FROM THE PRESIDENT

We've made the turn and we are headed home STRONG!

First, I’d like to thank our volunteers, annual sponsors, and active members for making the first half of 2017 a success. Without your continued support we would not be the Nationally Distinguished Post we are today!

With most of the hard work, by-laws and operational needs behind us, the GKC Post has shifted our focus to fun. Upcoming summer events include our annual CGSC Social returning to the Boulevard Brewery on July 27th, August’s luncheon featuring nationally recognized keynote and inspirational speaker Mark Brown, and the young members/Fellows social in Brookside. Other events in the works for the Fall include our VP social at TopGolf, Post field trip to Crisis City and the annual favorite sporting clays shoot.

Lastly, planning for the May 2018 Joint Engineer Training Conference & Expo (JETC) in Kansas City has begun. We are excited to welcome back and host this national event in our hometown. With more than 3 days of activities, 60 hours of education and training sessions and over 1,700 attendees, this is truly a must attend event! If you would like to get involved in this planning effort, or have thoughts on how to best showcase our hometown, please contact me at mtturner@yainc.com.

I am delighted to have you onboard and your participation in the Post is important to us. If you have any questions about our Post and the initiatives we will be working on in the remainder of 2017, or how you can get more involved in 2018, please contact our Post Treasurer, Jason Sweet, at (913) 202-6869, or via email at Jason.Sweet@Stantec.com.

Matthew Turner
SAME GKC President

UPCOMING EVENTS

Post Luncheon - Educational Keynote Speaker Mark Brown
Date: August 17, 2017, 11:30am
Location: Arthur Stilwell Room at Union Station
Mark Brown immigrated to the United States from Jamaica at 18 years old with only $40 in his pocket and a dream for a better life. Today, he is one of the most popular inspirational speakers in the world.

Register On-Line

Young Members and Fellow Social
Date: August 22, 2017, 5:00pm
Location: District Pour House (7122 Wornall Road, Kansas City, Missouri)
This event is free of charge to active GKC SAME young members and Fellows. Appetizers and two drink tickets per person will be provided.

Register On-Line

Vice President Happy Hour
Date: September 21, 2017, 4:00-6:00pm
Location: Topgolf (10611 Nall Avenue, Overland Park, Kansas)
Post social featuring two hours of golf, appetizers and two drink tickets.

Coming Soon
SBA PRESENTS TEPA, LLC, 8(a) AWARD IN KANSAS CITY

The Tepa Companies are recipients of the highest award given to 8(a) certified small businesses by the US Small Business Administration (SBA). During Small Business Week festivities on Wednesday, May 3, 2017, SBA representatives presented Tehama, Tukuh Technologies and Medvolt with the 2017 8(a) Business Development Program Company of the Year award for the Kansas City District.

The three tribally-owned companies were recognized for securing more than $100 million dollars' worth of federal contract capacity over the next five years and showing exceptional management, cost performance, innovation and economic engagement of minority firms as suppliers and subcontractors in fiscal year 2016.

"Tepa is truly an American success story," said SBA Kansas City District Director Malcolm Richards. "I admire the courage of [the Tepa leaders] for their determination to succeed."

“We are honored to be recognized by the Kansas City SBA as its 8(a) Business Development Program Company of the Year," said Matt Metcalf, Chief Strategy Officer for the Tepa Companies. "Its partnership has been invaluable in helping us build the kind of business foundation that will not only spur continued growth in Kansas City but also for the Tepa Companies as a whole and Tepa’s Tribe, the Paskenta Band of Nomlaki Indians."

The Tepa Companies were chosen from 40+ other 8(a) small businesses in 89 counties across Missouri and Kansas.

Contributed by Kerry Patterson, Kerry is Proposal Manager at Tepa, LLC. She can be reached at Kerry.Patterson@Tepa.com.

![Tepa's Chief Strategy Officer, Matt Metcalf, accepts the SBA 8(a) Company of the Year award from SBA Kansas City District Director, Malcolm Richards.](Image)

Warrior Transition

WARRIORS’ ASCENT HEROES JOURNEY SERIES RACE SUPPORTS VETS/FIRST RESPONDERS WITH PTSD

The GKC Post’s own Jason Sweet and Scott Perkins are paddling for a good cause. On August 8th, they, as part of Team MR 340, will participate in the world’s largest non-stop river race, the MR 340.

The MR 340 is the longest continuous river canoe/kayak race in the world; 340 miles on the Missouri River from Kansas City to St. Louis in the height of the summer heat. Members of Team MR 340 first participated in the race in 2015 and aim to complete it this year in under 60 hours. For 2017, they’ve committed to using their participation in the race to raise awareness and funds for Warriors’ Ascent.

Their goal is for each team member to sponsor one participant to attend Warriors’ Ascent week-long PTSD recovery program.

