

Community Information Forum – SEPT 2021 COL Paine, Garrison Commander

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



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 <u>https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447</u> Or click the QR code







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 RESOURCES

What We Offer & Where to Find It





GLWACH

Community Interest:

INPATIENT SERVICES

- Medical / Surgical: 12 Beds
- Mother Baby: 12 Beds
- ICU: 3 Beds with Tele-Critical Care
- Behavioral Health: 12 Acute Adult Beds

BEHAVIORAL HEALTH SERVICES

- Outpatient/Inpatient Services, EBH (FORSCOM Bldg 1018), Multi-D Behavioral Health (Bldg 832),
- Child Services, FAP, SUDCC

PHARMACY SERVICES (Main Hospital, PX)

PATHOLOGY AND LABORATORY SERVICES

Army Blood Donor Program Donor Center

PRIMARY CARE

- Leonard Wood Medical Home
- Immunizations Clinic
- Allergy Shot Administration

OPTOMETRY

Full spectrum eye screening and care (AD Priority)

PHYSICAL PERFORMANCE

- Occupational Therapy (all beneficiaries)
- Physical Therapy (AD/ADFM priority)
- Chiropractic (ADSM Only)

EMERGENCY DEPARTMENT

Acute Minor Illness Clinic (AMIC)

HARPER MEDICAL SCREENING FACILITY

PX COVID-19 VACCINE CLINIC

RICHARD WILSON TROOP MEDICAL CLINIC

Victory Clinic

PUBLIC HEALTH ACTIVITY

- Army Wellness Center
- Audiology: Army Hearing Program
- Chemical Surety
- Environmental Health
- Industrial Hygiene and Occupational Health
- Health Physics
- Public Health Nursing

RADIOLOGY & IMAGING SERVICES

- X-ray & Computed Tomography (CT)
- Mammography & Ultrasound
- Nuclear Medicine & Bone Scanning
- Magnetic Resonance Imaging (MRI)

SURGICAL SERVICES

- General Surgery
- OB/GYN & Women's Health
- Orthopedics & Podiatry
- Oral/Maxillofacial (ADSM Only)

<u>MISC</u>

- Optical Fabrication Lab
- IDES
- Ombudsman (Puerto Rico)
- SRP





GLWACH

Community Interest:

All hospital services are listed on our website: https://leonard-wood.tricare.mil/

The Secretary of Defense has signed a memo stating that he will seek the President's approval to make the vaccines mandatory no later than mid-September, or immediately upon the U.S. Food and Drug Administration (FDA) licensure, whichever comes first.

GLWACH's effort will then shift to allow for maximum vaccinations to our service members. There will be decreased appointment availability for routine and follow-up care. However, acute issues can still be seen in the AMIC and emergencies in the ED. Patients should anticipate decreased specialty care and procedures such as routine breathing tests or EKGs. Multiple service lines will be affected but we are posturing now to ensure a smooth transition once the order is given.

Vaccination Opportunities:

- The next Nutter Field House Mass Vaccination Events will be held September 7-11, 2021 from 8 a.m. to 2 p.m. Please check our FaceBook for updates: <u>https://m.facebook.com/GLWACH/</u>. Appointments must be made through <u>https://informatics-stage.health.mil/GLWACHCOVIDApp</u>
- PX COVID Vaccination Clinic hours: M-F 0900-1200 and 1300-1530. Walk-in services.
- **GLWACH Immunization Clinic** COVID Vaccination Hours: Mon-Thurs 7 a.m. to 4:30 p.m. Appointment based (866-299-4234) with limited walk-in service available.
 - We are now offering booster vaccines to all Immuno-compromised beneficiaries at the Immunization clinic.
- Eligibility: Service Members, Tricare beneficiaries ages 12yo and older, and current DoD Civilians/Contractors.



