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THURSDAY
FEBRUARY 13, 2025



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Stronghold U presents PCS success class

by Prudence Siebert/Editor

Members of the Fort Leavenworth community were invited to take part in a program earlier this week to help make their permanent-change-of-station moves a little smoother.

Megan Harless, PCS reform advocate and founder of the moving resource organization PCS Like A Pro, presented “Mastering Your PCS” to an audience of permanent party service members, Command and General Staff College students, and their spouses Feb. 11 in the Armed Forces Insurance conference room. The presentation focused on the new Global Household Goods Contract (GHC) that many military families will have to navi-

gate soon.

The presentation was hosted by Stronghold U, a branch of Stronghold Food Pantry that provides education about key factors that can lead to military food insecurity.

Stronghold Founder and CEO Monica Bassett related the mission of Stronghold U to the parable, “Give a man a fish, you feed him for a day; teach a man to fish, you feed him for a lifetime,” noting that Stronghold goes beyond assisting with immediate needs and hopes to help prevent food insecurity.

“We launched this education pillar because we want to target the root causes that cause military



Photo by Prudence Siebert/Fort Leavenworth Lamp

Megan Harless, permanent-change-of-station reform advocate and founder of PCS Like A Pro, offers tips and explains processes during the “Master Your PCS” class offered by Stronghold U Feb. 11 in the Armed Forces Insurance conference room. Stronghold U is a branch of Stronghold Food Pantry that provides education about key factors that can lead to military food insecurity. The class will be offered again in April.

SEE PCS CLASS | A6

MAHC awarded Gold Seal for health care excellence

by Maria Christina Yager/Munson Army Health Center

Munson Army Health Center recently earned the Joint Commission’s Gold Seal of Approval for ambulatory health care, Patient-Centered Medical Home certification, and for behavioral health care and human services, and by demonstrating continuous compliance with the commission’s performance standards.

“The Joint Commission evaluates and accredits more than 23,000 health care organizations and programs in the United States. The Gold Seal is a symbol of quality that reflects a health care organization’s commitment to providing safe and quality patient care,” said Nicole Kreutzer, chief of MAHC’s quality and safety division, and manager of the facilities accreditation and compliance program.

To earn and maintain the Gold Seal of Approval, an organization must undergo an on-site survey by a Joint Commission survey team at least every three years.

“The Joint Commission surveyors came through late last year and spent several days at Munson conducting observations and interviews,” Kreutzer said. “The inspections focus on both paperwork and delivery of care, treatments and other services provided by staff.”

The Joint Commission reviewers evaluated MAHC’s compliance with health care standards spanning several areas including emergency management, life safety, national patient



Photo by Maria Christina Yager/Munson Army Health Center

Munson Army Health Center Quality and Safety Division team members Erin Richter, Nicole Kreutzer and Ashten Garcia show off the health center’s latest Gold Seal of Approval Feb. 7 at MAHC. The Gold Seal is a symbol of quality that reflects a health care organization’s commitment to providing safe and quality patient care.

safety goals, environment of care, infection prevention and control, leadership, medication management, and rights and responsibilities of the individual.

“Receiving the Joint Commission’s Gold Seal accreditation exemplifies what our team stands for and works daily to achieve,” said Col. Jolanda L.J. Walker, MAHC director. “Sharing this news with our team is one of the most gratifying recognitions to share.”

The Joint Commission reviewers specifically acknowledged MAHC’s dedicated staff and commitment to

advance safety, quality and compassion for all patients.

MAHC’s Patient-Centered Medical Home supports more than 14,000 enrolled beneficiaries receiving primary care and ancillary services including behavioral health, physical therapy, radiology, lab and pharmacy, while supporting the medical readiness of service members from the U.S. Army Combined Arms Center and Fort Leavenworth-based units.

For more information, visit munson.tricare.mil.

February retirements

by Staff Report

Five officers, a chief warrant officer and three senior noncommissioned officers will be recognized for their service to the nation during the post retirement ceremony at 9 a.m. Feb. 20 at the Frontier Conference Center. The ceremony will also be live-streamed at <https://www.facebook.com/USAGLeavenworth/>.

Retiring are: Col. Todd Schmidt, Army University; Lt. Col. Jason Slutsky, Mission Command Training Program; Lt. Col. Travis Phipps, MCTP; Lt. Col. Christopher Smith, MCTP; Capt. Michael Haynes, Mission Command Center of Excellence; Chief Warrant Officer 5 Scott Petersen, MCTP; Command Sgt. Maj. Justin Shad, Directorate of Emergency Services; Sgt. Maj. Antonio Gonzalez, MCTP; and Master Sgt. Michael Duke, Kansas City Army Recruiting Battalion.



CAC officer recounts journey of service, leadership, lifelong learning

by Jason Bortz/Combined Arms Center

What started as a three-year plan to pay back her student loan debt has blossomed into a 20-year Army career where Lt. Col. Lashardo Harris has succeeded professionally and academically.

Harris, the military assistant to the commanding general at the Combined Arms Center, has earned two master’s degrees and a doctorate while managing her daily responsibilities as an active-duty soldier.

Born in Lawton, Oklahoma,

but raised in Killeen, Texas, Harris always had a strong focus toward education.

“Education was a way for me to ensure I had opportunities on the table,” Harris said. “Through education, a person can make sure they always have someplace to land and better themselves along the way.”

Following high school, Harris attended Baylor University in Waco, Texas, where she earned a bachelor’s degree in psychology. The feeling of accomplishment

was short lived when she had to make her first student loan payment. Several members of her church congregation were Army veterans and were a significant part of what Harris refers to as her “nontraditional family.” She discovered that the Army offered student loan repayment for enlisting in specific jobs or military occupational specialties.

With a goal of serving three years to pay off her student loan, Harris enlisted in the Army in 2004 as a chemical operations specialist.

Due to her college degree, she entered with the rank of specialist.

As a chemical operations specialist, Harris was responsible for preparing and protecting Army assets in the defense of chemical, biological, radiological, and nuclear (CBRN) weapons — a job not for the faint of heart that carries high risk.

“Everything we do in the Army is dangerous in a sense,” laughed Harris when asked about the dangers of being a chemical opera-

tions specialist.

It wasn’t long before Harris realized that she really enjoyed the Army and began thinking of making it a career.

“I really liked the team dynamic of the Army, and I got to travel,” Harris said. “As a noncommissioned officer, I got the opportunity to lead soldiers and decided to reenlist.”

In 2008, Harris applied for Officer Candidate School and was accepted. She was commissioned

SEE CAC OFFICER | A7

Michaels Organization Educational Foundation announces 2025-2026 scholarship program

FLFHC residents encouraged to apply by April 15

by The Michaels Organization Educational Foundation News Release

The Michaels Organization Educational Foundation, a privately funded, non-profit affiliate of The Michaels Organization, is now accepting scholarship applications for the 2025-2026 academic year.

All residents living at affordable and military housing communities owned or managed by Michaels who have a high school diploma or equivalent and plan to pursue higher education at a university, college or trade/professional school are encouraged to apply.

Applications are available at <https://michaels-scholars.com/> until April 15, 2025.

For the first time since the program's inception in 1991, the application process will be completely online, aligning with the foundation's goal to provide easier access to the application and therefore encouraging more applicants to apply.

"Our organization was founded on the idea of providing more than just housing for our residents," said Michaels Chief Executive Officer Mark Morgan. "It is an honor to watch this program grow each year, always exceeding the prior year's awards, and to know we are making a difference in the lives of so many of our residents, truly living out our promise of 'lifting lives.'"

Now in its 35th year, the foundation has awarded more than \$16 million to students across Michaels' portfolio of communities across the country. During last year's scholarship sea-

son, 261 residents at Michaels' affordable and military living communities were awarded scholarships, totaling more than \$2 million.

Scholarships are awarded annually, and students may reapply each year of their education for continuing grants. Foundation funds are raised through voluntary contributions by corporations, companies, families, private trusts and individuals throughout The Michaels Organization's business network. All donations are then matched \$2 for every \$1 by The Michaels Organization's Founder and Chairman Michael J. Levitt and his wife, Pat Levitt.

A separate scholarship program, designed specifically for residents of Michaels' student living communities, will open for applications in August 2025.

Important Dates and Deadlines

Application forms are now available at <https://michaels-scholars.com/>.

April 15: Deadline for submitting completed applications.

June 12: Applicants will be notified of the outcome status of their application.

June 24: Acceptance forms must be returned if grant recipients wish to accept the offer of a scholarship. Grants not accepted by this date will be awarded to other applicants.

July 31: If a student meets all necessary criteria and deadlines, scholarship checks, made payable to post-secondary institutions, will be mailed via U.S. mail

THE MICHAELS ORGANIZATION
EDUCATIONAL FOUNDATION

Resident Scholarship Program



APPLICATIONS NOW OPEN!

FEBRUARY 3 -
APRIL 15, 2025

APPLY ONLINE @
tmoef.communityforce.com



SCAN HERE TO APPLY

ELIGIBILITY REQUIREMENTS

- Matriculating college students & those with a high school diploma who plan to attend any accredited college, university, trade school, or technical program
- Current residents, in good standing at a Michaels community
- Official grade transcript must be submitted
- Complete all required parts of the application (including Conditional essay, if applicable)



Need Assistance?
Contact Us!
Scholarships@tmo.com

SCHOLARSHIP

CGSC Foundation Scholarship Program

Applications due March 15.

