



Community Information Forum May 2023

COL Pollio, 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



MAY IS... **Fitness & Sports Month**





**2023
STRONG
B.A.N.D.S.**

BALANCE ACTIVITY NUTRITION DETERMINATION STRENGTH

COMMIT-STAY FIT!

ArmyMWR.com/STRONGBANDS
#STRONGBANDS

DFMWR / CHILD & YOUTH SERVICES


2023 YOUTH SPORTS SUMMER
SEASON RUNS MAY 30 - AUG 5

CO-ED VOLLEYBALL & BASKETBALL

Practice: M & W PM
Games: W PM or SAT mornings





Practice: TU & TH PM
Games: TH PM or SAT mornings

Registration: April 3 - May 12
Ages 5-18: \$45 each



Current year's sports physicals required for all participants.
Volunteer coaches needed for all age groups! Call Youth Sports at 573-596-0185.

Parent Central Services, Bldg 470
573-596-0238
LEONARDWOOD.ARMYMWR.COM

★ America's Armed Forces ★

KIDS RUN



MAY 13, 11 AM - 1 PM
GERLACH TRACK

FREE to all military youth—participants receive a free shirt, while supplies last! Register on the day of event.
Ages 3-6: Half-mile, Ages 7-8: One-mile, Ages 9 & up: Two-miles.

Youth Sports & Fitness
573-596-0185
LEONARDWOOD.ARMYMWR.COM

CYS YOUTH BOWLING LEAGUE



EVERY WEDNESDAY

5:30 - 7PM
DAUGHERTY BOWLING CENTER

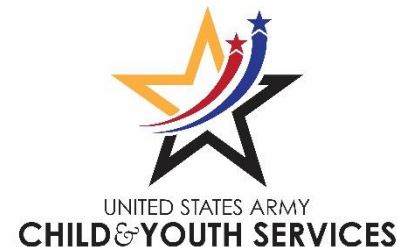
\$45 per month, open to age 5 - 18.
Participants receive bowling lessons, lane & shoe rental, plus pizza & drink each session.
Register at Parent Central Services, Bldg 470, Room 1126.

CYS YOUTH SPORTS & FITNESS
573-596-0238
LEONARDWOOD.ARMYMWR.COM



To register call:
Parent and Outreach Services
Monday-Friday 0730-1630
Bldg. 470 Rm 1126
573 596 0238/0421



NATIONAL FITNESS DAY



Learn all about MWR's Sports, Fitness, and Aquatics in short informational videos throughout the week and watch for tips, classes, and tours!



573-596-6913
LEONARDWOOD.ARMYMWR.COM



Spring YARD SALE



MAY 6, 8 AM - NOON
Baker Theater

Advanced registration online from Apr 10 - May 4: \$20 per space.
\$5 table rentals with advanced reservation.
Day-of registration on-site: \$30 per space.

Concessions available for purchase from the Better Opportunities for Single Soldiers.



BAKER THEATER: 6907 IOWA AVE.
573 596 6913
LEONARDWOOD.ARMYMWR.COM




Fort Leonard Wood FOOD ART FESTIVAL



MAY 13 ♦ 11AM - 2PM ♦ COLYER PARK
FOOD ♦ ART ♦ MUSIC

Enjoy delicious foods offered from some of the best local food trucks in the area, great art, and sounds from the 399th Army Band!
Display your paintings, drawings, photography, and sculpture.
No charge for grades K-12, age 18 & up is \$5 per person.

Think you can BBQ? Register to compete in a cooking competition and show your stuff!
Contact us for more info and to register.



573-596-6913
LEONARDWOOD.ARMYMWR.COM






DFMWR / BUSINESS & RECREATION

Warrior Banquets are Back!

For more
information
about banquets,
reservations or
how to plan
your special
event,
please contact
Jessica Zahnle,
**Food &
Beverage
Manager**
573-329-2455



**WARRIOR
BANQUETS**
Pershing Community Center

WARRIOR BANQUETS ARE BACK!
Prior to family day, graduating Soldiers and
families can gather to enjoy a hearty breakfast
and earn funds for their unit!

Call to schedule your banquet today
or stop by in person from Mon-Fri, 8am-4pm.




