



Community Information Forum April 2024

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

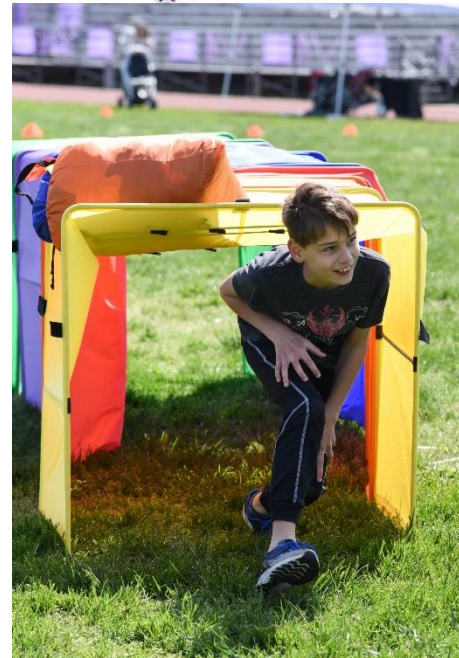
<https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447>

Or click the QR code



Family Focus

Month of the Military Child



**MONTH OF THE MILITARY CHILD
SAFETY**



Kids Need Safety – Kids Love Safety!

Gun Locks, Furniture Tip Over Prevention Kits

Summer Safety Information

Water Safety

Garrison Safety
4040 Hawaii Ave
Building 312 2nd Floor
Fort Leonard Wood, MO 65473
573-596-2100/0116/3449



DFMWR / CHILD & YOUTH SERVICES



MOMC PALOOZA
MONTH OF THE MILITARY CHILD CELEBRATION
APRIL 20
10AM-2PM
GERLACH FIELD

Bounce houses, music, food trucks, static displays, obstacle course, games, activities, and much more!

This event is in partnership with DPW to celebrate Earth Day!



573-596-0238
LEONARDWOOD.ARMYMWR.COM



FORT LEONARD WOOD
NIGHT AT THE MUSEUM
RACE TO REMAGEN

JOIN US FOR THE FIRST EVER LOCK-IN AT AN ARMY MUSEUM!

Can your team make it to Remagen and the Ludendorff Bridge first? Test your skills in our escape room and scavenger hunt through each regiment's part of the museum—plus activities, prizes, pizza, bowling, and more!

Open to students in grade 6-12. Registration and forms due by April 5th. Spots are limited, so register TODAY!

APR 12, DROPOFF: 6PM
APR 13, PICKUP: 7AM
FORT LEONARD WOOD MUSEUM COMPLEX



MONTH OF THE MILITARY CHILD
PURPLE UP!
COMPETITION

Celebrate month of the military child with us by decorating your facility in purple!

Let us know that your office/building would like to be entered into the competition for the title of best decorated. Special prize for the winning facility!

Enter by emailing jennifer.l.chapman24.naf@army.mil no later than April 12. Competition takes place April 15.



573-596-0238
LEONARDWOOD.ARMYMWR.COM




CYS SPIRIT WEEK APRIL 2024

				
<p>PURPLE UP MON, APR 15</p> <p>Wear as much purple as you can!</p>	<p>PJS VS PROM TUES, APR 16</p> <p>Chill in your pjs or get fancy with glam!</p>	<p>CAMO DAY WED, APR 17</p> <p>Wear as much camo gear as you can!</p>	<p>INSIDE OUT THU, APR 18</p> <p>Be funny—wear your clothes inside out!</p>	<p>TAKE ME TO THE ZOO FRI, APR 19</p> <p>Represent your favorite zoo animal!</p>




No federal endorsement implied.

WE ARE THE ARMY'S HOME



DFMWR / ARMY COMMUNITY SERVICE

Month of the Military Child Family Focus



April is **Child Abuse Prevention Month** in America. It's an annual observance dedicated to raising awareness and preventing child abuse.

