroom, located in the hospital's southwest wing on the main floor.

Various surgical weight loss procedures are discussed as well as nutrition and psychological aspects involved in, preceding and following these procedures. The meeting is taught by a general surgery physician, a behavior health provider, and a registered dietitian. No registration or referral is required to attend the meeting.

Did you find an APLSS survey in your mail box recently?Satisfaction survey results determine significant hospital funding.

These surveys help Army Medicine determine which of its military treatment facilities receive funding, and to what level that funding is provided by the Department of the Army. Patients, therefore, can have an impact on how the money is distributed. And since medical care costs money, helping to increase an MTF's budget can increase the type, availability, quantity – even the quality of care available here.

Typically, patients receive satisfaction surveys in the mail about a week after an appointment at their MTF. "Excellent" and "Very Good" marks provide the MTF with up to \$900.00 per returned survey.

"Last year we received almost \$1 million in additional funding which was solely the result of completed and returned Army Provider Level Satisfaction Surveys," said Diane Hell, administrative assistant at General Leonard Wood Army Community Hospital. "That's \$1 million above and beyond the hospital's authorized annual operating budget."

Additional funding from surveys has allowed the hospital to provide award-winning health care and new state-of-the-art technology and facilities here in recent years – because patients took the time to fill out and submit surveys.

"That's very significant additional funding we wouldn't have otherwise," said Hell. "We have the potential to more than double last year's additional survey funding when patients either send their APLSS surveys back in the mail, or complete them online."

But negative responses on APLSS surveys take money out of the hospital's budget. "That's one reason we're always trying to get problems solved locally on-the-spot, instead of through the survey system," Hell said. "On-the-spot local problem solving is always much faster than waiting to find out about a problem we had weeks ago. We could have fixed it then."

"APLSS surveys must travel all the way to the Army Office of the Army Surgeon General, then filter all the way back through the system before we can act on them," Hell said. "Having a large chunk of funding removed from our budget because of negative survey results can disrupt the care we provide," Hell said.

Suggestions, comments or complaints can be acted upon immediately here. Patients should contact their Primary Care Manager, PCM Team or clinic leadership for help. Patients can also talk to a patient representative in room 123, located next to the main bank of elevators.

Patients looking for a more anonymous way to communicate to installation and hospital leadership may fill out an Interactive Customer Evaluation comment card. The hospital has an "ICE Machine" kiosk located near the Information Desk for patients to complete an ICE card online. Links to online ICE cards can also be found on the hospital website at <http://glwach.amedd.army.mil> and on the installation website at <http://www.wood.army.mil>.

Hospital and installation commanders receive ICE reports daily and act upon them swiftly. So, next time you receive an APLSS survey in the mail, if we've earned positive marks, please indicate so and send it in!

Are you a member of "The Healthcare Consortium?"

That's ok—**there is no membership required** to attend the Healthcare Consortium Meeting!

Hosted by our new hospital commander, Col. Peter E. Nielsen, the monthly meeting is held every second Tuesday at 2:30 p.m. in the hospital MEDDAC Classroom, located near the southwest corner of the main floor.

Everyone is invited to this meeting. Attendees receive direct, face-to-face feedback from the hospital Commander and his staff. The intent is to promote communication between medical treatment facility leadership and those who receive or are eligible for patient care here.

This is your monthly opportunity to affect positive change concerning the type and quality of care, process improvements, and healthcare delivery policy here.

Please consider attending this meeting—and bring others with you who are eligible for enrollment here!

Q: What's the hospital's Facebook address?

A: [Facebook.com/GLWACH](https://www.facebook.com/GLWACH)

"Like" and "Share" on our Facebook page!

Recent notable awards, achievements and new capabilities here:

- **NCQA Level 3 recognition—at both LWMH and OFCMH— highest category of recognition for Patient-Centered Medical Home program care by the National Committee for Quality Assurance.**
- **Hospital Laboratory has received national certification/accreditation.**
- **Hospital received 2014 Stand Up For Patient Safety Award—one of two awarded by the NPSF annually.**
- **Military/civilian-contracted e-ICU pilot program was awarded here to provide additional board-certified physician intensivists 24/7/365.**
- **Best Mother/Baby Unit customer service in the Army, annual award (awarded by the Army Surgeon General's Office, based on independent patient surveys).**
- **Best customer service in the Army at the Ozark Family-Centered Medical Home satellite clinic, two months in a row (based on independent patient Army Provider Level Satisfaction Surveys).**
- **Independent national Joint Commission re-accreditation award. The hospital received high marks from the inspectors and was commended for "taking care of patients exceptionally well" and "going above and beyond the standards," according to one inspector.**