Pershing Community Center
16593 Piney Hills Drive, Bldg 4109

573-329-2455

LEONARDWOOD.ARMYMWR.COM



**PERSHING
COMMUNITY CENTER**



Your party planning, meeting, and social one-stop shop on
Fort Leonard Wood for food, decor, and a beautiful facility!
Our on-site chef can specify menus to most special requests,
and our food and beverage team can design a one-of-a-kind
experience to capture the mood for your special gathering.
Call us today to schedule an appointment!



PERSHING COMMUNITY CENTER

573-329-2455

LEONARDWOOD.ARMYMWR.COM





Upcoming Events:

Boat Cert Part 2 - May 5 at 8:30am:

BOSS Corner Bldg. 496

Basketball Tournament - May 6 at 1:00pm:

Courts at Single housing area

Mock Board - May 10th at 3:30pm:

BOSS Corner Bldg. 496

BOSS Meeting - May 11 & 25 at 3:30pm:

BOSS Corner Bldg. 496

ACFT Prep Class - May 12 at 12:00pm:

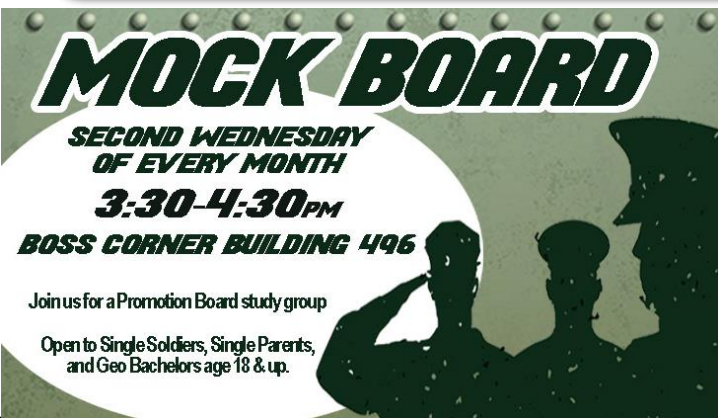
GLWACH PT Bubble

Cook with BOSS - May 26 at 5:00pm: PCC

The Better Opportunities for Single Soldiers (BOSS)

program **supports the overall quality of life for the single Soldier and helps to maintain and improve Soldier readiness.**

Call (573) 563-5967 or find us on Facebook and Instagram at **Fort Leonard Wood BOSS**



Contact your BOSS Rep!



DFMWR / ARMY COMMUNITY SERVICE

Fitness and Sports (Strong Bands)



Military Spouse Appreciation

Friday, 12 May 2023

9am – 2pm

Come celebrate the vital contributions of military spouses at Army Community Service

- Resume Writing
- Self-Defense
- Healthy Eating
- Activities
- Resources
- Classes
- Games
- Giveaways

Think of ACS when... You are looking for Family programs, self-help, prevention briefings and classes, or for connection and networking with others

- **SOS:** Grief and financial support for survivors
- **FAP:** Family focused educational courses and support
- **EFMP:** Education & Medical Support
- **FRP:** Financial Management
- **RRP:** PCS Moving Support
- **I&R:** Services Briefings



AER Campaign: March 1 thru June 30

Since 1942, AER has helped Service members with emergency needs such as leave, travel, rent, mortgage, medical and dental costs for dependents and special needs equipment.

2022: AER served 494 Soldiers with \$795,800 in assistance. AER provided 77 children and 48 spouses with \$170,870 in scholarship grants

2023: AER campaign goal is \$150,000 in donations and 70% of Soldiers donating

(#1 campaign in TRADOC at the moment)

Call (573) 596-0212 or find us on Facebook at **Fort Leonard Wood Army Community Service (ACS)**





GLWACH

Nutrition Care Division “Fuel Your Performance”

Eating Before...	Eating During...	Eating for Recovery...
<p>Goal: Consume a carbohydrate-rich snack or meal before, to top off muscle stores; include small amounts of protein to reduce post-exercise soreness; opt for low-fat and low-fiber for optimal digestion.</p> <p>3 to 4 hours before: fruit & yogurt smoothie with granola or peanut butter and honey on toast</p> <p>30 to 60 minutes before: sports drink or water, piece of fruit or jam sandwich.</p>	<p>Goal: Provide fuel early and often for performance and recovery with endurance exercise beyond 60 minutes; prevent dehydration; sustain energy and minimize GI discomfort.</p> <p>Begin exercise well-hydrated and with adequate muscle fuel (carbohydrate); begin fueling and hydrating within the first 15 minutes of extended exercise; consume easily absorbed carbohydrate sources such as sports drinks, gels, beans, or chew.</p>	<p>Goal: Restore fluid and electrolytes, replace muscle fuel (carbohydrate), and provide protein to aid in repair of damaged muscle tissue and to stimulate development of new tissue; begin nutrition recovery with a snack or meal within 15-60 minutes.</p> <p>Fluids: Water or carbohydrate-electrolyte drinks; Snacks: graham crackers & PB, low fat chocolate milk & banana; Meals: turkey sandwich on whole wheat with veggies.</p>

