



# Community Information Forum June 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.



## 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





# JUNE IS...

# SUMMER FUN

Check off a fun filled list of summer activities!



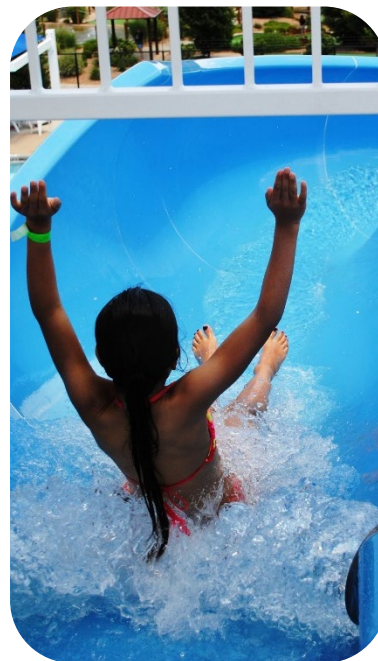
Float the river



Race around the go-kart track



Sink a shot at Piney Valley Golf Course



Cool off at the Rec Plex



Enjoy music, fireworks, food, and more for Independence Day on Gammon Field July 4th





# DFMWR / BUSINESS & RECREATION



## SUNDAY COFFEE CRUISE-IN



**FIRST SUNDAY OF EVERY MONTH 9-11AM**

**AUTO SKILLS CENTER**


Join fellow automotive enthusiasts to show off your wheels, enjoy some hot coffee, and talk shop. How the special part you need help installing? Find it here and next to buy!

MAY 5 THROUGH NOVEMBER 3.

**573-596-0243**

LEONARDWOOD.ARMYMWR.COM

## SATURDAY XTREME BOWLING



**6PM**

**DAUGHERTY BOWLING CENTER**

ENJOY XTREME BOWLING WITH LIGHTS OUT, BLACK LIGHTS, LASER LIGHTS AND MUSIC!

(REGULAR RATES APPLY: \$4 ADULT GAMES, \$3 PER CHILD GAME, \$3 SHOE RENTAL)

**573-596-1498**

LEONARDWOOD.ARMYMWR.COM

## BIG BASS TOURNAMENT

LAKE OF THE OZARKS RECREATION AREA



MARCH 9: 7 AM - 3 PM  
 APRIL 13: 7 AM - 3 PM  
 MAY 11: 7 AM - 3 PM  
 JUNE 15: 7 PM - 1 AM  
 JULY 02: 7 PM - 1 AM  
 AUG 9: 7 PM - 1 AM  
 SEPT 7: 7 AM - 3 PM  
 OCT 19: 7 AM - 3 PM

\$40 PER BOAT, \$10 ADDITIONAL, NO BASS (OPTIONAL) PER BOAT. EACH BOAT MUST HAVE A DAD AUTHORIZED U.S. CARD HOLDER.

**573-346-5640**

LEONARDWOOD.ARMYMWR.COM

## \$25 PAINTBALL

OUTDOOR ADVENTURE CENTER

**ALL MONTH IN JUNE**


Visit us and enjoy a discounted game of paintball all month for only \$25 per game!

Price includes paint gun rental, mask, field pass, 500 paintballs and air all day.

**573-546-4223**

LEONARDWOOD.ARMYMWR.COM

## DRIVE IN MOVIE



**WONKA**

**JUNE 15, 8:45PM**


**GAMMON FIELD**

Celebrate the Army's birthday with us by bringing the family out for a FREE night of family fun! Vehicles can begin parking at 8pm on the north end of Gammon Field. Featuring: **WONKA**, rated PG

**573-596-6913**

LEONARDWOOD.ARMYMWR.COM

## St. Louis Cardinals BUS TRIP



**SEPT 7**

Depart: 9:00 PM  
 Depart Station: 9:15 PM

**ST. LOUIS CARDINALS**  
**63 SEATTLE**  
**KALIFORNIA**

\$35 per passenger. Game tickets sold separately. Buy game tickets and register for the trip from June 1 - Sept 8 at Leisure Travel Services or by calling the number below.

