



Community Information Forum January 2025

COL Bartley, Garrison Commander



WE ARE THE ARMY'S HOME



Ms. Megan O'Donoghue
Director, Family and Morale, Welfare and Recreation
U.S. Army Installation Management Command

PURPOSE

Community Outreach

The Fort Leonard Wood Community Information Forum is designed to be an information exchange and dialogue between the Garrison and the Fort Leonard Wood community on a range of topics and interests.

The intent is to gain a better understanding of community issues, share information, upcoming events, and network to improve quality of life for Service Members, Families, Civilians and Retirees.



AGENDA

- Opening Remarks / Garrison Commander or Representative
- Panel Speakers
- Brief by Exception
- Open Forum to follow / Questions & answers

Community Information Forum ICE – Questions/Comments

If you have any questions, you would like addressed, you can submit them through ICE at <https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447>
Or click the QR code

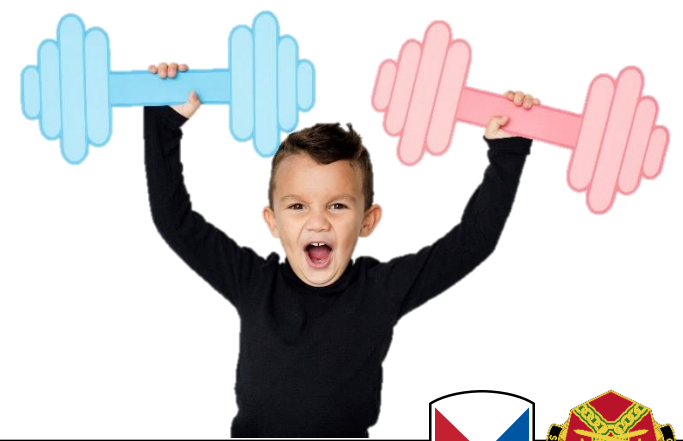




JANUARY IS...

