

DEPARTMENT OF THE ARMY U.S. ARMY MANEUVER SUPPORT CENTER OF EXCELLENCE 320 MANSCEN LOOP STE 316 FORT LEONARD WOOD, MISSOURI 65473-8929

July 1, 2010

Office of the Commanding General

Dear Retiree/Surviving Family Member:

On September 10-11, 2010, Fort Leonard Wood will host the 31st Annual Retiree Appreciation Days.

The activities will commence on Friday, September 10th, with a breakfast and a golf tournament at the Piney Valley Golf Course on Fort Leonard Wood at 7:00 a.m. At 3:00 p.m., you are invited to join in the special bi-monthly retirement ceremony being held at the Lincoln Hall Auditorium (Building 3201). That evening from 5:30 to 8:30 p.m., the annual Retiree Dinner will be held at the Pershing Community Center. The event is sponsored by the Fort Leonard Wood Retiree Council, and guests always have a great time reminiscing with old acquaintances and meeting new members of the retired community.

On Saturday, September 11th, at 9:00 a.m., you are invited to Abrams Theater to hear the guest speaker, Mr. Stephen Gaither, Harry S. Truman Memorial Veterans' Hospital Staff Assistant for Public Affairs. His presentation is sure to be informative. At 10:00 a.m., the health and benefits fair will open at the Nutter Field House. General Leonard Wood Army Community Hospital personnel will be there to provide health and wellness screenings and to answer health-related questions. Various civilian and military agencies and post activities will also be there to provide up-to-date information on the Army and changes in retirement benefits.

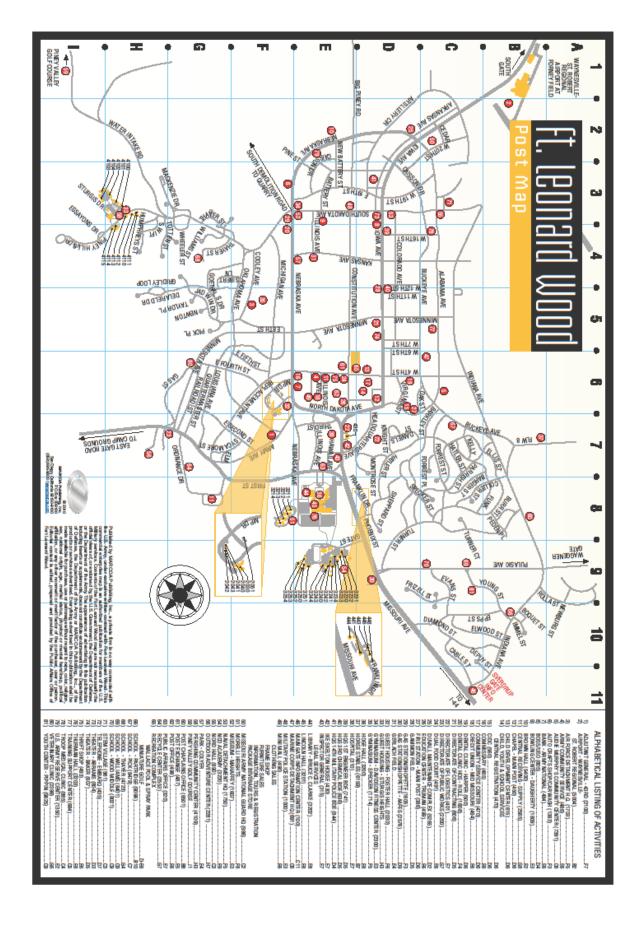
Thank you for your dedication and commitment. We look forward to your attendance at this year's Retiree Appreciation Days activities.

Sincerely,

David E. Quantock

Major General, U.S. Army

Commanding



US ARMY

RETIREE APPRECIATION DAYS SEPTEMBER 10, 11 2010

CSM (RET) FRANKLIN D. HERBERT FORT LEONARD WOOD RETIREE OF THE YEAR





CSM Franklin D. Herbert retired from the Army in 1990 after serving for over 4 years as the MED-

DAC Command Sergeant Major at General Leonard Wood Army Community Hospital. CSM Herbert entered the Army in 1960 at Fort Jackson, South Carolina where he completed basic training and advanced individual training at Fort Sam Houston Texas. He served in a variety of positions beginning as a medical corpsman and culminating as a Command Sergeant Major. He then served as Vice President of Risk Management at St Johns' Regional Medical Center, Lebanon, Missouri until his retirement in 2003.