**573-388-8887**

LEONARDWOOD.ARMYMWR.COM



## DFMWR / BUSINESS & RECREATION



Outdoor Adventure Center  
573-596-4223

Hours:  
Mon-Sun 10:00a.m.-6:00p.m.

Range Hours:  
Mon-Sun 10:00a.m.-5:00p.m.



LORA  
573-346-5640

Hours:  
Mon-Sun 9:00a.m.-5:00p.m.



Rec Plex  
573-596-0843

Hours:  
Wed-Sun 12p.m.-7p.m.

Open Holiday Mondays

[leonardwood.armymwr.com](http://leonardwood.armymwr.com)







**BETTER OPPORTUNITIES  
FOR SINGLE SERVICE MEMBERS**

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

Call (573) 596-7510 or find us on Facebook and Instagram at Fort Leonard Wood BOSS



## Upcoming Events:

- 5 & 19 June-** Board Prep
- 11 June-** Volunteer – Food Pantry
- 15 June-** BOSS Paintball
- 15 June-** Soldier Showdown 6 Registration
- 19 June-** Volunteer – Veteran’s Poker Walk
- 29 June-** BOSS Float Trip
- 29 & 30 June-** SCUBA Phase I



**SOLDIER SHOWDOWN 6**  
**COMING SOON**  
COMPETE TO WIN PRIZES & THE ULTIMATE ESPORTS TRIP EXPERIENCE

U.S. ARMY MWR BOSS EXCHANGE COMPLEXITY



Contact your BOSS Rep!





# DFMWR / CHILD & YOUTH SERVICES

## 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





## DRU PIPPIN YOUTH CENTER SUMMER CAMPS

PAID WEEKLY SUMMER CAMPS: 7:30 AM - 1 PM  
INCLUDES MEALS, ACTIVITIES, AND EXCITING FIELD TRIPS!

**JULY 8-12 ALL STAR WEEK**  
SPORTS SKILLS DEVELOPMENT, MOVIE THEATER, SWIMMING, **CITY MUSEUM, ST. LOUIS**

**JULY 15-19 OUTDOOR ADVENTURE**  
PAINTBALL, MINI GOLF / GO KARTS, CAVE, FISHING, SWIMMING, **BIG SURF**

**JULY 22-26 LIGHTS, CAMERA, ACTION**  
MULTIMEDIA VIDEO PRODUCTION / PRESENTATIONS, MINI GOLF / GO KARTS, SWIMMING, **BRANSON COASTER & BRANSON BELLE SHOWBOAT**

**JULY 29-AUG 2 DPYC ESPORTS ACADEMY**  
ESPSPORTS TRAINING AND TOURNAMENTS, DISC GOLF, BOWLING, ROBOTICS, **SIX FLAGS**

**AUG 5-9 OZARK ADVENTURE**  
PAINTBALL, MINI GOLF / GO KARTS, AXE THROWING, ARCHERY, SWIMMING, FISHING, **SILVER DOLLAR CITY**

**AUG 12-16 THE BLAST WEEK OF SUMMER**  
JETZ TRAMPOLINE PARK, MINI GOLF / GO KARTS, SWIMMING, **FRITZ'S ADVENTURE**

FOR PRICING AND REGISTRATION: CONTACT PARENT OUTREACH SERVICES  
BLDG 470, RM 1126 **573-596-0238**



 FOR CAMP QUESTIONS, PLEASE CONTACT  
DRU PIPPIN YOUTH CENTER, BLDG 8625 / 2538 YOUNG ST.  
**573-596-0209**  
LEONARDWOOD.ARMYMWR.COM



## 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 24 - 26 GROUP FITNESS**  
Yoga, step aerobics, Zumba, and making healthy snacks

