



# Community Information Forum May 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.



**COMMITMENT**  
TO OUR  
**COMMUNITY**

## 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>

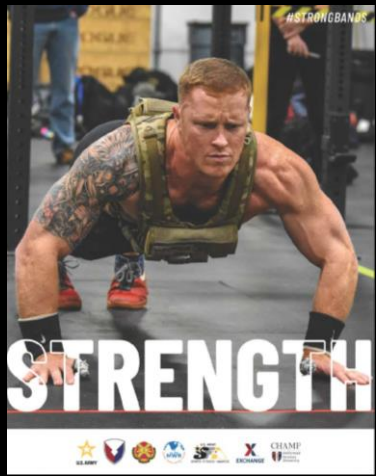
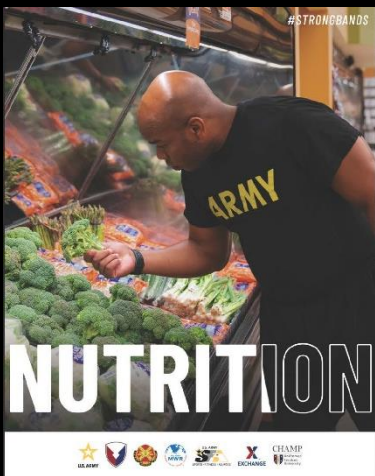
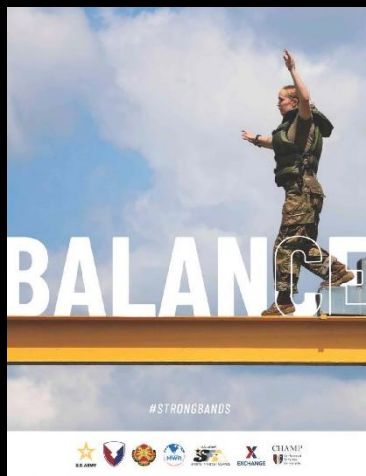
Or click the QR code







# MAY IS... Fitness & Sports Month





# DFMWR / BUSINESS & RECREATION



### 1000/500 LBS POWER CLUB



**APRIL 2024 - APRIL 2025  
SPECKER GYM  
MONDAY - SATURDAY, 7AM-6PM**

Challenge yourself monthly at Specker Gym. Men over 1,000lbs, women 500lbs. Free to authorized personnel, age 18 & up. Train and reach your limit only at the Specker Power Club!

573-596-7377  
LEONARDWOOD.ARMYMWR.COM

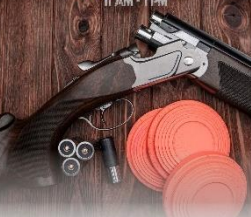
### Piney Valley Golf Course WEDNESDAY EVENING SCRAMBLE

**WEDNESDAYS, 5PM  
BEGINS APRIL 10**

Get through the mid-week hump with this 9-hole scramble! Build your own team, or let us pair you up. \$20 members, \$25 non-members-age 18 & up, includes golf, cart, and prizes. Register early, as spots fill up quickly!

573-329-4333  
LEONARDWOOD.ARMYMWR.COM


### SPRING SHOOT OUTDOOR ADVENTURE CENTER MAY 6 11 AM - 1 PM



Join us and put your name at the top of the CDC leaderboard! Best out of 25 and best out of 50 gets a prize! \$25 per round, includes rental shotgun, ammo, and PPE. (No personally owned firearms allowed for competition)

573-596-4333  
LEONARDWOOD.ARMYMWR.COM

### DIECAST SHOOTOUT



**MAY  
MWR AUTO SKILLS**

BE TO REGISTER YOUR CAR BY FOR A ROCK CHALLENGER'S CLASS. CARE BEST QUALITY FOR SAFETY AND TO BE IN RUNNING TRACKS. REGISTER ALL WORK AT AUTO SKILLS CENTER DURING BUSINESS HOURS. PRIZES BEING IN LINE. PRIZES TAKE UP TO A \$1,000 CASH PRIZE. PRIZES AWARDED-VERY US ONLINE FOR DETAILS!