Apply now!

Applications are due March 15 for **COMMAND AND GENERAL STAFF COLLEGE FOUNDATION SCHOLARSHIPS**. Visit <https://www.cgscfoundation.org/alumni/scholarships/> for more information.

Applications are due March 1 for **FORT LEAVENWORTH SPOUSES' CLUB SCHOLARSHIPS**. Visit <https://fortleavenworthspousesclub.org/community-giving> for more information.

Applications are due March 20 for the **JOHN W. POILLON MEMORIAL SCHOLARSHIP**. Obtain an application at the Army Education Center. Call 913-684-2496 for more information.

Visit https://home.army.mil/leavenworth/application/files/7816/3284/5772/Fort_Leavenworth_SLO_Scholarship_List_September_2021.pdf for more information on these and other scholarship opportunities for military dependents.



Scholarship Opportunities

Note: This information is provided to US Army School Liaison Officers as information of common interest regarding various scholarship opportunities throughout the United States. Such information is not an actual or implied endorsement of these colleges/universities/organizations by the US Army, Fort Leavenworth FMWR, and/or Fort Leavenworth CYS.

usarmy.leavenworth.incous-fmwrc.mil.slo@mail.mil

FORT LEAVENWORTH SPOUSES' CLUB SCHOLARSHIP FUND



2025 APPLICATION

The Fort Leavenworth Spouses' Club (FLSC) Scholarship Committee facilitates and awards merit-based scholarships for eligible family members of all active, retired, or veterans of all service branches of the Fort Leavenworth/Leavenworth community.

Visit <https://fortleavenworthspousesclub.org/community-giving> for scholarship application form and information.

FORT LEAVENWORTH LAMP

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Leaders send Presidents Day safety message

by Fort Leavenworth Garrison Commander Col. Duane Mosier and Garrison Command Sgt. Maj. Vanessa Sun

Presidents Day is celebrated Feb. 17 when we pause, reflect and honor our nation's rich history and salute former presidents for the legacy of leadership they have provided our nation for over two centuries.

This month, as we honor George Washington and Abraham Lincoln — the presidents whose birthdays we commemorate — let us also remember our men and women in uniform, our dedicated civilians and our families. Their sacrifices and unwavering support continue to defend the rights and principles for which these men dedicated their lives.

Many of our military members, civilians and their families will use this holiday weekend to travel outside the local area to visit relatives and friends or enjoy a winter vacation. It's crucial that our directors and supervisors, as leaders, take

responsibility to ensure that our workforce is informed on the potential hazards during this long weekend, including discussions on safe alcohol consumption, safety driving tips — especially regarding winter weather, fatigue avoidance and seat belt usage, among others.

Continually identify and assess hazards and implement appropriate controls. Every soldier and civilian is responsible for breaking the chain of events that could lead to a mishap. Adherence to risk management principles coupled with safety awareness enhances readiness. Continue to look out for one another and show dignity and respect toward others.

Thank you for your selfless service to our great nation. We wish everyone a very safe and enjoyable Presidents Day holiday weekend. Enjoy it, and remember to always play it safe.

Army Safe is Army Strong!



STAY SAFE ON THE ROAD THIS WINTER!

On average, winter weather directly or indirectly contributes to more than 540,000 vehicular accidents in the U.S. each year, according to the National Highway Traffic Safety Association.

- Check the weather before you go – where you are, where you're going and in between
- Get your vehicle winter ready and include an emergency kit appropriate for the conditions
- Maintain your vehicle – keep plenty of gas in the tank and make sure everything is in good working order
- Remove ice and snow from your car
- Use your headlights to see and be seen by other motorists
- Avoid sudden movements – accelerate and decelerate slowly and smoothly
- In a skid – take your feet off the pedals, steer in the direction you want to go and avoid over-correcting

WINTER SAFETY:
BE AWARE, PREPARE, TAKE CARE!

U.S. ARMY <https://safety.army.mil>

CHECK OUT THE USACRC ON SOCIAL MEDIA

Munson Army Health Center expanding access with Scheduled Virtual Visits

by Munson Army Health Center Public Affairs

Munson Army Health Center is modernizing its health-care delivery platform with the addition of My Military Health's Scheduled Virtual Visits.

"Scheduled Virtual Visits provide safe, secure, reliable and easy access to healthcare on your terms, through a smartphone, tablet, or computer with video and audio capabilities," said Maj. Brian Turner, MAHC's deputy commander for administration.

The Defense Health Agency is deploying SVV to military treatment facilities across the Military Health System. MAHC began offering this virtual opportunity earlier this week with behavioral health and public health appointments.

"There are some benefits to SVV," Turner said. "Patients won't need to travel to the (military treatment facility), park, and check-in. It enables patients to engage with their healthcare providers when, where and how they need to."

Turner said the SVV is not appropriate for all medical appointments, but he said adding the SVV option for healthcare delivery will be beneficial for some patients.

How it works

1. Schedule your appointment.

When medically appropriate, the call center will offer patients the SVV option when they contact the appointment line to schedule care. Once scheduled, the patient will receive a confirmation e-mail. The session link will be provided via text or e-mail 72 hours before the appointment.

2. Find a suitable space for your appointment.

When it is time for the SVV, patients can choose a space at home, at work, or anywhere else with good internet access, where they can discuss health concerns with their care team, free of noise and distractions.

3. Begin the check-in process.

Plan to join the session 15 minutes before the appointment start time to begin the check-in process with clinical staff. Click the session link you received via text or e-mail.

4. Start your session.

Come prepared to discuss your questions and concerns to ensure you receive the care you need.

"SVV is already live at 32 sites and has received positive reviews from patients and staff. The system is very user friendly," Turner said. "We look forward to expanding this virtual opportunity to primary care in the future."



my MILITARY HEALTH | Scheduled Virtual Visits

DHA Defense Health Agency

Defense Health Agency graphic

With My Military Health, Munson Army Health Center patients have greater choices in how they access care, whether virtually or in-person, so they can get the care when and where they need it.



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Catholic couples ponder 'Dream Date' over dinner



The St. Ignatius Catholic Community hosted a dinner and mini-workshop, "Dream Date Your Spouse," for Catholic couples Feb. 7 at Frontier Chapel. Event organizers provided take-home strategic planning journals as well as discussion prompts at each table to facilitate conversation among the couples.



Photo by Prudence Siebert/Fort Leavenworth Lamp

Maj. Max Love, Command and General Staff Officer Course student, and his wife Megan Kelty, with 3-month-old Roslyn, talk with Dani and Maj. Luke Loftsgaarden, CGSOC student, during the free dinner and mini-workshop, "Dream Date Your Spouse," provided by the St. Ignatius Catholic Community Feb. 7 at Frontier Chapel. Event organizers provided discussion prompts at each table to facilitate conversation among the couples, as well as take-home journals for them to explore the topics of faith, family, finances, fitness, future dreams and more.



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Maggie and Maj. Adam Robitaille, Army University, fill their plates with catered Italian food as the free dinner and mini-workshop, "Dream Date Your Spouse," for Catholic couples begins Feb. 7 at Frontier Chapel. Event organizers provided couples with take-home strategic planning journals to help consider how to make their relationships more faith-centered, and encouraged couples to explore question prompts with other couples sitting at their table, such as "What makes your marriage Catholic?" to share faith practices and ways to strengthen their marriage.



RIGHT: Volunteer Lindsay Bott, member of the St. Ignatius Catholic Community, gives an overview of the evening's activities while Frances Vician and Maj. Carklo Vician, with 2-month-old Michael on his shoulder, listen during the free dinner and mini-workshop, "Dream Date Your Spouse," for Catholic couples Feb. 7 at Frontier Chapel. Bott said the purpose of the event was mainly to facilitate fellowship and support among Catholic couples who want theirs to be a Christ-centered marriage.



Come on out to the Pony Express Prospectors Association's 2nd Annual Gold Prospecting, Metal Detecting, and Gem and Mineral Show!

February 15

9am - 4pm

February 16

11am - 4pm

At the Civic Arena
4th and Felix
St. Joseph, MO
Admission is \$9.00*



*Ages 16 and under are FREE

Call 907-347-2071 or 816-215-9882 for more information

FLFHC offers family fun at Valentine's Bingo Bash



Photo by Prudence Siebert/Fort Leavenworth Lamp

Fort Leavenworth Frontier Heritage Communities Marketing Coordinator Kaylee Winsand holds up the "Love Bear" for bingo players to mark on their bingo playing cards with heart shapes or Hershey's Kisses candy during the Valentine's Bingo Bash Feb. 7 at the FLFHC Community Center.



Seven-year-old Gökçe Ayse Uyar of Türkiye holds up her hand to indicate she has marked five squares in a row for "bingo" during the Valentine's Bingo Bash Feb. 7 at the Fort Leavenworth Frontier Heritage Communities Community Center.

Other ongoing FLFHC events include Presidents Day Trivia Week on the FLFHC Facebook page through Feb. 14 and a "Love Story Raffle" through the end of the month, encouraging FLFHC residents to share their love stories, also on Facebook.

Visit <https://www.facebook.com/FLFHC/> for more details.