He currently serves on the Fort Leonard Wood Retiree Council, the Community Health Care Board, and the St. Robert, Missouri Planning and Zoning Committee. He serves as Chairman of the TIF Committee and the Board of Adjustments in St. Robert, Missouri. He is a member of the AUSA, VFW, and the American Legion. Frank and his wife, Jean, reside in St. Robert, Missouri.

VA BENEFITS UPDATE STEPHEN GAITHER

Registration will begin at Saturday, September 11, 2010 at 0800 in Abrams Theater, followed by our guest speaker at 0900. Mr. Stephen Gaither is the Public Affairs Officer at Harry S. Truman Memorial Veterans' Hospital in Columbia, Missouri. He will be providing information pertaining to your VA benefits.

BUS TOUR OF FORT LEONARD WOOD

EVENTS

- Golf Tournament
- Retiree Self-Care Class at University of Missouri Technology Park, 197 Replacement Avenue
- **B**us Tour of Fort Leonard Wood, Missouri
- Retirement Ceremony at Lincoln Hall Auditorium
- Retiree Dinner at Pershing Community Center
- Breakfast at American Legion Hall
- Abrams Theater, VA Benefits Update
- Nutter Field House Activities

A guided bus tour will depart from the Nutter Field House parking lot on Friday, September 10, 2010 at 1230. Reservations are strongly encouraged. Any remaining seats will be first come, first served. Call the Retirement Services Office at (573) 596-0947 for reservations or e-mail at beverly.rowe@us.army.mil.

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RETIREE APPRECIATION DAYS
SEPTEMBER 10, 11 2010

FRIDAY, SEPTEMBER 10, 2010 RETIREE DINNER

At 1730 Friday the Annual Retiree Dinner will be held at the Pershing Community Center. The Retiree Council is sponsoring a delicious buffet dinner for your dining pleasure. The cost of the buffet is \$19.00 per person and must be paid by September 3, 2010. **Advance reservations with payment are required**. A roster of paid patrons will be at the entrance for verification and issuance of tickets. The 399th Army Band will provide entertainment. Dancing is encouraged. There will be door prizes.





RETIREE DINNER MENU

Roast beef, turkey, schnitzel
Mashed potatoes w/gravy
Spaetzel, stuffing, green beans,
Tossed salad, baby carrots
Sugar-free dessert, fresh fruit
Coffee, tea, and rolls

RETIREE DAY HEALTH AND BENEFITS FAIR

The General Leonard Wood Army Community Hospital (GLWACH) will be providing many services to retirees and their families. Information on health issues, physical fitness, medication reconciliation, blood pressure checks, diabetes management, and much more will be available. The GLWACH, Defense Finance and Accounting Service, Veterans Administration, Staff Judge Advocate, Army and Air Force Exchange Service (AAFES), Commissary, Bruce C. Clarke Library, Morale, Welfare, and Recreation, and many other local service organizations will be providing information and assistance to the Retirees and their spouses at Nutter Field House. Doors will open



at 1000 on Saturday, upon completion of activities at Abrams Theater.

BREAKFAST - AMERICAN LEGION HALL CHAPTER #331, 484 NORTH OUTER ROAD, EXIT 161, ST ROBERT, MO

Breakfast will be served on Saturday from 0630 to 0830, 11 Sep 10. Breakfast is buffet style and is **free to retirees and their spouses**. Members of the American Legion will prepare the food. Please indicate on the enclosed response form if you will be eating breakfast.

RETIREMENT SERVICES OFFICE LOCATION

The Retirement Services Office is located in Building 470, Room 2218, on Replacement Avenue. We offer information and assistance on all retirement topics. Please keep in mind that you may choose to make a face-to-face appointment with us to discuss any issues/concerns regarding retirement. Our phone number is (573) 596-0947, email leon.agretsvcs@conus.army.mil. We are open Monday thru Friday, 0730-1130 and 1230 to 1600.