- Only Army facility in DoD to receive the annual coveted MHS award: DoD Patient Safety Award for Pharmacy staff efforts to decrease harm and improve healthcare delivery in pediatrics.
- MEDCOM's Western Region Civilian of the Year Award: Stephanie Gilbert, assistant pharmacy chief.
- Pharmacy wait times: All "A" ticket wait times, and "B" ticket wait times, are now under 15 minutes. Our Pharmacy fills more daily prescriptions than all local pharmacies combined.
- We now have two full-service Pharmacies.
- The Pharmacy now has new robotic machines in both full-service Pharmacies to improve patient safety and prescription accuracy.
- Operating Rooms and the Emergency Room received renovation for modernization and workflow improvement.
- The 4th MEB's "Dauntless Clinic" was formed as a FORSCOM clinic integrated as a Soldier-Centered Medical Home at the MTF.
- Our Victory Clinic was consolidated and moved to a new facility/addition of the Consolidated Troop Medical Clinic to serve all TDY Marine, Navy, Air Force and Coast Guard members.
- We have a brand new Warrior Training Unit facility and were chosen for retention as a WTU during recent facility cuts and closures.
- PCMH is now implemented throughout the MTF and at the Ozark Family-Centered Medical Home. Unsure exactly what that means and why that's important to you and others who are thinking about becoming a patient here? Read about PCMH throughout this newsletter and contact us using the Quick Help Reference on the first page of this newsletter.
- The MTF Radiology Department now has a new Fluoro machine and both Radiology departments (MTF and CTMC) have profile direct capture capability.
- Our Laboratory and Radiology departments are "teaching clinics" for the Army, and their students are active in community service projects (painting the local YMCA) and promoting events and throughout the hospital.
- The MTF uses the new electronic Hometown News Release system, an easy way for patients and staff members to get their stories published throughout the country.
- New MTF services: Bariatric surgery capability and monthly support group, and Behavioral Health services for dependants and all beneficiaries here.
- Musculoskeletal Action Team (MAT) and Unity Athletic Trainers. This capability places first responders at training sites with BT units here.
- MEDCOM Best Practice: Rapid Response Systems/Tracking/Processing Soldiers in the Disability Evaluation System
- Medical evaluation of service-associated disability capability.

"Customer Service Excellence"
POC: Becky Grimm, 563-5020
"Voice of the Customer"



ICE Comment to the Directorate of Emergency Services, Law Enforcement Services (Provost Marshal Office):

Please disseminate post wide; how many people know that there is a Missouri state law which requires you to stop and yield the right of way to pedestrians crossing in a clearly marked crosswalk? Not very many apparently, as I witnessed three individuals nearly ran over by not just one vehicle but multiple vehicles as I waited for the pedestrians to cross on my side of the road. I even had two Soldiers in a vehicle come around my left side as I was clearly stopped at a crosswalk at the museum. Their vehicle was in the yellow striped area and proceeded to go around me until they noticed "hey there are people in the crosswalk", imagine that. Let us also be reminded that there is another law regarding the usage of headlights during inclement weather, to include fog. Cannot count how many times I have "not" seen a vehicle due to their lack of visibility on a rainy day. THESE ARE THE LAWS PEOPLE". Let's be proactive and not reactive for a change...it may save yours or even someone else's life. PS Arrive alive, Buckle Up!



LEBANON AREA CHAMBER OF COMMERCE

POC: Executive Director Darrell Pollock

Website: www.lebanonmissouri.com

417-588-3256

August 29th-31st - State Championship for the Missouri Horse Pitchers association begins. Missouri Horseshoe Pitchers Association will be presenting the state championships at the Cowan Civic Center for the 4th year in a row in the exhibition hall. The event is free and open to spectators.

August 29th There will be a free concert presented by Wayne Truelove and the Boswell Family featuring Gold City. Also Appearing will be the Truelove Quartet. Doors open at 6 and the concert gets underway at 7.

August 30th is the Fort Niangua Mud Run taking place at the Fort Niangua River Resort. The event will be from 2 – 7, \$10 per person, Kids under 12 are free. There will be Mud Truck Races, Music, Bonfire and Food Vendors.

September 4th – Celebrity Waiter Dinner, A Novel Solution will be held at the St. Francis De Sales Family Center located at 345 Grand Ave. This is a themed event, featuring a catered meal, entertainment, and a guest speaker with all proceeds benefitting the Laclede Literacy Council. The Laclede Literacy Council relies on volunteers and donations to meet the needs of those in our community seeking assistance in developing literacy skills to improve their lives. For more information contact Melinda Fries 417-532-6697.