New Year, Healthy You

WELLNESS – MIND, BODY, & SOUL



WE ARE THE ARMY'S HOME



DFMWR / BUSINESS & RECREATION

GROUP FITNESS

DAVIDSON FITNESS CENTER
\$3 PER CLASS

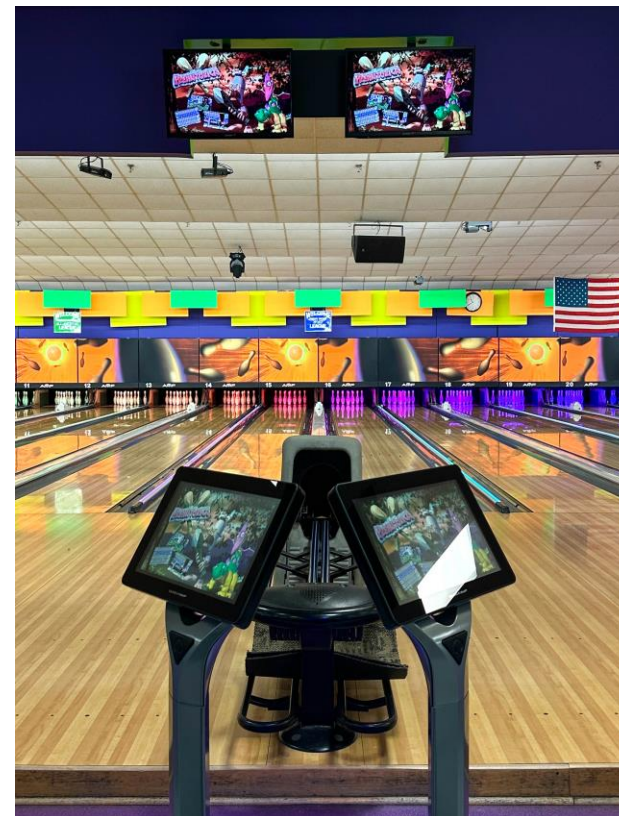
SCHEDULE

MON	9:00 AM 2:00 PM 6:30 PM	H.I.T.T. ZUMBA MIXED FIT
TUES	9:00 AM 12:00 PM 6:00 PM	CYCLING TAI CHI AQUAZUMBA
WED	9:30 AM 11:30 AM 5:00 PM	H.I.T.T. ZUMBA LINE DANCING
THUR	9:00 AM 11:15 AM 5:00 PM 6:30 PM	CYCLING YOGA POWER CYCLE XTREME HIP HOP
FRI	9:00 AM 2:00 PM 5:30 PM 6:30 PM	H.I.T.T. ZUMBA XTREME HIP HOP K.L.T.
SAT	8:45 AM 10:00 AM 11:30 AM	ZUMBA RIFFED AQUAZUMBA
SUN	11:30 AM 2:00 PM	AQUA PARTY ZUMBA



DFC Extended Hours of Operation
(Beginning 13 January)
0400-2300 Mon-Fri
0800-1600 Sat/Sun/Hol

DBC Hours of Operation
1030-2200 Wed-Sat
1100-1700 Sun
Closed
Mon-Tue & Holidays



New scoring system at Daugherty Bowling Center! Experience the hype with over 30 interactive games, themes and neon lights!



PARTICIPANTS BETWEEN 13-15 MUST BE ACCOMPANIED BY AN ADULT.

DAVIDSON FITNESS CENTER, BLDG 1300 S. DAKOTA AVE.
573-596-4359
LEONARDWOOD.ARMYMWR.COM



New year, new you! Join us at DFC for fitness classes offered every day of the week!

DFMWR / CHILD & YOUTH SERVICES

Youth Sports & Fitness VOLUNTEERS

Earn volunteer hours towards the Military Outstanding Volunteer Service Medal, and make a positive impact on youth and their developmental growth!

ALL YEAR COACHING & OFFICIATING

Fall: Soccer, Flag Football, Cheerleading, Baseball

Winter: Basketball, Cheerleading, Bowling

Spring: Soccer, Track, Tennis
Summer: Volleyball

FITNESS EVENTS

August: End of Summer Run

October: Costume Dash

December: Ugly Sweater Run

February: Family Bingo

April: Month of Military Child

May: Kids Armed Forces Run

June/July: Summer Camps



CYS Youth Sports & Fitness

YSF is available to children and youth currently registered with CYS ages 3 to 18. Sport physicals are required to participate. Contact Parent Outreach Services at 573-596-0283 for more information. Offering a variety of sports each season.
Winter: Basketball, Bowling & Cheerleading
Spring: Soccer & Track
Summer: Baseball, Volleyball and Basketball
Fall: Soccer, Flag Football, and Cheerleading

Make a difference in the life of a child and become a coach!

For more information, call us at the number below!



YOUTH SPORTS & FITNESS
573-596-0185
LEONARDWOOD.ARMYMWR.COM



For further questions, contact Parent Outreach Services Bldg. 470 Suite 1126. 573-596-0238



The Better Opportunities for Single Service Members (BOSS) Program **supports the overall quality of life for the single Service Members and helps to maintain and improve Soldier readiness.**

Call (573) 596-6913 or find us on Facebook and Instagram at **Fort Leonard Wood BOSS**

Upcoming Events:

- 9 & 23 Jan** – BOSS Meeting @ BOSS
- 9 & 23 Jan** – BOSS Board Prep @ BOSS
- 20 Jan** – Indoor Driving Range (Springfield)
- 24 Jan** – Sip & Paint @ PCC
- 27 Jan** – BOSS Cooking Class (German) @ PCC



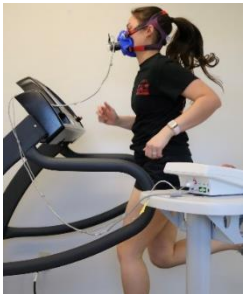
Contact your BOSS Rep!



Ready to be the healthiest
and/or most fit version of
yourself?



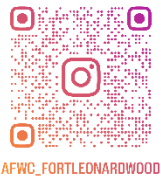
The best part?
Our services are
FREE!