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



Enroll your children at  
Parent Outreach Services  
Monday-Friday 0730-1630  
13486 Replacement Ave.  
Bldg. 470 Rm 1126  
573-596-0238



## DFMWR / ARMY COMMUNITY SERVICE

### Summer Fun



### Relocation Readiness

#### 5 tips for a successful move

- 1) Start planning early
- 2) Research your next Duty Station
- 3) Prioritize HHG
- 4) Communicate with Family and Friends
- 5) Remain flexible and open to new things

Overseas Orientation: Each Tuesdays 0800  
Korea/Germany/Alaska/Hawaii



- ACS offers Sponsorship Training
- Classroom (1<sup>st</sup> Thursday 0800)
  - E-Sponsorship (Mil OneSource)

**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



### 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)**



## EXPLORE FLW

### Sustainable Ozarks Partnership (SOP) - Regional Tourism Commission

[sustainableozarks.org](http://sustainableozarks.org)

[exploreflw.com](http://exploreflw.com)



- **Regional Tourism Commission** - 4 counties: Pulaski, Phelps, Laclede, & Texas
- **Exploreflw.com** - Website: Itineraries, Events and Activities in the region.
- **@ExploretheFort - Visit us on Facebook & Instagram** - Tourism leaders posting weekly. Posting all the hottest happenings! Tell us about your event.
- **VisitMO.com** - State Tourism: Site links and FLW Articles.
- **Fort Leonard Wood Website** - Site links on 4 pages.
- **Spread the word** - Share the website and Facebook to help others know what is going on in the region.

#### **SOP Regional Tourism Commission Mission**

The SOP Regional Tourism Commission is working toward improving recreational and tourism opportunities (communication) in the four-county region that enhance quality of life for servicemembers and families stationed at FLW and enhance the overall experience of FLW connected visitors.





## *SPOUSES' RESOURCE CENTER*

# June Events



12 June at 1000, join us for an enlightening class on metabolism, where you'll learn how your body converts food into energy and how to optimize this process for better health.



24 June at 1300, discover the power of positivity in our upcoming class on optimism and character. Don't miss the chance to build a stronger, more positive you.

Located in Building 470, Room 2222

Phone: 573-596-3196

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)



# Summer Fun with TEC

**4 - 18 June**  
BSEP Class  
TEC  
0800 - 1630pm

**5 June**  
2<sup>nd</sup> Annual  
Education and  
Resource Fair  
Main PX  
0930 - 1330

**12 June**  
Warrant Officer  
Briefing  
TEC  
1130 - 1300

**29 July - 2 August**  
PMP Class  
TEC  
0800-1630

**9 August**  
39<sup>th</sup> Annual  
College Graduation  
Ceremony  
Main Post Chapel  
1000 - 1130

Contact the Education Center at 596-0172,  
for any questions. Find us on Facebook!

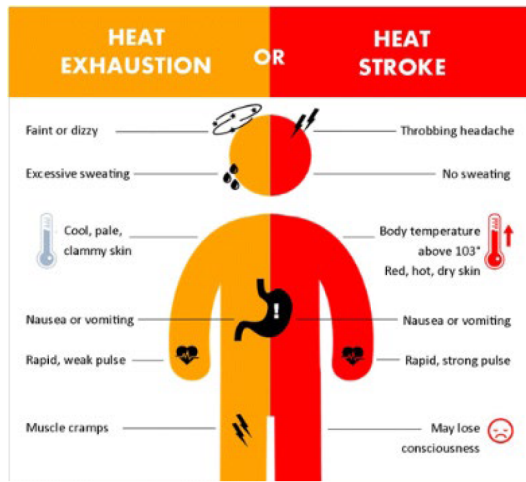
Questions? Email Us: [usarmy.leonardwood.id-training.mbx.usag-flw-dhr-ed-center@army.mil](mailto:usarmy.leonardwood.id-training.mbx.usag-flw-dhr-ed-center@army.mil)





# HEAT SAFETY AND FIRST AID

Stay alert      Stay cool      Stay informed  
Stay hydrated



➤ Heat exhaustion can lead to heat stroke.  
➤ Heat stroke can cause death or permanent disability if emergency treatment is not given.

