



U.S.ARMY®



Community Information Forum – JAN 2022

COL Paine, 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 TOPIC

NEW YEAR, NEW YOU WELLNESS





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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
active duty**



**Ready for a healthy
lifestyle this New Year?**

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

The best part?
Our services are
FREE!

Monday-Friday
0700-1050, 1150-1600
Staff Training Friday 1300-1600

Call to schedule:
(573) 596-9677

14122 Third Street
BLDG 350





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GLWACH – NUTRITION CARE DIVISION



- Military nutrition environment assessment tool (mNEAT) results
 - FLW scored **53%** with 20 venues included in assessment
- Plans for improvement (2022)
 - Commissary engagement
 - Food availability and behavioral design across FLW
 - Continued social media promotion
- Registered Dietitians available by appointment with **no referral** needed
 - Reasons to see a dietitian: weight loss goals, healthy eating and planning meals, specific dietary needs, immune health, performance nutrition
- InBody 770 machine
 - *Goes beyond the scale*
 - Walk in hours to use machine and review results with dietitian every Friday from 0800-1000
- Nutrition Clinic is located in the basement of GLWACH, Rm 012 and appointments can be made by calling 573-596-1762





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DFMWR / ARMY COMMUNITY SERVICE



- **Army Community Service (ACS)** invites you into a world of education, opportunity and discovery while offering programs and services that promote self-reliance, resilience, and stability during war and peace.
- The **Mission of ACS** is to: Facilitate commander's ability to provide comprehensive, standardized, coordinated, and responsive services that support Service Members, DA Civilians and Families regardless of geographical location.



- **Army Emergency Relief (AER)**
- **Employment Services**
 - Resume Drafting (Civilian/Federal)
 - Military Spouse Employment
- **Exceptional Family Member Program(EFMP)**
 - Briefs for Query, Enrollment and Services
 - Support Groups and Classes for Autism, IEP
- **Family Advocacy Program**
 - Stress and Anger Management Classes
 - Marriage/Parenting Classes
- **Financial Planning Classes/Training**
 - Budgeting; TSP
- **Information and Referral (I&R)/ Relocation Readiness**
 - Community Resources Information
 - Lending Closet
- **On Call Victim Advocate Services 573-528-5784**
- **Relocation Assistance (i.e. Lending Closet)**





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DFMWR / BUSINESS & RECREATION



Come challenge yourself in the water while visiting Egypt!

Swim Across Egypt will be held in the DFC Indoor Pool the month of January during lap swim hours.

From the airport, you'll swim 10.1 miles to the Mosque of Muhammad Ali, then 12.9 miles to the Great Sphinx of Giza, and finally 399.6 miles to the Mortuary of Hatshepsut.

Grab your pamphlet for information about each stop, plus a recipe from Egypt!

Lap Swim Hours: Monday - Friday

6:30 am - 7:30 am

11:30 am - 1 pm

4:30 pm - 6 pm

For more information call +1 (573)596-3529.

Cost: Free to enter - just have a lifeguard write your name on the tracker,
and update your mileage totals as you go.





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DFMWR / BUSINESS & RECREATION



Noontime League Beginning Jan 6 2022, 11:30 am - 12:30 pm

Daugherty Bowling Center on Thursdays beginning 6 January.

2-person teams, 2 games each for 16 weeks.
Open to ages 18 & up.

Cost: \$3 per game
Regular rate for shoe rental

Register @ Daugherty Bowling Center or call (573)596-1498 for more information.

Are you group fitness and CPR AED certified?

MWR Sports, Fitness, and Aquatics is looking for energetic people to be strength and conditioning coaches, personal trainers, group fitness instructors, yoga instructors, and certified self-defense instructors.

Must be willing to work nights and weekends. Must have current certification.