Photo by Prudence Siebert/Fort Leavenworth Lamp



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Eight-year-old Liam Womack and 6-year-old Landon Womack study their holiday-themed bingo playing cards as pink and red cupcakes, peace doves, rose dogs, fireworks, calendars and other symbols are called during the Valentine's Bingo Bash Feb. 7 at the Fort Leavenworth Frontier Heritage Communities Community Center. The event coincided with a half-day of school, for which Liam dressed in his favorite team jersey for Spirit Week and Landon dressed as an old man for kindergartners' 100th day of school.

RIGHT: Five-year-old Maverick Farris and his dad, Air Force Maj. Taylor Farris, Command and General Staff Officer Course student, look for a heart-shaped pizza on their Valentine's Bingo Bash playing cards as Fort Leavenworth Frontier Heritage Communities Marketing Coordinator Kaylee Winsand holds up a matching picture Feb. 7 at the FLFHC Community Center.



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PCS class (continued from Page A1)

families to move into that food insecurity,” she said.

Bassett said out-of-pocket moving expenses are why some military families end up facing food insecurity. She said some families might be able to afford to lose thousands of dollars out of their savings for a permanent-change-of-station move, but many families cannot.

“There are families that that \$5,000 is detrimental to, and if we don’t stand in the gap, automatically and quickly, and give that immediate, tangible effort and support, that can spiral into more issues and more crisis.”

Harless, an Army veteran, military spouse of nearly 20 years, and mother of three children, said she shares tips, hacks and best practices learned through trial and error with other military families so they can have smoother PCS experiences.

She said with the new consolidated GHC, HomeSafe Alliance is now responsible for managing and coordinating military moves. She said out-bound CGSC students will use the legacy moving system this summer, the same method they used when they moved to Leavenworth. Permanent party moves will use the new GHC system, which started including Fort Leavenworth last fall.

Harless said either process can be started after orders are received, but she noted that any purchases, such as moving boxes, will not be counted toward expenses if made before receiving orders. During her program, she shared specifications for transporting firearms, some examples for when to consider repair versus replacement, and other things to keep in mind before, during and after a move. She noted some updates, including that movers can no longer mark mechanical condition unknown (MCU) on items, so that now if something doesn’t work at the end of a move, it’s assumed to be transit related. She also went over the claims process, explaining inconvenience, hardship, real property damage and other types of claims, how to make the claim-filing process easier and more effective, deadlines for filing, and when compensation must be made for the claims. She also recommended considering Army Emergency Relief, or other branch-specific relief fund, when someone is in a financially taxing situation, for zero-interest loans, grants or other assistance.

Harless said pet reimbursement, for boarding fees, pet couriers and other pet-related moving expenses, began being offered last year. She said the organization that advocated for pet transportation fees to be reimbursed, Leave No Paws Behind USA, offers resources to help pet owners find solutions when pet-related move issues arise. Visit <https://www.facebook.com/leavenopawsbehindusa> for more information.

Best practices

Harless highly recommends having a PCS binder to help organize important documents, including a copy of orders, move-out checklist, children’s records and individualized education programs, immunization records, veterinary records, household goods inventory, receipts and more.

She also suggests having a personal home inventory, which could be an extensive spreadsheet or, at least, photographs of each room.

“In the case you have a catastrophic loss, in the case you have a box that doesn’t arrive,

you have some sort of proof of what you had,” she said. “Should you have that kind of catastrophic loss and you have to go through and itemize everything in your shipment, you’ve already done most of that hard work upfront.”

She also recommends carrying insurance, including maritime insurance for an overseas shipment and renter’s or other insurance, if needed, for anything HomeSafe’s liability doesn’t cover.

Harless included a budget worksheet in the packet she provided class participants to get them started working on their own PCS budgets.

“If nothing else, if you can’t figure out what your lodging is going to be, at least figure out what your entitlement is going to be, so that way when you are budgeting and you’re trying to go make those reservations, you have an idea of what you’re going to get per night.”

Harless said the “PCS purge” is one of her favorite best practices.

“This is where you go through your home and identify what it is that no longer fits you, that you haven’t used in the last two years that you’ve lived here, that is going to serve no purpose at your next home, is not sentimental, or is in the box that you just shoved in the closet underneath the stairs and you forgot about it and you haven’t opened it and unpacked it. Or it’s that box of cords that you’ve toted around for 20 years and you have no idea what they go to, or you have the box of 17 curtains that no longer fit any windows in your home — pick your very favorite and get rid of the rest.”

The “will-we-make-weight game” is something Harless said her family plays every time they move, taking into consideration their home gym, small library and her large collection of ceramic Christmas trees. The PCS purge is one of her remedies to help keep household goods within allowable weight limits.

“I highly suggest, if you are worried or concerned about your (HHG) weight, or your house at your next location, due a PCS purge,” she said. “Do it now, before you move, because then when you get to your next location, it’s less that you have to unpack. If you think you might need it, or it might fit your next home, keep it, decide when you get to delivery. But I highly recommend a purge of some sort — you’ll be surprised at what doesn’t fit you that’s been hanging in your closet, or doesn’t fit your kids anymore, what toys are hidden in their closet that they no longer play with, and other random things.”

Harless said to make sure professional gear — equipment used for a job — is approved and on file so that gear is given its own weight allowance (2,000 pounds for service members, 500 pounds for spouses) and not lumped into the main household goods weight limit.

Another hack Harless suggested is placing clothing, bedding and other fabric items in bags to protect them from mold and from having personal things like underwear being handled by strangers, so that all of those items don’t have to be rewashed when delivered.

“Everything in my house is pretty much in a bag, of some kind, if it can be,” she said. “Prepacking is not required by any means; it’s more of a personal choice. If I can do something to ensure things are accounted for and together



ABOVE: Megan Harless, PCS reform advocate and founder of PCS Like A Pro, shows “Master Your PCS” class participants the forms included in their packets during the Stronghold U educational offering Feb. 11 in the Armed Forces Insurance conference room. Stronghold U is a branch of Stronghold Food Pantry that provides education about key factors that can lead to military food insecurity.

LEFT: Stronghold Food Pantry Founder and CEO Monica Bassett explains how education — providing information to help prevent issues that can lead to food insecurity — ties into the Stronghold mission as the “Master Your PCS” class begins Feb. 11 in the Armed Forces Insurance conference room.

Photos by Prudence Siebert/Fort Leavenworth Lamp

and not getting damaged and can make the packing days go easier, and I’m not having to ask my landlord to give me an extra day to stay in the house, I do it.”

She said then on the delivery side, she can easily remove her prepacked bags from the moving boxes and send the boxes and packing materials with the moving crew for one less thing to worry about.

Harless shared more tips and tricks, including her habit of putting a stamp with her contact information on every box, and then rolling over the contact information with a confidential rolling stamp before recycling the boxes. She also likes to use color-coordinated labels for every room to save time checking off inventory. Other tips she offered included making sure the person most attentive to the move be the one to review the moving inventory list, and to not sign it if something is wrong until the issue is amended.

Stronghold U plans to offer another PCS class in April. Visit <https://www.stronghold-foodpantry.org/> for more information. In addition to offering the PCS classes, Stronghold U has also offered classes on financial awareness and home buying.

To access free resources, including budget and inventory sheets, and connect with Harless, visit <https://www.pcs-likeapro.org/>.

For more information about GHC, visit <https://www.ustranscom.mil/dp3/ghg.cfm> and <https://www.militaryonesource.mil/resources/millife-guides/ustranscom-global-household-goods-contract/>.

To contact the Fort Leavenworth Logistics Readiness Center/Transportation Office at 549 Kearney Ave., call 913-684-5656 or e-mail usarmy.leavenworth.407-afsb-lrc.mbx.pps@army.mil. Visit <https://home.army.mil/leavenworth/my-fort/all-services/transportation-office> for more information.

‘PCS purge’ resources

Fort Leavenworth provides many resources for helping with a PCS purge.

Usable items in like-new condition, such as clothing, toys and small appliances, can be donated to the Fort Leavenworth Thrift Shop, which uses store proceeds for community assistance grants, at the shop’s drop-off shed at 1025 Sheridan Drive.

Fort Leavenworth Frontier Heritage Communities partners with City Union Mission of Kansas City, Missouri, for curbside pickup of usable items on certain Saturdays throughout the year, as well as drop-offs in the FLFHC parking lot after the postwide yard sale the last Saturday in April.

Pet supplies and unopened pet food can be placed in the red bin on the porch of the Fort Leavenworth Stray Facility at 510 Organ. Ave.

Cleaners, paint, yard chemicals and other materials that should not be shipped can be dropped off at Household Hazardous Waste Collection Point, 810 McClellan Ave., to be used by other residents or properly disposed of.

Recycling of scrap metal, glass, cardboard and mixed recycling of paper, aluminum and more is offered in the area off W. Warehouse Road south of the stables. E-waste, such as toner cartridges and printers, can also be dropped off at the Fort Leavenworth Recycling Center.

Fort Leavenworth Frontier Housing Communities offers recycling and regular and bulk trash options for residents.