Candy Land in the Woods: Child abuse prevention and awareness table. Infuze Credit Union 13 April 11am-2pm

MOMC Palooza: FAP child abuse prevention and awareness table. Gerlach Field 10am-1pm

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



Pinwheels for Prevention: Look for Pinwheels to fly around Army Community Service in support of child abuse awareness and prevention. All of April

Wear blue Fridays: Wear a blue ribbon, pin, or clothing to promote prevention. Each Friday in April

AER Campaign: March – June

AER has been helping SM with emergency needs since 1942

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



BOUNCE HOUSE



25% OFF RENTALS

MONTH OF APRIL

CELEBRATE APRIL - THE MONTH OF THE MILITARY CHILD - AT OUTDOOR ADVENTURE CENTER WITH 25% OFF BOUNCE RENTALS!

 Outdoor Adventure Center, Bldg 2290 FLW K Road
573-596-4223
 LEONARDWOOD.ARMYMWR.COM




DAUGHERTY BOWLING CENTER

KIDS BOWL FREE!

APRIL 1 THROUGH SEPT 30

2 FREE GAMES PER CHILD PER DAY
 (SHOE RENTAL AT REGULAR RATE)
 WEDNESDAY - SATURDAY OPEN TO CLOSE
 (NOT AVAILABLE SUNDAYS OR HOLIDAYS)


SIGN UP AT KIDSBOWLFREE.COM



 Daugherty Bowling Center, Bldg 1699 S. Dakota Ave.
573-596-1498




TURN IT TEAL ZUMBA




APRIL 13, 9AM


DAVIDSON FITNESS CENTER

Join us for a Zumba experience for a good cause! Wear teal and show support for Sexual Harassment / Assault Response and Prevention awareness.

Register from April 1 - 12: \$7
 Day of event: \$10

Spaces are limited - register by phone or in person at Davidson Fitness Center.

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







POP-UP OPEN SWIM

APR 27, 5PM

DAVIDSON FITNESS CENTER POOL

Join us for an evening of recreational swim!
 \$3 per person, free to ages 3 and under.
 Swim wear required.

 **573-596-3529**
 LEONARDWOOD.ARMYMWR.COM

BOSS

Better Opportunities
for Single Soldiers

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

Upcoming Events:

- Board Study:** 3 April & 17 April
Boss Corner, BLDG 496
- BOSS Meetings:** 4 April & 18 April
Boss Corner, BLDG 496
- Boat Certification:** 27 April & 3 May (50 Slots)

Volunteer Opportunities Available!!!



BOSS ADULT SWIM LESSONS
DAVIDSON FITNESS CENTER POOL

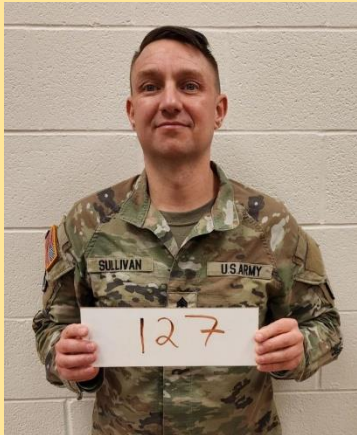


Contact your BOSS Rep!



*Harry S. Truman Army Education and Personnel Testing Center
College and University Center*

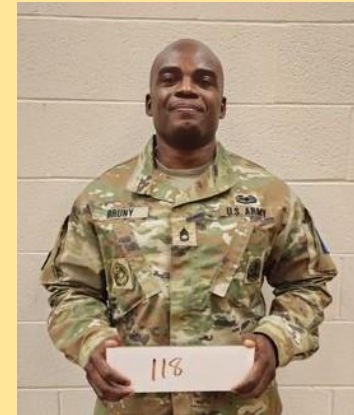
BSEP STUDENTS ARE ON FIRE!!



February
1SG Ryan Sullivan
A Co, 58th Trans
Highest GT Score: 127



March
SGT Marlon Zepeda-Cruz
58th Trans (MTO)
Highest Score: 126
Highest Point Increase: 32



February
SFC Steve Bruny
D Co, 31st En Bde
Highest Point Increase: 20

Contact the Education Center at 596-0172,
for any questions. Find us on Facebook!