573-596-0243  
LEONARDWOOD.ARMYMWR.COM

### STRONG BANDS BIKE ACROSS THE STATES



**MAY 1, DAVIDSON FITNESS CENTER**

Let's BAND together and bike across the states! Register at Davidson Fitness Center any time during the month of May - let our staff track your miles and see how far across the states we can go!

573-596-4359  
LEONARDWOOD.ARMYMWR.COM

### OPEN WATER SCUBA CERTIFICATION



**MAY 11 AT 9 AM  
DAVIDSON FITNESS CENTER POOL**

Join MWR Aquatics and MWR Scuba to earn your PADI (Interns certification)! \$60 per person, age 10 and up. Register from April 11 - May 8. Classroom and pool portion only -open water pool will be assigned at a later date. Register online, to pool at Davidson Fitness Center or at Leisure Travel Services.

573-596-3529  
LEONARDWOOD.ARMYMWR.COM

### Piney Valley Golf Course ACTIVE DUTY GOLF CLINIC

**MAY 4, JUN 8  
JUL 13, AUG 3  
9-10 AM**

FREE to active duty, reserve, and family members. All equipment and range balls provided.

573-329-4770  
LEONARDWOOD.ARMYMWR.COM

### FIRST TUESDAY TACOS



Join us on the first Tuesday of every month from 11am - 1pm for a delicious meal back bar at 59% at Poshing Community Center.

573-329-2455  
LEONARDWOOD.ARMYMWR.COM

leonardwood.armymwr.com

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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:

- Boat Certification (Phase 2): May 3**
- Paintball: May 18**
- Cooking Class: May 28**
- Six Flags: June 1**

**Volunteer Opportunities Available!!!**

**BOSS ADULT SWIM LESSONS**  
DAVIDSON FITNESS CENTER POOL



Contact your BOSS Rep!



# DFMWR / CHILD & YOUTH SERVICES

## Youth Sports and Fitness Summer Fun and Fitness



**Youth Sports & Fitness CAMPS**

**REGISTER MAY 3 - MAY 24**

Open to youth grades 6-12, \$30 per camp. Grades 6 - 12. 11am-1pm

- JUNE 3 - 5 CULINARY**  
Breakfast, Lunch, Dinner
- JUNE 10 - 12 INDIVIDUAL SPORTS**  
Tennis, Archery, Golf
- JUNE 17, 18, 20 BASKETBALL**  
Skills, drills, 3-pointer competition, games
- JUNE 21 - 24 GROUP FITNESS**  
Yoga, step aerobics, Zumba, and making healthy snacks

Register at Parent Outreach Services: **573-596-0238**  
LEONARDWOOD.ARMYMWR.COM



**MINI SPORTS**

SEASON RUNS JUN 8 - JUL 13  
REGISTER APR 29 - MAY 31

**AGES 3-4**

Current year's sports physicals required for all participants.

Kids spend two weeks learning the skills of each sport: Basketball, Soccer, T-Ball. \$30 per child, t-shirt included. Sessions are 45 minutes long, at 9, 10, or 11am on Saturday mornings. Register at Parent Central: 573-596-0238

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



**AMERICA'S ARMED FORCES KIDS' GLOW RUN**

**MAY 18 7:30PM**  
GERLACH TRACK

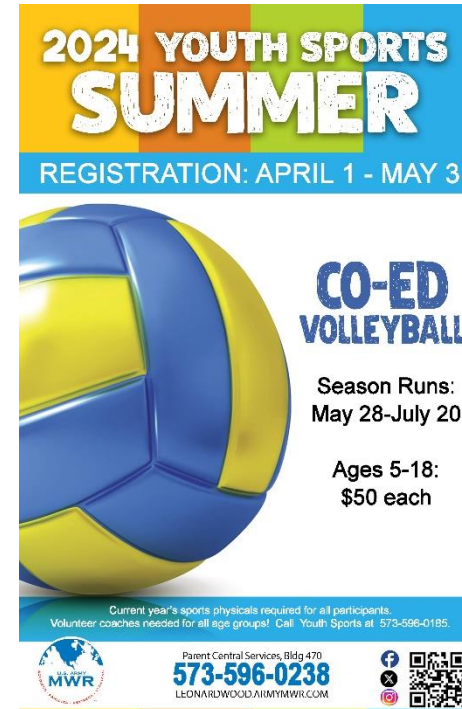
Join us for a kid's glow run—free and open to children of all ages! Limited youth shirts available—register early!

