

Community Information Forum - September 2022

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.







AGENDA

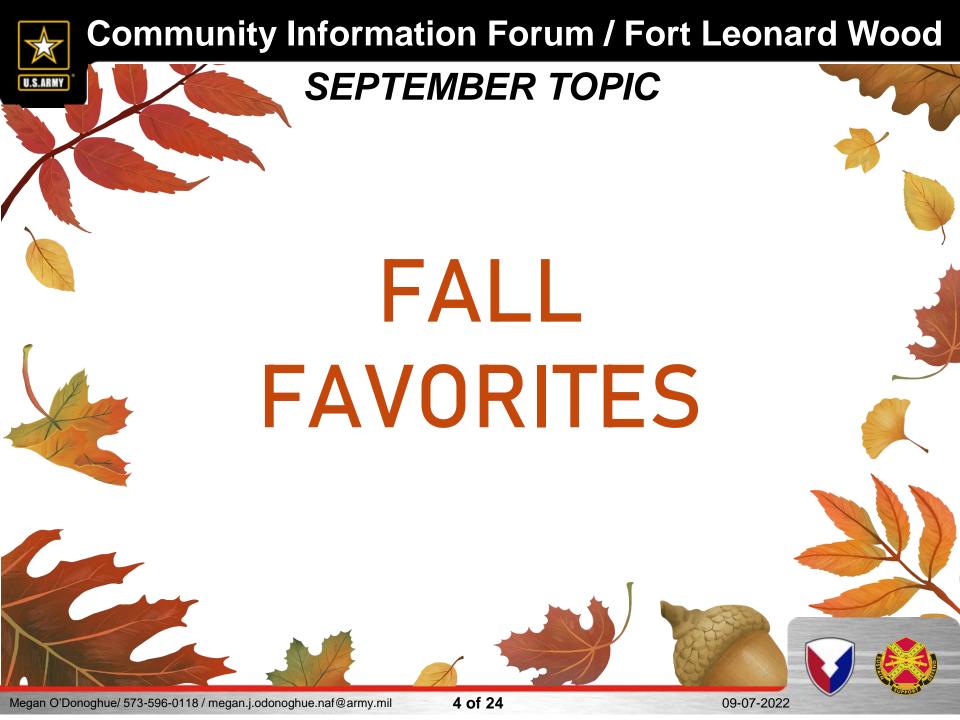
- Opening Remarks / Garrison Commander or Representative
- Panel Speakers
- Brief by Exception
- Open Forum to follow / Questions & answers

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









DFMWR / ARMY COMMUNITY SERVICE

Fall Favorites



ACS Family Advocacy Stress and Anger Management

- New classes every month
- 6hr of instruction for Stress Mgmt
- 6hr of instruction for Anger Mgmt
- Not therapy
- No info is entered into Medical Records
- Open to SM, DA Civ, Ret, Adult FM

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: Look before you Lock Campaign
- EFMP: Education & Medical Support
- FRP: Financial Management
- RRP: PCS Moving Support
- I&R: Services Briefings

Real-Life Solutions for Successful Army Living

Survivor Outreach Services SOS Gold Star Family Recognition and 5K Run

Date: 17 September 2022 **Time:** 0900 / 1300 / 1600

Location: ACS / USO
Info: Family testimonials, social

gathering, 5K, music, and a chance to share and learn more about the lives of our brave servicemembers. Honor Cards will be available to put your loved one's name and post it to our Honor Board to memorialize their service and memory.

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











DFMWR / Child Youth Services





DFMWR / Business & Recreation



ADVANCE REGISTRATION (ENDS SEPT 8): \$30 PER SPACE TABLES AVAILABLE: \$5 EACH (ADVANCED REGISTRATION ONLY) DAY-OF REGISTRATION: \$40 PER SPACE

Registration includes sales space and advertisement. Sellers limited to one vehicle per purchased space.

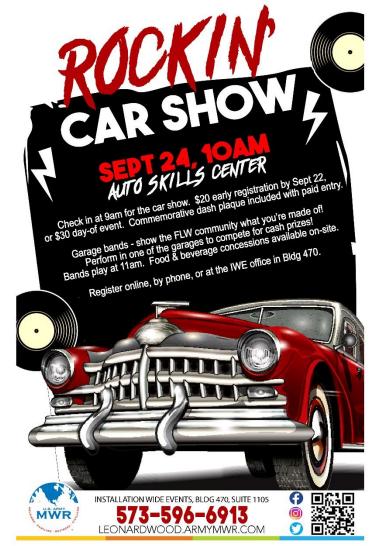
Following items may not be sold: food items, supplements, homeopathics, medications, weapons, animals, or livestock.