Resources and Links

- On-post housing handbooks, trash and recycling guides from Frontier Heritage

- Housing: <https://www.frontierheritagecommunities.com/residents>
- Fort Leavenworth Recycling Center: <https://home.army.mil/leavenworth/my-fort/all-services/environmental-management>
- City of Leavenworth Recycling Center: [\[enworth-recycling-center\]\(https://www.leavenworthks.org/publicworks/page/leav-\)](https://www.leavenworthks.org/publicworks/page/leav-

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- City of Lansing Curbside Recycling: <https://www.lansingks.org/finance/page/trash-recycling>

- City of Platte City Recycling: <https://www.plattecity.org/documentlist.aspx?categoryid=12924>

- Household Hazardous Product Collection Point: <https://home.army.mil/leavenworth/index.php/my-fort/all-services/environmental-management>

- Auto Skills Center for motor oil: <https://leavenworth.armymwr.com/programs/auto-crafts-center>

- Leavenworth County Transfer Station for household and bulk trash drop-off: https://www.leavenworth-county.gov/departments/transfer_station/index.php

- Munson Army Health Center for medications: <https://munson.tricare.mil/>

- Fort Leavenworth Thrift Shop: <https://www.facebook.com/Fort-Leavenworth-Thrift-Shop-211189988897157/>

- City Union Mission, through partnership and coordination with Fort Leavenworth Frontier Heritage Communities: <https://cityunionmission.org>

- Fort Leavenworth Stray Facility: <https://leavenworth.armymwr.com/programs/stray-facility>, www.FLSF.petfinder.com

- Salvation Army, Leavenworth: <https://centralusa.salvationarmy.org/leavenworth/>

- Catholic Charities, Leavenworth: <https://catholiccharitiesks.org/where-wework/leavenworth/>

- Goodwill, Leavenworth: <https://www.mokangoodwill.org/locations/goodwill-leavenworth-ks>

- HOPE Thrift Store, Leavenworth: <https://hopeleav.org/thrift-store/>, <https://www.facebook.com/HOPETHrift-StoreLeavenworth/>

- Leavenworth Mission Community Store/Food Pantry: <https://lvmission.org/>, <https://www.facebook.com/Leavenworth-Mission/>

CAC officer (continued from Page A1)

in 2009, which was a natural progression for someone who never settles for the status quo.

“(Noncommissioned officers) lay the groundwork, but the officers are the ones at the table making most of the decisions with input from NCOs,” Harris said. “The experience of seeing the decision-making progress from both perspectives has helped me throughout my career.”

For many soldiers, earning a degree and becoming a commissioned officer would be enough, but not for Harris. She continued to grow as a person through education and earned two master’s degrees — one in human resource management from Webster University and another in business administration from University of the Southwest - New Mexico. In 2024, Harris earned a doctorate in business administration with a focus on employee engagement from Walden University to add to her wall of diplomas.

“I didn’t want three master’s degrees,” said Harris with a smile, “but I decided to take the next step and be prepared for whatever the future may bring.”

It’s the drive to always better herself and be prepared for the future that has driven Harris throughout her career.

“Having worked with Lieutenant Colonel Harris for the past two years, her drive to improve herself, consistently, has had a positively infectious impact on everyone around her,” said Lt. Col. Joshua Mendoza, executive officer to the CAC commanding general. “She is a model of inspiration and aspiration for everyone she encounters.”

Harris is optimistic about how much longer she will stay in the Army, but she has prepared herself to succeed in life and already has a plan.

“After the Army, I want to be in the community and reach out to the youth to help them find their purpose and get after it,” Harris said.



Courtesy photo

Lt. Col. Lasherdo Harris, military assistant to the commanding general of the Combined Arms Center, shares a laugh with CAC Commanding General Lt. Gen. Milford H. Beagle Jr. during her promotion ceremony Aug. 9, 2024. Harris enlisted in the Army in 2004 as a chemical operations specialist and became a commissioned officer in 2009.

Pet of the Week

Gracie is a 2-year-old mixed-breed dog available for adoption at the Fort Leavenworth Stray Facility. Gracie is currently living in foster care, so call 913-684-4939 for an appointment to meet her. The adoption fee to adopt a dog is \$110 to help cover some of the care received, including spay/neuter, microchipping and vaccinations to date.

Visit www.FLSF.petfinder.com for adoptable pet profiles, e-mail fortleavenworthstrayfacility@gmail.com for an adoption application, and call 913-684-4939 for more information. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday, and by appointment for pre-approved adopters. Call 913-684-4939 to schedule an appointment. Hours may vary, so call to be sure someone is at the facility when you would like to visit.

Volunteers are needed to help cover pet care shifts, walk dogs, clean kennels and more. Foster homes for adoptable pets are also needed. To apply to volunteer with the Fort Leavenworth Stray Facility, enter ZIP code 66027, then search for “stray animal facility” at <https://vmis.armyfamilywebportal.com/>.



Photos by Prudence Siebert/Fort Leavenworth Lamp



Volunteer!



Help Shelter Pets!

They need your help for walks and general care!

They enjoy the love, attention, and affections, too!

Several shifts to choose from

Want to know how to join our team?

Register at <https://vmis.armyfamilywebportal.com/>.

Once registered, we will contact you and have you come in for a training with a team member.

After you train, you shadow two shifts. Then you are ready to help shelter pets!

Watch the Fort Leavenworth Stray Facility Facebook page for training events!

Once you register, train, and shadow, you can sign up for any shift you can cover.

Children under 18 can help, but they must be accompanied by an adult the entire shift.

Work with either our cats or dogs or both!



Fort Leavenworth Stray Facility
510 Organ Avenue
Fort Leavenworth, KS 66027



Fort Leavenworth Stray Facility
510 Organ Ave // (913) 684-4939



Adoptions • Volunteer Opportunities

Integrity.
Dedicated Service.
Financial Solutions.
Anytime, Anywhere.

frontierccu.org (913) 651-6575



THURSDAY
FEBRUARY 13, 2025



LAMP

Post Notes

SERVING THE COMMUNITY OF FORT LEAVENWORTH, KANSAS, FOR MORE THAN 50 YEARS

Online: <https://home.army.mil/leavenworth/about/news>

B1



FAMILY & MWR WANTS TO HEAR FROM



YOU!

Let us know how we're doing.
Our goal is to make what's good for you...better.

TAKE THE SURVEY TODAY!



Or visit ArmyMWR.com/survey



VACATION SWEEPSTAKES!

You could win a trip to an Armed Forces Recreation Center for taking the survey!



UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND
A major subordinate command of Army Materiel Command

ArmyMWR.com/survey

FORT LEAVENWORTH THRIFT SHOP

COMMUNITY ASSISTANCE GRANTS

Applications are available at the Thrift Shop
1025 Sheridan Drive, Building 1049

Hours of Operation
Tuesday, Wednesday, Thursday, 1st Saturday
from **9:30 AM - 2:30 PM**

GRANTS ARE AVAILABLE FOR ELIGIBLE ORGANIZATIONS, NOT INDIVIDUALS

APPLICATIONS MUST BE COMPLETED AND RETURNED TO THE THRIFT SHOP BY TUESDAY, FEBRUARY 25TH

MyArmyPost



Try the Army's Newest Mobile Application!

FIND THE MY ARMY POST APP IN THE APP STORE



EXISTING FEATURES

- One-click emergency calls
- Near real-time updates
- Installation-wide alerts
- Interactive bus routes
- Current Air Quality Index
- Newcomer information
- Intuitive search functions
- Bookmark common resources
- Resource Alerts
- Events
- Maintenance Requests
- MHS Genesis Login

Frontier Army Museum and the Friends of the Frontier Army Museum (FFAM) present **History Brunch**

A Contribution to Victory: Western University's Vocational Training Program for World War I by Dr. Bernard Harris JR

Rescheduled for March 22

Light refreshments served at 10:30a, presentation to begin at 11:00a

Frontier Army Museum
100 Reynolds Ave
Fort Leavenworth, KS

Free event for all



FORT LEAVENWORTH PERSONAL DRONE USAGE

ON BASE:

Fort Leavenworth is a NO DRONE area. If you observe drone activity, call the Emergency Dispatch Center at 913-684-2111 or 911 to report the activity.



OFF BASE:

- Download the FAA's B4UFLY smartphone app, to see real-time information about airspace restrictions and other related resources
- Explore areas where drones can be flown without Remote ID equipment, also known as FAA-Recognized Identification Areas (FRIAs)
- Visit https://www.faa.gov/uas/getting_started for more drone guidance and information

U.S. ARMY

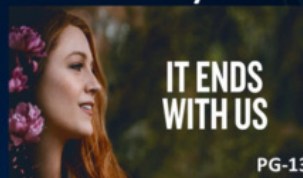


BOSS PRESENTS MOVIE NIGHT

Post Theater // 375 Grant Avenue
Movies start at 7PM
Must show your DoD ID at the door!

February 7

February 21



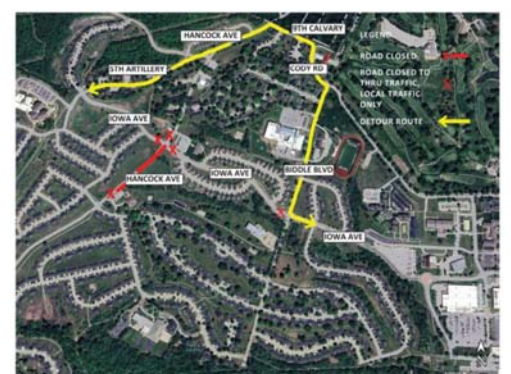
Come out and join us as the BOSS program gives back to the Community by playing movies inside the Post movie theater.