Pre-register April 29 - May 18 at the number below or by visiting the Youth Sports & Fitness office.

Day-of registration begins at 7PM

Current year's sports physicals required for all participants.

Youth Sports & Fitness, Bldg 470, Rm 1125  
**573-596-0185**  
LEONARDWOOD.ARMYMWR.COM



**2024 YOUTH SPORTS SUMMER**

REGISTRATION: APRIL 1 - MAY 3

**CO-ED VOLLEYBALL**

Season Runs: May 28-July 20

Ages 5-18: \$50 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



We have something for all ages and abilities!  
You can volunteer to coach a team and keep yourself active as well.  
Dillard Hall Room 1125  
573-596-0185





## DFMWR / ARMY COMMUNITY SERVICE



### Military Spouse Appreciation

**Friday, 10 May 2024**

**9am – 2pm**

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

### Appreciation Tree

- **Community Resources**
- **Open House**
- **Coffee**
- **Cake Cutting**
- **Juice**
- **Cookies**

**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



Military Spouse Appreciation Day is an occasion to acknowledge the critical role played by military spouses in supporting their partners' service, often making significant sacrifices themselves. They are the backbone of military families, providing unwavering love and support in the face of frequent relocations, deployments, and other challenges. Let us take this opportunity to express our gratitude and appreciation to the military spouses who selflessly serve alongside their partners.

### 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)**





# SPOUSES' RESOURCE CENTER



## May Events

Join Us!



**Monday 6 May**

Join us for a **FREE headshots** Event! Don't miss the opportunity to update your professional image. Reserve your spot today! Ten minute windows will be available to include evening hours. Thank you to Mrs. Maggie Bourne.



**Wednesday 8 May at 1000**

Whether you're a busy parent, working professional, or simply looking to simplify your mealtime routine, this class is for you! Join the AFWC for their class "Meals in Minutes"



**Monday 13 May at 1300**

Come join Military One Source and learn about the MyCAA \$4,000 financial assistance to eligible military spouses for the pursuit or maintenance of a license, certification, or associate's degree. Calling all spouses of active-duty service members in grades E-1 to E-6, W-1 to W-2, and O-1 to O-3.



**Tuesday 14 May at 1200**

Are you ready to step into your power and unlock your full potential? Join us for a dynamic class focused on building confidence and self-assurance. Led by experienced coaches from the Ready and Resilient Performance Center.



**Tuesday 21 May at 1300**

Is navigating the MHS Genesis portal leaving you frustrated and confused? Take control of your healthcare experience with our class designed to you navigate your portal with confidence.



**Wednesday 29 May at 0900**

Join the CPAC Director on a USAJOBS overview and federal resume review (please bring your resume ready).

 Building 470 Room 2222

 573-596-3196

 SRC-FLW@outlook.com

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

WE ARE THE ARMY'S HOME




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

**SIGNUP FOR OUR BSEP CLASS TO IMPROVE YOUR GT SCORE AND OPEN DOORS FOR YOUR CAREER PROGRESSION!**

The BSEP class is a 10 day class that runs from Monday-Friday, 0800-1600

**BSEP IS DESIGNED TO HELP YOU PREP FOR THE ARMED FORCES CLASSIFICATION TEST (AFCT).**

**CONTACT THE TRUMAN EDUCATION CENTER TO REGISTER NOW!**

 **573-596-0172**

**CLASS IS FIRST COME, FIRST SERVED  
15 STUDENTS PER CLASS**

MARK YOUR CALENDARS:

<b>JUN 4- JUN 18</b>	BSEP CLASS WILL COVER:
<b>JUL 9-JUL 23</b>	<b>MATH,</b>
<b>AUG 6- AUG 20</b>	<b>READING, VOCABULARY</b>

**BSEP ELIGIBILITY:**

- ACTIVE DUTY HAS PRIORITY
- GT SCORE BELOW 110 WILL HAVE PRIORITY

Join us in celebrating Asian American Pacific Islander Heritage Month and learn about the.....