- Seniors, young children, and people with chronic conditions are at a higher risk.
- Medications can increase your risk.

## Seek medical assistance and call 911 immediately

**HEAT FACTS:**

- Over 1000 heat related deaths occur annually.
- Heat waves kill more Americans than other natural disasters (floods, lightning, tornadoes, hurricanes).
- Urban areas “ Urban Heat Island” often experience higher temperatures due to solar absorption on infrastructure.



 **Public Health**  
Prevent. Promote. Protect.  
 Fort Leonard Wood, MO  
573-596-0518

Please use the QR Code to complete an anonymous survey.



**Avoid:** Alcohol, caffeinated drinks, salty-spicy foods increase dehydration

- Protect:** Sunscreen, hats, sunshades
- Dress:** Wear lightweight, loose clothing
- Rest:** Take breaks in cool, shaded areas
- Check:** Check on others and know the signs
- Attention:** Do not leave people and pets in cars
- Enjoy:** Use fans, cooling tanks when you feel hot
- Hydrate:** Drink water before you are thirsty and often





# ARMY CRIMINAL INVESTIGATION DIVISION

## Internet/online safety Education:

### Children/Youth:

**KidSmartz™** is a child safety program that educates families about preventing abduction and empowers kids in grades K-5 to practice safer behaviors.

**NetSmartzKids (K-5)** introduces children to basic online safety and digital citizenship and teaches children how to identify online dangers and practice safer behaviors through videos, music, games and e-books.

**NetSmartzKids (Middle School & Highschool)** educates children on the risks involved with:

- \* Inappropriate Content
- \* Online Privacy
- \* Online Enticement
- \* Sexting
- \* Sextortion
- \* Cyberbully

### Parent/Guardian:

Provide participants with helpful information, prevention tools to protect their children and share best practices to respond to their child if something happens.

Help adults in aiding children in the development of critical skills such as empathy, critical thinking, problem-solving, rejection skills, as well as:

- \* How to report
- \* Being a trusted adult
- \* Being an upstander

### To make a report:

**FLMO MP Desk:**  
**573-596-6141**

**NCMEC tipline:**  
<https://report.cybertip.org>

**DACID tip line:**  
<https://www.p3tips.com>



## GARRISON SAFETY

### 101 CRITICAL DAYS OF SUMMER

Spring into Summer — without MISHAPS!



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



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





**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) 573-596-0089





**Sacred Heart Catholic Community  
Adult VBS In-depth study of the Eucharist**



Where: Building 590

When: July 16,17 & 18

1730-1800 Dinner

1800 – 2000 Class

2000 – 2100 Adoration

What Will We Study

- ❖ The Jewish Roots of the Eucharist
- ❖ The Biblical Roots of the Eucharist
- ❖ Eucharistic Miracles
- ❖ Eucharistic Saints
- ❖ A Teaching Mass

+  
Come  
Fellowship,  
Pray,  
Eat, and  
Learn with  
Us.  
+

Email: [Annieruns247@gmail.com](mailto:Annieruns247@gmail.com) to save your spot.



**Sacred Heart  
Catholic Community VBS  
29 July – 2 Aug 2024 0900-1200  
Main Post Chapel  
PreK – 6<sup>th</sup> Grade (Fall 2024)**

**This year's theme  
Around the World in 5 Days!!  
Assorted Saints and the Virtues of  
Faith, Hope and Love**

**To Register  
Contact POC: Annie Gasway,  
[annieruns247@gmail.com](mailto:annieruns247@gmail.com)**



## 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

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

## OTHER SERVICES

**Buddhist Service**  
1900 – Thursdays  
North Iowa Chapel

**Islamic Service**  
**Temporarily Suspended**  
0800-1000 – Sundays  
Main Post Chapel

**Pagan Service**  
2<sup>nd</sup> & 4<sup>th</sup> Sundays – 0800-0900  
North 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, 573-596-2657