Warriors’ Ascent serves our nation’s veterans and first responders suffering from PTSD by providing a free five-day retreat where they can begin healing their mind, body, & soul with holistic evidence-based healing techniques. Participants spend the week discovering what moral injuries they have sustained and how it has affected their lives and their families, experiencing cathartic rituals steeped in ancient warrior traditions to overcome those injuries, as well as learning the skills to continue on with their healing process.

Join in raising $4,000 to sponsor 2 warriors to attend a Warriors’ Ascent Academy of Healing retreat. Our nation’s veterans and first responders (police, fire, and ems) have answered the call and dedicated their lives to serving our nation and communities. Now is our chance to give back to those who have suffered moral injuries from their time in service.

Contributed by Jason Sweet, GISP, PMP (Jason is Project Manager at Stantec and can be reached at jason.sweet@stantec.com) and Scott Perkins, GISP (Scott is Director of Federal Programs at SAM and can be reached at sp Perkins@sam.biz).

Learn More

USACE BIRTHDAY BENEFITS ARMY EMERGENCY RELIEF FUND

Matt Turner, GKC Post President, opened the June 2017 lunch meeting with a birthday presentation, as follows:

In honor of the U.S. Army Corps of Engineers, formed on 16 June 1775 by the Second Continental Congress, and,

In honor of the U.S. Army Corps of Engineers, formed on 16 June 1775 by the Second Continental Congress, and,

To recognize those past, current and future military and civilians whose proud salutation “Essayons”, precedes certain success, and,

To recognize those who demonstrate, “US Army, Still Serving” values through initiatives that endure.

Colonel Anthony C. Hofmann, Past Kansas City District Commander, exemplifies the “Still Serving” spirit through his continuing service in: Society of American Military Engineers; Soldiers for Life/Warrior Transition; and Warriors’ Ascent LLC, PTSD/Suicide prevention initiatives for military and emergency first responders.

Contributed by Merrill Watt, PE, F.SAME. Merrill is a GKC Past Post President and can be reached at merrill.watt@gmail.com.

Learn More
RUNNING FROM PTSD AT THE LEADVILLE TRAIL MARATHON

Tony Hofmann says he has one goal: to put himself out of a job by making PTSD a thing of the past.

“But we’re a long way from that,” he said.

The 51-year-old retired army colonel works with Warriors Ascent, an organization that helps veterans and first responders cope with post-traumatic stress using holistic techniques that target the mind, body, and soul.

This past Saturday, Hofmann and his team of 10, made up of military personnel and civilian family and friends, tackled the Leadville Trail Marathon, a high-altitude 26.2-mile trail race that winds through one of the highest incorporated cities in America, with an elevation of 10,152 feet, and its highest point peaking at 13,185 feet. The trail courses through an old mining district, with terrain varying from flat paved dirt roads to rocky slopes.

Hofmann, a public works engineer in Kansas City, Missouri, has been running since 1990. He has since completed 32 marathons and ran the Boston Marathon 10 times. He said he partnered with Warriors Ascent after seeing the success of the program and knew running could fit into the message.

The Warriors Ascent program features a five-day “Academy of Healing,” where members go through mental and physical training and group therapy. It is rooted in ancient warrior methods that combine physical and mental training.

Despite the organization being only three years old, the results have had a huge success rate, with all of the program’s applicants rating the academy as 100 percent effective and highly recommending the program to others with PTSD.

And with June being recently designated PTSD Awareness Month, Hofmann said the marathon holds timely significance at a time when veteran suicides are high.

“Our goal this year was to raise funds to help 15 veterans and first responders to go through the Warriors Ascent program,” Hofmann said. “The program teaches them mindfulness, proper nutrition, meditation, and really helps them train those with post-traumatic stress to overcome it.”

But the program’s real strength, Hofmann said, comes from the support network it provides to those who are suffering from PTSD. “It’s not just a single effort, like, okay you go through this Academy of Healing and now you’re on your own,” Hofmann says. “It’s a community of support that mimics the ancient warrior tradition of teamwork.”

Hofmann extends these teachings to training his runners. To prepare his team for the race, he sent out a 16-week training schedule. Most of the group members are from out of state, so he encouraged them to train on trails when they could and checked in weekly on everyone’s progress via phone.

Hofmann said the reason for picking a tough trail like Leadville is it helps drive home the importance of teamwork.

Daniel Keyser, a 30-year-old veteran from Alabama who has deployed twice to Afghanistan, has suffered with PTSD for over four years. Keyser, who used running to stay in shape before running his first marathon with Hofmann three years ago, completed the Leadville Trail Marathon on Saturday with the group. He says he appreciates how Hofmann’s marathon training mirrored the values of Warriors Ascent.

“The stuff that I did to try and overcome my post-traumatic stress and work through it was all disjointed. I did a lot of it on my own,” Keyser said. “Warriors Ascent brings it all together making it so much easier for folks struggling from PTSD to have the access to care. I wish I had known about it earlier when I was at the height of my trauma.”