DES

Visitor Control Center: Located at the Main Gate (North), open 24 hours

- Provides FLW passes for visitors
- Weapons registration
- Information on access requirements for special events
- Phone #: 573-596-0590

Fire Department:

- Child Car Seat Inspection & Installation
- Fire Safety Inspections
 - Courtesy Home Fire Inspections
- Burn Permits
- Fire Extinguisher Training
- Fire Station Tours
- Phone #: 573-596-0886









DHR TAP

For Awareness	Community Interest
 TAP Virtual Class started 16 August 21. FLW / HOH Virtual Career Summit (5 August 21). Employers Participating: 55 Job Seekers Registered: 674 Job Seekers Attended Employer Virtual Meetings: 850 (This means individual Job Seekers went into an employer's virtual meeting on 850 occasions.) Job Seekers Attended Employer Booths: 3909 (This means individual Job Seekers clicked on an employer's booth on 3909 occasions.) 	 Transition Assistance Program is open to assist Soldiers with walk in and telephone appointments M – F 0730 – 1630. National Virtual Career Fair, Recruit Military, 28 September 21, (11 am – 3 pm).
Challenges/Initiatives	In the Works

Suppor



DIRECTORATE OF HUMAN RESOURCES

Army Substance Abuse Program September is Suicide Prevention Awareness month Slogan: Connect to Protect

Events will focus on building protective factors: Positive Coping Skills, Social Support and Personal attitudes and beliefs. Intended audience: Service Members, Family Members and Civilians.

Partnering agencies: ASAP, ACS, AWC, BOSS, DFMWR, GLWACH, RSO

11 SEP: Main Event: Mini Resilience Fair with above agencies at Davidson Fitness Center ISO "Bar Benders" (Weightlifting Competition). Opening Ceremony with remarks about Suicide Prevention thru Building Resilience. Display to mark 20th Anniversary of 9/11.

- **12 SEP:** Hike at Ha Ha Tonka State Park, Awareness Table
- **14-15 SEP:** Story Time at Clarke Library featuring book on Military Child Resilience
- 24 SEP: Family Campout Event. Building Social Connection-Connect to Protect.

Display of Suicide Prevention Ribbon Signs at ACS, North, East, West and South Gate.

Social Media Posts (#BeThere)



ARMY COMMUNITY SERVICE



For Awareness	Community Interest
 Financial Planning Classes/Training Blended Retirement System (BRS) Thrift Savings Plan (TSP) Army Emergency Relief (AER) Family Advocacy Program Stress and Anger Management Classes Marriage/Parenting Classes On Call Victim Advocate Services 573-528-5784 Army Substance Abuse Prevention Training 	 Information and Referral (I&R)/ Relocation Readiness Community Resources Information Lending Closet Exceptional Family Member Program(EFMP) Briefs for Query, Enrollment and Services Support Groups and Classes for Autism, IEP Relocation Assistance (i.e. Lending Closet)
 Challenges/Initiatives Restrictions on class size due to social distancing requirements Identify correct Retirement System (BRS vs. Legacy) 	 In the Works Family Advocacy Program Planning socially distanced events for DV Awareness Oct 21 Financial Readiness

• 2021 AER Campaign: 1st Place - TRADOC



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DFMWR / Child & Youth Services

Military Family Life Counselor



Parent and Outreach Services Monday-Friday 7am – 4:30pm 13486 Replacement Ave. Bldg. 470 Rm 1126 573-596-0238



School Liaison Officer



Megan O'Donoghue/ 573-596-0118 / megan.j.odonoghue.naf@mail.mil

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Child Development Center



DFMWR / Business & Recreation



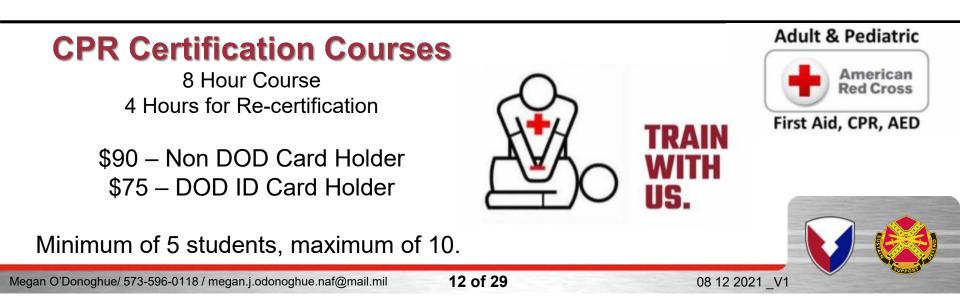
Lifeguard Certification Courses



Friday – Swim Test Sat – Practical Exercises Sun – Exam / Wrap Up

\$275 – Non DOD Card Holder\$225 – DOD ID Card Holder

Open to ages 15 1/2 & up. Minimum of 4 students, maximum of 15.