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



*Harry S. Truman Army Education and Personnel Testing Center
College and University Center*

BSEP CLASSES

7 - 21 May

4 - 18 June

9 - 23 July

Contact the Education Center, 596-0172

WARRANT OFFICER BRIEFINGS

10 APRIL

12 JUNE

15 MAY

10 JULY

**Building 499, Room 25
1130 - 1300**

Contact the Education Center at 596-0172,
for any questions. Find us on Facebook!

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



SPOUSES' RESOURCE CENTER

Spouses' Resource Center

NOW OPEN!

Resources Include



Community

Collaborate with installation, local and government agencies to expand the range of resources and opportunities.



Education

Provide guidance in education, and professional growth development through workshops, and seminars.








Employment

Offer workshops on creating or improving resumes, cover letters, interview techniques, and dress for success.

Monday - Thursday 8:00 a.m. - 4:00 p.m.
 13486 Replacement Avenue Building 470, Room 2222
 573-596-3196; 8066
 SRC-FLW@outlook.com

SRC SPOUSES' RESOURCE CENTER APRIL EVENTS

TUESDAY APRIL 2ND @ 1200 Lunch and Learn! Get out of your comfort zone and pursue your dreams. By: Mr. Joe Vigil 	WEDNESDAY APRIL 10 @ 1000 Join the Armed Forces Wellness Center to learn and talk about stress and sleep. 
TUESDAY APRIL 16 @ 100 PM Come join PENMAC and Drury University and learn how you can become a substitute teacher.  	WEDNESDAY APRIL 24 @ 0900 Join the CPAC Director on a USAJOBS overview, and federal resume review (please bring your resume ready). 

TUESDAY APRIL 30 @ 100 PM

Maximize your potential and stand out from the competition with our mock interviews, tools, and resources.




RESERVE YOUR SPOT!
 573-596-3196 OR SRC-FLW@OUTLOOK.COM
 BLDG 470 ROOM 2222

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




GLWACH




 **Nose**


- Sniffing, snorting, rubbing
- Stuffy or runny

 **Eyes**


- Itchy
- Watery

 **Throat**


- Throat clearing
- Sneezing

 **Dust**


- Dust mites, fine particles (pollen, mold, animal dander)

 **Animal Hair**

- Cats, dogs, guinea pigs, gerbils, rabbits & other pets

 **Molds**

- Often too small to see!

 **Toys/ Clothing**

- Made or stuffed with animal hair





Allergy Symptom Management



- Use AC where possible to decrease exposure to pollen in car and home
- Molds are present in spring + late summer, especially around decaying vegetation. Avoid playing in piles of dead leaves
- Dust mites are often found in upholstered furniture, bedding, rugs (where they can feed on flakes of human skin)
- Padded furnishings (mattresses, box springs, pillows, cushions) – encase them in allergen-proof, zip-up covers
- Wash linens weekly! Wash other blankets and bedding every 2-3 weeks in hot water to kill dust mites
- Replace pillows every 2-3 years
- Ask your pediatrician! There are many antihistamines and nasal sprays





**Fort Leonard Wood
Vacation Bible School**

July 22-26, 2024

0900-1200

Main Post Chapel

Kids Going into Kindergarten – 6th

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

Register NOW at

[https://flw2024vbs.myanswers.com/
jungle-journey/](https://flw2024vbs.myanswers.com/jungle-journey/)

Or POC: Martha Strong at the email below.

Military Kids Thrive

Saturday, 27 April
1700-1900

Main Post Chapel
Building RAFTs and PIERs
For Smooth Sailing



- ◆ Dinner for the family
- ◆ Guest Speaker: Dr. Becky Powell
- ◆ Learn and practice positive family communication
- ◆ Help your child build RAFTs and PIERs to be resilient when navigating the rough waters of military life and to enjoy the ride when its smooth sailing
- ◆ RSVP by 22 April to DRE Martha Strong,
Martha.a.strong.civ@army.mil, 573-596-0089 or
text 715-572-4324