Contact us at 596-1762 to book an individual appointment or to request a group session for your unit, section, or organization



Patient and Family Partnership Council



Where the “voice of the customer” plays a critical role in helping GLWACH refine an understanding of what patients value; and helps shape decisions that enhance patient-provider engagement and satisfaction.

Membership Requirements:

- Current GLWACH patient, and stable through summer 2024
- Desire to share positive suggestions to improve the delivery of care
- Respect different views & willing to collaborate in finding solutions
- Understand patient general care needs; speak for their patient category
- Honor and comply with council member requirements, including:
 - Physical or virtual attendance to at least 2-4 meetings annually
 - Training on the Health Insurance Portability and Accountability Act of 1996 (HIPAA)
 - Complete a Nondisclosure agreement (NDA) regarding privacy of patient information

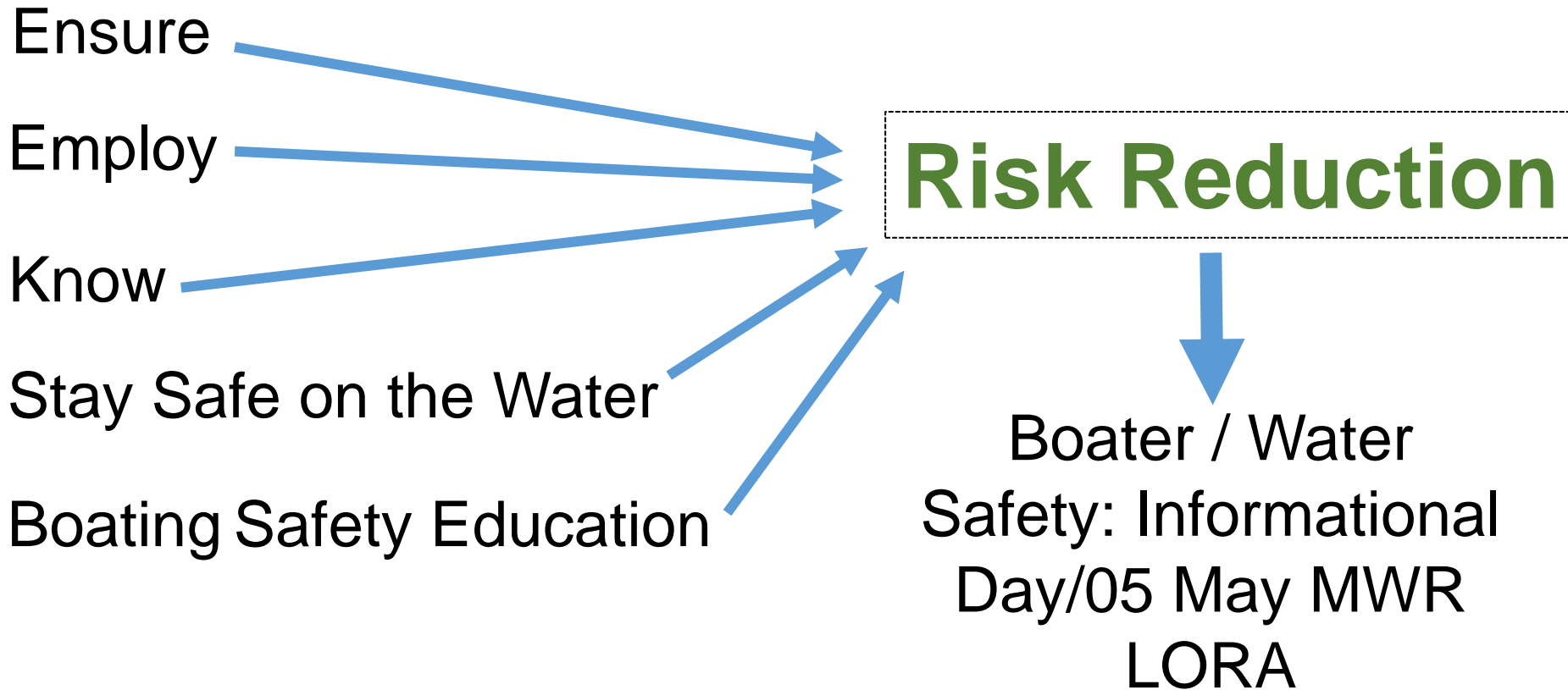
**Currently recruiting
Active Duty,
Active-Duty Family
Members, Retirees
and their families**