September 6th is the 20th Annual Case Knives Celebration at Shepherd Hills Factory Outlet from 9:00 am-4:00 pm. The day is built around everything “Case”. Release of the 2014 Case XX Celebration Event Knife, Previews of the latest designs and releases from Case XX, Special deals on Case closeout knives, The Ever Popular “Case Plinko” for savings on a selected group of Case XX, Cutting Competitions, Blacksmith Demonstration, Lunch served on the grounds, Hourly Drawings, Grand Prize Drawing, and more.

September 13th – Fourth Annual Business Expo and Fun day! There is no cost for booth space for Lebanon Area Chamber of Commerce Members. The Business Expo is free to the public but a canned food item or donation for L-Life Food Bank is encouraged. The 4th Annual Business Expo will be held in the Cowan Civic Center Exhibition Hall from 9:00 am-2:00 pm and will feature nearly 100 area businesses, service organizations and home-based businesses. Lunch will be available for purchase! Win one of five \$50 Gas Cards with more than 50 door prizes and drawings to sign up for! For more information call the Lebanon Area Chamber of Commerce 417-588-3256.

September 18th is the Lebanon Area Chamber of Commerce Annual Membership Dinner Banquet and Basket Auction {new this year!} Social and Basket will take place from 5:30 pm-6:15 pm and the Dinner and Meeting will begin at 6:15 pm. Tickets are \$25.00 per person which includes a catered meal, dessert, beverages, and live musical entertainment. Basket winners will be announced following the meeting.

September 22nd calling all Veterans to the parking lot of the OTC-Lebanon/MSU-Lebanon campus parking lot from 10:00 am-3:00 pm. Springfield Vet Center Campus Outreach is providing free resources and assistance to Veterans. This event is sponsored by OTC and MSU.

September 26th enjoy the Route 66 Cruise-In at the Route 66 Museum from 6:00-8:00 pm. Cruise is open to all types of vehicles. The public is welcome! Music by Total Package, food, Route 66 Museum and more! For more information call the Lebanon-Laclede County Library 417-532-2148.

September 27th Come check out the very first Show Me BBQ! Show Me BBQ is a BBQ competition, BBQ meal, BBQ seminar, kids zone, snack shop, vendors, and includes a professionally time 5K Race/1 Mile Walk. The event will take place at the Cowan Civic Center from 9:00 am-2:00 pm. Visit www.smbbq.org to register online or contact Frank Webster for additional information 417-288-2441.

St. Nick Benefit >>>



FORT LEONARD WOOD LIONS CLUB
 POC: Harold L. Burleson - Phone# 573-528-1767
 Email – flwlions@hotmail.com
 “Strengthen The Pride!”



The FLW Lions Club was chartered 20 January of 1966 and has been a part of the worlds' largest service organization since that time. The FLW Lions Club was one of the first Lions Clubs formed on a military installation. Currently, we are 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. 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.

We are proud to announce in local media outlets a listing of our current ongoing activities for Lionistic Year 2014-2015 that began on 1 July 2014. 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!

We continue to collect gently used eyeglasses. 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.

Annual Art Contest for Kids: Each year, Lions clubs around the world proudly sponsor the Lions International Peace Poster Contest in local schools and youth groups. This art contest for kids encourages young people worldwide to express their visions of peace. For more than 25 years, millions of children from nearly 100 countries have participated in the contest. The theme for the 2014-15 Peace Poster Contest is **"Peace, Love and Understanding."** Students, ages 11, 12 or 13 on November 15, are eligible to participate. The FLWLC will purchase Lions Club International Peace Poster Kits for the 2014-15 contests. Enjoy a review of the **2013-2014 Peace Poster Winner** at www.lionsclubs.org/EN/our-work/youth-programs/peace-poster-contest/peace-poster-contest-finalists.php

The **St. Nick's Benefit** meetings will be conducted on Wednesday of the following dates: **3, 17 September;** 1, 15, 29 October; and then every Wednesday in November with the last meeting on 2 December prior to 9 December 2014 event. All meeting will be held at Building 1345 from 11:30am to 12:30pm. Please feel free to come and bring your lunch to eat during the meetings.