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RELIGIOUS SUPPORT OFFICE

For Financial Wellness



Orientation Sessions
FEB 2 or 9 @ 1800-1845
or 16 FEB @ 1730 on the
first night of Christ Fit
Main Post Chapel Rm 162

Marriage Wellness Event



Friday 4th or Sat 5th
1800 Dinner and Program
24 Couples each Evening
Make reservations with
POC Martha Strong



Friday, 11 FEB at
1800-2030 PM
Inside Main Post Chapel

Come see the 1st movie in
the series. During WWII
four siblings travel through
a closet to an amazing
world of talking animals
and adventure.
Free Popcorn



Spiritual Fitness for the Family

Faith, Food, Fellowship
WEDS 16 FEB – 27 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>



Protestant Women
of the Chapel
Kick Off! Tues 11 Jan
Main Post Chapel



Kids 1st – 5th Grade
Starting 24 Jan
Mondays, 4:15-6pm
Bldg 590 corner of
N. Dakota & Iowa

Family Life Chaplain,

CH Andrew Spriensma 6-2695 or

andrew.t.spriensma.mil@usa.army.mil for
counseling issues for mental wellness

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





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CATHOLIC WORSHIP

Catholic Mass
Soldier Memorial Chapel (SMC)
0900 - Sunday

Adoration
Soldier Memorial Chapel (SMC)
1800-1900, 1st Friday each month

Confessions
Following 0900 Mass Sundays – SMC

Baptisms
By appt: 573-596-3913

Catholic Baptism Class
4th Sunday following 0900 Mass

Daily Mass
Soldier Memorial Chapel
1140 – 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

Jewish Shabbat
1900 – Fridays
Main Post Chapel, Rm 162

Buddhist Service
1900 - Thursdays
Specker Chapel

Islamic Service
1200-1400 - Fridays
Main Post Chapel

RELIGIOUS EDUCATION

Catholic Confraternity of Christian Doctrine (CCD)
1100–1230 (Sep to Apr)
(1st – 8th, Confirmation)
Religion Class for Adults (RCIA) & Religion Class for Children (RCIC)
Bldg 6501, 3307 Indiana Avenue (YREC)

Christ Fit
(For Family, Faith & Fellowship)
Main Post Chapel (MPC)
Wednesday, 1730-1930
Spring session is 16 Feb-27 Apr.



WORSHIP/STUDIES

Protestant Women of the Chapel (PWOC)
Tuesday, 0900 - 1145
For more information on PWOC studies:
pwocflw@gmail.com or
<https://www.facebook.com/fortleonardwoodpwoc/>

Catholic Women of the Chapel (CWOC)
Weds: 1730 at MPC 16 Feb-27 Apr
POC: Ingrid Bochonok 540-840-4480

Catholic Women's Bible Study
Sundays: 1100-1230, (during CCD)
Bldg 6501, 3307 Indiana Avenue (YREC)

Knights of Columbus – Catholic Men
2nd Tues/ea month, 1800
Bldg 590 (SMC Annex)

Gospel Bible Study at Christ Fit
Wednesday, 1730-1930
Main Post Chapel

Officer Christian Fellowship (OCF)
Thursdays, 1145 – 1245
Thurman Hall Room 1432
POC: LTC Runyon, 515-291-7338

USACBRNS Bible Study
2nd & 4th Weds of each month
1200 – 1300, MSCoE Thurman Hall Rm 1165
POC: CH Southard, 828-390-9020

Buddhist Meditation Training
Saturdays, 1500-1600
Specker Chapel (seating limited)

Latter Day Saints Study
Tuesdays, 1900 at South Iowa Chapel POC:
CH Sharp, 6-1465

Navigators Bible Study
Fridays, 1900 – 2000, Specker Chapel F
CH Lee, shawn.s.lee3@mail.mil or
Facebook <https://www.facebook.com/flwnavs>

Marine Corps Bible Study
Wednesdays, 1130-1230
Specker Chapel

YOUTH

Kids 4 Christ, 1-5 grade
Mondays, 1600-1800
Bldg 590
Tuesdays, 1600-1715
Zoom Club (Virtual)

Youth of the Chapel, 6-12 grade
Wednesday, 1815-2000
Bldg 6501, 3307 Indiana Avenue (YREC)

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

Facebook:
<https://www.facebook.com/fortleonardwo odRSO/>

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

For IET specific services, contact your Unit Ministry Team (UMT)

SNAIR Black/Red : No services and no Religious events/classes
SNAIR Amber : Religious services still happen if roads/parking areas are available.
Religious events/classes are postponed/moved to new date.





