



Guidon

Thursday, October 13, 2022

Fort Leonard Wood, Missouri



MSCoE CG and CSM Send: Happy 247th Birthday, U.S. Navy!

This year's Navy Birthday theme, "On Watch — 24/7 for 247 Years," highlights the role our Navy has played in every major U.S. military campaign. Serving in times of war and peace, the men and women of our Navy maintain the freedom of sea, air and land routes.



MSCoE CG and CSM Send: Celebrating National Disability Employment Awareness Month

October is National Disability Employment Awareness Month, an opportunity to reaffirm Fort Leonard Wood's commitment to recruit, retain and advance individuals with disabilities throughout our workforce.



Truman Education Center hosts 37th annual Combined College Commencement

More than 25 graduates from on- and off-post colleges and universities walked across the Nutter Field House stage on Friday to receive their diplomas during Fort Leonard Wood's 37th annual Combined College Commencement Ceremony, hosted by the Truman Education Center.



ASAP to host Ready and Resilient Fair Tuesday

Fort Leonard Wood Army Substance Abuse Program officials are scheduled to host a Ready and Resilient Fair from 9 a.m. to 2:30 p.m. Tuesday at Nutter Field House.

Read these stories and more at <https://www.army.mil/paowood>.



Federal programs available to assist student loan borrowers here

Fort Leonard Wood's financial readiness specialists have put together some information on programs available to assist federal student loan borrowers.



See yourself in cyber – a call to action from CISA

“See Yourself in Cyber.” That is a tagline you will surely start seeing more often as those of us with the Cybersecurity and Infrastructure Security Agency work to help ensure a secure and resilient critical infrastructure for the American people. It is also the theme for Cybersecurity Awareness Month this year and it serves as a call to action.



3-10 Soldier is the 2022 TRADOC Adjutant General's Officer of the Year

The U.S. Army Training and Doctrine Command named Fort Leonard Wood's 1st Lt. Devontae Hair, as its Adjutant General's Officer of the Year. The annual award recognizes Army officers assigned to TRADOC who excel in the human resources profession.



GLWACH dieticians to host tours of healthy food options at Fort Leonard Wood Commissary

Dieticians from General Leonard Wood Army Community Hospital and Commissary officials have teamed up to host a new tour program featuring healthy diet options available here. The first hour-long tour is scheduled to begin at 7 a.m. Friday.



Fire Fest returns to Fort Leonard Wood

Fort Leonard Wood community members gathered Saturday in the parking lot of the Main Exchange to participate in the 2022 Fire Fest, hosted by the Fort Leonard Wood Fire Department. This year marked the return of the outreach event after a two-year hiatus.



Hobbyist vintage railroad motorcar operators ride Fort Leonard Wood's rail system

About 30 vintage railroad motorcar hobbyists visited Fort Leonard Wood on Saturday to ride the installation's 19-mile rail system. In total, 13 railcars made the roundtrip journey to Bundy Junction – near Newburg, Missouri – and back to the installation.

Flu shots at GLWACH

Tricare beneficiaries ages six months and older can now receive their flu shots at the General Leonard Wood Army Community Hospital Immunizations Clinic on a walk-in basis from 7:30 a.m. to 4 p.m. weekdays. The shots will also be available for beneficiaries ages 18 to 64, federal employees, contractors who are mandated to receive the shot and tenant units without medical assists from 8 a.m. to 3 p.m. weekdays at the Harper Clinic, located in Bldg. 500.

Cool-to-heat transition

The Directorate of Public Works will begin transitioning heating, ventilation and air conditioning systems from cool to heat starting Monday. Some systems are locally controlled and may have started producing heat on colder mornings. The transition should be complete by Oct. 20.

TAP hiring fair

The Fort Leonard Wood Transition Assistance Program is hosting a hiring fair from 11 a.m. to 2 p.m. Oct. 27 at Nutter Field House. All service members, veterans and family members are welcome to attend. Call 573.596.0175 for details.

