

# Guidon

Thursday, March 18, 2021

Fort Leonard Wood, Missouri



## Post changes HPCON level to Bravo plus

Effective Monday, the health protection condition, also known as HPCON, changed from Charlie to Bravo plus and the Public Health Emergency is rescinded. General Order No. 6, dated Feb. 5 and signed by Maj. Gen. James Bonner, Maneuver Support Center of Excellence and Fort Leonard Wood commanding general, remains in effect.



## Officials formalizing plans to build new homes on Fort Leonard Wood

Plans are now in the works to build approximately 50 new homes within the Fort Leonard Wood Homes community here, officials said, with construction anticipated to begin this year.



## 3rd Battalion, 10th Infantry Regiment hosts forum for newest officers

The 3rd Battalion, 10th Infantry Regiment hosted a professional development event Friday at Nutter Field House that gave more than 40 of the Army's newest officers the opportunity to get advice from senior leaders here on developing character.



## Motorcycle safety courses to start here March 30

The U.S. Army Garrison Fort Leonard Wood Safety Office will offer a new round of Motorcycle Safety Courses beginning March 30.

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



## Spouses Employment Lounge to open in April

The Fort Leonard Wood Transition Assistance Program and United Services Organization's Pathfinder program — which provides professional development resources — are collaborating to open an office dedicated to helping military spouses find jobs.



## Changing fad diets into lifestyle habits

As a registered dietitian, I hear it time and time again: "Which diet should I be following?" On average, humans spend just over 60 minutes a day physically eating. I don't know about you, but I want to ensure the choices I make during this hour each day are enjoyable and benefiting my body and overall health. I also want them to be sustainable.



## GLWACH nurse never misses an opportunity to give back

Capt. Victoria Aladeokin, a public health nurse at General Leonard Wood Army Community Hospital, demonstrates her dedication to the well-being and health of her fellow service members on Fort Leonard Wood as a subject matter expert in contact tracing — her journey here was a long one.



## Piney Valley Golf Course on track to fully reopen

The Piney Valley Golf Course clubhouse is scheduled to resume full-time operations Saturday, putting the course one step closer to the goal of fully reopening.

Story ideas? Submit them to [guidoneditor@myguidon.com](mailto:guidoneditor@myguidon.com).



# MWR Events & Specials. Just For You.

ONLINE AT [LEONARDWOOD.ARMYMWR.COM](http://LEONARDWOOD.ARMYMWR.COM)



### YOUTH SPORTS & FITNESS

SPORTS REGISTRATION FROM **MARCH 15 - APRIL 9**  
Sports physicals and health assessments required.  
Register by April 9 at Parent Central Registration, Bldg 470, Rm. 1126.  
Parent Outreach Services: 573-596-0238

**TRACK:** Open to youth ages 5-15. Registration limited to 24 youth in each age group: (5-8 and 9-15). Parents meetings will be scheduled for April 13-15. Cost is \$50 per youth. Includes team uniform top and medallion.

**SOCCER:** Open to youth age 3-15. Registration limited to 40 youth in each age group (5-6, 7-8, 9-10) and 20 in each age group (11-12, 13-15). No limit on 3 & 4 year olds. Parents meeting will be scheduled April 13-15. Cost is \$25 (ages 3 & 4) and \$50 (ages 5-15). Includes a team uniform top and medallion.

YOUTH SPORTS & FITNESS, BLDG 9625 / 2538 YOUNG STREET  
**573-596-2611**



Easter  
COOKIE  
DECORATING  
KITS

**REGISTER BY MARCH 31**

Each kit includes one dozen bunny and egg-shaped cookies, icing, and sprinkles for decorating. Purchase your Easter cookie decorating kits online by March 31st for \$12 pickup on April 2 at the Ozark Tavern!

**573-596-0001**

## BOOK BRIGADE

BRUCE C. CLARKE LIBRARY

Book Brigade is a book club designed to allow YOU the ability to choose your own titles! Meetings are on the last Thursday of the month at 4 P.M. on Teams to discuss what was read.  
Contact the library to get signed up!

JAN 28: A BOOK SET SOMEWHERE YOU'D LIKE TO VISIT IN 2021  
FEB 25: AN AFRICAN FOLK BOOK  
MAR 25: A BOOK THAT DISCLOSES BODY POSITIVITY  
APR 29: A BOOK ON YOUR TBR THAT IS FREE (LIBRARY, GIFTED, ETC)

Open to the public. All ages welcome.

**573-563-4113**

**ONLINE EVENT**