ARMY AND AIR FORCE EXCHANGE

The Fort Leonard Wood Post Exchange continues their support of Retiree Appreciation Day. As you register at Abrams Theater, the first 500 families will receive a ticket for a complimentary gift bag for pick up at the exchange. The Post Exchange will also donate door prizes.

FORT LEONARD WOOD COMMISSARY

The Defense Commissary Agency's web site www.commissaries.com has a wealth of information. The Fort Leonard Wood Commissary will have a booth at Nutter Field House to welcome

Retirees. They will be donating door prizes for the drawing.

FORT LEONARD WOOD POST EXCHANGE :

Main Store Telephone Number (573) 329-2200

AAFES Manager -

Mary Thompson

HOURS OF OPERATION

Sunday - Saturday

9:00 a.m. to 9:00 p.m.

FORT LEONARD WOOD COMMISSARY:

Main telephone number

573-596-0783.

Store Manager – Wanda Dotson

HOURS OF OPERATION

Saturday 9:00 a.m. to 7:00 p.m.
 Sunday 12:00 a.m. to 6:00 p.m.
 Mon - Fri 7:00 a.m. to 7:00 p.m.

FORT LEONARD WOOD LODGING RESERVATIONS: 1-800-677-8356 OR 573-329-3704

ST. ROBERT, MISSOURI LODGING

Baymont Inn & Suites, 139 Carmel Valley Way, 573-336-5050, 1-866-999-1111

Best Western Montis Inn, 14086 Highway Z, 573-336-4299, 1-800-780-7234

Comfort Inn, 103 St. Robert Blvd, 573-336-3553, 1-877-424-6423

Days Inn, 14125 Highway Z, 573-336-5556, 1-800-329-7466

Econo Lodge, 309 Highway Z, 573-336-7272, 1-877-424-6423

Fairfield Inn, 130 St. Robert Blvd, 573-336-8600, 1-800-228-2800

Hampton Inn, 103 St. Robert Blvd, 573-336-3355, 1-800-426-7866

Holiday Inn Express, 573-336-2299, 1-800-465-4329

Liberty Lodge, 1-44 Fort Wood Spur, 573-336-3121

Motel 6, 545 Hwy Z, 573-336-3610

Quality Inn, 114 Vickie Lynn Lane, 573-451-2535

Red Roof Inn, 129 St. Robert Blvd, 573-336-2510, 1-800-733-7663

Knights RV Park, 4 miles, 573-336-3036

Lay Z Day Camping, 5 miles, 573-336-8639

CASUALTY ASSISTANCE

The Fort Leonard Wood Casualty Office may be reached by calling 573-596-0134/0138. The Retired Casualty Section at DFAS can be reached toll-free at 1-800-269-5170. DFAS will review and close the retiree's pay account. They will also mail a survivors benefit packet to the decedent's next of kin.

FORT LEONARD WOOD WIDOWED SUPPORT PROGRAM

The Widowed Support Program was initiated in 1994. The program is currently under the Chaplain Services at Fort Leonard Wood and is available to retirees and surviving spouses of military retired and active duty families. They offer information about the grief process as well as practical information to help with daily life. They have grief support sessions, a monthly newsletter, monthly informational seminar/luncheons, and telephone support. Contact Chaplain LaMertha at 573-596-0131, extension 6-7367.

DINING FACILITY

Lunch will be served in the dining facility from 1100—1300. Bus transportation will be provided from Nutter Field House. The cost for lunch in the dining facility is \$4.25 per person for a full, delicious, buffet meal. Make sure you indicate on the response form how many people will be eating and return the form to us. We must receive the response form no later than September 7, 2010. As always, there will be a variety of delicious food items to choose from with a staff that appreciates the sacrifice and service of retired soldiers and their families.



