



U.S. ARMY



Community Information Forum – January 2023

COL Pollio, Garrison Commander

Ms. Megan O'Donoghue
Director
Family and Morale, Welfare and
Recreation



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.





Community Information Forum / Fort Leonard Wood

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



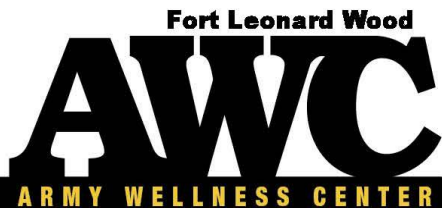


JANUARY IS...

New Year, Healthy You

WELLNESS – MIND, BODY, & SOUL





Body Composition Analysis
Metabolic Testing
Weight Management
Nutrition Education
Wellness Coaching
Health Assessments
Fitness Testing
Exercise Prescriptions
Stress Management
Sleep Education

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



FLW AWC has all the services
you need to make this goal
achievable!



Call to schedule:
(573) 596-9677

Appointments:
Monday-Friday
0730-1000, 1200-1430

14122 Third Street
BLDG 350



GLWACH



Walk-in Contraceptive Services

Leonard Wood Medical Home
Primary Care Clinic

Wednesdays, 0740 to 1600 hours

-NO APPOINTMENT REQUIRED-

Services Offered:

- Contraceptive Counseling
- Family Planning
- Birth Control (short and long term)
- Emergency Contraception (Plan B)





Community Information Forum / Fort Leonard Wood

DFMWR / BUSINESS & RECREATION



DAVIDSON FITNESS CENTER

GROUP FITNESS - JAN

\$3 PER CLASS

MON
9:00 AM H.I.T.T.
2:00 PM ZUMBA
6:30 PM MIXED FIT

TUES
9:00 AM CYCLING

WED
9:30 AM H.I.T.T.
6:00 PM STRONG NATION

THUR
11:15 AM CYCLING

FRI
9:00 AM H.I.T.T.
2:00 PM ZUMBA

SAT
8:45 AM ZUMBA
10:00 AM RIPPED
11:30 AM AQUA ZUMBA

SUN
2:00 PM ZUMBA



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



DAVIDSON FITNESS CENTER: BLDG 1300 S. DAKOTA AVE.

573-596-4359

LEONARDWOOD.ARMYMWR.COM



1000/500_{LBS} CLUB



APRIL 2022 - APRIL 2023

SPECKER GYM

MONDAY - SATURDAY, 7AM-6PM

What's your PR? Challenge yourself monthly at Specker Gym to lift.
Men: over 1,000lbs, women: 500lbs.
Free to authorized personnel, age 16 & up.
Reach your goal and join the
Specker Power Club!



SPECKER GYM
Fort Leonard Wood, MO

Your Name Here

000 LBS.

January, 2023

In recognition of your Outstanding Achievement, of lifting more than 500lbs.



SPECKER GYM
Fort Leonard Wood, MO

Your Name Here

0000 LBS.

January, 2023

In recognition of your Outstanding Achievement, of lifting more than 1000lbs.



573-596-7377
LEONARDWOOD.ARMYMWR.COM





Community Information Forum / Fort Leonard Wood

DFMWR / BUSINESS & RECREATION



FY23 SPORTS PROGRAM CALENDAR OF COMMANDERSS CUP EVENTS

Sport	Letter of Intent Due	Coaches Meeting	League Starts	Commander's Cup Starts
5K	4 Oct 22	6 Oct 22		7 Oct 22 (1100)
Flag FB	9 Aug 22	11 AUG 22	16 Aug 22	11 Oct 22
Volleyball	11 Oct 22	13 Oct 22	25 Oct 22	13 Dec 22
Swimming	21 Feb 23	23 Feb 23		25 Feb 23 (0900)
Basketball	10 Jan 23	12 Jan 22	17 Jan 22	21 Mar 23
Bowling	31 Jan 23	2 Feb 23	9 Feb 23	6 Apr 23
10K	18 May 23	20 May 21		21 May 21 (1700)
Soccer	18 Apr 23	20 Apr 23	25 Apr 23	13 Jun 23
Trap	8 Aug 23	10 Aug 23		11 Aug 23
Softball	13 Jun 23	15 Jun 23	27 Jun 23	22 Aug 23
Golf	11 Jul 23	12 Jul 23	13 Jul 23	7 Sep 23
3-D Archery	15 Aug 23	17 Aug 23		18 Aug 23 (1100)