**If interested please contact our Patient Advocate Ms. Emily Shea at: (573) 596-0042, or email:
usarmy.leonardwood.medcom-glwach.list.eha@health.mil**



SAFETY

The Importance of Water Safety



DES



Bead Blasters Notice of Violation

Bead Blasters shoot gel water beads that are propelled by a spring-loaded air pump, which makes them an air rifle. It is a **VIOLATION** to possess an air rifle in NYC under NYC Admin Code 10-131(b)(1) - **Unlawful Possession of an Air Rifle.**

Violators will be issued a **C-summons** and the **weapon will be vouchered as arrest evidence.**



- Water Bead Guns are a dangerous trend - TikTok “Orbeeze Challenge”
- If a child is shooting others on post with an Orbeeze Gun... **that is assault**
 - with an adult present – adult can be charged
 - without an adult, juvenile can be charged/JRB
- Per FLW Regulation 190-11:
 - “No firearm, bow, crossbow, slingshot or other projectile weapon shall be discharged in the cantonment area except as part of an approved activity within authorized areas.”
 - “Juveniles, 18 years of age, may not discharge any firearm or other weapon except in the presence of an adult. The only exception is the use of the Outdoor Adventure Center Paintball Range”



TikTok “Orbeeze Challenge” causes injuries to child

SPECIAL EMPHASIS PROGRAMS (SEP)



Federal Women's Program
Hispanic Employee Program
Black/African American Employee Program
Disabled Veterans Affirmative Action Program
Individuals with Disabilities Employee Program
Asian American/Pacific Islander Employee Program
American Indian or Alaskan Native Employee Program

Meetings will be held on the 2nd Wednesday of the month
Truman Education Center, 1000-1130

Special Emphasis Programs (SEP) benefits:

- ♦ An organization that embraces diversity and treats employees fairly and with dignity and respect
- ♦ A work environment free from discriminatory practices
- ♦ Improved communications resulting in positive working relationships
- ♦ Mentoring, networking, and training opportunities for all
- ♦ An awareness and appreciation for all cultures

All are welcome
to attend!
Tell a friend!



To learn more about the Special Emphasis Programs contact:
Fort Leonard Wood Equal Employment Opportunity Office:
usarmy.leonardwood.id-training.mbx.usag-flw-eeo@army.mil
(573) 596-0602



Equal Employment Opportunity



RELIGIOUS SUPPORT OFFICE



Fort Leonard Wood Vacation Bible School

July 17-21, 2023

0900-1200

Main Post Chapel

Age 4 yr to going into 6th grade

**Enjoy Bible lessons, crafts, science, games,
drama, snacks and music.**

Register at Register at

**[https://flw2023vbs.myanswers.com/
keepers-of-the-kingdom/](https://flw2023vbs.myanswers.com/keepers-of-the-kingdom/)**

Or POC: Martha Strong at the email below.

POC: Martha Strong, DRE martha.a.strong.civ@army.mil or 6-0089



RELIGIOUS SUPPORT OFFICE



POC: Martha Strong, DRE martha.a.strong.civ@army.mil or 6-0089

WE ARE THE ARMY'S HOME



RELIGIOUS SUPPORT OFFICE

CATHOLIC WORSHIP

Catholic Mass

Soldier Memorial Chapel (SMC)
0900 – Sunday

Adoration

Soldier Memorial Chapel (SMC)
Following 0900 Mass, 1st Sunday of
each month

Confessions

Following 0900 Mass
Sundays – SMC and Tues & Thurs
after 1200 Weekday Mass

Baptisms

By appt: 573-596-3913

Catholic Baptism Class

4th Sunday following 0900 Mass

Weekday Mass

Soldier Memorial Chapel
1200, Tues, Weds & Thurs

**Holy Day of Obligation masses will
begin at 1200**

SUNDAY PROTESTANT WORSHIP

Gospel Protestant

1000 – Central Iowa Chapel

Traditional Protestant Service

1030 – Soldier Memorial Chapel

Crossroads Community

Contemporary Service

1100 – Main Post Chapel

OTHER SERVICES

Jewish Shabbat

1900 - Fridays
South Iowa Chapel

Buddhist Service

1900 – Thursdays
North Iowa Chapel

Islamic Service

0800-1000 – Sundays
Main Post Chapel

Pagan Service

0800 – 1st & 3rd Sundays only
North Iowa Chapel

IET Latter Day Saints Worship (LDS)