RETIREE DAY ACTIVITIES PAGE 7

ID FACILITY

The Fort Leonard Wood Identification (ID) Card Facility located in building 470, began using an appointment system for all customers on post and the surrounding community. All customers make their own appointments by logging onto the Web site, https://es.cac.navy.mil/. Individual appointments are required for each family member requiring an ID card. Customers without computer access may call the ID Card Facility for an appointment at 573-596-0744. Limited walk-ins are still being accepted. The ID Card Facility, building 470, room 2101, will be open on Saturday, September 11, 2010 from 1000-1200 for Retiree walk-ins. The following documents are needed to make the process of receiving an ID card



easier: marriage certificate, birth certificate, divorce decree (if applicable), retirement orders or DD Form 214, and SSN card for all dependent children. All customers must have two forms of ID. To contact the nearest ID Facility: http://www.dmdc.osd.mil/rs1/owa/home

JUDGE ADVOCATE GENERAL

The Fort Leonard Wood Legal Assistance Office has expanded their will program. Will Briefs explaining wills, living wills, and health care powers of attorney are held weekly. Legal Assistance will offer to prepare and execute estate planning documents in one day after attending the will brief. Customers will be able to execute their documents the same day, or they can come back at a future time.

Items and information necessary to complete a will in one visit: (1) military ID card (2) Names, addresses, and phone numbers for your agents, executors and guardians, if applicable (3) List of personal property to be distributed (4) addresses for all real property (5) Other specified arrangements.

If you do not have all the required information, the personnel at legal assistance will ask that you take the questionnaire home for completion and return it to the office. Call the Legal Assistance Office at 573-596-0629 for more information, or visit their Web site at www.wood.army.mil/sia/

The Legal Assistance Office is located in Building 315 at 316 Missouri Avenue. One-day will service will not be available at Nutter Field House but legal assistance will be available.

RETIREE INFORMATION DESK— VOLUNTEERS NEEDED

The retiree information assistance desk is located inside the General Leonard Wood Army Community Hospital. Retired military volunteers staff the information assistance desk. Their phone number is 573-596-0131, extension 6-1787. Volunteers are encouraged to contact the above number for additional information.

ARMY CAREER AND ALUMNI PROGRAM (ACAP) FOR LIFE

The ACAP Center is an excellent place to go for employment assistance and support for part time or full time employment. They have a professional staff of counselors who will help you conduct successful job searches. The Fort Leonard Wood ACAP Center is located in building 470, room 2219. Call (573) 596-0175 for an appointment or visit their website at www.acap.army.mil for job opportunities.

RETIREE APPRECIATION DAYS AGENDA

FRIDAY, SEPTEMBER 10, 2010

GOLF (4 PERSON SCRAMBLE)

0800-1300

PINEY VALLEY GOLF COURSE

BREAKFAST AT 0700 HRS

BUSTOUR OF POST

1230-1400

BUS DEPARTS FROM NUTTER FIELD HOUSE PARKING LOT

RETIREMENT CEREMONY

1500-1600

ABRAMSTHEATER (new location)

ANNUAL RETIREE DINNER

1730-2100

PERSHING COMMUNITY CENTER

SATURDAY, SEPTEMBER 11, 2010

BREAKFAST

0630-0830

AMERICAN LEGION HALL CHAPTER 331

484 NORTH OUTER RD, EXIT 161, ST ROBERT, MO

FREE FOR RETIREES AND THEIR SPOUSES

REGISTRATION, ABRAMS THEATER 0800-0900

MR. STEPHEN GAITHER 0900-1000

VETERAN'S HOSPITAL, COLUMBIA, MO

SERVICE AND INFO BOOTHS OPEN 1000-1300

NUTTER FIELD HOUSE

LUNCH AT DINING FACILITY

1100-1300

BUSTRANSPORTATION PROVIDED

DOOR PRIZE GIVEAWAY

THE FORT LEONARD WOOD RETIREE COUNCIL

The Fort Leonard Wood Retiree Council is open to retired members from all branches of service. The goal of the Council is to address issues and concerns affecting retiree benefits and privileges. The Co-Chairmen of the council are Major (Ret) G. Michael Warren and CSM (Ret) Julius Nutter. Meetings are scheduled for August 19, 2010 and November 18, 2010. If you would like to join the council, you may contact the Retirement Services Officer at (573) 596 -0947, or e-mail beverly.rowe@us.army.mil.

RETIREE COUNCIL MEMBERS

Following is a list of the Fort Leonard Wood Retiree Council members and Area Councils. If you are interested in becoming a member or if you have an issue you would like to address, please contact the member closest to your community.

