



Frontier Warriors!



Warriors First!

Monthly Newsletter - July 2023

Frontier Warriors, the 4th of July is a great opportunity to create lasting memories with family and friends. It's a time to relax and cherish the freedom and camaraderie that our forefathers undertook to establish so long ago. This year marks 247 years of liberty and independence for our country, and we have a tremendous celebration here at Fort Leavenworth to mark the occasion. Food, music, and fun start at 6pm at Merritt Lake, with fireworks kicking off at dusk. Even as we celebrate with fireworks on post, many among us will chose to exercise the right to set off fireworks off post. If fireworks are legal where you live, always follow the instructions carefully and exercise proper precautions. As we celebrate the 4th of July, transition into summer PCS season and prepare for 800 CGSC students to join our community, we'd like to bring these relevant statistics to your attention. Over the last five years, the Army has lost an average of 81 Soldiers annually to off-duty mishaps. Alcohol was a contributing factor in a significant number of those accidents. Water-related accidents also account for an alarming number of off-duty mishaps across all ranks. Among the fun and festivities that summer brings, remember to celebrate safely. All of us - service members, family members, Army civilians, and contractors - are valued members of the team, and we owe it to ourselves and to one another to stay vigilant and look out for our mutual wellbeing. Leader engagement is critical to staying safe, and so I ask that you all take a proactive role in this effort. Thank you for all you do for our Nation and our Army. Have a great 4th of July!



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Announcements

Congratulations to SPC Austin Bendel for passing STB's most recent Promotion Board! SPC Bendel has been a critical member to the 500th Military Police Detachment, CAC, and Garrison Team this last quarter. SPC Bendel has been a vital member to the CAC funeral detail team while serving as an operations NCO for 500th MP Det and conducting Military Police Patrol duties. Well done!



Upcoming Community Events

July

19 July: Dad's Night Out
(1800, Local Restaurant TBD)

21 July: Ulysses S. Grant
Wreath Laying
(0900, Grant Statue Monument)

27 July: Frontier Warrior Forum
(1130, MS Teams)

27 July: Mom's Night Out
(1800, Local Restaurant TBD)

28 July: Buffalo Soldier Day
(0900, Buffalo Soldier Monument)

August

7 August: Purple Heart Day
(1130, FCC)

23 August: Dad's Night Out
(1800)

24 August: Frontier Warrior Forum
(1130, MS Teams)

25 August: Women's Equality Day
(1130, FCC)

30 August: Volunteer Basics Course
(1300, ACS - 600 Thomas Ave)

30 August: Mom's Night Out
(1800)

September

15 September through 15 October
National Hispanic Heritage Month

5 September: Stroller Walk & Talk
(0900-1000, ACS 600 Thomas Ave)

15 September: POW-MIA
Recognition (1130, FCC)

21 September: Stress Management
(1130-1300, ACS 600 Thomas Ave)

22 September: National Hispanic
Heritage Month Observance
(1130, FCC)

Fourth of July
INDEPENDENCE DAY

Food, Music, & Fun begin at 6PM

Location: Merritt Lake
Music begins at 6PM • Salute to the Union at 8PM
Spectacular Fireworks Show at Dusk

Thank you to our Sponsors!
Sponsorship does not imply endorsement

WORTH, USAA, Providence Medical Center Saint John Hospital, KU Frontier

For more info: (913) 684-1674
leavenworth.armymwr.com

Unexpected *physical* symptoms of PTSD

headaches, fatigue & exhaustion, ringing ears, painful jaw & teeth, heart palpitations, weight gain, digestive issues, skin scars more easily, tense, sore muscles, cold hands and feet, skin issues

ptsduk