FEHB open season

The 2022 Federal Employees Health Benefits open season is Nov. 14 to Dec. 12. During this time, FEHB enrollees can change their health care, vision and dental insurance coverage. More information on eligibility, enrollment, plan comparisons

and premium information is available on the [BENEFEDS website](#), and a [virtual benefits fair](#) is available from 9 a.m. to 4 p.m. Nov. 15 and 22, and Dec. 1 and 8.

East Gate construction update

Demolition work on Fort Leonard Wood's East Gate bridge is set to resume this month, and construction completion is scheduled for January 2023. Call 573.596.7131 for details.

Army civilian retirement

Due to an increase in applications, the

Army Benefits Center - Civilian is asking Army civilian employees to submit retirement applications six months in advance. Call the Fort Leonard Wood Civilian Personnel Advisory Center at 573.596.0927 if assistance is needed.

DOD sexual assault helpline

The Department of Defense sexual assault helpline is 877.995.5247. Fort Leonard Wood's 24/7 Sexual Assault Resource Center may be reached at 573.855.1327. Visit the [Safe Helpline website](#) for other support options.

Fire Prevention Week



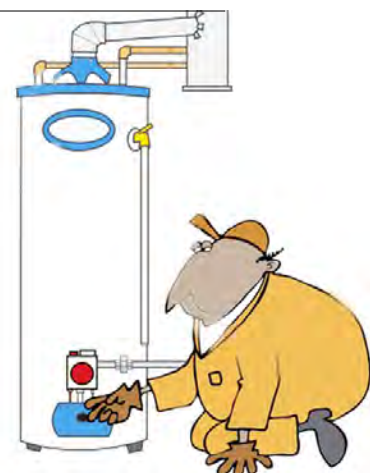
Photo by Angi Betran, Fort Leonard Wood Public Affairs Office

Fort Leonard Wood's Fire Department mascot, Sparky the Fire Dog, greets students after a puppet show at Thayer Elementary School Wednesday as part of Fire prevention Week, which takes place from Oct. 9 to 15 this year. While visiting with students, Sparky demonstrated the "Stop, Drop and Roll" technique, an effective way to extinguish a fire off an individual's hair or clothing.

October is

ENERGY AWARENESS MONTH

The optimal temperature for a hot water tank is 120 degrees Fahrenheit (48 degrees Celsius). This is a temperature that is comfortable and sanitary, yet does not significantly increase energy costs. Most water heaters are set higher than that, so lower your monthly utility bills by lowering your hot water temperature.

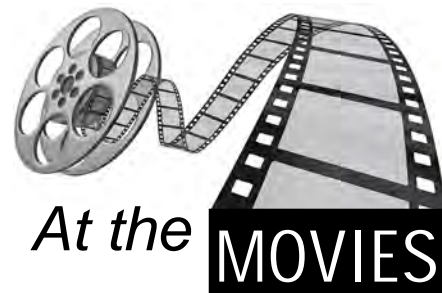


HEROES OF THE BATTLEFIELD

Staff Sgt. David Foss, from the 787th Military Police Battalion, is an operations sergeant, who also filled the duty of supply sergeant during a gap. He completed six supply support activities, one Class I re-supply, coordinated turn-in for more than 500 pieces of linen and more than \$10,000 of Class IX supplies. He demonstrates selfless service and we are proud to serve with him.



Carol Oberwager-Spencer, the Maneuver Support Center of Excellence Sexual Harassment/Assault Response and Prevention program coordinator, taught a three-day self-defense class for female trainees assigned to the Reception and Holding Unit, consisting of both classroom and hands-on training. She continually demonstrates care for every teammate in our Army.



Abrams Theater is now open for movies on Fridays, Saturdays and Sundays. This weekend's film showing's include:

“Lyle, Lyle, Crocodile”*
Rated PG
Showing at 6:30 p.m. Friday

“Thor: Love and Thunder”
Rated PG-13
Showing at 2 p.m. Saturday**

“Beast”
Rated R
Showing at 11 a.m. Sunday

“Barbarian”
Rated R
Showing at 2 p.m. Sunday

Prices for regular showings are \$6.50 for adults and \$3.75 for children. Prices for 3D showings are \$8.50 for adults and \$5.75 for children. Call 573.329.6176, or visit the [Exchange website](#) for details.

