Community Information Forum June 2025



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Ms. Megan O'Donoghue Director, Family and Morale, Welfare and Recreation U.S. Army Installation Management Command



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





JUNE IS...

SUMMER FUN Check off a fun filled list of summer activities!



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



DFMWR / BUSINESS & RECREATION











MWR

Outdoor Adventure Center: Bldg 2290, FLW K Road

573-596-4223 LEONARDWOOD.ARMYMWR.COM

leonardwood.armymwr.com





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DFMWR / CHILD & YOUTH SERVICES





To register, call Parent Central Services at 573-596-2838 Monday-Friday 0730-1630 Bldg. 470, Room 1126 Volunteer Coaches needed

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MWR MARKETING



- Things to do while spending time with their Soldier
- Where to get assistance with booking travel arrangements
- Includes a map for graduations & FLW locations



Family & MWR offers something for all ages! We look forward to providing your family with fun activities while you're visiting.

Bowling, axe throwing, delicious eats, swimming in the summer and more! Checkout what we have for you to enjoy.

Daugherty Bowling Center - 40 lanes of bowling, 18+ game lounge, pool tables, plus
the Strike Zone Snack Bar.

Morelli Heights Bar & Crill - comfortable atmosphere with wings, burgers, parmesan garlic fries, and more.





SCAN FOR THE MOST UPDATED INFORMATION





BEST LINK TO SHARE

leonardwood.armymwr.com/happenings/graduations-and-family-days

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STAY RESILIENT WITH FLW MWR RECREATION OPPORTUNITIES



Contact FLW MWR to come to your footprint and provide information about what MWR offers.

Available to

- Brief permanent party
- Brief training courses like BOLC, AIT, etc.
- Host an informational table at your ORG Day, etc.
- Don't see something on this list? Let's talk about it

CONTACT NIA DICKINSON AT NIAKOREEN.M.DICKINSON.NAF@ARMY.MIL OR 573-337-2649





The Better Opportunities for Single Service Members (BOSS) Program supports the overall quality of life for the single Service Members and helps to maintain and improve Soldier readiness.

Call (573) 596-6913 or find us on Facebook and Instagram at Fort Leonard Wood BOSS

Upcoming Events:

- Saturdays Soldier Showdown 7
- BOSS Swimming Lessons
- 7th Community Bed Build in Rolla
- 7th Nostalgia at the Arcade
- 8th BOSS Paintball
- 9th to 13th Food Drive w/ ASYMCA
- 12th & 26th Board Prep
- 12th & 26th Representative meeting
- 14th Theme park trip









Seasonal Drinking: Why Alcohol Is More Dangerous in the Summer





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

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Boaters Can Lose Their Bearings

It takes as little as four hours of exposure to sun, wind, glare, vibration, and other motion on the water to produce "boater's hypnosis," a kind of fatigue that slows reaction time almost as much as if a person were drunk. 27% of deaths involving boats, jet skis, and other forms of water transportation involve individuals with a BAC of 0.10% or higher. A boat operator with a BAC of 0.08% or higher is 14 times more likely to be killed in a boating accident than an operator with no alcohol in their system.

Dehydration Is a Risk - Hot summer days cause fluid loss through perspiration, while alcohol causes fluid loss through increased urination. Together, they can quickly lead to dehydration or heat stroke.

Sun Damage - If you're soaking up the sun while enjoying a few drinks, you're more likely to forgo proper skin protection. Studies also show that alcohol reduces the level of UV exposure required to create a sunburn. By not applying enough sunscreen before heading outside, you can significantly increase the risk of skin cancer.

31% of all U.S. drowning deaths involve blood alcohol concentration

CDC 2022

levels of 0.10% or higher





Fort Leonard Wood Resilience Resources

Emergency Resources

- GLWACH Behavioral Health and Substance Use Disorder Clinical Care (573) 596-0522, Basement Rm 61, M-F Walk-In 0800-1600 <u>After Hours</u>: GLWACH Emergency Department ***Call 911
- National Suicide Prevention Lifeline 988, press 1 for military (24/7) Text: 838255 or Chat: <u>veteranscrisisline.net</u>
- DES Military Police Desk: 911 or (573) 596-6141
- Military & Family Life Counselors (Service Members and Family Members) (573) 596-0212 (ACS main phone) militaryonesource.mil/confidental-help/mflc
- Family Life Chaplain, Bldg. 340 Duty Hours: (573) 596-2127/2695 After Hours Duty CH: (573) 563-6126
- SHARP FLW 24/7 Hotline: (573) 855-1327 DOD Safe 877-995-5247
- Military One Source (24/7) 1-800-342-9647 militaryonesource.mil

Local help/websites:

- FLW Alcoholics Anonymous, Main Post Chapel, M,W,F 1200 hours Tommy H. (253) 363-3306 and Amy S. (573) 528-4935 <u>aadistrict9mo.com</u>
- Operation Supplement Safety: <u>opss.org</u>
- Alcohol- Own Your Limits: ownyourlimits.org
- Drugs- Too Much to Lose: toomuchtolose.org
- Directorate of Prevention, Resilience and Readiness armyresilience.army.mil

Additional Prevention Resources

Army Substance Abuse Program Substance Abuse/Misuse Prevention, Education, Drug Testing and Campaigns (573) 596-0938, Bldg. 486 M-F 0730-1600

Employee Assistance Program (DOD Civilian and Family Members) Short Term Non-Medical Counseling, Referrals, Workplace Consultations (573) 596-7199, Bldg. 486 Mon-Fri 0730-1600

Army Community Service Family Advocacy, EFMP, Financial Readiness, Relocation, Employment, SOS (573) 596-0212, Bldg. 486 M-F 0730-1630

Armed Forces Wellness Center (AFWC) Body Composition, Physical Fitness Assessment, Health Coaching, Stress Management Training, General Wellness Classes (573) 596-9677, Bldg. 350 M-R 0700-1600, F 0700-1300

R2 Performance Center

Customized performance training, MRT-coping skills, Engage (573) 563-4174, Bldg. 350 M-F 0800-1600

Transition Assistance Program (TAP)

Career Assessment, Connection to Resources, help families transition (573) 596-0175, Bldg.470, Room 2219 M-F 0730-1630

Community Resource Guide (CRG) (On/Off Post Resources) crg.health.mil/guides/tradoc/leonardwood







GLWACH Environmental Health



- DEET
 - > 35%
- Picaridin
- IR-3535
- Sunscreen First!
- Don't use on Pets!!!



- After removing tick, place it into a Ziploc bag and bring it to Bldg. 2222.
- Results available in 1-2 months.





GARRISON SAFETY 101 CRITICAL DAYS OF SUMMER



Camping Safety	Beat the Heat
Weather Safety	Playgrounds
Travel Safety	Water Safety
Skateboarding	Boating Safety
Bicycling	Yard Safety
Motorcycle Safety	Pedestrian Safety





Spring into Summer — without MISHAPS!



Safely Be All You Can Be and Enjoy the Summer!!!



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- ✓ VO2 Testing
- ✓ BODY COMPOSITION
- ✓ WEIGHT MANAGEMENT

- ✓ NUTRITION
- ✓ STRESS MANAGEMENT
- ✓ And more....

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

Find your motivation with the help of the Armed Forces Wellness Center!



14122 Third Street BLDG 350 573-596-9677









Call 573-596-9677 to Schedule!





VA BENEFITS ADVISOR

VA Benefits Advisors are available to conduct One-on-One assistance to help you understand how to navigate VA and the benefits and services you've earned through your military career:

- Disability and Compensation
- VA Health Care
- Education
- Insurance (Dental and Life)
- Home Loan Guaranty
- Pension
- Personalize Career Planning and Guidance
- Veteran Readiness and Employment
- Find Local Support



Ami.witherspoon.ctr@vatap.calibresys.com



VA States

AC DVE DUTY

Office Hours: 0800 – 1600 Monday through Friday

VA

VA Benefits and Services

U.S. Department of Veterans Affairs

Please do not send any Personally Identifiable Information (PII) or Protected Health Information (PHI), including medical records, social security numbers, driver's license information, education and employment history, passport information, DD Form 214, to VA Benefits Advisors.

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



Save the Dates:

- 3rd Annual Education Fair 5 June 1000, AAFES Mini Mall
- AMEDD Virtual Brief 8 July 1400
- Home Inspection Lunch and Learn Workshop 17 July, 1200-1300
- 40th Annual College Graduation Ceremony 8 August 1000, Lincoln Hall Auditorium
- Warrant Officer Brief 11 June 1130, Truman Education Center
- Green to Gold Brief 17 June 1200, Truman Education Center
- July BSEP class is now open for registration!

Contact Us: 573-596-0172









Fort Leonard Wood Vacation Bible School

July 21-25, 2025 0900-1200 Main Post Chapel



Going into Kindergarten thru 6th grade

Howdy, partners! Welcome to Wonder Junction! There's no greater joy than to praise the name of the Lord all day long. But how can your kids do that if they don't know who Jesus is or what he's done for them?

Here at Wonder Junction, we marvel at Jesus and live for his glory as we enjoy Bible lessons, crafts, science, games, drama, snacks and music.