1300-1500 – Sundays
South Iowa Chapel

RELIGIOUS EDUCATION

Catholic Religious Education Classes

1100 – 1230 Sundays (Sep-Apr)
K – 8th grades, Confirmation

Religion Class for Adults (RCIA) &

Religion Class for Children (RCIC)

Bldg 6501, 3307 Indian Ave (YREC)

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 is 8 Feb – 26 Apr

STUDIES

Protestant Women of the Chapel (PWOC)

Tuesdays, 0900-1145, Main Post Chapel
For more information: pwocflw@gmail.com
or
<https://facebook.com/fortleonardwoodpwoc/>

Catholic Women of the Chapel (CWOC)

Thurs, 0930 at MPC
POC: Rebekah DuBois, cwocflw@gmail.com

Catholic Women's Bible Study

Sundays, 1100-1230 (during CCD)
Bldg 6501, 3307 Indiana Ave (YREC)

Catholic Young Adults of the Chapel

<https://www.facebook.com/groups/5230030980413676>

Latter Day Saints Study

@ Faith Skills, 8 Feb – 26 Apr

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>

Marine Corps Bible Study

Weds, 1130 – 1230
Specker Chapel

GLWACH Bible Study

Weds, 1200-1300
MEDDAC Classroom



YOUTH

Warriors 4 Christ, 1 – 5 Grade

@ Faith Skills, 8 Feb – 26 Apr

Youth of the Chapel, 6-12 Grade

Weds, 1815-2000
Bldg 6501, 3307 Indiana Ave (YREC)
POC: CH Hamlin Email:
kyle.d.hamlin2.mil@army.mil

Catholic Youth of the Chapel (CYOC)

Sundays, 1300-1500
Bldg 6501, 3307 Indiana Ave (YREC)
POC: Ashley Foreman
Email: ashelynhforeman@gmail.com

**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>

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



DECA



Build your basket with us! The Dietitian Approved Thumb (DAT) makes it easy to identify foods that are nutrient dense from lean proteins, healthy fats and whole grains, etc.

There are approximately 3,200 consumer packaged goods that are in the DeCA portfolio that qualify for the DAT. This number will continue to grow!

You can find more information about healthy living in the link below:

<https://www.commissaries.com/healthy-living>

Don't struggle taking your groceries out, let a bagger help out!

Commissary baggers, from the community, for the community, supported by the community



Don't forget to tip the nice bagger



Grab 'n Go Fueling Stations - Deli Specialties



<https://publicaffairs-sme.com/Community/befit/>

SIGN UP FOR EMAILS! Get exclusive email-only offers and advance notice about sales & events.



Enter Email Address

SUBSCRIBE

ENTER TO WIN OUR



SWEEPSTAKES!



See details and enter for your chance to win!

SAVINGS

- Weekly Ads
- Savings Center
- Rebates
- Restaurant Coupons
- Deal of the Day
- Coupon Acceptance Policy
- Price Match Policy

SHOP MY EXCHANGE

- Express Online
- Provide Store Feedback
- Business Delivery
- Reel Time Movie Guide
- Gift Card Balance Check
- Purchase Gift Cards
- Home Services

CUSTOMER SERVICE

- Contact Us
- FAQs
- About My Order
- Returns & Exchanges
- Shipping & Delivery
- Warranties
- For Overseas Customers
- Product Recalls & Alerts



MILITARY LIFE

- BE FIT
- Family Serving Family
- Homeschooling
- School Meal Program
- The HUB
- PCS Headquarters
- Emergency Preparedness

BEFIT Press Release
Exchange's 'BE FIT Live' Workouts Pump Up the Military Community
Read Exchange Newswroom Press Release