Prepackaged snacks and drink can be purchased at the snack bar. No outside food or drinks are authorized.

For all movies children 12 and under MUST be accompanied by an ADULT!
CASH only at the snack bar!

For more info call: (913) 684-2736 • Or visit our website leavenworth.armymwr.com

FORT LEAVENWORTH NEW CDC DETOUR ROUTE



The previous CDC construction detour, from Iowa to Kansas Ave, has been modified to reroute traffic away from densely populated areas. The new detour (yellow trace), will route traffic to 5th Artillery Rd and toward the cemetery and golf course.

U.S. ARMY



Catholic Women of the Chapel



CWOC resumes on January 9, 2025
and meets Thursdays at 9:00am
in the Pioneer Chapel Activity Room

Join us for our faith study:
THE RETURN OF THE PRODIGAL SON
by Henri Nouwen

LEARN MORE >>

Find our complete calendar on
Facebook 'CWOC Fort Leavenworth'



Join us monthly

DATE NIGHT

6-10 PM @ Frontier Chapel

Meals & Childcare provided

Sponsored by Fort Leavenworth Chapel Community

Supported by 

Invest in your marriage this year!



05 SEP, 03 OCT, 07 NOV, 05 DEC, 09 JAN, 06 FEB, 06 MAR, 03 APR, 01 MAY

Each Date Night begins with a faith-based marriage enrichment presentation. Then couples are released to go out on a date and further discuss the topic together. Children will remain safely supervised by childcare professionals at Frontier Chapel (6-10 pm or pick up kids earlier)!

For more information and to register scan the QR code or call 913-680-7336

St. Ignatius of Loyola Catholic Community
Fort Leavenworth, Kansas



February 2025

Pastoral Advisory Council Meeting
The Pastoral Advisory Council meetings are open to all congregation members that would like to provide input regarding upcoming events and future volunteer needs for the community.
February 4, 2025, at 1730 in the Pioneer Chapel

CONFESSIONS
Pioneer Chapel - Tuesday - Friday 1130-1200
Frontier Chapel - Sunday 0930-0915

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RE 0810-0910 Confessions 0830-0915 Mass 0930 (F)	2 Choir 1730 (F)	3 Mass 1200 (P) PAC (P) 1730	4 Mass 1200 (P)	5 CWOC 0900 (P) Mass 1200 (P)	6 Mass 1200 (P) Dream Date Year Service 1730 Adoration 1230-1000	7 Mass 1200 (P)
RE 0810-0910 Confessions 0830-0915 Mass 0930 (F)	9 Choir 1730 (F)	10 Mass 1200 (P) Knights of Columbus 1800 (F)	11 Mass 1200 (P)	12 CWOC 0900 (P) Mass 1200 (P)	13 No Daily Mass	14
NO RE Confessions 0830-0915 Mass 0930 (F)	16 Choir 1730 (F) CWOC Day Retreat	17 Mass 1200 (P) Lector/EMHC Training 1830 (F)	18 Mass 1200 (P)	19 CWOC 0900 (P) Mass 1200 (P)	20 Mass 1200 (P) Adoration 1230-1000	21
RE 0810-0910 Confessions 0830-0915 Mass 0930 (F)	23 Choir 1730 (F)	24 Mass 1200 (P)	25 Mass 1200 (P)	26 CWOC 0900 (P) Mass 1200 (P)	27 Mass 1200 (P) Adoration 1230-1000	28 Children's Choir meets from 1030-1100 on days when Religious Education is scheduled. (P) Pioneer Chapel (F) Frontier Chapel



2025 Islamic Holy Times of Prayer: Frontier Chapel



Dates: Ramadan: 01 – 29 MAR 25

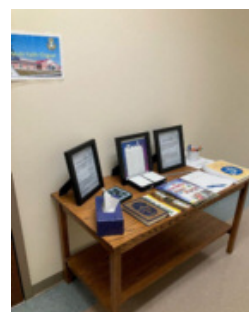
Location: Please come to Room 111 in Frontier Chapel for Individual Prayers

Frontier Chapel: 625 Thomas Avenue

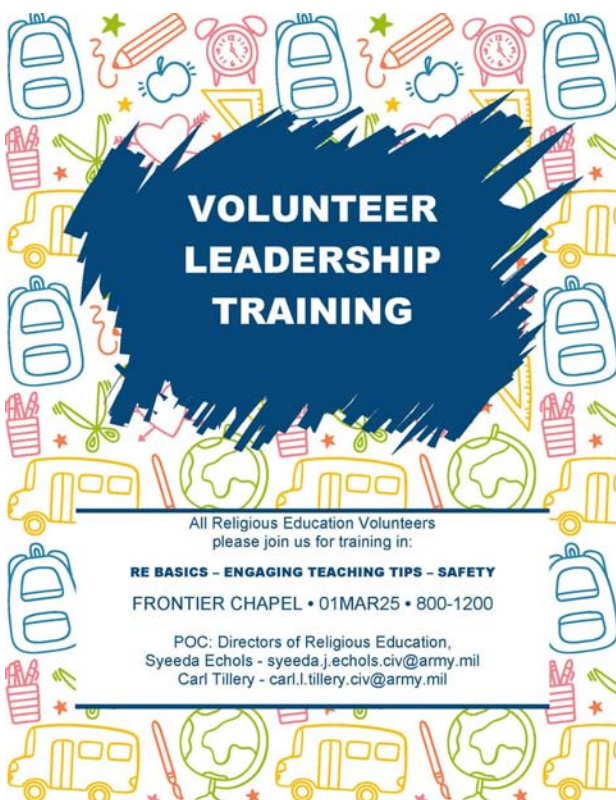
Time: 0900-1700 (MON-FRI and SUN)

Please see your unit chaplain or call the Religious Support Office at 913-684-2210

Lewis & Clark Building will hold Midday Prayers in the Faculty Lounge (MON-FRI)



CH (MAJ) Chris Weinrich, christopher.w.weinrich.mil@army.mil



VOLUNTEER LEADERSHIP TRAINING

All Religious Education Volunteers please join us for training in:

RE BASICS - ENGAGING TEACHING TIPS - SAFETY
FRONTIER CHAPEL • 01MAR25 • 800-1200

POC: Directors of Religious Education,
Syeeda Echols - syeeda.j.echols.civ@army.mil
Carl Tillery - carl.l.tillery.civ@army.mil

FORT LEAVENWORTH SNOW ETIQUETTE

Per the FLHC Resident Handbook:

- Residents are responsible for promptly removing snow and ice from the resident's sidewalk between any common sidewalk or road and the front and/or rear door and driveways
- Residents are asked to move parked cars off of roadways during snow removal operations to avoid obstructing plows

Snow Shoveling Reminders:

- Push excess snow into your yard. Never shovel snow into roadways, sidewalks, or neighboring residences
- Clear snow and ice around fire hydrants
- Be patient while DPW and Wallace crews work to clear roads and common area sidewalks




Ash Wednesday Services

Protestant: 05 MAR 25
Faculty Lounge, Lewis and Clark Building
Time: 0730-0800

Roman Catholic: 05 MAR 25
Pioneer Chapel, 500 Pope Avenue
Time: 1200

Anglican: 05 MAR 25
Memorial Chapel, 626 Scott Avenue
Time: 1730

For more information, please call the Religious Support Office at 913-684-2210 or email christopher.w.weinrich.mil@army.mil



HUNGRY?

Fort Leavenworth MWR has AMAZING food options!

- Solarium Buffet
- 12th Brick Grille
- Strike Zone Snack Bar
- Java Cafe
- FCC BBQ



LEAVENWORTH.ARMYMWR.COM




KU THE UNIVERSITY OF KANSAS

Local Classes. Global Respect.

leavenworth.ku.edu




KNOW YOUR WORLD PRESENTATIONS 2025

POLAND 18 SEPTEMBER 2024

FIJI 30 OCTOBER 2024

PAKISTAN 29 JANUARY 2025

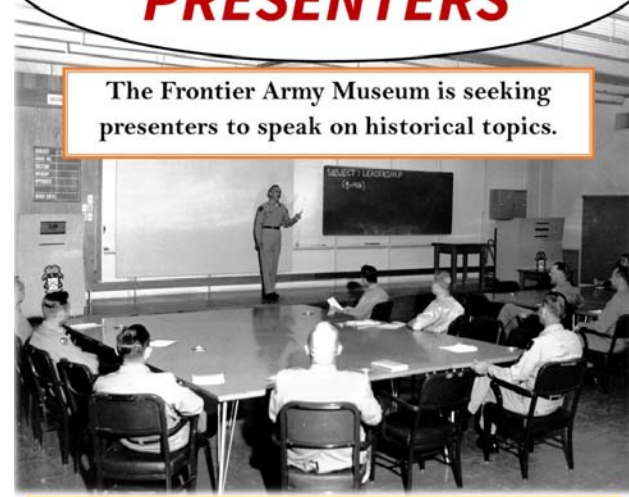
ECUADOR 19 FEBRUARY 2025

ANGOLA 26 MARCH 2025

Presentations Start at 1545 in Eisenhower Auditorium and Streamed Live on the CGSC Facebook Page Open to the Public [ALL ARE WELCOME] to Attend or View Online All IMS WILL Attend//Presenting IMS' Section Expected to Attend

CALL FOR PRESENTERS

The Frontier Army Museum is seeking presenters to speak on historical topics.