Register: https://www.facebook.com/FLWVBS/ or https://flw2025vbs.myanswers.com/ wonderjunction

POC: Martha Strong, martha.a.strong.civ@army.mil 573-596-0089 or 715-572-4324 for information about volunteering. 2025 FLW Kids

Faith & Art Days



8-11 July 1000-1130

Main Post Chapel Rm 162

Four opportunities for Bible lessons and art! Class limited 20 kids 8 – 13 yrs old. Register at https://forms.osi.apps.mil/r/kzRN 8PcMsq



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Join us for the Chaplain Corps 250th Birthday Celebration!



Formal Celebration with Cake-cutting Ceremony 0900, 29 JUL 25 MSCoE Plaza Flagpole

U.S. ARMY

Informal Luncheon 1130, 29 JUL 25 Main Post Chapel

CHC Personnel & Families Recreation 1300 – 1600, 29 JUL 25 Rec Plex, FLW

SINCE 29 JULY 1775 U.S. ARMY CHAPLAIN CORPS





"To Know Christ, To Make Him Known, and To Help Others Do the Same "

> Wednesdays @ 1800 Specker Chapel

Navigators @ Fort Leonard Wood

Point of Contact for More Information: CW4 Matthew Chrisman 931-338-1415



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RELIGIOUS SUPPORT OFFICE

CATHOLIC WORSHIP

Catholic Mass Soldier Memorial Chapel 0900 – Sunday

Adoration Soldier Memorial Chapel-Educ Wing 1730, 1st Friday of each month

Confessions 0830 (Prior to Mass) Sundays and Mon-Fri after 1200 Weekday Mass

Baptisms By appt: 573-596-2657

Catholic Baptism Class 4th Sunday following 0900 Mass

Weekday Mass Soldier Memorial Chapel-Educ. Wing 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

Church of Jesus Christ of Latter-day Saints Sacrament Meeting (IET) 1300-1500 – Sundays South Iowa Chapel

OTHER SERVICES

Buddhist Service 1900-2000 Thursdays North Iowa Chapel

Islamic Religious Education 1300 – 1500 Sundays Central Iowa Chapel

Islamic Friday Prayer 1215-1245 – Fridays Fellowship Room-Central Iowa Chapel

Jewish Shabbat 1900-2000 Fridays South Iowa Chapel

Pagan Service Every other Sunday (Eff 2 March) 0800-0900 North Iowa Chapel

RELIGIOUS EDUCATION

Catholic Religious Education Classes 1030 – 1200 Sundays (Sep-May) Bldg 608 – Main Post Chapel K – 8th grades, Confirmation

Religion Class for Adults (OCIA) 1015 Sundays (Sep-May) Bldg 608 – Main Post Chapel POC: CH Somera, ramelo.b.somera.mil@army.mil

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 Fall Session: 3 Sept-5 Nov

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

STUDIES

Protestant Women of the Chapel (PWOC) Tuesdays, 0900-1130, Main Post Chapel For more information: pwocflw@gmail.com or https://facebook.com/fortleonardwoodpwoc/

Catholic Women of the Chapel (CWOC) @ Faith Skills, Fall 3 Sept - 5 Nov POC: Marielle King @ 734-904-1933 or email cwocflw@gmail.com

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

Crossroads Study Fridays – 1730 Specker Chapel POC: Chief Chrisman, matthew.d.Chrisman.mil@army.mil

Buddhist: Mindfulness Stress Reduction Fridays, 1200 – 1240 GLWACH Chapel

Rosary – Catholic Prayers Thursdays, 1200 – 1240 GLWACH Chapel

Spanish Bible Study Tuesday, 1800-1930 GLWACH Chapel





Warriors 4 Christ, 1 – 5 Grade @ Faith Skills, Fall 3 Sept-5 Nov

Youth of the Chapel, 6-12 Grade Weds, 1800-2000 Bldg 608 – Main Post Chapel POC: Patrick Smiley psmiley@clubbeyond.org, 405-906-9994 Sponsoring Chaplain: CH Darrell Burriss 573-596-2695

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

Facebook: https://www.facebook.com/fortleo nardwoodRSO/

Website: http://www.wood.army.mil/newwe b/garrison/chaplain.html









- The Main Exchange will host a Create a t-shirt for Dad event on 7 June at 1300, design and create a custom t-shirt for dad, all supplies provided (while supplies last).
- The Main Exchange will have 0% Interest + no payments for 12 months on ANY Sporting Goods Purchase of \$699 or more. (May 23 June 15).
- MCS will host a Father's Day appreciation event on 12 June from 1100-1400, come join us for games, prizes, refreshments and a chance to win a free pair of boots!
- MCS will hold a 2-day boot sale event in honor of Father's Day, with discounts across multiple boot brands, come check it out and save big on your next pair of boots.
- The Main Exchange will host a Summer Fashion Show, 14 June at 1300, all models will receive 10% off the outfit they modeled.
- EXCHANGE facilities will observe holiday hours in recognition of Juneteenth on 19 June.
- Sbarros will host their Grand Opening this month on 5 June at 1000, join us in celebrating this great addition to the Fort Leonard Wood community.
- The Main Exchange will host a Play-Doh Summer Fun Demo Event on 5 July from 1200-1500.
- The Exchange will host its 130th ANNIVERSARY Event on 25 July at 1100 with giveaways, demos, raffles, refreshments, balloons, and special discounts.
- The Main Exchange will host a Summer Splash Nerf Demo Event on 26 July from 1200-1500.