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: 573-596-3913

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

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

OTHER SERVICES

Jewish Shabbat
Service Temporarily Suspended
1900 - Fridays
South Iowa Chapel

Buddhist Service
1900 – Thursdays
North Iowa Chapel

Islamic Service
0800-1000 – Sundays
Main Post Chapel

Pagan Service
Service Temporarily Suspended
North Iowa Chapel

IET Latter Day Saints Worship (LDS)
1300-1500 – Sundays
South Iowa Chapel

RELIGIOUS EDUCATION

Catholic Religious Education Classes
1115 – 1245 Sundays (Sep-May)
Bldg 608 – Main Post Chapel
K – 8th grades, Confirmation
POC: Annie Gasway, 573-596-3913

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: 21 Feb thru 1 May 2024

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)
Every other Thursday
0930 at MPC, Sep - May
POC: Emily Jacobs, 224-210-3244
cwocflw@gmail.com

Catholic Young Adults of the Chapel
<https://www.facebook.com/groups/5230030980413676>
Tuesdays at 1730
POC: Molly Sawyer, 812-453-0855

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>

GLWACH Bible Study
Thurs 1200-1300
MEDDAC Classroom

Officer Christian Fellowship Bible Study
Tuesdays, 1800 – Dinner provided
Digital Training Facility (DTF)
POC: Chad Ramskugler, 414-458-4460

YOUTH

Warriors 4 Christ, 1 – 5 Grade
@ Faith Skills, Spring 21 Feb – 1 May

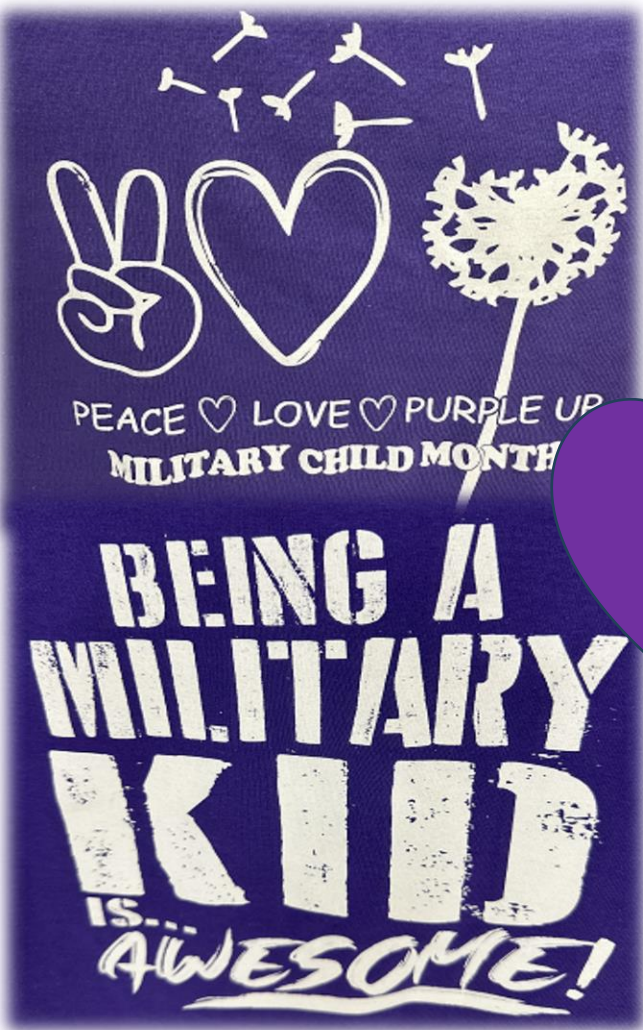
Youth of the Chapel, 6-12 Grade
Mon & Weds, 1800-2000
Bldg 608 – Main Post Chapel
POC: CH Darrell Burriss
573-596-2695

**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>





We have MOMC t-shirts!! \$12

10% OFF TOYS WITH YOUR MILITARY STAR CARD 29 MAR – 02 MAY



FLW Main Exchange

We are joining the activities at MOMC PALOOZA on 20 April @ 1000 We will have giveaways and one enter to win Monster Jam 24 volt ride-on truck



Join us at the **MOMC Palooza** on base
April 20, 2024

as the Commissary helps you
race to the savings with our
Unilever sponsored Commissary NASCAR
simulated car!