## ISLANDS OF SAMOA

SPECIAL GUEST:  
MR. DANIEL SAIA  
BOARD DIRECTOR  
POLYNESIA OUTREACH PROGRAM

MAY 17, 2024 12:00 PM  
TRUMAN EDUCATION CENTER  
BUILDING 499 ROOM 16

**FREE SAPASUI SAMPLE**

## Fort Leonard Wood, MO

**PMP Course 29 JUL – 02 AUG 24**



**WHO:** Anyone w/ 5+ yrs. in service, typically SSG and Above

**WHAT:** PMP Prep Course  
Includes: 35-Hour Training, Exam, 1-Year Instructor Support, Application Prep, Exam Retest (if required)

**WHEN:** 29 JUL – 02 AUG 24



**Army Ignited Submission Deadline: 31MAY24**

**Request invoice HERE: Course: C24-31B-PMP**



Email [boberg@pm-prolearn.com](mailto:boberg@pm-prolearn.com) for questions about training or funding

- 30% Discount for all vets and family members paying out of pocket.
- Unit funding accepted
- VA VR&E (Chapter 31) Accepted
- Post-9/11 GI BILL (Chapter 33) also accepted

Email if you have any questions on funding.

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](mailto:usarmy.leonardwood.id-training.mbx.usag-flw-dhr-ed-center@army.mil)



# Transition Assistance Program

- Career Fair: May 9, 2024, Nutter Field House, 10:00 AM -3:00 PM
- Open to all Transitioning Service Members, Retirees, Veterans and Family Members
- Employers: 40+ Employers, Boeing, Heart Land Coca Cola, FedEx, Lowes, Ford Motor Company
- TAP Classes: Resume Writing, Interview Techniques, Salary Negotiations, Dress For Success



 TRANSITION ASSISTANCE PROGRAM

# CAREER FAIR

 05/09/2024  
10:00 AM - 3:00 PM

 Location  
NUTTER FIELD HOUSE  
FORT LEONARD WOOD, MO

INTERESTED ATTENDEES CALL 

573-596-0175

INTERESTED EMPLOYERS EMAIL 

  
SCAN ME

Open to all Transitioning Service Members, Retirees, Veterans, and Family Members.  
\*Required for all service members within 18 months of ETS.







<u>Start Strong</u>	Foods and Fluids	When
For activity < 1 hour	<p>Food: A carb-rich meal or snack of 200–300 calories. Avoid high-fat like full fat dairy or high-fiber foods (whole grains or raw veggies) for easier digestion.</p> <p>Ex: White bread with jam/jelly, banana with nut butter, low fiber cereal with low fat milk</p>	30-60 minutes before
	Fluid: 16 fl. ounces of water	2-4 hours before
For activity > 1 hour	<p>Food: 1–4 g carb/kg (0.5–1.8 g carb/lb.) Adjust timing and amount of carbs to match your schedule and activity.</p> <p>Ex: Medium banana and 2 packets instant apple-cinnamon oatmeal, 8 oz juice + 3 oz whole-wheat bagel with 1 Tbsp jelly, Waffles with 2 Tbsp maple syrup and 1 cup berries</p>	<p>1-4 hours before</p> <p>Depends on tolerance and fueling during.</p>

**Make your own sports drink:**

- Dilute any 100% fruit juice with an equal amount of water. Add 1/8 teaspoon salt per quart (four 8-oz cups).
- Mix 1/3 cup sugar and 1/8 teaspoon salt per quart (four 8-oz cups) of water. Flavor with unsweetened beverage base.

<u>Replenishing</u>	Foods and Fluids
Within 2 hours after workout	<p>Food: High in carbs (at least 50 g) with 15–30 g protein Include salty foods</p> <p>Ex: Turkey and cheddar cheese on whole-wheat bread with an apple, Peanut butter and jelly on whole-wheat bread with chocolate milk, Low-fat Greek yogurt with trail mix and fruit</p>
Begin immediately (and during if >60 minutes of activity)	<p>Fluid:</p> <ul style="list-style-type: none"> <li>-During: 16–32 fl oz per hour water, sports drink, or a mixture of both; do not exceed 48 fl oz / hour</li> <li>- After: 20–24 fl oz sports drink or water per pound lost during exercise; or drink until urine is pale yellow</li> </ul>

- How do I schedule an appointment?**
- Option 1: Referral by your Primary Care Provider
  - Option 2: Call the clinic at **573-596-1762** and make an appointment
  - Option 3: Request an appointment in person at the clinic
- No referral needed!