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GARRISON SAFETY

Well Being + Safety + Culture = Wellness!



Safety





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AAFES



January 23-28 the Exchange will be conducting our year end inventories.

Overall customers should see no interruptions in service.

These facilities will be closing early:

North Express (Dunkin Donuts)
23 January Closing at 2000

South Express (Slim Chickens)
24 January Closing at 2000

Class 6
25 January Closing at 1900

Main Store
27 January Closing at 1700
All other facilities have no changes

DECA



Scholarships for Military Children applications are open.

For scholarship year 2022-23, Fisher House Foundation will award 500 scholarship grants of \$2,000 each. The selection process will begin immediately following the application deadline of February 17, at 11:59 p.m. PST.

All rules and requirements for the Scholarships for Military Children program, as well as links to frequently asked questions are available at www.militaryscholar.org.

The Special Olympics. Procter & Gamble is offering their 42nd Annual "Special Olympics" promotion worldwide Jan. 3-30. P&G will distribute a BrandSAVER coupon booklet in major U.S. newspapers with over 37 coupons and 110 digital coupons located on the Rewards Card throughout the month, worth a combined savings of over \$360. In addition to the coupon booklets being available, P&G will donate \$75,000 to Special Olympics.

The Nabisco Military Big Game Football Sweepstakes. This contest runs from Jan. 4 to Feb. 13 and is sponsored by Mondelez Global. This sweepstakes is offered to military patrons stateside only. Entries will be accepted by text and online. The grand prize winner will receive a \$250 Commissary Gift Card and a \$250 Exchange Gift Card. There will be eight first prize winners that will receive a \$50 Commissary Gift Card and a \$50 Exchange Gift Card





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ASYMCA



- Sent 63 kids to residential summer camp.
- 260 athletes in our 5-17 youth basketball league.
- Served over 100 families with our Operation Little Learners parent/child playgroups.
- Re-Launched Help Me Grow and Help Me Learn Early Learning programs. Served 72 families.
- Sent 24 service member and family members home for the holidays through Operation Ride Home.
- Launched a new Music and Me parent/child music and movement program. - May
- Annual Duck Race – August
- Remembering 9/11 Patriot Day Festival - September
- Re-launched Operation Hero at Thayer Elementary - October
- Field of Heroes - November
- Gave away turkeys for Thanksgiving. - November
- Breakfast with Santa – December
- Santa Boots – Awarded 3 families at Fort Leonard Wood gifts for the holidays. - December





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COMMUNITY INTEREST



Bldg. 805 Iowa Ave

Hours of Operation:

Thursday – Sunday: 8:30 a.m. – 4:00 p.m.

FYI's:

*If road conditions are **RED**, the USO will close.

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

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

(573) 329-2039



Transitions

Now Remote
uso.org/transition
785.492.9207

JANUARY WORKSHOPS

10 JAN	Education Kickstart
20 JAN	Transition to the Trades
25 JAN	Career Kickstart ft. Pratt & Whitney

**ALL WORKSHOPS ARE VIRTUAL.
REGISTER AT [USO.ORG/TRANSITION](https://uso.org/transition).**

NEED A RESUME?

Through USO Transitions partners, you can **have a Federal and/or civilian resume written for you for FREE**. Register at uso.org/transition & meet with a Transition Specialist to get connected.