- ✓ VO2 Testing
- ✓ BODY COMPOSITION
- ✓ WEIGHT MANAGEMENT
- ✓ NUTRITION
- ✓ STRESS MANAGEMENT
- ✓ And more....

****services are open to all service members, retirees, DOD civilians, and dependents of active duty****

Find your motivation with the help of the Armed Forces Wellness Center!



AFWC_FORTLEONARDWOOD

14122 Third Street
BLDG 350
573-596-9677



Hours of Operation:
Monday-Thursday
0700-1050, 1150-1600
Friday 0700-1050 &
1150-1300

Call 573-596-9677 to
Schedule!



Spouses Resource Center



January 2025

08

JAN, 2025

ARMED FORCES WELLNESS CENTER

COME JOIN THE SRC AND LEARN ABOUT THE SCIENCE OF SLEEP AND HOW TO ACHIEVE A BETTER QUALITY OF SLEEP. EACH CLASS CONTAINS A SLEEP QUALITY INDEX EVALUATION!

21

JAN, 2025

MILITARY ONE SOURCE

COME AND LEARN ABOUT THE MYCAA \$4,000 FINANCIAL ASSISTANCE AND OTHER MILITARY ONE SOURCE RESOURCES AVAILABLE TO SPOUSES. IF YOU WANT TO PURSUE OR MAINTAIN A LICENSE, CERTIFICATION, OR ASSOCIATE'S DEGREE.

23

JAN, 2025

R2 PERFORMANCE CENTER

ARE YOU READY TO STEP INTO YOUR POWER AND UNLOCK YOUR FULL POTENTIAL? JOIN US FOR A DYNAMIC CLASS FOCUSED ON UNDERSTANDING CONFLICT STYLES, BUILDING CONFIDENCE, AND SELF-ASSURANCE. LED BY EXPERIENCED COACHES FROM THE READY AND RESILIENT PERFORMANCE CENTER

29

JAN, 2025

CIVILLIAN HUMAN RESOURCE AGENCY (CHRA)

JOIN US FOR A CLASS ON FEDERAL EMPLOYMENT AND NAVIGATING USA JOBS 101 FOR MILITARY SPOUSES.



SAFE EMOTIONAL CONNECTIONS

JANUARY 2025



Come start the new year off with SRCs free 4 week /six session working group based on learning safe emotional connections within your relationships. Fostering a place where partners can feel valued and understood. Learn how to gauge mutual respect, trust, consistency and open communication channels to build stronger bonds with your loved one .

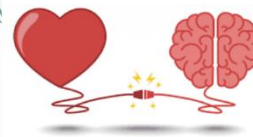
DATES: January 6th, 10th, 13th, 16th, 27th, 30th

TIMES: 11:45AM - 1:00 PM

(Bring Your Lunch Event)

Location: Spouses Resource Center, Bldg 470,

Rm 2222 (Open to couples and individual participants)

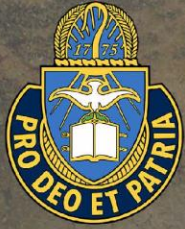


For questions or to reserve your seat please contact usarmy.leonardwood.id-training-flw-dhr-src-@army.mil or phone 573-596-3196



Questions? Email Us: usarmy.leonardwood.id-training.mbx.usag-flw-dhr-ed-center@army.mil





Fort Leonard Wood National Prayer Luncheon 2025



*“So Help Me, God:
Sustainment for the Soul”*

4 February 2025

Pershing Community Center

1100- Doors Open

1130- Program Begins

See your Unit Ministry Team for tickets.

Donation welcome at the door or payable via QR code here and/or on the tickets.