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



MILITARY PERSONNEL OFFICE/DIRECTORATE OF HUMAN RESOURCES (MILPO/DHR)
POC: JESSE FRENCH

*"I did then what I knew how to do.
 Now that I know better, I do better."
 Maya Angelou*



Fort Leonard Wood's home of ACES, the Army Continuing Education System
BLDG 732 Colorado Ave. 573-596-0172 Hours of Operation: 0730-1700

Counseling: Our goal is to provide adult and continuing educational services to Soldiers, adult family members, Department of the Army Civilians, and retired personnel. We achieve this by providing professional development programs, such as on post college and university courses, counseling and testing, basic skills and on-duty leadership enhancement programs.

Learning Resource Center: Monday –Thursday 0730-1130 and Friday 0730-1630 – Computer Access, Books, Place to Study.

Testing: Monday –Thursday 1230-1630 – TABE, GT Predictor, ACT, SAT, and BMST

Colleges and Universities: Accredited colleges and universities offer certificate and degree programs to Soldiers and family members via on-post classes or through distance learning.

Central Texas College: Offering Certificate of Completion in Business Management, Child Development, Homeland Security & Maintenance Technology. Associate degrees in General Studies, Homeland Security and Emergency Management, Business Management/Administration, Criminal Justice, Maintenance Technology & Early Childhood. 573-329-5550/4303 ctcd.edu.

Lincoln University: The Department of Nursing Science at Lincoln University offers a two-year nursing curriculum at the Fort Leonard Wood campus that leads to an Associate in Applied Science degree. 573-329-5160, lincolnu.edu, FLW@lincolnu.edu.

Park University: Offering Certificate of Completion in Terrorism and Homeland Security. Associate of Science in Construction Management & Management, Bachelor of Public Administration/Homeland Security, Management/Engineering Administration, Management/Health Care, Management/Human Resources, Management/Marketing. 573-329-2798, ftlw@park.edu.

Columbia College: Offers certificate of completion in Human Resource Management, Management & Marketing Management. Associate in Arts, General Studies, Business Administration, Computer Information Systems, Criminal Justice Administration & Human Services. Bachelor's in Business Administration, Criminal Justice Administration, History, Human Services, Psychology, General Studies, Business Administration & Management Information Systems. 573-329-4050, ftwood@ccis.edu.

Drury University: Offers Associates Degrees in Business Administration, Criminal Justice, Foundations in Education, English, Environmental Policy and Regulations, Emergency Medical Science (cert. req.), General Studies, Health and Wellness, Organizational Studies, Psychology, Radiology Technology (cert. req.), Respiratory Technology (cert. req.), Paralegal Studies & Writing. Bachelor Degrees in Biology, Criminal Justice, Elementary Education, English, Environmental Mgmt. & Assessment, General Studies History, Instructional Technology, Organizational Comm & Development, Psychology, Sociology, Troops to Teachers, Writing. Masters Degree in Education (M.Ed).573-329-4400, drury.edu.

Webster University: Offering Masters in Business and Organizational Security Management, Environmental Management, Human Resources Development, Human Resources Management, Management and Leadership, Master of Business Administration & Master of Public Administration. 573-329-6777, webster.edu.

Missouri University of Science and Technology: Offering Masters in Engineering Management, Geological Engineering, Civil Engineering, and Environmental Engineering. 573-341-4410, <http://military.mst.edu>



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

FLW Soldier wins TRADOC Soldier of the Year, moves on to

Army competition

FORT EUSTIS, Va. -- After a week of challenging competition, the command responsible for training the Army chose its best Soldiers during the 2014 Noncommissioned Officer and Soldier of the Year ceremony at Fort Eustis, Va., Aug. 8. U.S. Army Training and Doctrine Command named Sgt. 1st Class David Smith, representing U.S. Army Cadet Command, Fort Knox, Kentucky, as TRADOC's 2014 NCO of the Year and Spc. Joshua Roberts, representing the Maneuver Support Center of Excellence at Fort Leonard Wood, Missouri, was named TRADOC's Soldier of the Year. Roberts, who currently serves as the executive assistant for the MSCoE command sergeant major, said the variety of events -- including an unexpected "stress shoot," where competitors had to practice field medical aid on a simulated casualty, dragging it 200 meters to safety all while under fire, kept competitors on their toes. Smith and Roberts will represent TRADOC at the U.S. Army Best Warrior Competition in October at Fort Lee, Virginia.

