



**Frontier Warriors!**

**Warriors First!**

## Monthly Newsletter - November 2023

With the recent wave of cold weather coming through, we find ourselves reminded that holiday season will soon be here. While the holidays are a wonderful time to gather with friends and family to celebrate so much of what we hold near and dear to us, for some, the holidays may also bring along the emotional stress of family conflict, financial concerns, and loneliness. This is a crucial opportunity for leaders to put their care for their teammates into action. We must all be deliberate in looking out for our subordinates, battle buddies, and other coworkers. This includes doing our part to connect them with available resources.

For these reasons, Special Troops Battalion has organized a “Holistic Health Rodeo” capability for employment across Fort Leavenworth. We have collaborated with our on-post partners in SHARP, Equal Opportunity, Religious Support, Ready and Resilient, the Armed Forces Wellness Center, Army Substance Abuse Program, Substance Use Disorder Clinical Care, Military and Family Life Counseling Services, Army Community Services, Army Emergency Relief, and others to bring greater awareness of the tremendous help and support these organizations offer to Soldiers and their Family members. So far, we have had great feedback from our first two iterations with the CAC Staff and CGSC students respectively. If your organization is interested in hosting the Holistic Health Rodeo at your location, please reach out to the Special Troops Battalion S3, MAJ Jonathan Shaw (260-573-2108 or [jonathan.e.shaw2.mil@army.mil](mailto:jonathan.e.shaw2.mil@army.mil)) to coordinate. All we need from you is your preferred time and location, and we’ll take care of the rest! We have provided contact information for our Holistic Health partners on the backside of the newsletter. Please do not hesitate to reach out directly to them if you or a loved one are in need! Thank you for all that you do.

Norman Carey  
CSM, USA  
[norman.c.carey4.mil@army.mil](mailto:norman.c.carey4.mil@army.mil)

Benjamin Gong  
LTC, MI  
[benjamin.w.gong.mil@army.mil](mailto:benjamin.w.gong.mil@army.mil)

# Announcements

## Community Flu Shot Event

Who: Tricare Beneficiaries, 6 months & older  
 When: 16 November 2023; 0800-1700  
 Where: Frontier Conference Center  
 Reminder: Bring CAC/Dependent ID Card

Any Tricare Beneficiary can also receive their vaccine at no cost at any Tricare Network Pharmacy. If an ADSM receives their vaccine in this manner, please remind them to bring their vaccine record to Munson's Primary Care Department on the 3rd Floor to ensure their MEDPROS is updated in a timely manner.

# Upcoming Community Events

## November

*National American Indian Heritage Month*

1-17 November: Installation Fall Clean Up

10-13 November: Veterans Day DONSA

16 November: Flu Shots (0800-1700, FCC)

16 November: Female Mentoring & Morale Program (1600, Ten Penny Restaurant)

23-26 November: Thanksgiving DONSA

## December

1 December: Installation Tree Lighting Ceremony (1600, Zais Park)

16 December: Wreaths Across America (0830, FLKS National Cemetery)

18 December - 2 January: CAC Half Day Schedule

23-26 December: Christmas DONSA

30 December - 2 January: New Years DONSA

## January

*Mental Health Awareness Month*

12-15 January: Martin Luther King Jr. DONSA

## February

*Black History Month*

16-19 February: Presidents' Day DONSA

## March

29-31 March: Spring Holiday DONSA



**US Army Combined Arms Center**  
 DRIVE CHANGE...FORGE VICTORY!

## Holistic Health Support

LTC Craig D. Arnold II  
 Office: (913) 684-5230  
 Cell: (913) 704-9604  
[craig.d.arnold.mil@army.mil](mailto:craig.d.arnold.mil@army.mil)  
 614 Custer Avenue, Building 58



SFC Kionna L. Huewitt,  
 Office: (913) 684-2848  
 EO Hotline: (913) 680-7037  
[usarmyleavenworth.CAC.mbx.eo@army.mil](mailto:usarmyleavenworth.CAC.mbx.eo@army.mil)  
 632 McClellan Ave (Root Hall)



Religious Support  
 CH (MAJ) Daniel A. Herring  
 Office: (913) 684-8997  
[daniel.a.herring2.mil@army.mil](mailto:daniel.a.herring2.mil@army.mil)  
 500 Pope Avenue (Pioneer Chapel)



**Ready and Resilient**  
 Mr. Craig Merkle  
 (909) 210-9115  
[MerkleyCM@magellanfederal.com](mailto:MerkleyCM@magellanfederal.com)  
 632 McClellan Ave, Building 197 (Root Hall)



**Family Advocacy Program**  
 Office: (913) 684-2837  
<https://leavenworth.armymwr.com/programs/acs/family-advocacy>  
 600 Thomas Avenue



**BE ALL YOU CAN BE!**



Financial Readiness and AER  
 Mr. Philip Reynolds  
 (913) 684-2852  
[Philip.M.Reynolds8.civ@army.mil](mailto:Philip.M.Reynolds8.civ@army.mil)  
 600 Thomas Ave



Ms. Alyssa Gammage  
 (571) 497-9321  
[Alyssa.Gammage@leidos.com](mailto:Alyssa.Gammage@leidos.com)  
 600 Thomas Avenue



Ms. Tessa Brophy  
 (913) 758-3403  
[tessa.l.brophy.civ@health.mil](mailto:tessa.l.brophy.civ@health.mil)  
 250 Gibbon Avenue, Building 120



Mr. Kenneth Bradley  
 (913) 684-2874  
[kenneth.e.bradley.civ@army.mil](mailto:kenneth.e.bradley.civ@army.mil)  
 600 Thomas Avenue



**Substance Use Disorder Clinical Care (SUDCC)**

Elizabeth Weinmann  
 Office: (913) 684-6160  
 Main Office: (913) 684-6771  
[elizabeth.a.weinmann.civ@health.mil](mailto:elizabeth.a.weinmann.civ@health.mil)  
 550 Pope Ave