Register in advance online by Sept 8, or by calling the MWR Installation Wide Events office located in Building 470, Room 1105.



BAKER THEATER: 6907 IOWA AVE. 573 596 6913













DHR / ARMY CONTINUING EDUCATION SYSTEM (ACES)

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

FALL SESSIONS



28 November - 16 December, BSEP



24 October - 17 December (3 F2F)

Daytime Program, 1100 - 1300 24 October - 17 December (1 F2F)



24 October - 16 December (1 Blended)



October 17, 2022 - December 16, 2022 (F2F - Nursing)



19 October - 16 December (1 F2F)



17 October - 16 December (F2F)





- ✓ DHR/ASAP September is Suicide Prevention Awareness month
 - √ Slogan: Connect to Protect-Support is Within Reach

27 SEPT 2022 1st Annual Suicide Prevention Field Day, 1000-1400 Gerlach Field.

Events will focus on building protective factors: Positive Coping Skills, Team Building, Social Support. Intended audience: Service Members, and Civilians.

Partnering agencies: Army Substance Abuse, Army Wellness Center, R2 Performance Team, DFMWR

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

Social Media Posts (#Connect to Protect Support is Within Reach)





DES/Law Enforcement Division

The Archery Deer and Turkey Season opens 15 September. For the most current information regarding hunting, fishing, and other outdoor recreational activities, please visit https://ftleonardwood.isportsman.net/. Those hunting deer and/or turkey during archery season on Fort Leonard Wood will need a Fort Leonard Wood iSportsman account. Once you have an account you will need the following items:

- 1) Fort Leonard Wood Outdoor Recreation Permit (Free)
- 2) FLW Sportsman's Permit \$15.00. A free Sportsman's permit is available for hunters and anglers age 15 and under, age 65 and older, and disabled veterans (60% disability or greater.
- 3) The 2022 Archery Deer and Turkey permit (\$5.00).
- 4) All applicable Missouri hunting and fishing licenses are also required and can be purchased from the Outdoor Adventure Center or online from the Missouri Department of Conservation.

For more information, contact:

DPW Natural Resources Branch: (573) 596-7605 DFMWR Outdoor Adventure Center: (573) 596-4223

DPTMS Range Operations: (573) 596-2525

DES Conservation Law Enforcement: (573) 596-5002

Main Gate Visitor's Center, Privately Owned Weapons Registration: (573) 596-0590

Information covering the registration and control of privately owned firearms and other weapons can be located in FLW Regulation 190-11, Chapter 8 (09 April 2020).

Information covering hunting and fishing on Fort Leonard Wood can be located in FLW Regulation 210-21 (21 December 2021).

Missouri Department of Conservation: https://mdc.mo.gov/

Units can schedule a recreational brief with our Conservation Law Enforcement Officers. The POC is Mr. Jason Ploss at 573-596-5002 or jason.a.ploss.civ@army.mil

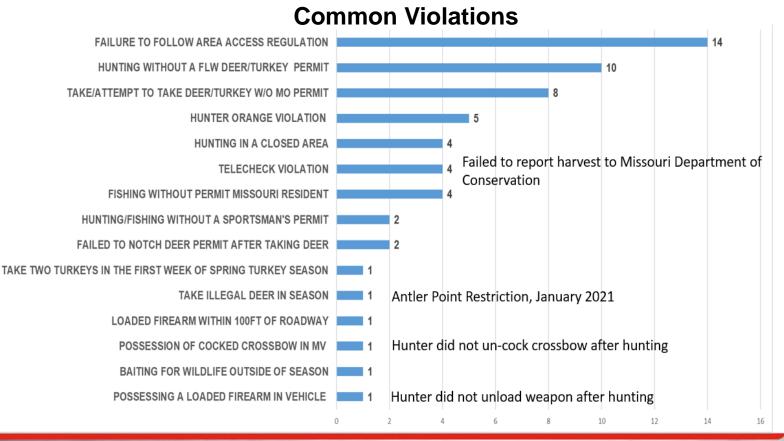
Archery Equipment (Bows) will not be stored in vehicles parked on the installation (FLW Regulation 190-11, paragraph 8-5g. You cannot leave your bow in your vehicle while you are at work.