Select “Give One Time”
Category: Community Account CAJC

Sponsored by the Fort Leonard Wood Unit Ministry Team

573-596-2127



Keynote Speaker:
BG Bradley Leonard
MSCoE Deputy Commanding General



Faith Skills

Spiritual Fitness for the Family
Faith, Food, Fellowship
WEDS 19 Feb – 30 Apr
1730 Dinner 1815 Classes
Main Post Chapel Classrooms
Class topics for couples, Catholic Women of the Chapel, Protestant Women of the Chapel, Spiritual growth and children are posted on the RSO Facebook page and group. Watch care provided.
Info at :<https://www.facebook.com/fortleonardwoodRSO> and <https://www.facebook.com/groups/469901548537005>

Protestant Women of the Chapel
January Kick Off
Tuesday, 28 January

Tues 9AM @ Main Post Chapel
Fellowship, Bible studies,
Childcare and
Homeschool Room

pwocflw@gmail.com



Scan the QR Code to
be directed to our
Linktree

Marriage Wellness Event



Feb 21st or 22nd
At Main Post Chapel
1730 Dinner and Program
24 Couples each Evening
Make reservations with
POC DRE Martha Strong
COB 14 Feb

**“Howdy Partner:
Western Theme”**

POC: Martha Strong 573-596-0089/ Martha.a.strong.civ@army.mil



CATHOLIC WORSHIP

Catholic Mass
Soldier Memorial Chapel (SMC)
0900 – Sunday

Adoration
Soldier Memorial Chapel (SMC)
1730, 1st Friday of each month

Confessions
0830 (Prior to Mass)
Sundays – SMC and Mon-Fri after 1200
Weekday Mass

Baptisms
By appt: 573-596-2657

Catholic Baptism Class
4th Sunday following 0900 Mass

Weekday Mass
Soldier Memorial Chapel
1200, Mon – Fri
(except training/Federal holidays)

Holy Day of Obligation masses will be offered at 1200 and 1800

SUNDAY PROTESTANT WORSHIP

Gospel Protestant
1000 – Central Iowa Chapel

Traditional Protestant Service
1030 – Soldier Memorial Chapel

Crossroads Community Contemporary Service
1100 – Specker Chapel (Bldg 1712)

Resurrection Anglican Fellowship
0900 – Sundays
South Iowa Chapel

Church of Jesus Christ of Latter-day Saints Sacrament Meeting (IET)
1300-1500 – Sundays
South Iowa Chapel

OTHER SERVICES

Buddhist Service
1900-2000 Thursdays
North Iowa Chapel

Islamic Religious Education
0800-1000 – Sundays
Main Post Chapel, Room 162
EFF 2 MAR: New time/location
1300 – Central Iowa Chapel

Islamic Friday Prayer
1215-1245 – Fridays
Fellowship Room-Central Iowa Chapel

Jewish Shabbat
1900-2000 Fridays
South Iowa Chapel

Pagan Service
Sundays – 0800-0900
North Iowa Chapel

RELIGIOUS EDUCATION

Catholic Religious Education Classes
1030 – 1200 Sundays (Sep-May)
Bldg 608 – Main Post Chapel
K – 8th grades, Confirmation

Religion Class for Adults (OCIA)
1015 Sundays (Sep-May)
Bldg 608 – Main Post Chapel
POC: CH Stephen Cotter, 573-596-2657

Faith Skills
(For Family, Faith & Fellowship)
Main Post Chapel (MPC)
Wednesdays, 1730-1930
POC: DRE - Martha Strong 596-0089
Email martha.a.strong.civ@army.mil
Spring Session: 19 Feb – 30 Apr 2025

****This Worship Schedule is for permanent party services. For IET, please see your BDE Chaplain.****

STUDIES

Protestant Women of the Chapel (PWOC)
Tuesdays, 0900-1130, Main Post Chapel
For more information: pwocflw@gmail.com or
<https://facebook.com/fortleonardwoodpwoc/>

Catholic Women of the Chapel (CWOC)
@ Faith Skills, Spring 19 Feb-30 Apr
POC: Marielle King @ 734-904-1933 or email
cwocflw@gmail.com

Navigators Bible Study
Weds, 1800-2000, Specker Chapel
POC: Chief Chrisman, 573-596-4948,
matthew.d.chrisman.mil@army.mil
Facebook: <https://www.facebook.com/flwnavs>

Crossroads Men's Study
Fridays – 1730
Specker Chapel
POC: Chief Chrisman,
matthew.d.Chrisman.mil@army.mil



YOUTH

Warriors 4 Christ, 1 – 5 Grade
@ Faith Skills, Spring 19 Feb-30 Apr

Youth of the Chapel, 6-12 Grade
Weds, 1800-2000
Bldg 608 – Main Post Chapel
POC: Patrick Smiley
psmilev@clubbeyond.org, 405-906-9994
Sponsoring Chaplain: CH Darrell Burriss
573-596-2695

For more information on religious services and events please visit our websites.