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Next Community Information Forum

Topics

- January - New Year Healthy You (Wellness)
- **February - Community Resources**
- March - Transition Services
- April - Month of Military Child (Family Focus)
- May - Summer Fun
- June – Welcome to FLW
- July - Back to School
- August
- September - Community Resources
- October - Domestic Violence Awareness / ASAP
- November - SNAIR / Winter Safely
- 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





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Information is Key


Topics

- Fort Leonard Wood Web Page
home.army.mil/wood/index.php
- Fort Leonard Wood Facebook
www.facebook.com/fortleonardwoodmissouri/
- Family & MWR Web Site
leonardwood.armymwr.com/
- Family & MWR Facebook
www.facebook.com/mwr.ftwood
- AAFES
www.shopmyexchange.com/
- DECA
<https://commissaries.com/shopping/store-locations/fort-leonard-wood>






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.

DIGITAL GARRISON
POWERED BY  

Download on the App Store
GET IT ON Google play

 **MAKE THE CONNECTION**





BACK UP SLIDES





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DFMWR / Child & Youth Services

School Liaison Office

Child & Youth Services

Child & Youth Services (CYS) recognizes the challenges of our Soldiers and their Families. By offering quality programs for children, youth and students, CYS supports the Army Family by reducing the conflict between mission readiness and parental responsibility. Whenever you need it and wherever you are, CYS is prepared to make life better for Army Families.

Child Development Center

We provide quality full-time childcare for children 6 weeks through 5 years of age.

School Age Center

SAC provides affordable before-school and after-school care in a quality program that meets the needs of the youth and their Families. In addition to before and after school care, separate SAC camps are operated during fall, winter and spring breaks. During the summer months, SAC operates a full day camp.

Family Child Care

Family Child Care (FCC) offers a warm, nurturing Family environment for children 4 weeks to 12 years of age.

CYS Needs Brigade Sensing Sessions coming in January 2022

Parent and Outreach Services

Monday-Friday 0730-1630

13486 Replacement Ave.

Bldg. 470 Rm 1126

573-596-0238/0421

 <p>School Transition and Deployment Support</p> <ul style="list-style-type: none"> • School Transition Support • Special Education Connections • Youth Sponsorship • Parent Education and Educator Education • Youth Resilience • Ensure Compact Compliance 	 <p>Postsecondary Transitions</p> <ul style="list-style-type: none"> • Scholarship Opportunities • College Application Process • College and Career Fairs 	 <p>Home School Support</p> <ul style="list-style-type: none"> • Homeschool Resources • Access to support services • Information on state and local laws 	 <p>Installation School Communication</p> <ul style="list-style-type: none"> • Conduit between school, community and installation • Impact Aid • Grant Opportunities • Emergency Contingency Conditions 	 <p>Partnerships in Education</p> <ul style="list-style-type: none"> • Academic Enhancement • Adopt a School • STEM • STARBASE • Family/Community Involvement • School Outreach Support Services • Building Community Capacity
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FAMILY AND MWR PRESENTS

YOUTH SPORTS & FITNESS

COACHES NEEDED!

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!



PIPPIN YOUTH CENTER: BLDG 9625
2538 YOUNG STREET
573-596-2611
LEONARDWOOD.ARMYMWR.COM

Youth SPORTS

we are HIRING





New Year New Me

Thinking about cutting back on drinking? Find great tips at Own Your Limits on cutting back or taking a break from drinking.

<https://www.ownyourlimits.org/responsible-drinking/>

Do you need more help getting started? Substance Use Disorder Clinical Care (SUDCC) now has confidential treatment options for Service Members. Call to find out more, **SUDCC 573-596-0522**

Civilians can contact the Employee Assistance Program (EAP) at guy.r.caley.civ@army.mil 573-596-7199





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DPW

For Awareness

- New Director effective 25 Oct 2021
- We are here to help
 - For more information, call (573) 596-0840.

Community Interest

Challenges/Initiatives

- Communication
- Working together to address issue(s)

In the Works

- Update web page
 - Division information
 - Service Order
 - Work Order





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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 www.leonardwood.armymwr.com/happenings/family-mwr-job-openings
- Apply online at www.usajobs.gov
- Contact the NAF HR Office at [\(573\) 596-0283](tel:5735960283) for more information.





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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!**

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)