Community Information Forum / Fort Leonard Wood

DFMWR / CHILD & YOUTH SERVICES



CYS Youth Sports & Fitness



YEAR-ROUND YOUTH COACHES NEEDED!

Make a difference in the life of a child!
Coaches receive a discount that allows their children to participate at no cost in the sport they coach. Contact Mr. Nott at the number below for more information. Volunteers must be 18 and older, have a background check, fingerprints, and be trained in child abuse and other related topics. Please contact Mr. Nott at the number below!



YSF is available to children and youth currently registered with CYS ages 3 to 18. Sport physicals are required to participate. YSF offers a variety of sports.

- Winter: Basketball and Cheerleading
- Spring: Soccer
- Summer: Baseball, Volleyball and Basketball
- Fall: Soccer, Flag Football, and Cheerleading

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

Contact Parent Outreach Services at 573-596-0283.





Community Information Forum / Fort Leonard Wood

DFMWR / ARMY COMMUNITY SERVICE

New Year, Healthy You



Financial Readiness

- Thrift Saving Plan
- Blended Retirement System
- Retirement Planning
- Credit Score Review
- Monthly Budget Counseling
- Personal Financial Readiness

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

Family Advocacy Program

- Stress and Anger Mgmt
- Parenting from the Heart
- Bundles of Joy
- Playgroups

Relocation Readiness

- PCS Overseas Orientation
- Lending Closet
- Sponsorship Training

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





Community Information Forum / Fort Leonard Wood

Transition Assistance Program

Military Spouses Employment Initiative:

On 13Jan2023, 9:00AM -3:30PM, Bldg. 470, Rm2224/2225

What's available:

- Career Assessment and Guidance
- Development of Employment Plan
- Connection to Resources
- Placement in Paid Work Experience for 300 hours.
- On-the-Job Training with private employers to develop job specific skills to meet employment expectations
- Occupational Skills Training: assistance with tuition payments, fees and supply costs
- Case Management throughout training
- Support Services to assist with transportation, childcare and work/training related expenses

Eligibility:

- Spouse of an active-duty military member who has been deployed for a minimum of four months
- Must be unemployed or dislocated as a result of change of duty station.

Eligibility verification:

- Driver's License and Social Security Card
- DD214 of the active-duty military member
- Verification of Deployment for a minimum of 4-months.
- Change of duty stations paperwork
- Verification of applicant's employment, prior to change of duty station
- Copy of Marriage License or tax form to verify marital status

FRIDAY
JAN 13

**MILITARY SPOUSE
RECRUITMENT EVENT**

**DILLARD HALL | THE SOLDIER SUPPORT CENTER
BUILDING 470, ROOM 2224-2225
9:00AM - 3:30 PM**

TRAINING OPPORTUNITIES AVAILABLE:
**PAID WORK EXPERIENCE | ON-THE-JOB TRAINING
OCCUPATIONAL SKILLS TRAINING**

ELIGIBILITY REQUIREMENTS:
A Spouse of a Veteran or Military Service Member must:
Be unemployed; and
The spouse of a member of the active duty U.S. military personnel; or
The spouse of a member of the Active or Reserve Component of the U.S. Armed Forces
(National Guard/ Reserve/Active Duty) where (a) the service member must have been deployed
for at least four months; and (b) the service member must not be over five years from date of
discharge from a deployment.