Interested in sharing your passion and knowledge of history with others?

Contact Megan Hunter for details and scheduling:
(913)684-3190 / megan.m.hunter4.civ@army.mil

CALL FOR VOLUNTEERS

The Frontier Army Museum is looking for a consistent, longterm volunteer to work in the collections.



Role: Assisting with inventory, minor artifact cleaning, mount making, and other collections related tasks.

Age Requirement: Must be 16 and older.

Interested? Please contact Megan Hunter
megan.m.hunter4.civ@army.mil

26

Wednesday, February 26, 2025 at 5:30 PM CST

Speaker Series: A Kansas Soldier at War

100 Reynolds Ave, Fort Leavenworth, KS, United States, Kansas 66027



February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 OPEN PANTRY & HAPPY BOTTOMS 1100-1300	6	7	8
9	10	11 STRONGHOLD U MASTERING YOUR PCS @ 1:30P	12 OPEN PANTRY & HAPPY BOTTOMS 1100-1300	13	14	15
16	17	18	19 OPEN PANTRY & HAPPY BOTTOMS 1100-1300	20	21	22
23	24	25	26 OPEN PANTRY & HAPPY BOTTOMS 1100-1300	27	28	

CONGRATULATIONS!



VINCE AFAISEN
STRONGHOLD CHEF & AMBASSADOR

2025 AFI MILITARY SPOUSE OF THE YEAR
FORT LEAVENWORTH



Stronghold Food Pantry graphic

Vince Afaisen has been named the 2025 Armed Forces Insurance Military Spouse of the Year for Fort Leavenworth. Branch voting is currently underway. Branch finalists will be announced Feb. 20, and branch winners announced March 4. The overall AFI Military Spouse of the Year will be announced May 8. Visit <https://msoy.afi.org/> for more information.

Stronghold: Happy Bottoms Program

Powered by: Rapid Response Charities



Free Monthly Diaper Distribution

Email: contact@strongholdfoodpantry.org





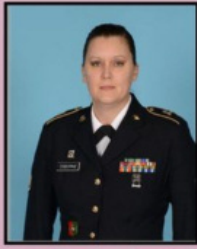
UNITED STATES ARMY COMBINED ARMS CENTER AND FORT LEAVENWORTH SEXUAL HARASSMENT AND SEXUAL ASSAULT RESPONSE WORKFORCE



Ms. Amanda Bonseigneur
Lead SARC
Amanda.bonseigneur.civ@army.mil
Office: 913-684-2810
Cell: 913-704-9620
Bldg 197, 632 McClellan Ave

For Assistance
contact
LTC Craig Arnold

Hiring Underway
Supervisory SARC



SFC Jerri Osborne
Team 1 SARC
jerri.l.osborne.mil@army.mil
Office: 913-684-1698
Cell: 913-565-0741
Bldg 77, Room J209,
290 Grant Ave



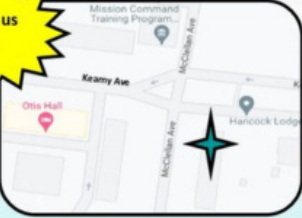
LTC Craig Arnold
Interim Supervisory SARC
Team 2 SARC
craig.d.arnold.mil@army.mil
Office: 913-684-2818
Teams: 520-692-8849
Cell: 913-704-9604
Bldg 197, 632 McClellan Ave



SFC Jacob Roach
Team 3 SARC
jacob.w.roach.mil@army.mil
Office: 913-684-0956
Cell: 913-547-5075
835 Sabalu Rd



Mr. Josh Belle
Team 4 SARC
joshua.p.belle.civ@army.mil
Office: 913-684-5230
Cell: 913-680-5699
Bldg 58, 614 Custer Rd



Ft Leavenworth SHARP Resource Center
Building 197, 632 McClellan Ave
Fort Leavenworth, KS 66027

Contact the team at usarmy.leavenworth.cac.mbx.cac-sharp@army.mil

For Assistance
contact the
SHARP Hotline

Hiring Underway
Victim Advocate



Ms. Nicole Hernandez
Victim Advocate
Maureennicole.n.hernandez.civ@army.mil
Office: 913-684-5230
Cell: 913-544-9243
Bldg 58, 614 Custer Rd

For Assistance
contact the
SHARP Hotline

Hiring Underway
Victim Advocate

For Assistance
contact the
SHARP Hotline

Hiring Underway
Victim Advocate

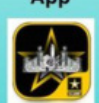
Fort Leavenworth 24/7 SHARP Hotline
913-683-1443
DoD Safe Help Line
877-955-5247

Sexual Harassment Complaint Reporting Option
Formal | Informal | Anonymous
Sexual Assault Reporting Option
Restricted | Unrestricted
Retaliation Reporting Options
Command | IG | SARC | DoD Safe Helpline

Find us on Facebook



WeCare App



GET IT ON Google Play



#NotInOurArmy
Current as of 17 November 2024

We Have Realigned Under a New Installation Model!

- Team 1** AAFES, ACS, AFC, ARI, CDID, Cemetery, CID, CPAC, DeCA, DES, DLA,DMPA, FMWR, LRC, MCCoE, MICC, Museum, NEC, PAO, RCI Housing, TDS/SJA, TRAC, USAFMSA, USAG HQ, USASMDC, USD 207, and US STAG CMD.
- Team 2** CAC HQ, CAC-T HQ, MCTP, NSC, STB, TMD, 505th CCW and 500th/67th MP
- Team 3** ACB, MWJRCF, USDB
- Team 4** Army U, CGSC, Dental, DLI, MAHC staff, Patients, SAMS, SOF, TRADOC, Veterinarian, and Other Service Staff tenant personnel

- Family Advocacy Program -
Victim Advocacy Program

1 in 3 women and 1 in 4 men have experienced some form of domestic violence by an intimate partner in their lifetime.

If you or someone you know is experiencing violence by an intimate partner, please reach out to the victim advocacy program at 913.683.2537

Safety Planning

Victim Advocacy Services

Education & Support Group

DOMESTIC VIOLENCE EDUCATION AND SUPPORT GROUP

When:
November 7th and 21st
December 5th & 19th
January 2nd, 16th & 30th
February 13th & 27th
1:00PM-2:30PM

THIS GROUP IS:
- SAFE
- RELATABLE
- EDUCATIONAL
- RELEVANT
- CONFIDENTIAL

Where:
Resiliency Center
600 Thomas Ave
Room 145

FOR QUESTIONS
CALL 913-683-2537

PREVENTION IN THE PARK
APRIL 25 // 2PM - 4PM
EFMP PARK (BEHIND POST THEATER)

April is National Child Abuse Prevention Month. During April, FAP / NPSP will be sponsoring events focused on stress reduction and family fun.

Come join us to have some fun at the park with bubbles, chalk, bean bag toss, and other fun activities for the family!

FREE and open to DoD ID card holders.

Age limit: kids 0-10!

Registration is required and can be done until April 18th.

For more info or to register call, (913) 684-2808/2800.

Rain out date: April 30 // 2PM - 4PM

ACS FAP Presents:
5 Love Languages for Couples

January 29 • July 16 • October 8 // 1:00PM-2:30PM
ACS Classroom 145

The 5 love languages couples focuses on the strengthening the connections while learning the core patterns when speaking or giving love to others, and how love is received. Learn how to stay connected, translate love languages and improve relationships.

Deadline to register is day before each class.

FREE and open to DoD ID card holders 18+.

For more info: (913) 684-2822/2808

Scan the QR Code for more info about FAP.

5 Love Languages of Teenagers

Do you ever feel like you and your teen are speaking another language?

The "5 Love Languages of Teenagers" class is geared toward caregivers that want to communicate with their teens in a way that everyone feels heard, understood, and most importantly loved.

ACS Classroom 145
Feb 12, May 14, Aug 13, Nov 12
1-2:30pm
FREE

Open to all DOD civilians, active duty, and retired military that are caregivers raising teens
Call to register (deadline is day before class)
913-684-2822 / 2808

CROCHETING CLUB

Jan 31, Feb 21,
Mar 14, Apr 18, May 16
1pm - 3pm
Room 145
600 Thomas Ave

Come join our Crocheting Club and learn a new skill, or perfect an existing one!

"Stitch" together, connect & create!
Supplies will be provided!
Have a favorite yarn?
You're welcome to bring it!

Please RSVP one day prior to class
Call 913-684-2808/2800

FREE!
Ages 8+

COLLECTING DONATIONS

Operation Deploy Your Dress is collecting donations to build our shop inventory

- *Formal & Cocktail Attire (dresses and suits)
- *Shoes, Jewelry & Handbags

All items should be clean & free of tears, snags or stains

SEND US A FB MESSAGE OR EMAIL ODYDFLSC@GMAIL.COM

STRESS MANAGEMENT

Thursdays: Sept 12, Nov 14, Jan 16, Mar 27
1130 - 1300
ACS Conference Room 145

Registration Required (must register by the day before the class you want to attend.)
Classes are for 18 and over, no childcare will be provided.

This one-session FREE class helps attendees identify stressors and symptoms of stress as well as how to select and implement stress management skills to overcome stressors of any kind. Learn how to take control of yourself by learning to control your stress, instead of allowing the stress to control you. End the class with a structured relaxation exercise.