DFMWR / Business & Recreation





Personal Training

\$30/ Hour \$15 for initial assessment

One on one guidance from a certified personal trainer.

Unit PT Events

Fitness Classes ACFT Prep Class Swimming







DFMWR / Business & Recreation

Outdoor Adventure Center

Missouri State hunting or fishing licenses

Stop by the Outdoor Adventure Center to purchase licenses, obtain hunting & fishing maps, and regulations books.

Resident	Prices
Fishing	\$12
Daily fishing permit (1 or 3 days)	\$8 per day
Trout permit (half price for ages 15 & under)	\$10
Daily small game huting permit (1 or 3 days)	\$14 per day
Sportsman of the Year	\$5

Non-Resident Prices	Prices
Fishing	\$49
Trout	\$10
Small game hunting permit	\$94
Conservation order permit	\$47
Furbearer hunting/trapping	\$192
Spring turkey hunting permit (ages 6-15 half resident price)	\$224
Fall turkey hunting permit (ages 6-15 half resident price)	\$130
Firearms deer hunting permit (ages 6-15 half resident price)	\$265
Archers hunting permit (ages 6-15 half resident price)	\$265
Managed deer hunting permit (ages 11-15 half resident price)	\$265
Landowners spring turkey	\$165
Landowners fall turkey	\$96
Landowner archers hunting	\$195
Landowner firearm deer	\$195





US, ARMY MWWR

Outdoor Adventure Center

The pro shop offers a wide variety of hunting, fishing and outdoor equipment available for purchase including:

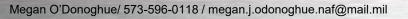
Firearms * Paintballs by the case or 500 rounds Bows Bowtech & PSE Fishing supplies - Trilene, Ugly Stik, Mr. Crappie



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*OAC can order any firearms, archery and other sporting goods. We offer Beretta, Browning, Remington, CZ, Winchester, Smith and Wesson, Mossberg, Marlin, and many other brands.

We also maintain a **Federal Firearms License** so we can provide in-state gun shipping and receiving. A small fee is charged and a NICS Background Check is mandatory on all gun sales.







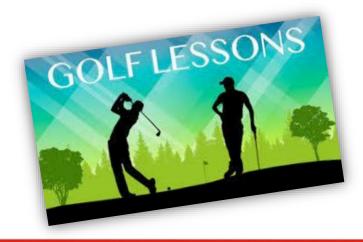


Leisure Travel Services

Bruce C. Clarke Library

Department of Defense – OverDrive https://dod.overdrive.com/





Piney Valley Golf Course

PGA Golf Instruction	Price	
1/2 hour lesson	\$40	
Series of 3 lessons	\$75	
1/2 hour junior lesson (under 18)	\$20	
Series of 3 junior lessons	\$40	

Megan O'Donoghue/ 573-596-0118 / megan.j.odonoghue.naf@mail.mil



Veterinary Treatment Facility

Hours of operation: 8am to 4pm Monday - Friday

Location: 2399 Minnesota Avenue (across from CIF, right next to the water tower)



<u>Services</u>

- Wellness appointments
- Sick pet appointments between the hours of 8am and 4pm M-F (no after hours or emergency services available)
- Surgeries (spays, neuters, mass removals)
- Dental cleanings and oral surgery- on a limited/space available basis
- PCS preparation and health certificates
- All active duty service members and retirees are authorized care at the VTF – even if you live off post

Call 573-596-0094 to schedule your appointment today!





RELIGIOUS SUPPORT OFFICE



Wednesdays 1 Sept – 3 Nov

Main Post Chapel

Family, Faith, Fellowship

5:30 PM Dinner Activity Center

6:15pm-7:30pm Classrooms

8 Adult Class Options,

Children & Youth Program

Watch Care





Family Movie Night Friday, 10 Sept At 7:30pm Main Post Chapel rain or shine

Bring your blankets and camp chairs Free popcorn and resources Our movie will feature a boy with the gift of seeing the future in his dreams

October's movie – Friday, 1 Oct, the story of four siblings who are transported to the world of Narnia.



Kids 1st – 5th Grade **Starting 13 Sept** Mondays, 4:15-6pm In Person, Bldg 590

Weds, 5-6pm Zoom Meeting See you at the Main Post Chapel on September 14th at 9am for a new year and a new theme...



"And He humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that He might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord."