BE FIT LIVE EVERY MONDAY

Grab your workout gear plus your favorite pair of shoes and prepare to sweat with BE FIT ambassadors - Roy Montez, SMSgt. Sonja Berry and CPT Brad Bush as they tackle fundamental movements during at-home workouts every Monday at 900 CDT on the **Exchange Facebook!**






BEFIT 360°




@SHOPMYEXCHANGE

BEFIT 360°

GET THE GEAR YOU NEED

shopmyexchange.com

BEFIT 360°

Team & Ambassadors




Roy Montez
 BE FIT Ambassador & Strategic Marketing Manager, Exchange

SMSgt. Sonja Berry
 BE FIT Ambassador

COMMUNITY INTEREST FLW UNITED SOCCER CLUB

History

- Founded in **2015** (official FLW adult soccer team)
- 7x Defenders Cup Appearances
- All practices after duty hours
- Scrimmages / tournaments over weekends

Eligibility

- Service Members
- DoD Civilians
- Family Members (18 and older, out of HS)
- Contractors
- Veterans



Outreach

- Youth Soccer Camp(s)
- Adult Soccer Camp(s)

Events

- **Defender's Cup Tournament**
 - 01-04SEP23
 - World Cup style tournament
- St. Louis Cup of Nations
 - Recreation and competitive brackets
- Regional scrimmages / tournaments
 - Whiteman AFB
 - Scott AFB
 - Ft. Campbell
- Scrimmage FLW teams
- **US vs World Match**
- FLW United vs Commander's Cup Champion



COMMUNITY INTEREST



Female Mentorship & Morale Program Flyer May 2023



Topic: Education Opportunities

Join us for a discussion regarding:

- Tuition Assistance
- Credentialing
- GI Bill Benefits for Service Members and families (Montgomery and Post 9/11)
- Yellow Ribbon Program



Who: All genders, ranks, branches, and civilian employees invited!

Event: Guided Discussion

When: Tuesday, 16MAY23 0700-0830

Where: Starbucks in the FLW Mini-mall



Interested in facilitating a session, suggesting a future topic, or want more information? Reach out at: michelle.m.kokoski.mil@army.mil



Join us on social media!

<https://www.facebook.com/groups/1005147799516218/media>

- ✓ Connect with mentors and friends
- ✓ Earn Professional Development Units
- ✓ Network with other professionals



Female Mentorship & Morale Program Calendar for 2023 Fort Leonard Wood, Missouri



ALL genders, ranks, service branches, and civilian employees invited!



Date	Location	Event	Topic/Speaker
Apr 18 2023, 0700-0830	Starbucks in the FLW Mini-mall	Open Discussion	Topic: New ALARACTS and DoD Directives
May 16 2023, 0700-0830	Starbucks in the FLW Mini-mall	Guided Discussion	Topic: Credentialing and School Opportunities Guest Facilitator: Education Center
Jun 20 2023, 0700-0830	Starbucks in the FLW Mini-mall	Open Discussion	Topic: Navigating Child Care in the Military
Jul 18 2023, 0700-0830	Starbucks in the FLW Mini-mall	Guided Discussion	Topic: Army Wellness Center Guest Facilitator: TBD
Aug 15 2023, 0700-0830	Starbucks in the FLW Mini-mall	Open Discussion	Topic: Moving to a new Duty Station, Tips & Tricks
Sep 19 2023, 0700-0830	Starbucks in the FLW Mini-mall	Guided Discussion	Topic: Renting vs. Buying in the Military; The VA Loan Guest Facilitator: CPT Michelle Kokoski
Oct 17 2023, 0700-0830	Starbucks in the FLW Mini-mall	Open Discussion	Topic: Avoiding Burn-out
Nov 21 2023, 0700-0830	Starbucks in the FLW Mini-mall	Guided Discussion	Topic: Military Evaluations and Candid Conversations Guest Facilitator: TBD
Dec 19 2023, 0700-0830	Starbucks in the FLW Mini-mall	Open Discussion	Topic: Maintaining Healthy Habits
Jan 16, 2024 0700-0830	Starbucks in the FLW Mini-mall	Guided Discussion	Topic: Emotional Intelligence & the Workplace Guest Facilitator: TBD

Interested in facilitating a session, suggesting a future topic, or want more information? Reach out at: michelle.m.kokoski.mil@army.mil



Join us on social media!

<https://www.facebook.com/groups/1005147799516218/media>

- ✓ Connect with mentors and friends
- ✓ Earn Professional Development Units
- ✓ Network with other professionals



COMMUNITY INTEREST



Hours of Operation:
Thursday – Sunday: 8:30am – 4pm
Building 805 Iowa Ave.