- How do I schedule a brief?**
- Option 1: Call the clinic at **573-596-1762** and provide time and dates that work best for you.
  - Option 2: Email [Brittany.m.powers.mil@health.mil](mailto:Brittany.m.powers.mil@health.mil) with questions.
  - Option 3: Set up a brief in person at the clinic with our MSA or myself

**Useful Fitness, Nutrition, readiness Links/Resources:** <https://www.hprc-online.org/>





# May is Motorcycle Safety Awareness Month, a crucial time to raise awareness and promote safety measures for both motorcyclists and motorists ...

Here are some important facts to consider:

In 2022, 6,218 motorcyclists lost their lives in traffic crashes, accounting for 15% of all traffic fatalities. The fatality rate for motorcyclists was 22 times higher than that of passenger car occupants per 100 million vehicle miles traveled.

35% of motorcyclists involved in fatal crashes were speeding, compared to 22% of passenger car drivers.

42% of motorcyclists who died in single-vehicle crashes were alcohol-impaired.

Helmet use among motorcycle riders increased from 64.9% in 2021 to 66.5% in 2022.

Motorcycle Safety Awareness Month provides an opportunity to enhance safety messaging across all platforms.

Remember, everyone on the road plays a role in motorcycle safety. Let's share the road responsibly and keep our fellow riders safe!

[airs.safety.army.mil](https://airs.safety.army.mil) to register for courses – BRC, ARC, RDT, IDT ...

SFC Matt Ornot  
Post MC Mentor  
Cell phone #  
724-344-6103

SSG Isaac Garcia  
Post MC Mentor  
Cell phone #  
619-344-1812





**Fort Leonard Wood  
Vacation Bible School**

**July 22-26, 2024 0900-1200**

**Main Post Chapel**

**Kids Going into Kindergarten – 6<sup>th</sup>  
Enjoy Bible lessons, crafts, science  
experiments, games, snacks and  
music as we explore major Bible  
events from Genesis to Revelation!**

**Register children & volunteers at**  
[https:// www.facebook.com/FLWVBS/](https://www.facebook.com/FLWVBS/)

Or POC: Martha Strong  
[martha.a.strong.civ@army.mil](mailto:martha.a.strong.civ@army.mil) 596-0089



**Graduation Blessing  
Celebration  
Saturday 4 May at 1000  
Specker Chapel**

An event for Fort Leonard Wood High School Seniors and their families including a program with an encouraging message, a blessing for them and their families, slide show of senior pictures, a display of information about each Senior and a light reception.

This event is open to all seniors across the installation. Contact POC to receive a participant pkt.

High school seniors participating need to submit pictures and senior information

NLT May 2 to POC: Martha Strong, 573-596-0089 or [Martha.a.strong.civ@army.mil](mailto:Martha.a.strong.civ@army.mil)





# “The National Day of Prayer” Service

Date: 2 MAY 2024

Time: 0800-0830

Location: Main Post Chapel

Refreshments After The Service

For More Information Contact:

Religious Support Office: (573) 596-2127



## CATHOLIC WORSHIP

**Catholic Mass**  
Soldier Memorial Chapel (SMC) 0900  
– Sunday

**Adoration**  
Soldier Memorial Chapel (SMC)  
1730, 1<sup>st</sup> 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**  
4<sup>th</sup> 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

## 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**  
**0800-0900 2nd & 4th Sunday**  
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 – 8<sup>th</sup> 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, 573-596-2857

**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: 4 Sept - 6 Nov 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 - *Currently not meeting*

**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, **Fall 4 Sept-6 Nov**

**Club Beyond 6-12 Grade**  
Weds, 1800-2000  
Bldg 608 – Main Post Chapel  
Patrick Smiley psmiley@clubbeyond.org  
405-906-9994  
Sponsoring CH: CH Darrell Burriss  
573-596-2895