DES/Law Enforcement Division

Special regulations apply in CWD Management Zone counties. For the 2022–2023 deer seasons, the CWD Management Zone includes Adair, Barry, Barton, Camden, Cedar, Chariton, Christian, Clark, Crawford, Franklin, Gasconade, Greene, Hickory, Howell, Jefferson, Knox, Laclede, Linn, Macon, McDonald, Mercer, Oregon, Ozark, Perry, Polk, Pulaski, Putnam, Ripley, St. Charles, St. Clair, St. Francois, Ste. Genevieve, Stone, Sullivan, Taney, Vernon, Warren, and Washington counties. New! Barton, Greene, Ripley, and Vernon counties are new additions to the CWD Management Zone. The use of grain, salt products, minerals, and other consumable products used to attract deer is prohibited year-round in these counties.







GLWACH

Personal and Family Health Readiness:

- -Validate TRICARE benefit status and insurance enrollment in MilConnect
 - --Open season for changing TRICARE plan is coming in Fall 2022.
- -Contact your Primary Care Manager (PCM) Team using MHS GENESIS Patient Portal for safe, easy and accountable messaging.
- -Share health goals with your PCM; then engage to understand next steps and do your part to build personal health, expedite care and maximize care outcomes.
 - --Save 1-800-TRICARE in your phone today!
- --Call the TRICARE Nurse Advice Line if urgent care needs after hours or when away from home.
- -Maintain CDC age/seasonal vaccine recommendations.

Patient Resources





GLWACH Svcs



TRICARE



Health Plans



Patient Portal

TRICARE Nurse



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Recommendations





GLWACH

FLU VACCINE

- Usually received mid fall (OCT/NOV)
- GLWACH FB will message when vaccine is available for the FLW community
- Also available at participating pharmacies – more info at Tricare.mil/flu

COVID-19 BOOSTERS

- Bivalent COVID-19 boosters on order
- COVID-19 cases are anticipated to spike again this fall
- Original formulation boosters are available!

Recommended for:

Recommended 1 Booster

 Everyone ages 5 years and older should get 1 booster after completing their <u>COVID-19</u> <u>vaccine primary series, if eligible</u>.

TRICARE COVERS THE FLU VACCINE AT NO COST AS RECOMMENDED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION.

- THE VACCINE IS FREE. BUT YOU MAY HAVE A COST FOR AN OFFICE VISIT WHEN VISITING A PROVIDER
- ◆ ALWAYS CALL AHEAD TO MAKE SURE THE FLU VACCINE IS AVAILABLE

3 OPTIONS FOR GETTING THE FLU VACCINE

MILITARY HOSPITAL OR CLINIC

- Active duty service members have priority.
- Call ahead to make sure it's available.

Not all network pharmacies participate in giving vaccines. Call ahead to confirm.

PARTICIPATING NETWORK

PHARMACY

- Be sure to get your vaccine from the pharmacist, not from a health provider in a pharmacy clinic, to avoid possible out-of-pocket costs.
- Some states may have restrictions for children based on age.

TRICARE-AUTHORIZED PROVIDER

- Follow your plan's rules for getting care, which may include getting a referral.
- The vaccine is free, but you may have a cost for the office visit.
- Some states may have restrictions for children based on age.

Recommended 2 Boosters

- · Adults ages 50 years and older
- Some people ages 12 years and older who are moderately or severely immunocompromised





COVID-19 Boosters: What You Need to Know

At-a-Glance

COVID-19 Vaccination Schedule for Most People

(People who are NOT Moderately or Severely Immunocompromised)

People ages 6 Moderna Pfizer-BioNTech months through In 3-8 In at least 4 years 8 weeks -OR-**Primary** Primary **Primary** People ages Pfizer-BioNTech Moderna 5 through 11 In 3-8 In at least years 5 months -OR-Monovalent Primary Primary Primary Primary **Booster** Moderna, Novavax, or Pfizer-BioNTech People ages 12 years and older In 3-8 weeks In at least THE COVID-19 VACCINE (Novavax, Pfizer) 2 months **Bivalent** Primary Primary booster* or in 4-8 weeks (Moderna) **HELPS PROTECT YOU** & YOUR FAMILY. People ages 18 In at least years and older who 2 months Bivalent previously received **Primary** Janssen primary A safe and effective vaccine series dose[†] to protect against COVID-19 is now available

Fort Leonard Wood, MO

CDC recommends everyone stay up to date with COVID-19 vaccination, including all primary series doses and boosters for their age group:

- ✓ Ages 6 months through 4 years should get all COVID-19 primary series doses
- ✓ Ages 5 years and older should get all primary series doses, and updated COVID-19 boosters if eligible
- ☐ Getting a COVID-19 vaccine after you recover from COVID-19 infection provides added protection against COVID-19
- □ People who are moderately or severely immunocompromised have different recommendations for COVID-19 vaccines, including boosters
 - Talk to your healthcare provider
- ☐ For people ages 12 years and older, the only authorized mRNA booster is the updated (bivalent) booster.
- People ages 12 years and older can no longer get the original (monovalent) mRNA booster.