Upcoming Events:

- *Thursday, May 4th at 0830: USO Muffin Morning
- *Friday, May 5th at 1700: USO Family Night Out: Culver's
- *Thursday, May 11th at 0930: USO Coffee Connections
- *Friday, May 12th at 1700: USO Craft Time for Mom
- *Monday, May 15th at 1800: USO Spouses Night Out: Colton's
- *Thursday, May 18th at 0830: USO Muffin Morning
- *Saturday, May 20th at 1100: USO Luncheon with Heroes
- *Thursday, May 25th at 1030: Continuing Your Journey Workshop
- *Saturday, June 3rd at 1500: Brightening Your Community

Registration for all events is online at: missouri.uso.org

For additional information, please contact
Kelly Brownfield at kbrownfield@uso.org
573-329-2039



Transitions

OFFERING 1:1 VIRTUAL SUPPORT TO TRANSITIONING SERVICE MEMBERS, AGR, & MILSPOUSES

FREE Civilian or Federal Resume Writing

Access to Online Learning Platforms

Personal Branding Workshops

Mentorship Connections

& More Personalized Resources In:

**EMPLOYMENT | EDUCATION | VA BENEFITS
FINANCIAL READINESS | MENTORSHIP**

Register with us today!
uso.org/transition



COMMUNITY INTEREST

Music & Me

Ages 18 mo to 5 years old



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Mondays
June 5th - July 17th
9:00 am - 9:45 am
or
10:00 am - 10:45 am
Cost: \$10.00

This parent/child interactive music program will help little ones develop their innate musicality.

This program will incorporate both music education and child development. Because we recognize that children learn through play, we make everything we do in class engaging and fun.



Help Me Grow

SUMMER

Age: 3 years old



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Session 1

Tuesdays: 9:30 am - 11:00 am
June 6th - July 18th

Thursdays: 12:30 pm - 2:00 pm
June 8th - July 20th

Session 2

Tuesdays: 9:30 am - 11:00 am
July 25th - August 29th

Thursdays: 12:30 pm - 2:00 pm
July 27th - August 31st

Preschool daily schedule includes
Art, Writing, Circle Time, & Free Play.

Curriculum includes:
letters, numbers,
colors and shapes.

Cost: One-time fee of \$25.00 for each 6 week session.
*Parent must stay on site during program.



Help Me Learn

SUMMER

Ages 4 to 5 years old



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Session 1: 9:30 am - 11:00 am
Wednesdays & Fridays
June 7th - July 21st

Preschool daily schedule includes
Art, Writing, Circle Time, & Free Play.

Session 2: 9:30 am - 11:00 am
Wednesdays & Fridays
July 26th - August 30th

Curriculum includes
letters, numbers,
colors and shapes.
Pre-literacy, math,
science & social skills
are incorporated.

Cost: One-time fee of \$50.00 for each 6 week session.
*Parent must stay on site during program.



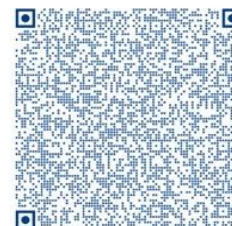
Register online:

www.asymca.org/fort-leonard-wood-home

For More information: (573) 329-4513
zguller@asymca.org



facebook.com/armedservicesymcaflw



Armed Services YMCA of Missouri . 13900 Replacement Ave. Fort Leonard Wood, MO. 65473



Next Community Information Forum

2023 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 – SNAIR / 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



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





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**

Interactive Customer Evaluation (ICE)

**WE
NEED
YOU!**

ICE
INTERACTIVE CUSTOMER EVALUATION



Be a Super Hero Today!

Sustain or Improve? Tell us what you think.



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

WE ARE THE ARMY'S HOME



BACK UP SLIDES

HOME BASED BUSINESS



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:

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

CHILD CARE in your on-post home you
MUST be register with CYS Family Child
Care (FCC)

13486 Replacement Ave, Bldg... 470,
Ste. 1125 (573)596-0185

Easy as 1,2,3

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, Suite 1104. You may also mail your HBB application and supporting documents to megan.j.odonoghue.naf@mail.mil

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

Family & MWR will route to the Garrison for approval and notify you once approved.

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 [\(573\) 596-0283](tel:5735960283) for more information.