**VISIT CWDREGION.COM/MOHEROESCONNECT
FOR MORE INFORMATION CALL 573.201.1143**

Central Region Workforce Development Board, Inc. and COPIC are equal opportunity employers/programs. Auxiliary aids and services are available upon request to individuals with disabilities. Missouri Relay Services at 711. Si necesita asistencia para traducir y entender la información contenida en el documento(s) que recibió, llame al 573-426-6030 ext.2.





ARMY SUBSTANCE ABUSE PROGRAM

Employee Assistance Program

- It's not just for employees—family members and retirees are also welcome
- Short term counselling, referral & follow-up
- Source of information

ASAP Prevention Services for your unit or organization

- Substance abuse prevention and suicide prevention education
- Impaired driving prevention





SAFETY

Top Winter Weather Safety Tips - *55

Winter Storm Watch indicates that severe winter weather may affect your area within 12-48 hours

Winter Storm Warning indicates severe winter weather is in the area or expected immediately and can be life threatening

Ice Storm Warning is issued for ice accumulations of a quarter-inch or more

Blizzard Warning is issued when sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer

Frost/Freeze Warning is issued when below freezing temperatures are expected

Freezing Rain is rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees, and power lines

Sleet is rain that turns to ice pellets before reaching the ground





Community Information Forum / Fort Leonard Wood

COMMUNITY INTEREST



Come help us save lives

- ✓The Fort Leonard Wood Blood Donor Center collects blood for the Armed Services Blood Program – the official blood collection and transfusion organization for the U.S. military.
- ✓Can donate whole blood every 57 days; blood types O Positive and O Negative needed most
- ✓Can donate plasma every 28 days; blood types A and AB Positive and A and AB Negative needed most
- ✓Walk-in donors and appointments accepted from 8 a.m. – 4 p.m. Monday - Wednesday

Donor Qualifications:

Blood donors must:

- ✓Weigh at least 116 pounds
- ✓Be at least 17 years old
- ✓Feel well for at least three days before donating
- ✓Be well hydrated
- ✓Have eaten something before donating

What's in it for me?

- ✓Time off: Civilian employees authorized up to four hours excused absence to donate blood
- ✓Promotion points: Certificate of Achievement for your third donation to the ASBP

No collections 1-16 Jan 23:

The Fort Leonard Wood Blood Donor Center will be closed for collections 1-16 Jan 23 to conduct a blood drive at the Military Academy at West Point. We will reopen for walk-in donors and appointments 17 Jan 23.

For more information, call 573-596-6150





Community Information Forum / Fort Leonard Wood

RELIGIOUS SUPPORT OFFICE

Faith Skills

Spiritual Fitness for the Family

Faith, Food, Fellowship

WEDS 8 FEB – 26 APR

1730 Dinner 1815 Classes

Main Post Chapel Classrooms

Variety of topics for men, women and children. Watch Care, too.

Info at :<https://www.facebook.com/fortleonardwoodRSO>

Family Life Chaplain,
CH Andrew Spriensma 6-2695 or
andrew.t.spriensma.mil@army.mil
for counseling issues and for
mental wellness



Financial Peace University
STEWARDSHIP Military Edition
Orientation Sessions
JAN 25 & FEB 1 @ 1730-1815 Or
8 FEB @ 1730 on the first night
of Faith Skills

Main Post Chapel Rm 152
www.facebook.com/FPUFLW/



Protestant Women of the
Chapel

Kick Off! Tues 10 Jan
0900 - 1130

Main Post Chapel

Marriage Wellness Event



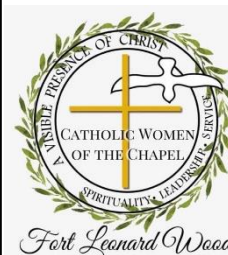
Feb 10th or 11th

At Main Post Chapel

1800 Dinner and Program

24 Couples each Evening

Make reservations with
POC Martha Strong



Catholic Women of
the Chapel

Kick Off!