FLW PWOC 2021-2022

POC Martha Strong, DRE <u>martha.a.strong.civ@mail.mil</u> or 6-0089



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RELIGIOUS SUPPORT OFFICE

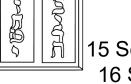


Jewish Soldier & Family Resources

High Holiday Services will meet at Main Post Chapel, streamed from West Point, under CH (MAJ) David Frommer, on MS Teams
 Rosh Hashanah
 6 Sep, Monday, 1800-1930

7 Sep, Tuesday, 0900-1100

Yom Kippur



15 Sep, Wednesday, 1800-1930 16 Sep, Thursday, 0900-1200 16 Sep, Thursday 1600-1730

High Holiday Resources: https://www.lookstein.org/resources/holid ays/high-holidays-resources/

Additional Jewish educational resources: <u>https://jcca.org/what-we-do/jwb/jrep/</u>

POC Martha Strong, DRE <u>martha.a.strong.civ@mail.mil</u> 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

We have added an Adoration Mass on the 1st Friday of the month.

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) ($1^{st} - 8^{th}$, Confirmation) Religion Class for Adults (RCIA) & Religion Class for Children (RCIC) Bidg 6501, 3307 Indiana Avenue (YREC)

Christ Fit (For Family, Faith & Fellowship) Main Post Chapel (MPC) 1830-2000 Fall session begins 1 Sep 2021



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/fortleonardwoodp woc/

Catholic Women of the Chapel (CWOC) TBD – (pending new leader)

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, 1830-2000 Bldg 6501, 3307 Indiana Avenue (YREC)

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 Navigators Bible Study Fridays, 1900 – 2000, Specker Chapel POC: CH Lee, <u>shawn.s.lee3.mil@mail.mil</u> <u>Tromeojules1@yahoo.com</u> or Facebook <u>https://www.facebook.com/fivnavs</u>

Marine Corps Bible Study Wednesdays, 1130-1230 Specker Chapel

YOUTH

Kids 4 Christ, 1-5 grade Tuesday, 1600-1715 ZOOM Club (Virtual)

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

Catholic Youth (8th – 12 Grade) Sunday, 1300-1500 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/garri son/chaplain.html

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



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Fort Leonard Wood Exchange Services:

- 1 Main Store
- 1 Military Clothing Store
- 4 Troop Stores
- 2 Expresses with Gas
- 15 Major Restaurant Brands
- 42 Services Contracts including 7 barbers shops, 2 GNCs, optical, durable medical, tactical, floral, engraving, cell phone sales and repair, and car wash





- Sidewalk Sale September 1st to 4th
- Click 2 Go expanding hours until 6pm
- Convenience hours are from 7am to 9am Monday thru Friday only, Self checkouts registers only
- Challenges:
 - Production issues from various companies
 - Deliveries delays





COMMUNITY INTEREST







Bldg 805 Iowa Ave

•The USO is OPEN: Thursday – Sunday: 8:30 am – 4:00 pm

• We NEED volunteers! Stop by the USO to check out open shifts available or start your application at: <u>www.volunteers.uso.org</u>.

•Upcoming Events:

- Sept. 9th: USO Spouses Coffee Connections @ 9:30am
- Sept. 10th: USO Spouses Laugh & Craft Social @ 11am
- Sept. 13th: USO Spouses Lunch Out @ 11am
- Sept. 24th: USO Family Night Out at Culver's @ 5pm/6:30pm

REGISTRATION FOR ALL USO EVENTS OCCUR ONLINE AT THE <u>WWW.MISSOURI.USO.ORG</u> SITE.

SEPTEMBER WORKSHOPS:

8	FBI Jobs
14	Federal Resume Workshop
16	"Building Your Next Career" Info Session with Marathon
23	Transition to the Trades
28	Navigating VA Home Loans

All workshops are virtual. **Register at uso.org/transition.**

USO MENTORSHIP

80% of new jobs come from a personal connection.

Start building your network today.