**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: 4 Sep – 6 Nov 2024**

\*\*\*\*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/fortleopardwoodpwoc/>

**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

## YOUTH

**Warriors 4 Christ, 1 – 5 Grade**  
@ Faith Skills, Fall 4 Sep – 6 Nov

**Youth of the Chapel, 6-12 Grade**  
Weds, 1800-2000  
Bldg 608 – Main Post Chapel  
POC: Patrick Smiley  
[psmiley@clubbeyond.org](mailto: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/fortleopardwoodRSO/>

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





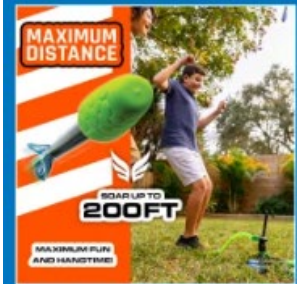
EXCHANGE



SAVE 20%

on Nerf toys. Assorted.  
Also available at [shopmyexchange.com](http://shopmyexchange.com)

HOWLS AS IT FLIES



MAY 31 - JUNE 16, 2024

TAKE AN EXTRA

**15% OFF\***

MILITARY-EXCLUSIVE PRICING ON MEN'S CLOTHING, SHOES & ACCESSORY PURCHASES WITH MILITARY STAR.



\*Click here for details.

MAY 24 - JUNE 20, 2024

**0% INTEREST\* + NO PAYMENTS**

FOR 6 MONTHS ON FIREARM PURCHASES OF \$599 OR MORE OR FOR 12 MONTHS ON FIREARM PURCHASES OF \$999 OR MORE

Select firearms and accessories products may be available for online purchase and in-store pickup. See [shopmyexchange.com](http://shopmyexchange.com) for details.



\*Click here for details.

**We Promote Gun Safety**



Shop the gift guide and celebrate **DAD!**  
Sunday, June 16

Visit your Main Exchange for all your Outdoor Summer Activity Needs!!!

- Camping
- Fishing
- Swimming
- Outdoor Gaming
- Shooting

❖ The Father's Day Firearms promotion is effective 31 May – 16 June 2024.  
10% off all firearms plus 5 % when using MILITARY STAR®.







All your Summer and BBQ Needs  
Available at your Ft. Leonard Wood  
Commissary!!!

- Steaks Cut to Order!
- Party Platters! (Fruit, Veggie, Subs, Wraps, Wings & Cheese)
- Drinks!
- Paper Plates & Utensils!
- Sun Care!
- Charcoal!
- Beer, Wine & Seltzer!



Additional  
Locations  
Now  
Available!



- NCO Academy, 14321 Gate St., BGLD 3223, 11:00 AM to 11:30 AM
- 3200 Morelli Heights, 12:00 PM to 12:30 PM
- 1950 Magness St., 1:00 PM to 1:30 PM
- 14763 Kidwell St., BGLD 1945, 01:45 PM to 02:15 PM
- 1981 Cooksey St., 02:30 PM to 03:00 PM
- 1910 Hall St., 03:15 PM TO 03:45 PM

Drop Offs include surrounding areas! Please call to  
find out if we can Drop Off near YOU!  
(573) 596-0783 EXT. 3425

CALLING ALL  
**GRILL**  
WARRIORS

PICK YOUR  
SIDE

THROW DOWN YOUR  
STEAK

GRILL YOUR WAY  
TO THE TOP



Get **FIRED UP**  
and join the **FRAY**

Check out <https://shop.commissaries.com/> for more information!

WE ARE THE ARMY'S HOME





**Hours of Operation:**

Thursday – Sunday: 0830-1600

Building 805 Iowa Ave.