Thur 12 Jan
0930 - 1130

Main Post Chapel

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





Community Information Forum / Fort Leonard Wood

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, Tuesday & Thursday

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

Buddhist Service

1900 – Thursdays
North Iowa Chapel

Jewish Shabbat

1900 – Fridays
South Iowa Chapel

Islamic Service

1900-2100 – Fridays
North Iowa Chapel

RELIGIOUS EDUCATION

Catholic Religious Education

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)
Classes begin 18 Sep

Faith Skills

(For Family, Faith & Fellowship)
Main Post Chapel (MPC)
Wednesdays, 1730-1930
Fall Session is 7 Sep – 9 Nov

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

STUDIES

Protestant Women of the Chapel (PWOC)

Tuesdays, 0900-1145, Main Post Chapel
For 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

Tuesday, 1900 at South Iowa Chapel

Navigators Bible Study

Weds, 1800-1900, 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

Kids 4 Christ, 1 – 5 Grade

Zoom Club (virtual)
Tuesdays, 1600-1715
POC: Vicky Craine: 928-380-4213

Youth of the Chapel, 6-12 Grade

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

Catholic Youth Group, 6-12 Grade

Sundays, 1300-1500
Bldg 6501, 3307 Indiana Ave (YREC)
POC: Ashley Foreman,
ashleynhforeman@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>





Community Information Forum / Fort Leonard Wood



AAFES

The Exchange has a dedicated program for your Wellness!
Check out our website for more information:

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

- ✓ Main Exchange carries athletic apparel, athletic shoes and a sports nutrition concept in sporting goods
- ✓ Expresses carry a variety of sports nutrition items and other healthy options


BeFit Press Release
Exchange's 'BE FIT Live' Workouts Pump Up the Military Community
Read Exchange Newsroom 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 1100 CDT on the **Exchange Facebook!**

BEFIT 360°


Team & Ambassadors



Roy Montez
BE FIT Ambassador &
Strategic Marketing
Manager, Exchange



SMSgt. Sonja Berry
BE FIT Ambassador



Sgt. Maj. (Ret.) Edward and Lisa Bell
BE FIT Ambassadors



CW2 Sherille Butler
BE FIT Ambassador



DECA

✓ Click 2 Go now has an App!!



✓ Dietitian Approved!

- 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.



✓ Scholarships for Military Children.

Applications are now open for the Scholarships for Military Children Program for academic year 2023 – 2024





Community Information Forum / Fort Leonard Wood

ASYMCA

Help Me Grow Age: 3 years old



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Preschool daily schedule includes
Crafts, Writing, Circle Time, & Free Play.
Curriculum includes letters, numbers, colors and shapes.

**Tuesday & Thursday, 9:30am – 11:30am
or 1:00pm – 3:00pm**

January 3rd – May 18th

Cost: One-time fee of \$166.00

***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

Help Me Learn Ages 4 to 5 years old



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Preschool daily schedule includes
Crafts, Writing, Circle Time, & Free Play.
Curriculum includes letters, numbers, colors and shapes.

Pre-literacy, math, science & social skills are incorporated.

Monday, Wednesday & Friday, 9:30am – 11:30am

January 2nd – May 19th

Cost: One-time fee of \$188.00

***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





Community Information Forum / Fort Leonard Wood

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





Community Information Forum / Fort Leonard Wood



CONNECT
WITH YOUR COMMUNITY

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

DG DIGITAL GARRISON
POWERED BY  

Download on the App Store
GET IT ON Google play

 **MAKE THE CONNECTION**





Community Information Forum / Fort Leonard Wood

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





Community Information Forum / Fort Leonard Wood

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.





Community Information Forum / Fort Leonard Wood

Interactive Customer Evaluation (ICE)

**WE
NEED
YOU!**



Be a Super Hero Today!

Sustain or Improve? Tell us what you think.



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





Community Information Forum / Fort Leonard Wood

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.