ACS Family Advocacy Program Presents:
ANGER MANAGEMENT

Feb 20 • Apr 17 • Jun 12
Aug 21 • Oct 16 • Dec 11
Thursdays from 11:30AM - 1PM
ACS Conference Room, Room 145

Learn how to identify the different kinds of anger and ways anger is expressed. Build skills to deal with strong and destructive behavior and emotions.

FREE and open to DoD ID card holders 18 and above.

Childcare not provided.

Registration is required, and must be done the day before the class.

For more info or to register call, (913) 684-2808/2822

A PARENTS ROADMAP TO HEALTHY AND UNHEALTHY RELATIONSHIPS

Teen parenting can be tough. Join the Family Advocacy Program for a workshop about how to identify healthy & unhealthy relationships for your teen, indicators of teen dating violence, and digital red flags.

VIRTUAL OPTION

Wednesday, February 5th
11:00-12:30PM

Wednesday, February 19th
11:00-12:30PM

via Teams

REGISTRATION REQUIRED
913-683-2537

IN-PERSON OPTION

Wednesday, February 12th
4:30-6:00PM

Wednesday, February 26th
4:30-6:00PM

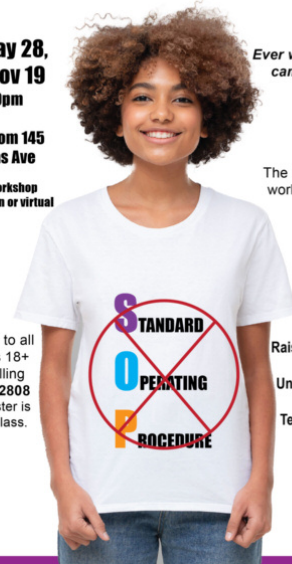
600 Thomas Ave, Bldg 198
Room 157



Navigating the Teen Years

Feb 19, May 28,
Aug 20, Nov 19
@ 1 - 2:30pm

ACS Classroom 145
600 Thomas Ave
One session workshop
Available in person or virtual



Ever wish that raising your teen came with an instructional manual?

The Navigating the Teen Years workshop is your guide to the difficult questions.

We'll discuss:

Teen Mental Health

Substance Abuse

Raising Teens in a Digital Age

Understanding Social Media

Teen Sexualized Behaviors

FREE and open to all DoD ID holders 18+ Register by calling 913-684-2811/2808 Deadline to register is the day before class.



Co-Parenting Workshop

Round 1: April 7, 14, 21, 28
Round 2: July 7, 14, 21, 28
Round 3: September 8, 15, 22, 29
@ 12:00pm - 1:00pm
ACS Classroom 145
600 Thomas Ave

Learning to co-parent after a divorce can feel like being on opposite ends of a chasm.

Our four week workshop will show you how to build a bridge that will enhance parenting skills, enrich positive co-parenting, learn to develop and use boundaries, and establish a joint plan for managing expectations about your children's growth, development, and behavior.

FREE and open to all DoD ID holders 18+ Register by calling 913-684-2811/2808 Deadline to register is day before class.

Participants are encouraged to attend every class as each session will be different. Ask about virtual options!



ACS AND FAP PRESENTS: POSITIVE PARENTING VIA MICROSOFT TEAMS • 1:30PM - 3PM

ROUND 1: OCTOBER 18, OCT 25, NOV 1, AND NOV 8
ROUND 2: NOV 22, DEC 6, DEC 13, AND DEC 20
ROUND 3: JAN 10, JAN 17, JAN 24, JAN 31
ROUND 4: FEB 7, FEB 14, FEB 21, FEB 28
ROUND 5: MAR 7, MAR 14, MAR 21, MAR 28

THIS FOUR-WEEK COURSE IS DESIGNED TO HELP PARENTS DEVELOP NON-PHYSICAL DISCIPLINE STRATEGIES, BUILD STRONG RELATIONSHIPS, AND MEET THE NEEDS OF CHILDREN OF ALL AGES.

FREE AND OPEN TO DOD ID CARD HOLDERS 18+.

REGISTRATION IS REQUIRED AND MUST BE DONE THE DAY BEFORE THE FIRST DAY OF TRAINING.

PARTICIPANTS MUST ATTEND EACH DATE IN THE ROUND OF THEIR CHOICE.

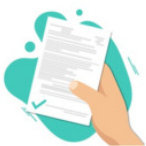
INFO AND REGISTRATION: (913) 684-2808/2822



Employment Readiness Program Classes

ACS Classroom • Resiliency Center, 600 Thomas Ave.

Wednesdays • 12PM - 2PM*



Resume Writing:
Jan 8* • Feb 12* • Mar 12* • Apr 9*
May 7* • June 11*
Evening Classes:
Apr 9 • May 7 • June 11 - 5PM - 7PM
Registration required for evening classes



Federal Employment:
Jan 15* • Feb 19* • Mar 19* • Apr 16*
May 14* • June 18*
Evening Classes:
Apr 16 • May 14 • June 18 - 5PM - 7PM
Registration required for evening classes

Scan QR Code for more info!

Interview Skills & Professionalism:
Jan 22* • Feb 26* • Mar 26* • Apr 30*
May 21* • June 25*
Evening Classes:
May 21 - 5PM - 7PM
Registration required for evening classes

Classes are from 12PM - 2PM

Registration is required for evening classes only.

Open to DoD ID card holders.

For more info call:
(913) 684-2800



Financial Readiness Milestone Training

Are you financially prepared for what life throws your way? Let us help! We offer free Financial Readiness Training on a variety of subjects.

Some of the topics we will discuss:
Pre-Deployment
Post-Deployment
PCS
Marriage
Divorce
Vesting in TSP
Promotion
First Child
Continuation Pay
Disabling sickness/injury/condition

Held monthly every
2nd & 4th Thursday @
0900am - 1100am.
Bldg 198 Room 157

INFO: 913-684-2852 / 2800



MOM'S NIGHT OUT

This event is offered by ACS New Parent Support Program for Moms of young children to be able to get out of the house without the kids and meet other Moms at a restaurant. The focus of this event is to improve social connections and to learn about different parts of the town.

2025 Dates:
Jan 29 • Feb 26 • March 26 • April 30
May 28 • June 25 • July 30 • Aug 27
Sept 24 • Oct 29 • Nov 19 • Dec 10

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Moms with children 0-3 years old.

Info: (913) 297-3212 or (913) 684-2800

DAD'S NIGHT OUT

Dad's Night Out is offered by ACS New Parent Support Program for Dads of children 0-3 years of age to get out of the house without the kids and meet at a restaurant. The focus of this event is to improve social connections and get to learn different parts of town.

2025 DATES:
Jan 22 • Feb 19 • March 19 • April 23
May 21 • June 18 • July 23 • Aug 20
Sept 17 • Oct 22 • Nov 12 • Dec 3

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Dads with children 0-3 years old.

For more info: (913) 297-3212 or (913) 684-2800

Financial Readiness Milestone Training

Are you financially prepared for what life throws your way? Let us help! We offer free Financial Readiness Training on a variety of subjects.

Some of the topics we will discuss:
Pre-Deployment
Post-Deployment
PCS
Marriage
Divorce
Vesting in TSP
Promotion
First Child
Continuation Pay
Disabling sickness/injury/condition

Held monthly every
2nd & 4th Thursday @
0900am - 1100am.
Bldg 198 Room 157

INFO: 913-684-2852 / 2800

ACS New Parent Support Prenatal Classes 2025

Childbirth Classes:
Series of three classes
Jan 6th, 13th, 27th
Mar 3rd, 10th, 17th
May 5th, 12th, 19th
July 14th, 21st, 28th
Sep 8th, 15th, 22nd
Nov 3rd, 17th, 24th

Newborn Care Classes:
Feb 3rd
Apr 7th
June 2nd
August 4th
October 6th
December 1st

Breastfeeding Classes:
February 10th
April 14th
June 9th
August 11th
October 20th
December 8th

Free for Expectant Parents!

600 Thomas Ave
Room 157
All classes are from 5 pm - 7 pm

Deadline for Registration is the Friday before the class. Pre-registration is required. Contact 913-297-3212.

ACS New Parent Support 2025 Potty Training

Come join us to learn the cues to look for when deciding to potty train! Learn valuable tips to get you started!

Are you ready?

Time to lose the diapers?

FREE For Parents of Children aged 0-4 years
Pre-registration Required
Deadline is Friday before class
Contact 913-297-3212

600 Thomas Ave
Room 157
2/24, 4/28, 6/16, 8/18,
10/27, 12/15
5 pm - 7 pm

ARMY COMMUNITY SERVICE ACS

Real-Life Solutions for Successful Army Living

Victim Advocate Hotline: (913) 684-2537
Child Abuse Hotline: (913) 684-2111
SHARP Hotline: (913) 683-1443
Chaplain: (913) 683-1443
AER Assistance After Hours:
American Red Cross at (877) 272-7337

DoD Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

Need to talk?