Monday – Wednesday: 0900 - 1500 Thursday – Sunday: 0830 -1600 Building 805 Iowa Ave.

Upcoming Events:

Friday, June 6th at 1100: Service Member Dine & Unwind
Saturday, June 7th at 1100: Brightening Our Community Event
Sunday, June 8th 0900-1530: Day at the Movies
Friday, June 13th at 0930: USO Coffee Connections
Saturday, June 14th at 1000: USO Craft Time for Dad
Sunday, June 15th 0900-1530: Day at the Movies
Friday, June 20th at 1100: Service Member Dine & Unwind
Saturday, June 21st at 0900: USO Family Scavenger Hunt
Sunday, June 25th at 1000: USO Summertime Craft Time
Sunday, June 29th 0900-1530: Day at the Movies

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

USO MISSOURI TRANSITION ASSISTANCE

USO

FREE TO ALL SERVICEMEMBERS AND FAMILIES

- MENTORSHIP
- COURSERA AND IBM SKILLSOFT
- EMPLOYMENT ASSISTANCE
- CIVILIAN AND FEDERAL RESUMES
- FINANCIAL READINESS
- VA BENEFITS
- LINKED IN PREMINUM

AND MUCH MORE!!

Let our Team help reach your goals! Our services are 100% free and available to ALL Service Members, ACTIVE DUTY, ARNG, USAR, and SPOUSES. Stop by the USO @ Building 805 Iowa Ave, right next to Nutter Field House OR Register for an appointment @ www.uso.org/transitions or call 573-432-6625, appointments can also be completed over the phone. VALID Military ID required.

. You can also scan the QR code below to get started!







OUR CORE PROGRAMS & SERVICES



The Armed Services YMCA Fort Leonard Wood provides free or low-cost programs and services for military children, spouses, and the family unit to help ease the unique challenges of military life.



HELP ME LEARN/ HELP ME GROW

Quality and afordable preschool and pre-k to help prepare little learners for future success.

OPERATION KID COMFORT

Partnering with military spouse owned company, Little Bug, The ASYMCA is proud to offer the gift of comfort to your child during difficult times.

EARN A BIKE SUMMER

This health and wellness program is a parent/guardian child collaboration consisting of: exercise, nutritious meals and fun activities. For elementary and middle school children.

FOOD ASSISTANCE

Helps to combat this issue in the community we serve by providing access to free supplemental food items and additional household items.

OPERATION LITTLE LEARNERS

An interactive education program that offers parents and their children 18months–5yrs an opportunity to learn and grow.

OPERATION SUMMER

Operation Summer Camp is provided through the Gateway Region YMCA's Camp Lakewood and is open to military children ages 8–16.

OPERATION DEPLOY YOUR DRESS

Operation Deploy Your Dress offers free formalwear (new and gently used) to military ID card holders.

OPERATION RIDE HOME

Financial assistance to active duty junior enlisted military and their families to travel home for the holidays.



Facebook



Next Community Information Forum

2025 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 Bands)
- June Summer Fun
- July Welcome to FLW (Paper ONLY-NO In-Person)
- August Back to School
- September Community Resources
- October Awareness Month
- November SNAIR / Winter Safety
- December (NO Forum due to HBL)

Community Information Forum ICE – Questions/Comments

 If you have any questions, you would like addressed, you can submit them through ICE at <u>https://ice.disa.mil/index.cfm?fa=card&sp=145057&s=447</u> Or click the QR code





Information is Key



<u>Topics</u>

- 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
 <u>facebook.com/mwr.ftwood</u>
- AAFES

shopmyexchange.com/

• DECA

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

 Fort Leonard Wood Religious Support Office facebook.com/fortleonardwoodRSO







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Backup Slides



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

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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:

- · Hairdressing and hairstyling
- Home baking and meal preparation
- Pet grooming and pet sitting
- Massage therapy
- · Multi-level sales activities
- · Retail sales from home

<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, Room 1104. You may also email your HBB application and supporting documents to megan.j.odonoghue.naf@army.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 a decision is made.

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





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Interactive Customer Evaluation (ICE)



Be a Superhero Today! Sustain or Improve? Tell us what you think.

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