Facebook:
<https://www.facebook.com/fortleonardwoodRSO/>

Website:
<http://www.wood.army.mil/newweb/garrison/chaplain.html>

Why does nutrition matter?

- Improves health and prevents chronic diseases
- Supports physical and mental performance
- Maintains energy levels
- Decreases injury potential
- Improves recovery time
- Influences body composition

What we offer?

- Individual Appointments (no referral needed)
- Group Classes
- Body Composition Assessment & Interpretation (by appointment)
- Unit Briefs
- Community Events

How may we help?

- Nutrition education and counseling for treatment, management, and prevention of chronic diseases
 - Weight management
 - Heart disease
 - Diabetes
 - Performance nutrition
 - Food allergies/intolerances
- Focus on behavior change, awareness, and attainable (healthy) goal setting

Call to Schedule:
Individual
appointments or to
schedule a unit/group
brief

573-596-1762
Ground Floor
Room 12

Visit: <https://shop.commissaries.com/>
 For all your “New Year, Healthy You” items!



Not sure what to cook? We got it covered! And we can show you how to Save money at the same time!

** Use Click to Go and save time too!!!**



Fort Leonard Wood
 689 Nebraska Avenue, Building 485
 Fort Leonard Wood, MO 65473-8954

Big Meal, Little Price - Penne Pasta with Chicken and Vegetables

Serves
4 or more

INGREDIENTS

VOILA CHICKEN ALFREDO

- Pillsbury French Bread Original Dough
- Pillsbury Ready to Bake Sugar Cookies Dough 24 ct bag
- Full Circle Market Organic Broccoli Florets

DIRECTIONS

12/9-12/15 CONUS ONLY
 Enjoy a Big Meal, Little Price with this delicious family feast featuring Chicken Alfredo, organic broccoli, french bread, and sugar cookies for dessert! This easy-to-prepare meal has everything your family of four needs for a satisfying dinner.



Look for the Thumbs Up tags throughout the store for Healthier Options when shopping!

We have Healthy options available throughout the Entire store!!!

- *Deli Department*
 - Salads, Sandwiches & Wraps
- *Produce Department*
 - Salads, Trays & Cut Fruit
- *Meat Department*
 - Healthy Power Box

INGREDIENTS

VOILA CHICKEN ALFREDO

 Birds Eye Voila Alfredo Chicken 21 oz bag
 \$6.42 | 42 oz


Add to Cart

Pillsbury French Bread Original Dough

 Pillsbury French Bread Original Dough
 \$2.71 (12/02/24 - 12/15/24)
 \$3.16 | 11 oz


Add to Cart

Pillsbury Ready to Bake Sugar Cookies Dough 24 ct bag

 Pillsbury Ready To Bake! Sugar Cookies Dough 24 ct bag
 \$2.59 (12/02/24 - 12/15/24)
 \$3.86 | 16 oz

Add to Cart

Full Circle Market Organic Broccoli Florets

 Full Circle Market Organic Broccoli Florets 10 oz bag 3 ct
 \$6.45 | 30 oz

Add to Cart

Add Ingredients To List



Visit Shopmyexchange.com for all your 2025 workout needs!!