Sign up NOW to connect with a mentor USO.org/mentorship

SVETERATI 🗲

Spouses' Employment Lounge Bldg. 470, Rm. 222A uso.org/transition cthompson@uso.org 785.492.9207





Community Information Forum / Fort Leonard Wood

IISN

Transitions

SEPTEMBER WORKSHOPS:			
8	FBI Jobs	USO MENTORSHIP	
14	Federal Resume Workshop	80% of new jobs come from a personal connection.	
16	"Building Your Next Career" Info Session with Marathon	Start building your network today.	
23	Transition to the Trades	Sign up NOW	
28	Navigating VA Home Loans	to connect with a mentor USO.org/mentorshi	
	All workshops are virtual. Register at uso.org/transition.	The USO is a not-force profit organization and not part of the Department of Defense. The use of DeD imagery does not constitute an endorsem	

Located in the Spouses' Employment Lounge - Building 470, room 222A uso.org/transition | cthompson@uso.org | 785.492.9207

Megan O'Donoghue/ 573-596-0118 / megan.j.odonoghue.naf@mail.mil

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AMERICAN RED CROSS

- Our Restoring Family Links service can help reestablish communication between family in the U.S. and non-U.S. citizens, when separated internationally as a result of conflict, disaster, migration or another humanitarian emergency (Afghanistan, Haiti, etc.)
 - This service can be accessed by calling our toll-free helpline at 844-782-9441

- Red Cross interactive skill building workshops
 - Each 60–90-minute offering cover topics such as communication, reducing anger, trauma, stress management, caregiver support, and connecting with kids
 - Workshops are also available for youth ages 5-17 on communication and coping.
 - Call the Red Cross at 573-596-0300 to arrange a an in person or virtual presentation for your group today!

- We are always looking for volunteers, here is a sample of opportunities available on and in the Ft. Leonard Wood area:
 - SAF Family Follow up Caseworker
 - Blood Donor Ambassador
 - Disaster Action Team member
 - Start the process online via: www.redcross.org/volunteer
- Critical Community Services
 - When a military family has an urgent need, that falls outside the scope of ACS or AER, ask them to call the American Red Cross.
 - Trained caseworkers provide community referrals to helping agencies for life's emergencies such as utility bills, car repair, etc.

Call 877-272-7337 to connect to the Hero Care Network for help.







Open for business in new facility

 ✓ The Fort Leonard Wood Blood Donor Center is taking donors in their new facility – B759
 ✓ Sundays-Tuesdays: Unit-level blood drives
 ✓ Wednesdays: Appointments and walk-in donors
 ✓ Thursdays – Saturdays: No scheduled collections

 \checkmark Be sure to bring your military ID card or driver's license. You'll need them to check in.

Directions to our new facility:

 ✓ Follow Missouri Avenue to North Dakota and merge right at the electronic marquee.
 ✓ Follow North Dakota to Iowa and turn left.
 ✓ Follow Iowa to West 11th Street and turn right. This is directly across from Gammon Field
 ✓ Follow West 11th Street to Buckeye. The new donor center is right across the street.

What's in it for me?

 ✓ Time off: Fort Leonard Wood Civilian Personnel Regulation 690-12 allows employees up to four hours excused absence to donate blood

- -- Includes travel time to and from the donation site and recovery afterwards
- ✓ Promotion points: Certificate of Achievement for everyone completing their fourth donation with the ASBP
- \checkmark Goodies: All donors receive a free t-shirt, juice and cookies.

✓ A great feeling: Helping someone recover from an illness or injury

For more information, call 573-596-5385 or 573-596-6150



Information is Key

Topics

- Fort Leonard Wood Web Page
 <u>home.army.mil/wood/index.php</u>
- Fort Leonard Wood Facebook
 www.facebook.com/fortleonardwoodmissouri/
- Family & MWR Web Site
 leonardwood.armymwr.com/
- Family & MWR Facebook
 <u>www.facebook.com/mwr.ftwood</u>
- AAFES
 - www.shopmyexchange.com/
- DECA

https://commissaries.com/shopping/store-locations/fort-leonard-wood







Next Community Information Forum

<u>Topics</u>

- 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 (break 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 <u>https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447</u> Or click the QR code













BACK UP SLIDES





HOME BASED BUSINESS



HOME BASED BUSINESS Build & Enhance

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

Easy as 1,2,3

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

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

<u>STEP 3</u>: 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 <u>megan.j.odonoghue.naf@mail.mil</u> 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.

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



Join the Family & MWR Team & Make a DIFFERENCE!

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



WHERE TO APPLY

U.S.ARMY

- Links to Jobs listed here on the MWR Web page at <u>www.leonardwood.armymwr.com/happenings/family-mwr-job-openings</u>
- Apply online at <u>www.usajobs.gov</u>
- Contact the NAF HR Office at (573) 596-0283 for more information.