<http://www.army.mil/article/131637/>

Aug. 26

Women's Equality Day observance

A Women's Equality Day observance and luncheon is set for 11:30 a.m., Aug. 26 in the Engineer Regimental Room, at the John B. Mahaffey Museum Complex. Brig. Gen. Maria Gervais, U.S. Army Chemical, Biological, Radiological and Nuclear School commandant has been invited to be the featured guest speaker for this year's event. Tickets for the luncheon are \$10 and are available through brigade Equal Opportunity advisors and EO representatives. For more information, call 573-596-0601.

Aug. 29

Know Your World

The International Military Student Office plans to host the annual "Know Your World" international exposition from 6 to 8:30 p.m., Aug. 29 in Nutter Field House. The evening is designed to build awareness and appreciation for different cultures and customs throughout the world. This event is free and open to the public.

Sept. 13

Military Appreciation Day baseball

Fort Leonard Wood has been invited to participate Sept. 13 during pre-game ceremonies as part of the 2014 Military Appreciation Day at Busch Stadium in St. Louis. The Cardinals, who are the 2013 National League champions, are scheduled to face the Colorado Rockies at 6:15 p.m. Tickets are available at the Fort Leonard Wood Information, Tickets and Registration office, located in the PX Mini Mall in Building 490. A section of seats have been reserved for \$15 a ticket. For more information, call ITR at 573-329-8587.

Sept. 22-27

Military Police Corps Regimental Anniversary

This year marks the 73rd anniversary of the U.S. Army Military Police Corps Regiment. Military Police who are connected with the Army will observe the MP Regimental anniversary Sept. 22-27 at Fort Leonard Wood.

Key MP Regimental Week events*:

- Sept. 18&19—9 a.m. to 3 p.m., MP Exhibits, Nutter Field House, hosted by MPRA
- Sept. 22—10-11 a.m., MP Memorial Tribute, MP Memorial Grove
- Sept. 23—9 a.m.-UTC, MP Regimental Ride
- Sept. 24—5-6 a.m., MP Corps Regimental Run, Gammon Field
- Sept. 24—11 a.m.-1:30 p.m., MP Hall of Fame Awards, followed by Photo Hanging, MP Regimental Room
- Sept. 25—8 a.m. to 2 p.m., Spouse's Challenge, Stem Village, TA 106C, TA97
- Sept. 25—4 p.m., MP Retreat Ceremony, Maneuver Support Center of Excellence Plaza
- Sept. 26—10 a.m., Regimental Golf Tournament, Piney Valley Golf Course
- Sept. 27—5 p.m.-UTC, MP Regimental Ball, Nutter Field House

*Subject to change.



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

Operation Workforce Job Fair - August 28th at the St. Robert Community Center from 10:00 a.m. to 2:00 p.m. The Waynesville-St. Robert Chamber of Commerce presents the 10th Annual Operation Workforce Job Fair. Operation Workforce is a workforce recruitment program promoting the connection between employees seeking part-time/full-time positions with employers providing those employment opportunities. Interviewing booths will be available for on-site employee/employer interviews. For more information, please contact the Chamber office at (573) 336-5121 or e-mail info@wsrchamber.com.

The wait is over!!! B&B Waynesville Patriot 12 - In spite of a construction process plagued by harsh winters, high winds, and site complications, B&B Theatres is proud to announce the Grand Opening of its newest location, the Patriot 12 Cinema, located at the corner of Old Highway H and GW Lane Road in Waynesville, MO. A ribbon cutting is planned for 5:45 on Friday, August 29th, and all are welcome to attend. The first fifty (50) guests following the completion of the ribbon cutting will be given free B&B Theatres Swag Bag, packed with all sorts of great surprises! Tickets will be on sale on Friday the 29th at www.bbtheatres.com for the opening weekend, and a free popcorn will be given to every guest that purchases a ticket for a film on Friday or Saturday!

Date Night - Aug 29th from 6 p.m. - 9 p.m. at Bow & Barrel Sportsmen Center located at 22940 Harlan Ln. call 573-433-9140 for more information.

42nd Annual Railroad Days - Saturday August 30, 2014 Contact City of Crocker at 573-736-5327 or visit <http://www.facebook.com/CrockerCityHall> for additional information. Theme this year is Wild, Wild West.

Kiwanis Gun, Knife, Archery Show - August 30th from 9:00 a.m. - 5:00 p.m. and August 31st from 9:00 a.m. - 3:00 p.m. at the St. Robert Community Center. \$35 per table for the weekend. \$5 Door Entry Charge. Contact Jerry at 573-433-6507 for more information.