Featured



Vitamins & Supplements



Eye Care



Monitoring & Testing



First Aid



Medicine Cabinet



Diet



Protein



Vitamins



Energy Bars & Drinks



Recovery

Upcoming Events:

- Main Exchange's Annual Inventory
 - 27 Jan- 28 Jan 2025

Keys to BEFIT 360°

Movement
Mindset + Setting Goals & Recovery

Nutrition & Sleep

BeFit Press Release

Exchange's 'BE FIT Live' Workouts Pump Up the Military Community

Read Exchange Newsroom Press Release

Save time and train on your schedule!

Workouts that are easy-to-follow, fit into your schedule, and can be done from anywhere. Join BE FIT ambassador - Roy Montez and tackle fundamental strength and cardio-based movements here on the HUB or visit the **Exchange Facebook** BE FIT playlist.

WORKOUT ON DEMAND





[f](#) [v](#) [@2025MYEXCHANGE](#)

Next Community Information Forum

2025 Topics

- January – New Year, Healthy You (Wellness)
- **February – Transition Services**
- March – Make a Difference
- April – Month of Military Child (Family Focus)
- May – Fitness and Sports Month (STRONG Bands)
- June – Welcome to FLW
- July – Summer Fun
- August – Back to School
- September – Community Resources
- October – Awareness Month
- November – DWMO / Winter Safety
- December – (NO Forum due to HBL)



Community Information Forum ICE – Questions/Comments

- If you have any questions, you would like addressed, you can submit them through ICE at <https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447>
Or click the QR code



CONNECT WITH YOUR COMMUNITY

Get your installation services and post information on the **NEW** Digital Garrison app on your smartphone or tablet.

DIGITAL GARRISON
POWERED BY   

 **MAKE THE CONNECTION**



Information is Key

Topics

- Fort Leonard Wood Web Page
home.army.mil/wood/index.php
- Fort Leonard Wood Facebook
facebook.com/fortleonardwoodmissouri/
- Family & MWR Web Site
leonardwood.armymwr.com/
- Family & MWR Facebook
facebook.com/mwr.ftwood
- AAFES
shopmyexchange.com/
- DECA
commissaries.com/shopping/store-locations/fort-leonard-wood
- Fort Leonard Wood Religious Support Office
facebook.com/fortleonardwoodRSO



BACK UP SLIDES



Home Based Business



STEP 1: Complete the HBB Application and any additional documentation (like licensing or certifications).

STEP 2: Complete the HBB Lease Addendum – if you need assistance or have questions reach out to your housing POC.

STEP 3: Turn in the Application: Once you've completed your paperwork, submit the application to your Family and MWR, 13486 Replacement Ave, Bldg. 470, Room 1104. You may also email your HBB application and supporting documents to megan.j.odonoghue.naf@army.mil

Keep a copy of the completed application for your own records.

Are you operating a Home-Based Business (HBB) on Fort Leonard Wood?

If the answer is YES, is your business REGISTERED?

HBBs include but are NOT limited to:

- Hairdressing and hairstyling
- Home baking and meal preparation
- Pet grooming and pet sitting
- Massage therapy
- Multi-level sales activities
- Retail sales from home

Family & MWR will route to the Garrison for approval and notify you once a decision is made.

In order to provide **on-post in home CHILD CARE**, you must be Registered through the Family Child Care (FCC) Program

Bldg 470, Room 1125, (573) 596-0185

BE ALL YOU CAN BE
Victory Starts Here! Victory Through Skill!
Unclassified

WE ARE THE ARMY'S HOME



Interactive Customer Evaluation (ICE)

**WE
NEED
YOU!**

ICE
INTERACTIVE CUSTOMER EVALUATION



Be a Superhero Today!

Sustain or Improve? Tell us what you think.



[ICE :: Fort Leonard Wood \(disa.mil\)](https://disa.mil)



Join the Family & MWR Team & Make a DIFFERENCE!

Family & MWR is hiring! We want you to join our dynamic team!



WHERE TO APPLY

- Links to Jobs listed here on the MWR Web page at
- leonardwood.armymwr.com/happenings/family-mwr-job-openings
- Apply online at usajobs.gov
- Contact the NAF HR Office at
- usarmy.leonardwood.chra-hqs.list.chra-naf-cpac@army.mil for more information.