*COVID-19 vaccine and booster recommendations may be updated as CDC continues to monitor the latest data.



U.S.ARMY

Community Information Forum / Fort Leonard Wood

INTERACTIVE CUSTOMER EVALUATION





Inform leaders with timely feedback

Suggest an improvement or new idea

Address issues with customer service





RELIGIOUS SUPPORT OFFICE

Faith Skills

Family, Faith, Fellowship
1730 Dinner 1815 - 1930 Class
Weds 7 Sept - 9 Nov
9 Adult Classes offered
Children's class and Watch Care
More Info on classes:

facebook.com/fortleonardwoodRSO



Faith Skills Class
You must attend an Orientation
Session Wed, 7 Sept at 1730
Main Post Chapel Rm 162
facebook.com/FPUFLW



Faith Skills Class
Join us for 12 weeks
Wed 31 August – 9 November

Focused on Healing from Trauma A course not support group, help for anyone struggling to cope with crisis or trauma. Join us to discover HOPE.

POC Martha Strong, DRE

martha.a.strong.civ@army.mil or 6-0089







RELIGIOUS SUPPORT OFFICE



Family Outdoor Movie
On the Minnesota Ave side
Main Post Chapel
Friday, 7 Sept 8:00 PM
Bring your
blankets/chairs/snacks
Free popcorn & movie

Movie hint: a football coach and team facing a David and Goliath final game of the season.



Protestant Women
Of the Chapel
Kick-off
Tuesday, 6 Sept
0900-1130
Main Post Chapel
FB/fortleonardwood
pwoc

Catholic Women
Of the Chapel
Kick-off
Thursday, 1 Sept
0900-1130
Main Post Chapel
FB groups/13200486
74687434

Jewish Soldier & Family Resources

High Holiday Services will meet at South Iowa Chapel, streamed from West Point, under CH (MAJ) David Frommer, on MS Teams

Rosh Hashanah

25 Sep, Sunday, 1900 26 Sep, Monday, 1000 & 1630

Yom Kippur

4 Oct, Tuesday, 1900 5 Oct, Wednesday, 1000 & 1700 1830 Break the Fast High Holiday Resources:

https://www.lookstein.org/resources/ holidays/high-holidays-resources/

Additional Jewish educational resources:

https://jcca.org/what-we-do/jwb/jrep/

POC Martha Strong, DRE

martha.a.strong.civ@army.mil or 6-0089













CATHOLIC WORSHIP

Catholic Mass

Soldier Memorial Chapel (SMC) 0900 - Sunday

Adoration

Soldier Memorial Chapel (SMC) 1800-1900, 1st Friday of 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

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

OTHER SERVICES

Jewish Shabbat

1900 - Fridays South Iowa Chapel

Buddhist Service

1900 - Thursday North Iowa Chapel

Islamic Service

1900 – Friday North Iowa Chapel

RELIGIOUS EDUCATION

Catholic Confraternity of Christian Doctrine (CCD)

1100 – 1230 Sundays (Sep-Apr) 1st – 8th grades, Confirmation

Religion Class for Adults (RCIA) & Religion Class for Children (RCIC) Bldq 6501, 3307 Indian Ave (YREC)y

Classes begin 18 Sep

Faith Skills

(For Family, Faith & Fellowship) Main Post Chapel (MPC) Wednesdays, 1730-1930

Fall Session is 7 Sep - 9 Nov

WORSHIP/STUDIES

Protestant Women of the Chapel (PWOC)

Tuesdays, 0900-1145, Main Post Chapel For more information: pwocflw@gmail.com or

https://facebook.com/fortleonardwoodpwoc/

Catholic Women of the Chapel (CWOC)

Weds, 1730 at MPC

POC: Rebekah DuBois, cwocflw@gmail.com

Catholic Women's Bible Study

Sundays, 1100-1230 (during CCD) Bldg 6501, 3307 Indiana Ave (YREC)

Knights of Columbus-Catholic Men

2nd Tues/ea month, 1800 Bldg 590 (SMC Annex)

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

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

Weds. 1815-2000

Bldg 6501, 3307 Indiana Ave (YREC)

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







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Community Information Forum / Fort Leonard Wood



AAFES

Abrams Theater. Showings on Fri, Sat and Sun.

shopmyexchange.com, Fort Leonard Wood, Reel Time Theaters for showings and times.