“Still Cruisin’ To the Future”: The Route 66 Association of Missouri’s 25th Annual Motor Tour - September 5, 6, and 7, 2014. After 25 years, the Route 66 Association of Missouri will “Still (be) Cruisin’ To The Future” on this, its 25th Annual Motor Tour. This year’s tour will be held September 5th, 6th and 7th, 2014. The tour will start in Kirkwood, MO and will end at the Hangar Kafe between Springfield and Carthage. Tour registration begins on Friday, September 5, at 4:00 p.m. at the Best Western Kirkwood Inn located at 1200 S. Kirkwood Rd. in Kirkwood, MO, where a block of rooms has been set aside for tour participants. Tour participants can register on Friday night until 10:00 p.m. There will also be information on activities and things to do in the St. Louis area available at registration. On Saturday, September 6, tour registration will resume at 8:30 a.m. at the Route 66 State Park Visitor’s Center (exit 266 off I-44), and the tour will depart from the park at 9:00 a.m. Tour participants will have the opportunity to make stops between Kirkwood and the midpoint destination in Rolla, MO. A Guide detailing places to look for on the way will be provided at registration. You will also be able to take in the scenic beauty of the Missouri Ozarks that makes traveling Route 66 in Missouri all the more special. There will also be information about other suggested stops provided at registration. The Saturday night midpoint destination will be the Best Western Coachlight, located at 1403 Martin Springs Dr., Rolla, MO (just west of the intersection of Martin Springs Dr. and Kingshighway).

A block of rooms has been set aside for tour goers at the Best Western Coachlight. Saturday night's dinner will be held at the Buehler Park in Rolla, MO, where tour participants will be able to enjoy the excellent food prepared by Cookin' From Scratch. There will be a silent auction and information about Sunday's travels provided at the dinner. On Sunday, September 7, after the 7:45 a.m. nondenominational worship service, tour participants will proceed from the Best Western Coachlight westward to the Hangar Kafe. Again, a Guide detailing places to look for on the way will be provided at registration, as well as directions to the Hangar Kafe. The tour will conclude with a lunch at the Hangar Kafe, along with a cake commemorating the 25th Annual Motor Tour. Additional information on any planned stops or activities along the way will be made available at registration. For more information and/or to obtain a registration flyer, contact Debbie Rhew (573)-433-9812; dprhew@windstream.net, or Kip Welborn, 314-776-7385, rudkip@sbcglobal.net, or, to download a flyer, please visit our website at www.missouri66.org. Here's hoping that you can join us on this, the 25th Annual Route 66 Association of Missouri Motor Tour!

ShrimpFestival - Saturday September 6, 2014 9:00 a.m. - 9:00 p.m. Contact Paul Smith 417-664-2307 or visit <http://www.showmeshrimpfarms.com> for more information.

"Hicks In The Sticks" Festival - Saturday September 6, 2014 12:00 p.m. - 11:00 p.m. This is the event you have been waiting for "rabbit fans"....an end of the summer blowout! Make your plans now, September 6th at the Pulaski County Shrine Club Park.....mid missouri's "hicks in the sticks" fest 2014!!!! The fun kicks off at 12 pm with a full day of fun.....chicken wing cook off, redneck games such as "bobbin for pigs feet & "toilet seat toss", bike show, jeep show, karaoke contest and "redneck wedding(s)! Starting at 6 pm....music, music, & more music! Flw's very own & 2014 "operation rising star" winner christiana ball kick it all off, followed by one of the hottest new acts in music "the band special 20".....and then.....the return of them boys....."hick hop" stars and national recording artist....."the lacs"! Tickets on sale soon.....\$15 in advance (or military), \$20 at the gate! Don't miss the fun.....let's say goodbye to summer.....redneck style! Contact Billy James Clayton at 573-528-9557 for additional information.

MOCA Health Fair - Saturday September 6, 2014 9:00 a.m. - 1:00 p.m. MOCA Health Fair, held at the MOCA Central Office located at 306 South Pine St. Richland, MO. September 6, 2014 10:00 a.m.- 2:00 p.m. Contact Beth Dye (573)-765-3183 for more information.

Kids Harbor Homemade Boat Races - September 7th from 1:00 p.m. to 5:00 p.m. Homemade boat races, duck paddle races, canoe and kayak races, stand up paddle boat races and paddle boat races. Call 573-348-6886 for more information.

Meramec Regional Job Fair - September 10th, Meramec Regional is hosting a job fair on at the KC Hall in Cuba. Contact 573-265-0500 ext. 4310 for more information.

