

Guidon

Thursday, July 9, 2026

Fort Leonard Wood, Missouri



Fort Leonard Wood community celebrates America's 250th anniversary

From fun runs to fireworks, Fort Leonard Wood's Family and Morale, Welfare and Recreation team provided the community with a series of star-spangled events to celebrate America's historic 250th anniversary July 3-4, 2026.



Beat the Heat: App offers pocket-sized thermal readiness for heat safety

With summer in full swing and temperatures already on the rise, off-duty Soldiers, family members and civilians can protect themselves from heat related injuries using a mobile app called the National Institute for Occupational Safety and Health Administration — National Institute for Occupational Safety and Health Heat Safety Tool.



No-Mow Zone: Fort Leonard Wood maps out new protected conservation areas

Fort Leonard Wood community members may have noticed new signage posted across the installation designating specific locations as no-mow areas. As of July 2026, 33 no-mow signs have been installed across post with the purpose of providing habitat for pollinators.



Soldiers increase lethality by strengthening mind and body

Soldiers from the 14th Military Police Brigade take a day to focus on personal readiness and resiliency July 1, 2026, during Holistic Resiliency Training. Holistic Health and Fitness Nutrition Program team members, Sgt. Jiaxin Smith (left) and Capt. Franklin Muntis, lead a nutrition class during the event.

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

NEWS BRIEFS

Body composition program change

The Army has replaced the long-standing height and weight tables, circumference-based tape test, and supplemental body fat assessments with the Waist-to-Height Ratio health assessment tool. This change is part of a broader effort to accurately assess Soldier health, increase force readiness, and continue to align the [Army Body Composition Program](#) with medically validated practices.

BOSS meeting

The Better Opportunities for Single Service Members program has a [meeting](#) scheduled for 4 p.m., July 16 at the BOSS Corner, Bldg. 496. For more information, call 573.596.6913.

Marine Corps Detachment CoC

The Marine Corps Detachment at Fort Leonard Wood is planning a change-of-command ceremony for 9 a.m., July 17 on Gammon Field, where Marine Col. Robyn Mestemacher will relinquish command to Marine Col. Gideon

Grissett. In the event of inclement weather, the ceremony will be moved indoors to Nutter Field House.

Fort Leonard Wood VBS

The Religious Support Office is hosting Vacation Bible School from 9 a.m. to noon, July 20-24 at the Main Post Chapel. Classes are for students going into kindergarten through sixth grade. Register a child [here](#).

Chaplain Corps cake cutting

Fort Leonard Wood chaplains plan to celebrate the 251st birthday of the U.S. Army Chaplain Corps with a cake-cutting ceremony at 1 p.m., July 29 at the Main Post Chapel.

Army Reserve small arms match

The 3rd Brigade Chemical, an Army Reserve unit with the 102nd Training Division, is planning to host a combat pistol competition with the Army Reserve Marksmanship Unit and Army Reserve Careers Group Aug. 19-20 at Fort Leonard Wood. [Registration](#)

is open to all Army component Soldiers until Aug. 7. This event will allow Soldiers an opportunity to earn and replace current marksmanship badges. For more information, contact Master Sgt. Keith Wilson at keith.m.wilson4.mil@army.mil.

Education Center annual graduation

The Truman Education Center is hosting the 41st annual combined colleges and universities graduation ceremony for the Class of 2026 at 10 a.m., Aug. 7 in Lincoln Hall Auditorium. For more information, call 573.596.0172.

New website for PCSing

The Department of War Personal Property Activity has launched a new website serving as the authoritative, trusted resource for service members and civilians navigating the moving process. For online tools, information and support, visit www.ppa.mil. To contact the PPA call center, call 833.645.6683 and choose option 1 or email PCSCallCenter@mail.mil.



MWR EVENTS & SPECIALS - LEONARDWOOD.ARMYMWR.COM

SHOOTING FOR THE STARS

JULY 11

7PM - 10PM

OUTDOOR ADVENTURE CENTER

Aim high and break clay with us!
\$30 per person, includes shotgun rental, a box of 25 shotgun shells, and 25 clay targets.

DUNGEONS & DODGEBALLS

JULY 17
4:30PM

DAVIDSON FITNESS CENTER

WHEN SPELLS FAIL...THROW HARDER.
Bring your fantasy gear and your courage, and join us where wizards take flight and dodgeballs burn brighter than dragonfire!

REC PLEX

DIVE-IN MOVIE AND LUAAU

JULY 18
7:30 - 9:30PM

Come to our Rec Plex paradise for some summer fun! Watch Finding Nemo on the big screen, along with activities, prizes, bounce houses!