**Upcoming Events:**

**Thursday, June 6<sup>th</sup> at 0830:** USO Muffin Morning

**Saturday, June 8<sup>th</sup> at 1000:** USO Family Craft Time

**Thursday, June 13<sup>th</sup> at 0930:** USO Coffee Connections

**Friday, June 14<sup>th</sup> at 1700:** USO Craft Time for Dad

**Thursday, June 20<sup>th</sup> at 0830:** USO Muffin Morning

**Saturday, June 22<sup>nd</sup> at 1500:** USO Brightening Your  
Community Event

**Thursday, June 27<sup>th</sup> at 1030:** Continuing Your Journey  
Workshop

**Friday, June 28<sup>th</sup> at 1700:** USO Family Game Night

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

& More Personalized Resources In:

**EMPLOYMENT | EDUCATION | VA BENEFITS  
FINANCIAL READINESS | MENTORSHIP**

**Register with us today!  
[uso.org/transition](https://uso.org/transition)**





ARMED SERVICES YMCA



**Have you ever wondered where the brown paper bags that you can purchase at the commissary go?**

Those bags go directly to the Strong Hold Food Pantry here at the Fort Leonard Wood ASYMCA. The Fort Leonard Wood Commissary has graciously offered to donate them to help line the shelves to better be able to serve our military community.

**ASYMCA FLW**  
 13900 Replacement Avenue  
 Fort Leonard Wood  
 Phone: (573) 329-4513  
 Hours of Operation: M-F  
 9:00am to 3:00pm

The ASYMCA is not a part of the Department of Defense or any of its components and it has no Government status.



ARMED SERVICES YMCA

# 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:

**Tuesday June 11th**  
 4pm-7pm

**Wednesday June 19th**  
 11am-3pm

**Wednesday June 26th**  
 11am-3pm

## 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](http://FORTLEONARDWOOD.ASYMCA.ORG)





# FORT LEONARD WOOD'S INDEPENDENCE DAY CELEBRATION

PRESENTED BY FAMILY & MWR AND AL WEST NISSAN 



**HUNTLEY**  
Season 24 Winner of The Voice!

**NEWCO**

## JULY 4, 4PM - GAMMON FIELD

Musical performances by Huntley, NEWCO, and the 399th Army Concert Band!

Join us for a salute to the union, military equipment & demos, bounce houses, slides, games, petting zoo, pony rides, car show, frisbee dog shows, and the **LARGEST FIREWORKS DISPLAY IN THE AREA!**

Free to attend & open to the public.  
Concessions and \$5 Unlimited Activity Wristband available for purchase.



Thank you to our sponsors! No federal endorsement implied.

Please drink responsibly.

**WE ARE THE ARMY'S HOME**





# 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







# HHC, 1<sup>st</sup> EN BDE Holistic Health & Fitness Clinic



**Cunningham Fitness Center**

**June 14th, 2024**

**12:00pm-3:00pm**

**Participants will receive hands-on clinics from the Armed Forces Wellness Center, Ready and Resilient Performance Center, the FLW Dietitians, FLW Physical Therapists, Master Fitness Trainers, and SHARP.**



**Clinic will include:**  
**Healthy Eating Habits & Handheld BIA Scans**  
**ACFT Improvement Techniques**  
**Concept 2 Rower Clinic**  
**Sleep and Stress Management**  
**Cognitive Performance Techniques**  
**Spiritual Fitness**

**There will be activities for all ages, so don't hesitate in bringing the whole family!**

**Register via email or phone with the HHC, 1<sup>st</sup> EN BDE Executive Officer, CPT Ajenifuja, Oluwaleke.**

**[oluwaleke.k.ajenifuja.mil@army.mil](mailto:oluwaleke.k.ajenifuja.mil@army.mil)**  
**573-596-3087**

**746W. 11st St.**  
**FLW, MO 65473**



## 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)

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## Join the Family & MWR Team & Make a DIFFERENCE!

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



### WHERE TO APPLY

- Links to Jobs listed here on the MWR Web page at <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.