Dixon Flea & Farmer's Market - Saturday September 13, 2014 8:00 a.m. - 2:00 p.m. Dixon Flea & Farmers Market will be held at the Dixon High School parking lot (open air), July 19, 2014, 8am - 2pm. We're still seeking vendors to fill our spaces. Looking for artisan crafters, homemade jams, jellies, salsas, etc, antiques, repurposed items, vintage clothing, kitchenware, militaria, sporting items/memorabilia, produce, bedding/hanging plants, garden whimsy or just about anything else. At this time, we're not accepting yard sale clothing or gun sales. Price is \$20 per 15x15 space with a 3 space max. Partial proceeds benefit the DHS A+ program. Please call the number listed for weather cancellation, application or general information. Contact Marlene Blackburn 417-316-3333 for information.

Let Your Light Shine 5k - Saturday, September 13 at 8:00 p.m. in CDT Dixon, Missouri 5k fun run on September 13th at 8:00 p.m. \$30 per individual and \$25 for team of 4-8 Register online at <http://www.active.com/dixon-mo/running/distance-running-races/let-your-light-shine-2014?int>

Small Business Forum - September 15th, Congresswoman Hartzler hosts Pulaski County Small Business Forum from 4-5 p.m. Pulaski County Tourism Bureau and Visitor Center, Conference Room 137 St. Robert Blvd., St. Robert, MO 65584. Please RSVP with Cole Karr at 573-418-8667 or cole.karr@mail.house.gov.

31st Anniversary of Cowdays - Friday September 19, 2014 Saturday September 20, 2014 Contact Tommy Nichols - Dixon Area Chamber of Commerce 573-528-1159

Relay For Life of Pulaski County - September 20th, 12:00 p.m. -12:00 a.m. at The ARK Community & Sports Center: Relay For Life represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day cancer will be eliminated. This 12 hour fundraising walk is organized by local volunteers to raise money for the American Cancer Society. Live entertainment, games, food, and community support make this an event you won't want to miss! Interested in starting a team, registering as a Survivor, or volunteering your time please contact Megan McGrath pulaskirelay2014@gmail.com or visit www.relayforlife.org/pulaskimo.

20th Annual Military Police Regimental Golf Tournament - September 26th from 9:00 a.m. to 4:00 pm. The tournament will be held at the Piney Valley Golf Course on Fort Leonard Wood, MO and is open to all Active Duty, Reserve, National Guard, Retired Military, and civilian personnel affiliated with the Military Police Corps Regiment. A fee of \$60 per person includes Green Fees, Cart, Meal, and Driving Range. All reservations will be on standby status until payment is received. Active and Retired MPs, DA Civilians associated with MP units, and MP Family members will have priority and must be paid by August 1st then open to all others until September 22nd. Please RSVP to the Piney Valley Golf Course 573-329-4770 or email georgie.a.trotter.naf@mail.mil. Assistance with the tournament in form of sponsorship is greatly appreciated.

8th Annual Run for the Paws - Saturday, September 27, 2014 9:00 a.m. - 12:00 p.m. Contact Pulaski County Humane Society (Billy Jean Walker) at 573-528-2629 or visit <http://www.lovingpawsadoptioncenter.com> for more information.

Fireball Run - Thursday October 2, 2014 Friday October 3, 2014 Visit <http://www.fireballrun.com/> for additional information.

Frog Hill Half Marathon - October 4th and starts promptly at 8:30 a.m. Check in and race day registration begins at 7:00 am in the school gym. A shuttle will be available to transport runners from the finish line back to the start. Two person relay teams will complete 6.55 miles each and 3 person teams roughly 4.4 each to finish as a team. Pre-register at <http://www.active.com/waynesville-mo/running/distance-running-races/frog-hill-half-marathon-presented-by-team-413-2014>. The race will end right in the middle of the town's Frog Fest Festival where every finisher will receive a unique rubber frog medal. Contact Melissa Martinez at 573-433-6684 for more information or email runner4hisglory@yahoo.com.

Baker Band and Little Friends - Saturday October 4, 2014 Contact Bill Johnson 573-433-9370 For additional information vist <http://www.thebakerband.com>.

Trot For Tots 5K Run/Walk - Saturday October 4, 2014 8:00 a.m. - 11:00 a.m. Contact Cindy Peterson or James French Cindy at (573) 528-4425 or James at 573-596-0679 or <http://waynesville-mo.toysfortots.org> for more information.

Frogtober Fest – October 4th in the Waynesville Park from 10:00 a.m. to 4:00 p.m. Visit <http://www.facebook.com/frogtober.fest> for details.