- Race in a Simulated NASCAR
- Giveaways (T-Shirts, Hats, Decals & More)



Save the Date!

May 16-19, 2024

Ft. Leonard Wood Commissary
Sidewalk Sale!

- Giveaways
- Demos and Samples
- Great Savings
- Amazing Customer Service
- Serving the Best Customers!





Hours of Operation:

Thursday – Sunday: 0830-1600

Building 805 Iowa Ave.

Upcoming Events:

Thursday, April 4th at 0830: USO Muffin Morning

April 8th – 12th: MOMC USO & Culver's Celebration

Thursday, April 11th at 0930: USO Coffee Connections

Thursday, April 18th at 0830: USO Muffin Morning

Friday, April 19th at 1700: USO Family Game Night: Bingo Edition

Thursday, April 25th at 1030: Cont. Your Journey Workshop

Saturday, April 27th: USO Luncheon with Heroes

Thursday, May 2nd at 0830: USO Muffin Morning

Friday, May 3rd at 1100: USO Spouses Craft Social

**** Due to overwhelming USO building reservation requests, we are not taking anymore requests until after May 1st. ****

Registration for all USO events occur online. Please call or stop by the center to get more information regarding when RSVP's open for each event:

[HTTPS://MISSOURI.USO.ORG](https://missouri.uso.org)

(573) 329-2039

POC: Kelly Brownfield kbrownfield@uso.org



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**



SAFETY AROUND WATER (SAW)



**FREE WATER SAFETY CLASS
FOR 1ST AND 2ND GRADE STUDENTS.**

**71% OF THE WORLD IS
WATER, CHILDREN ARE
100% CURIOUS**

Students will learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

This 1-day course, taught by a certified instructors, teaches children skills that will reduce the risk of drowning and give them confidence in and around water.



**BE WATER
READY**



REGISTER NOW



REGISTER NOW

Location: Davidson Fitness Center

Tuesday, April 2: 6:00pm–7:30pm

Thursday, April 4: 6:00pm–7:30pm

Monday, April 8: 6:00pm–7:30pm

Thursday, April 11: 6:00pm–7:30pm

Tuesday, April 16: 6:00pm–7:30pm

Thursday, April 18: 6:00pm–7:30pm

Monday, April 22: 6:00pm–7:30pm

Thursday, April 25: 6:00pm–7:30pm

Tuesday, April 30: 6:00pm–7:30pm

***Please only register for one session.
Each session will be the same class.***

**Register at fortleonardwood.asymca.org
For more information call 573-329-4513**

The ASYMCA is not a part of the Department of Defense or any of its components and it has no Government status.



Candy Land

IN THE WOODS



**Bring the family
to enjoy:**

- Face Painting
- Bouncy House
- Food & Drinks
- Raffle Drawings
- Rescue Vehicles
- Activities from local organizations

Infuze Credit Union
Saturday, April 13th
11:00 am-2:00 pm

infuzecu.org/candyland 

5000 Illinois Ave. Bldg. 494. Fort Leonard Wood



Next Community Information Forum

2024 Sessions

- January – New Year, Healthy You (Wellness)
- February – Transition Services
- March at Main Post Chapel – Make a Difference
- April – Month of Military Child (Family Focus)
- **May – Fitness and Sports Month (Strong B.A.N.D.S.)**
- June – Summer Fun
- July – Welcome to FLW
- August – Back to School
- September – Community Resources
- October – Awareness Month
- November – SNAIR / Winter Safety
- December – (NO Forum due to HBL)

Community Information Forum ICE Comments

Share your comments/concerns by scanning the QR Code



SHARE this month's slides

Scan QR Code & send CIF Slides in your team notes





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 Website
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

Interactive Customer Evaluation (ICE)

**WE
NEED
YOU!**



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 <https://leonardwood.armymwr.com/happenings/join-our-team>
- Apply online at usajobs.gov, Keyword: NAF
- Contact the NAF HR Office at [\(573\) 596-0283](tel:5735960283) for more information.