- ☐ Free Showing! Disney's "Pinocchio"
- ☐ Saturday 10 Sept .
- ☐ Events at 1200, Movie Starts at 1400
- ☐ Dunkin Donuts In Main Exchange Mall
 - ☐ Opens 12 September
- ☐ Tater Patch Express Main Exchange Mall.
 - **□** Opens Mid-September
- ☐ Class 6 Customer Appreciation Event
 - □ 24 Sept from 1200-1430
 - □ Sampling, Prizes, Giveaways
- □ Self-Checkout Opens in the Main Exchange 13 Sept □ South Express 15 Sept

You Made The Grade" Program For Students with a "B" or Higher

See any manager at the Main Exchange.



Students, enter for a chance to win a ^{\$}2,000, ^{\$}1,500 or ^{\$}500 REWARDS! gift card! See an Exchange Associate for details and entry forms.

DECA



Click2GO

Commissary Click2GO pickup times now available every Saturday!
Order Click2GO online with no additional charge with slots available Monday through Saturday.

Rewards Card

Rewards cards are free and offer additional savings. Find out more at Commissaries.com or ask any associate when in store to get you rewards card today.





COMMUNITY INTEREST



Bldg... 805 Iowa Ave

Hours of Operation:

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

Upcoming Events:

Sept. 8th – Coffee Connections at 9:30 a.m.
Sept. 9th – USO Spouses Craft Social at 11 a.m.
Sept. 12th – USO Spouses Lunch Out: Bingo Edition at 11 a.m.
Sept. 22nd – Continuing Your Journey Workshop at 10:30 a.m.
Sept. 23rd – USO Family Game Night at 5 p.m.

USO BABY SHOWER: October 15th at 11 a.m. at the USO

Registration starts on September 7th at 9am.

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 (573) 329-2039

POC: Kelly Brownfield kbrownfield@uso.org



Transitions

OFFERING 1:1 VIRTUAL SUPPORT TO TRANSITIONING SERVICE MEMBERS, AGR, & MILSPOUSES

FREE Civilian or Federal Resume Writing

Access to Online Learning Platforms

Personal Branding Workshops

Mentorship Connections

& More Personalized Resources In:

EMPLOYMENT | EDUCATION | VA BENEFITS FINANCIAL READINESS | MENTORSHIP

Register with us today! uso.org/transition







Patriot Day Festival

Presented by: The Armed Services YMCA of Missouri Saturday, September 10th, 2022 Roubidoux Park

10:00 am - 9:00 pm

Admission & All Activities: FREE

Join us for a day of remembrance, patriotism, music, and fellowship centered around the anniversary of 9/11.

Opening Ceremony

10:00 am WHS JROTC Color Guard Presentation of Colors / National Anthem Invocation & Moment of Silence

Performances

10:30 am - 11:00 am Richland School District

11:00 am - 11:30 am Dixon School District

12:00 pm - 1:00 pm Waynesville High School

Live Music

Ali Marie - 3:00 pm Dead Roads - 5:00 pm Nevermind the Scarecrow - 7:00 pm

Activities Remembrance Area

Food Trucks, Vendors Classic Car Show Little Heroes Playground Splash Pad (Weather Permitting)

8:00 am - 2:00 pm Pulaski County Farmers Market

10:30 am - 4:30 pm **Bounce Houses and Festival Games** Face Painting and Body Art Pony Rides / Petting Zoo

> 11:00 am - 2:00 pm Puppy / Kitten Adoption



*This event is 100% not for profit. All proceeds will be donated back to our community.

Sponsorships/Donations and Vendor Signups, please visit:

https://fortleonardwood.asymca.org/event/ patriotdayfestival























For More information: (573) 329-4513 or zguller@asymca.org



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 Community Resources
- September Fall Favorites
- 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













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









BACK UP SLIDES





COMMUNITY INTEREST





Come help us save Soldier 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.
- ✓ Sun-Wed: Unit-level blood drives
- √Mon-Wed: 8 am 2:30 pm:
- Open for appointments and walk-in donors
- √Thurs Sat: No scheduled collections

Directions to our 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. Look for sign 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 third donation with the ASBP
- √ Goodies: All donors receive a free t-shirt, juice & cookies
- ✓ A great feeling: Helping someone recover from an illness or injury

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





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

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.

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





Interactive Customer Evaluation (ICE)



ICE :: Fort Leonard Wood (disa.mil)







Join the Family & MWR Team & Make a DIFFERENCE!

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



WHERE TO APPLY

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