Frog Race - The Chamber is proud to announce the 7th Annual Frog Race sponsored by Sonic Drive In on October 4th in the Waynesville City Park in conjunction with Frogtober Fest. During this event Chamber frogs will jockey for position as they race down the Roubidoux all striving to win. Stop by the Chamber office and either enter a lone frog for \$5 or a team of 3 for \$10. The more frogs you have the better your chances of walking away a winner! The 1st place prize is \$75 cash, 2nd place prize is \$50 cash and 3rd prize is \$25 cash, all prizes are donated by First State Bank. Contact the Chamber office at (573) 336-5121 or e-mail chamber@wsrchamber.com for more information.

Pumpkin Patch - Deep Woods Farm- Saturday October 4, 2014 10:00 a.m. - 5:00 p.m. Contact Deep Woods Farm- Vern Metzger 573-759-3586 or info@deepwoodsfarm.biz for additional information.

Southern Gospel Reunion - Saturday October 4, 2014 6:00 p.m. - 9:00 p.m. 17th Annual Southern Gospel Reunion Waynesville High School Auditorium, Waynesville Friday October 3rd: Doors open at 6 p.m., event starts at 7 pm Saturday October 4th: Doors open at 5 p.m., event starts at 6 p.m. FREE admission. Contact Layne Lercher 573-774-0404 for more information.

Tonya's Hope Mom Prom - Saturday October 4, 2014 6:00 p.m. - 10:00 p.m. Mom Prom 2014 Our theme this year is FABULOUS FIFTIES. Due to popular demand we have a longer time slotted this year, 4 hours! Jackie Newton again will be our entertainer and is bringing a friend along to perform their 50s show. There will be fun, prizes, entertainment and food. Each year gets better and better. So dress up in prom or fifties clothing (not required-many don't, but a lot will)and have a great time! This is one of our annual fundraisers and there will be many baskets to purchase raffle tickets on. Tickets are available in advance at the Eyeglass Center in the Mini Mall and at Fannigan's Beauty & Tanning Salon at the Buckhorn exit. Adults \$20 Ages 6-12 \$15 Under 6 Free Feel free to contact me with any questions. THE ONLY REQUIREMENT IS THAT YOU ARE FEMALE, all ages welcome. Linda Fagerlin 573-433-1761 or linnurse500@yahoo.com for more information.

Community Pride Night - October 10th, No other event on the Chamber Calendar elicits as much excitement and enthusiasm as Community Pride Night! The Chamber's Community Pride Night will be held in conjunction with the Tiger Homecoming football game. Free hotdogs and soda will be given away before kickoff during the Chamber's huge annual tailgate party which begins at 5:00 p.m. It will be located at the football field at the Waynesville High School.

Walk & Run for Life – October 11th from 9:00 a.m. to 11:00 a.m. Contact George Heib 573-774-4992, director@freewomenscenter.com or visit <http://www.supportmyfwc.com>.

Haunted River Float - Starting Friday October 17, 2014 7:00 p.m. - 10:00 p.m. Contact Lay Z Day Canoes & Camping (Deanna Clark) 573.336.8639 or layzday@yahoo.com for additional information.

Crocker Fall Festival - Saturday October 18, 2014 Contact City of Crocker 573-736-5327 for additional information or visit. <http://www.facebook.com/CrockerCityHall>.

Route 66 Fest on the Square; Oktoberfest – Oktoberfest is fast approaching. Mark your calendars for October 18, 2014 to join us from 11:00am-4:00pm on the downtown Waynesville Square for a great FAMILY FUN time!

Running with Pride 5K Color Run - Saturday October 18, 2014 at the Baseball field, Shady Dell Park in Richland. Register at 7:00 a.m. and run at 8:00 a.m., cost is \$25. To pre-register, forms are available at www.richlandbears.us.

Zombie Run 5K - Saturday October 18, 2014 2:00 p.m.- 6:00 p.m. Contact Waynesville Downtown Business Association 573-774-3001 for additional information or visit <http://www.facebook.com/pages/Waynesville-Downtown-Business-Association/432544976824262>.

Halloween in the Park - October 24th. Contact St. Robert Parks and Recreation at 573-451-2626.

18th Annual Halloween Bash – October 25th from 6:30 p.m. to 9:30 p.m. All proceeds go to the Shrine Children Hospital. Contact Larry at 573-586-7291 for more information



NO INFORMATION PROVIDED



USO, FORT LEONARD WOOD
POC: KELLY BROWNFIELD, 329-2039
kbrownfield@usomissouri.org

NO INFORMATION PROVIDED