**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.\*\*\*\*






**AAFES**



**EXCHANGE**

**TRAIN YOUR WAY**

Look for this icon **Click to Shop Gear**



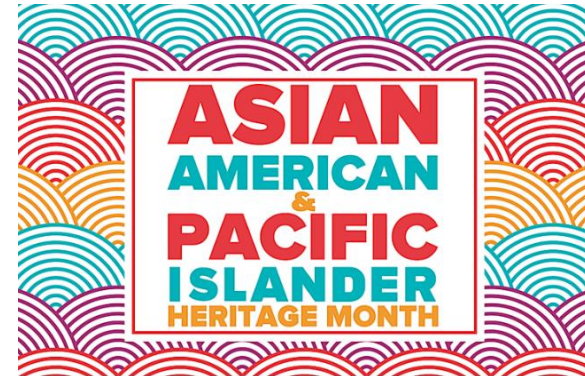
**BEFIT 360°**

**FITNESS**

NUTRITION

WELLNESS

GEAR



**Upcoming Events:**

- 26 April - 12 May
  - 15% Off Women's Clothing, Shoes, Handbags & Accessories with your Military Star Card
- Mother's Day May 12
- Meet The Manager May 22 @ 1200
- Memorial Day May 27





Operating Hours	In-Store	C2G
Sunday	0900-1800	1100-1700
Monday	0700-1900	0900-1800
Tuesday	0700-1900	0900-1800
Wednesday	0700-1900	0900-1800
Thursday	0700-1900	0900-1800
Friday	0700-1900	0900-1800
Saturday	0700-1900	0900-1800



*Hometown Heroes*  
**SIDEWALK SALE**

SCAN CODE OR VISIT  
[commissaries.com/rewards-and-savings/sidewalk-sales](https://commissaries.com/rewards-and-savings/sidewalk-sales)



COMMISSARY **CLICK2GO** *Now dropping off ON BASE to Fort Leonard Wood!*

**May 16-19, 2024**  
**Ft. Leonard Wood Commissary**  
**Side Walk Sale!**

- Raffles & Giveaways
- Demo's and Samples
- Great Savings
- Amazing Customer Service
- Serving the Best Customers!



**Drop Off Available on Saturdays!**  
1200 @ 3211 Morelli Heights  
1300 @ 1950 Magness St.  
\*Orders Submitted by 0800 Saturday

**\*Bring CAC ID & Conformation Email to Pick Up\***



**Hours of Operation:**

Thursday – Sunday: 0830-1600

Building 805 Iowa Ave.

**Upcoming Events:**Thursday, May 2<sup>nd</sup> at 0830: USO Muffin MorningFriday, May 3<sup>rd</sup> at 1100: USO Spouses Craft SocialMonday, May 6<sup>th</sup> at 1800: USO Date & Craft NightThursday, May 9<sup>th</sup> at 0930: USO Coffee ConnectionsFriday, May 10<sup>th</sup> at 1700: USO Craft Time for MomThursday, May 16<sup>th</sup> at 0830: USO Muffin MorningThursday, May 23<sup>rd</sup> at 1030: Cont. Your Journey WorkshopFriday, May 31<sup>st</sup> at 1700: USO Family Night Out: Culver's

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

&amp; More Personalized Resources In:

**EMPLOYMENT | EDUCATION | VA BENEFITS  
FINANCIAL READINESS | MENTORSHIP****Register with us today!  
uso.org/transition**





ARMED SERVICES YMCA

# 34TH ANNUAL DUCK RACE

Race Day: Saturday July 27th 2024  
Roubidoux Park, Waynesville

## It's a Decoy Duck Duel!

The Armed Services YMCA of Missouri hosts an Annual Duck Race, a "Fun" Raisher to support the Armed Services YMCA. Each year participants' ducks strut their stuff to compete for 'Best Dressed'. Afterward, they speed their way down the Roubidoux in an attempt to be crowned the 'Speediest Duck'. Every dollar raised is put back into the soldiers and families at Fort Leonard Wood through low- or no-cost preschool programs, sports, summer camps and other opportunities for military families.



### DETAILS

- When you sponsor a duck, you get a decoy to decorate and deploy on race day.
- Once registered, we will contact you to coordinate reception of your duck.