And at the race, the mission was to get all 10 participants through the miles, together.

“We start and finish as a team. We don’t have 10 individuals that just go out and finish on their own,” Hofmann said. “Endurance and teamwork are linked to the overall mission of helping people overcome their post-traumatic stress.”

Above, plan for life on the trails with these shoes.

Article courtesy of Runner’s World. Article written by Rasheeda Smith, Friday, June 23, 2017.
Engineering Camps

**GKC POST SPONSORS TWO HIGH SCHOOL SENIORS TO ATTEND STEM CAMP**

The GKC Post was pleased to sponsor two high school students to attend the U.S. Air Force Academy STEM Camp, the longest running SAME supported Camp, in Colorado Springs this summer. Leah Wiegers, a high school rising senior from Lansing, Kansas, and Carson Davis, a high school rising senior from Gardner, Kansas, left in the early dark morning in late June to attend the week long STEM camp. Both Leah and Carson are seeking career paths in STEM-related fields along with military service - the Coast Guard for Leah, and the Air Force for Carson.

The camp theme was “Build then Design.” The two campers were kept busy while at camp. Activities included tours of the Air Force Academy, local engineering companies, and other local sites. Their “flights” also worked on STEM principles through challenging tasks that focused on designing and constructing structures to achieve various goals. The hands-on experience and activities are design to promote team-building, problem-solving, and exposing the campers to learning experiences. The students had access to counselors and mentors throughout the week which included engineers, Air Force cadets, retired military personnel and civilians.

Congratulations to our campers! We wish them successful, strong future careers in STEM professions and military service and support.

Contributed by Christina Przygoda, RA, PMP, LEED AP BD+C. Christina is Project Manager at Yaeger Architecture. She can be reached at cprzygoda@yainc.com.
The GKC Post’s Warrior Transition Committee continues to make significant progress assisting military members in transition. As of July 2017, we have assisted approximately 400 military personnel in transition. This concept, which began in April 2014, has been sustained at Fort Riley, Kansas, and has expanded locally to Fort Leavenworth, Kansas and Whiteman Air Force Base, Missouri. In the past two years, the program has also been embraced by the Seattle and Mount Tacoma Posts, hosting transition panels with the 555th Engineer Brigade in May 2016, October 2016 and again in June 2017. Likewise, the Pike’s Peak Post assisted the 52nd Engineer Battalion in hosting their first-ever SAME Warrior Transition panel in March 2017. These military units and SAME Posts clearly see the value these panels bring to those in transition, as well as their respective organizations - a true win-win for all.

And momentum continues to build. The concept is supported by SAME’s Executive Director, retired Brigadier General Joe Schroedel, F.SAME, who attended the most recent session at Joint Base Lewis-McChord (JBLM) last month. Joe has been an ardent supporter of the Warrior Transition panels, providing funding for travel from the national level and promoting the concept. Using the adage of “seeing is believing”, his schedule allowed him to participate at JBLM just a few weeks ago. Together with other Posts, we are thinking strategically about how our concept can be leveraged to fully maximize the value for SAME…stay tuned!

The key to success starts with energetic leaders working TOGETHER as one Team; this has been the case working with Joe as well as the following Post leaders from Seattle, Mount Tacoma and Seattle Posts: Cindy Lincicome, Caroline Roberts, Monica Manthey and Kevin Stoll. Likewise, our key leaders in the GKC Post continue to provide support and “tweaks” to make these sessions the best they can be. Special thanks to Merrill Watt and Jackie Hacker for their stalwart efforts.

Panel members participating in these sessions remains crucial. Essentially, these are SAME members that are military veterans, sacrificing their time (and their respective employers) to give back through their own transition journey into the civilian sector. Therein is the power of the Warrior Transition panels…veterans helping veterans, allowing the transitioning military member to see their future and have an idea of the road map they may want to consider as they depart the military.

As importantly, the military units supporting SAME to assist their transitioning military members is nothing short of AWESOME! These leaders - such as LTC Brian Brobeck, LTC Geoff Kuhlmann, COL Larry Dillard and MAJ Chris Adkins - are providing a unique opportunity for transitioning personnel in their ranks.

So, where do we go from here? Our journey continues to evolve. We will continue to expand beyond the Posts currently embracing this concept. We are literally “building the airplane as it is flying.” However, one thing is certain: Warrior Transition panels are unique and have a proven track record of success for military personnel in transition. Likewise, it allows SAME to provide a unique VALUE that other organizations are not providing.

The Warrior Transition Committee thanks all participants in making this a continued success. We will continue to work with SAME National and various Posts interested in replicating our model as well as refining each panel session that we host - all to assist the transitioning Warrior!

Contributed by Tony Hofmann, PMP. Tony is Public Works Director at the City of Overland Park, Kansas. He can be reached at Tony.Hofmann@opkansas.org.