*denotes a first-run showing.
**denotes a last showing.

DIGITAL GARRISON



– keeping military communities connected.

The Army's Digital Garrison mobile app is a one-stop information source for military communities.

Explore all the benefits your Army post has to offer: Navigate to on-post facilities, stay updated on local weather, and be informed about gate closures or other important installation information in real time, all from the palm of your hand.

The Digital Garrison app is free and available at the links at the [Google Play](#) and [Apple](#) stores.



MWR Events & Specials. Just For You.

ONLINE AT LEONARDWOOD.ARMYMWR.COM



BOSS

TOWN HALL

OCT 14, 1PM

MAIN POST CHAPEL

MISSION:
The Better Opportunities for Single Soldiers Program will conduct a Town Hall Event to orient and brief all the Single Soldiers, Single Parents and Geographical Bachelors about the opportunities the BOSS Program can offer.



Better Opportunities for Single Soldiers **573-563-5967**

SPOOKY

MOVIE SERIES



OCT 18, 19, 20, 25, 27, 4PM

BRUCE C. CLARKE LIBRARY

Movies will be rated PG in the Children's Room and PG-13 in the Community Room. All ages welcome-- Free and open to the public.

573-563-4113



ZOMBIE

PAINTBALL

OCT 21, 3PM-6PM

OUTDOOR ADVENTURE CENTER

\$45 per person, includes equipment rental, 500 paintballs, and a commemorative t-shirt. Open to age 15 & up.

573-596-4223

1681 OFLWVK, Bldg 2290



FORT LEONARD WOOD'S FIRE DEPARTMENT HOSTS

FIRE FEST



Fire Inspector Roy Conner (left) speaks with Maj. Erin Fritzler, Director of Fort Leonard Wood's Directorate of Emergency Services, and her children, Filene (right) and Frederick.

The Fort Leonard Wood community gathered Saturday in the Main Exchange parking lot to tour some of the installation's emergency vehicles, meet firefighters and enjoy games, facepainting, free food and refreshments provided by the USO. The 399th Army Band Rock Band, "The Roughriders," also performed.



Above: Children at Fire Fest enjoy some time with hula hoops. Event organizers provided many different activities for the whole family.



Photos by Amanda Sullivan, Fort Leonard Wood Public Affairs Office

Below: The USO mobile food trailer was on hand along with volunteers handing out free food and drinks to Fire Fest attendees.

Company B, 2nd Battalion, 10th Infantry Regiment, 1st Sgt. Kevin Linde and his children, Elijah and Jillian, check out some of the equipment aboard a Fort Leonard Wood Fire Department ladder truck.



Mila Krause-George enjoys getting her face painted as part of the festivities.

Q & A

NICHOLAS PALLANTE

FIRE INSPECTOR
FIRE PREVENTION BRANCH
FORT LEONARD WOOD FIRE DEPARTMENT

Educates the community about and identifies and aides in the elimination of fire hazards on the installation; assists in operations of the fire department in addition to responding to routine calls.



“
When I was five, I decided this is what I wanted to do. I’ve been living my childhood dream my whole life.
”

Why did you choose to become a DA Civilian?

After serving four years in the Marine Corps as a firefighter, I spent 13 years as a civilian at a Marine Corps installation. I also spent six years as a firefighter as a civilian with the Navy. Right before this, **I was working as an assistant chief and wanted to be home more with my family.** This gave me that opportunity, so, I took it.

Why is fire prevention important?

Fire prevention keeps our numbers low as far as financial fire losses, but more importantly, it keeps everyone safe. **You can’t put a monetary**

value on a life. Teaching someone to be safe at home can keep them from losing their life from something preventable.

What is your favorite part about being a firefighter?

I love my job because every day is a teaching opportunity. Anytime I go out and meet with the public, I have the chance to teach fire safety and other fire related stuff. Hopefully, through my inspections, I can teach them to not only be safe at work, but also at home.

Why did you choose to become a firefighter?

I watched the show “Emergency” when I was a kid. When I was five, I

decided this is what I wanted to do. **I never let go of that dream and I’ve accomplished it. I’ve been living my childhood dream my whole life.**