### SCHEDULE:

- 10:30 am: Ducks due for Best Dressed judging
- 11:30 am: First heat of Duck Races
- 12:30 pm: Championship and Consolation Race

ENTRY FEE: \$100



fortleonardwood.asmca.org | 573-329-4513



## STRONGHOLD FOOD PANTRY



### Stronghold Food Pantry

The ASYMCA Fort Leonard Wood's Food Assistance program helps currently serving and retired military families by providing access to free supplemental food items and additional household items. This program enables military families to worry less about food and focus on mission readiness.

The Stronghold Food Pantry is a consumer choice program, meaning there are no pre-made boxes or bags—you shop for your needs.

### Privacy Matters

No referral or financial documentation is required to participate, but registration is required to reserve your discrete shopping appointment. You will be asked to present military ID at check-in, but all information is held completely confidential.



### Pantry Dates:

Wednesday May 8th  
11am-3pm

Wednesday May 22nd  
11am-3pm

Tuesday May 28th  
4pm-7pm

### ARMED SERVICES YMCA FORT LEONARD WOOD

13900 Replacement Avenue  
Fort Leonard Wood, MO 65473  
Phone: (573) 329-4513  
Hours of Operation: M-F | 8:30am to 4:00pm



LEARN MORE AT [FORTLEONARDWOOD.ASYMCA.ORG](https://fortleonardwood.asmca.org)





## 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](http://home.army.mil/wood/index.php)
- Fort Leonard Wood Facebook  
[facebook.com/fortleonardwoodmissouri/](https://facebook.com/fortleonardwoodmissouri/)
- Family & MWR Website  
[leonardwood.armymwr.com/](http://leonardwood.armymwr.com/)
- Family & MWR Facebook  
[facebook.com/mwr.ftwood](https://facebook.com/mwr.ftwood)
- AAFES  
[shopmyexchange.com/](http://shopmyexchange.com/)
- DECA  
[commissaries.com/shopping/store-locations/fort-leonard-wood](http://commissaries.com/shopping/store-locations/fort-leonard-wood)
- Fort Leonard Wood Religious Support Office  
[facebook.com/fortleonardwoodRSO](https://facebook.com/fortleonardwoodRSO)





# BACK UP SLIDES



**May 2024**

These events are fun & **FREE** for all FLW Homes residents!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>RESIDENT NEWSLETTERS ARE POSTED ON THE FIRST OF THE MONTH!</p> 		<p>1 PET OF THE MONTH</p> 	<p>2</p>	<p>3 YARD OF THE MONTH</p> 	<p>4</p>
	<p>6</p> 	<p>7 CINCO DE MAYO TACO DIPPERS STONEGATE CC 4-5 PM</p>		<p>9 MUFFIN'S WITH MOM! STONEGATE CC 3:30-4:30 PM</p>	<p>10 MOTHER'S DAY SUNCATCHERS STONEGATE CC 5-6 PM</p>	
	<p>13</p> 	<p>14</p> 	<p>15 ADULT NIGHT-SALT PAINTING STONEGATE CC 5:30-6:30 PM</p>	<p>16 POM WINNER ANNOUNCEMENT</p> 	<p>17 GRADUATION DAY</p>	<p>18</p>
<p>19</p>		<p>21 CYO MEMORIAL DAY LUMINARY STONEGATE CC 3:30-4:30 PM</p>	<p>22</p>	<p>23 YOM WINNER ANNOUNCEMENT!</p> 	<p>24 HAPPY LAST DAY OF SCHOOL!</p> 	<p>25</p>
<p>26 IN OBSERVANCE OF THE HOLIDAY, ALL OFFICES WILL BE CLOSED ON MAY 27<sup>TH</sup>.</p>	<p>27</p> 	<p>28 SPLASH PAD OPENS!</p> 	<p>29</p>	<p>30</p> 	<p>31</p>	

**LifeWorks Coordinator**  
Sara Owens  
573-329-1009  
[Sowens@bbcgrp.com](mailto:Sowens@bbcgrp.com)



## 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](mailto: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)

WE ARE THE ARMY'S HOME



## 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](https://usajobs.gov), Keyword: NAF
- Contact the NAF HR Office at [\(573\) 596-0283](tel:5735960283) for more information.