BG ARVID E. WEST, JR., USA (RET)	JEFFERSON CITY, MO	(573) 893-4581
COL J. BRIAN MORRISSEY, USA (RET)	LAKE OZARK, MO	(573) 346-4360
LTC JOHN D. ABSHIER, USA (RET)	WAYNESVILLE, MO	(573) 336-7073
LTC NORBERT POHLMAN, USA (RET)	QUINCY, IL	(217) 224-0461
CHAIRMAN, QUINCY AREA RC		
LTC JOHN WONG, USA (RET)	WAYNESVILLE, MO	(573) 774-4977
MAJ G. MICHAEL WARREN, USA (RET)	NEWBURG, MO	(573) 762-3211
CO-CHAIRMAN FLWRC		
MAJ WAYNE STROHSCHEIN, USA (RET)	DUKE, MO	(573) 596-0947
CSM HAROLD G. BAXTER, USA (RET)	WAYNESVILLE, MO	(573) 774-2998
CSM FRANKLIN D. HERBERT, USA (RET)	ST ROBERT, MO	(573) 336-3601
CSM JULIUS NUTTER, USA (RET)	WAYNESVILLE, MO	(573) 336-7285
CO-CHAIRMAN FLWRC		
SGM STEVEN P. NELLE, USA (RET)	CRYSTAL CITY, MO	(636) 937-2237
CHAIRMAN, STL AREA RC		
1SG WILMETTA J. HERBERT, USA (RET)	ST ROBERT, MO	(573) 336-3601
1SG STEVEN SHEPARD, USA (RET)	DIXON, MO	(573) 596-0947
1SG PAUL F. GEDDES, JR., USA (RET)	RICHLAND, MO	(573-765-2913
SMSGT DUANE FIELDS, USAF (RET)	OZARK, MO	(417) 581-6707
CHAIRMAN, SPRINGFIELD AREA RC		
SFC JOSEPH P. KRILL, JR., USA (RET)	WAYNESVILLE, MO	(573) 774-3255
SFC GEORGE N. LAUNIUS, USA (RET)	MURPHYSBORO, IL	(618) 967-4871
SP6 WILLIAM L. SHY, USA (RET)	DIXON, MO	(573) 336-3158

RETIREE DAY ACTIVITIES PAGE 10

FORT LEONARD WOOD 11TH ANNUAL RETIREE APPRECIATION DAY

GOLF TOURNAMENT **10 SEPTEMBER 2010**

0700 — Breakfast

0800 — 4-Person Scramble



Entry Fee: \$45.00 (includes cart, green fees, and breakfast). Family and friends are welcome to join the tournament. Door prizes and specialty prizes will be given away. Random selection for teams will be done by tournament committee. Make checks payable to Piney Valley Golf Course.

Golfer's Name (Print)

Years Retired USGA HDCP

Phone

Rules of Play:

1. 18 hole 4-Person scramble format

Can move 1 club length from ball selected no nearer the hole.

Putts inside the leather are considered "holed out."

Men 54 years of age and under will play from the white tees.

Men 55-69 will play from the gold tees, men over 70 will play from the silver tees.

Ladies will play from the red tees.

- 2. Everyone will be required to use his/her tee shot twice during the round.
- 3. Mulligans for every 10 years retired, two or more must be split between front and back nines.

Longest Drive (women) Hole #4

Longest Drive (men) Hole #13

Hole #6 and #12 Nearest the Pin Holes #9 and #18 Longest Putt

Limited to the first 100 entries for our 11th tournament

For additional information, call (573) 329-4770

PLEASE RETURN COMPLETED FORM BY AUGUST 31, 2010

Mail this form and entry fee of \$45.00 to

Piney Valley Golf Course

Bldg 10221, Water Intake Rd

Fort Leonard Wood, MO 65473-8935



MAIL THIS FORM AND CHECK (IF APPLICABLE) TO: RETIREMENT SERVICES OFFICE ATTN: IMNE-LNW-HRMP SUITE 2218 HEADQUARTERS MILITARY PERSONNEL OFFICE 140 REPLACEMENT AVE. FORT LEONARD WOOD, MO 65473-8935 PHONE: (573) 596-0947	RETIREE DAY ACTIVITIES	Page 1
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FORT LEONARD WOOD

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