We're here to help.

safehelpline.org

BRUNNER RANGE

MWR 2 25 CALENDAR

For more information (913) 651-8132
701 Sheridan Dr. Fort Leavenworth, KS 66027

Fun Shoot	Special Fun Shoots	League Schedule
1st Saturday of every month		
4 January	• Rod & Gun 16 April	• Winter Combo 9 January - 13 March
1 February	• VFW Post 12003 26 April	• Spring Combo 20 March - 22 May
1 March	• Lil Weenie 17 May	• Summer Warm-up 5 June - 10 July 17 July - 21 August
5 April	• Club Championship 21 June	• Fall Combo 4 Sept - 6 Nov
3 May	• One Gun/One Choke 19 July	• Winter Warm-up 13 Nov - 18 Dec
7 June	• Shuck n' Chuck 16 August	
5 July	• American Legion Post #11 20 September	
2 August	• Rod & Gun 15 October	
6 September	• Lil Weenie 18 October	
4 October		
1 November		
6 December		

Hours:
Wednesday 12:00-8:00pm
Thursday 12:00-8:00pm
Saturday 10:00am-5:00pm
Sunday 10:00am-5:00pm
CLOSED M, T, F

Fun Shoots begin at 9:00am
Rod & Gun begin at 6:00pm

SCAN HERE





Saturday Morning Spring Youth Bowling League

Meeting: January 11th @ 10:00am
12 Week Handicap League
January 18th - April 12th

Every Saturday at 9:45am
@ The Strike Zone

Ages 3-5 years old - Little Rollers
(2 games per Saturday w/ bumpers - \$8 per week)
Ages 6-9 years old - Dragons
(3 games per Saturday w/ optional bumpers - \$11 per week)
Ages 10-18 years old - Explorers
(3 games per Saturday no bumpers - \$11 per week)




For more info call 913-651-2195

CGSC BOWLING LEAGUE

MIXED

Thursday Nights @ 6:15pm
4 person mixed teams
\$10 per week - includes 3 games & shoes



Meeting January 9th at 6:30pm
12 Week League starts
January 16th - April 10th at 6:15pm
at The Strike Zone
For more info call: 913-651-2195

VOLUNTEER NOW to become a Youth Basketball Head Coach!

SWOOSH!

Winter Basketball
Jan 8 - March 1


Practices are Wednesdays or Thursdays* with Games on Saturdays

*Coaches pick their evening one hour practice time

Age Groups: Kinder, 1st and 2nd grade, 3rd and 4th grade

When you volunteer with Youth Sports and Fitness, it's nothing but net!

Required Volunteer Background Check
Required Volunteer Coaches Training
Call for more info:
913-684-7525 or 913-684-7526



Intramural Volleyball League

Season Starts: April 1
Games: Tues. and Thurs.
5:30PM - 8:30PM
Harney Sports Complex

Coaches Meeting: Wed, March 12 at 5:30PM at Gruber Fitness Center.

Team Rosters and/or Letters of Intent due COB Wed, March 26.

This is a co-ed league.

Open to Active Duty, DoD Civilians, Retirees, Dependents, Spouses, and Contractors working at Fort Leavenworth ages 18 and older.

League awards given for regular season champions, tournament runner ups, and tournament champions.

Info: 913-684-3224/684-5136



SIGN UP NOW FOR YOUTH SPORTS & FITNESS SPRING SPORTS!

REGISTRATION/ ENROLLMENT
FEBRUARY 3 - MARCH 3

Registration must be done through Parent Central or Webtrac. Must be centrally registered and have an updated sports physical on file.

Start Smart Baseball \$30 (ages 3 - 4)	Soccer \$50 (ages 5 - 14) April 7 - May 22	LET'S PLAY BALL! 
(Monday Sessions) April 14 - May 12	Baseball \$50 Kinder - 6th grade (ages 5 - 12) April 7 - May 22	
(Tuesday Sessions) April 15 - May 13	Girls Kid Pitch Softball \$50 3rd - 6th grade (ages 8 - 12) April 7 - May 21	

(Thursday Sessions)
April 17 - May 15

For more info call 913-684-7525/ 7526
Volunteer Coaches Needed!



Starting August 19th, 2024

Fort Leavenworth Group Fitness Classes

GRUBER FITNESS CENTER - 200 Reynolds Ave. - 684-5120
Mon-Fri: 0500-1800, Sat and Sun: 0800-1700

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0930		Zumba (Lydia)		Zumba (Lydia)		
1200						
1630	Hot Yoga (Kim)	Zumba (Lydia)	Power Cycling (Kim)	Zumba (Lydia)		
1730			Power Yoga (30min) (Kim)			

HARNEY SPORTS COMPLEX - 185 Fourth St. - 684-2190
Mon-Fri: 0500-1800, Sat and Sun: 0800-1700

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0800						
1630		*Power Cut (Kim)		*Power Cut (Kim)		

*Power Cut classes are held in the Bubble Gym

Single Ticket For \$5.00
10 Tickets For \$45.00
20 Tickets For \$80.00




<https://leavenworth.armymwr.com>

Independent Instructor Class Schedule


Gruber Fitness Center					
Monday	Tuesday	Wednesday	Thursday	Friday	
	Brazilian Jiu-Jitsu Beginner 1830-1930	Brazilian Jiu-Jitsu Beginner 1830-1930	Brazilian Jiu-Jitsu Beginner 1830-1930		
	Advanced 1940-2040	Advanced 1940-2040	Advanced 1940-2040		

1 x a week - \$60 2 x a week - \$75 3 x a week - \$85 Drop in \$20
First class is FREE! Must have 24 hour access to gym. Classes are 18+ Register in person

Harney Sports Complex					
Monday	Tuesday	Wednesday	Thursday	Friday	
Olympic Lifting 0900-1015	Resistance Training 0900-1015	Olympic Lifting 0900-1015	Resistance Training 0900-1015	Olympic Lifting 0900-1015	
Kids Olympic Lifting 1600-1700 Bubble Gym		Kids Olympic Lifting 1600-1700 Bubble Gym			

Olympic Lifting - \$75 (3 days) \$70 (2 days) \$10 (drop in)
Resistance Training - \$70 (2 days) \$10 (drop in)
Kids Olympic Lifting - \$75 (NO drop in)
First class is FREE! Olympic Lifting and Resistance Training is for 18+

Harney Sports Complex & Aquatics Center
185 Fourth St
Ft. Leavenworth, KS
913-684-2190



Gruber Fitness Center
200 Reynolds Ave
Ft. Leavenworth, KS
913-684-5120

FORT LEAVENWORTH LEISURE TRAVEL SERVICES TOP TICKETS

Disneyland Military Salute Offer 2025:

- 3 DAY Park Hopper
Our Price \$295.00
W/Lightening Lane \$391.00
- 4 DAY Park Hopper
Our Price \$349.00
W/Lightening Lane \$477.00

Disney World Military Salute Offer 2025:

- 4 DAY Park Hopper
Our Price \$365.00
- 5 DAY Park Hopper
Our Price \$385.00
- 6 DAY Park Hopper
Our Price \$399.75

Universal Orlando Military Freedom Offer 2025:

- 2 Park Freedom Pass
Adult \$210.00 and Child age 3-9 \$205.00
- 3 Park Freedom Pass
Adult \$245.00 and Child age 3-9 \$240.00

Universal Hollywood:

- 1 Day General Admission
Adult and Child 3+ \$99.00-\$122.50

Go City Go Card:
Sightsee and save with a Go Card!
Discover the best attractions, tours and experiences, all on one pass. Worldwide:
UAE Dubai, Cancun Mexico,
State side: Orlando, Miami, Chicago, Los Angeles, San Francisco, Oahu, New Orleans, Boston, Las Vegas, New York, and much more!

Leisure Travel Services
310 McPherson, Bldg 464
(913) 684-2580
leavenworth.armymwr.com



Worlds of Fun Season Gold Passes are here!

Purchase @
Leisure Travel Services
310 McPherson Ave
Bldg 464
913-684-2580

\$93.25 a pass
Single day tickets coming soon!

you should be here
or here...
or maybe here...



January & February

Workshops

Watercolor

\$30 per workshop

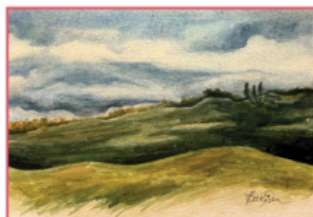
Watercolor (Basic Techniques)
Tuesday, Jan 21
11am - 1pm

Watercolor (Landscapes)
Tuesday, Feb 18
6pm - 8pm

Watercolor (Color Theory)
Tuesday, Jan 28
11am - 1pm

Watercolor (Florals)
Tuesday, Feb 25
6pm - 8pm

Watercolor (Valentine Cards)
Tuesday, Feb 4
11am - 1pm



scan for more info

Call now to register!
913-684-3373

Arts & Crafts Studio
310 McPherson Ave
913-684-3373

OPEN STUDIO

Hours 10am - 5pm T - F
Ask about our Hourly Fees

Multi-Craft Room

Come use our provided supplies to craft with the whole family!

Painting Studio

Provided watercolor and acrylic supplies to create your own masterpiece.

Framing Studio

Must take Intro to Framing before using DIY Framing Studio.

Pottery Studio (Coming Soon!)

Modern Calligraphy

Basics

\$20 per class

Tuesday
Jan 21
6:30pm - 8pm

Intermediate

\$20 per class

Tuesday
Jan 28
6:30pm - 8pm

Special Projects

Valentine Cards
Tuesday
Feb 4
6:30pm - 8pm



Reoccurring Classes

MUST PRE-REGISTER

Intro to Framing

\$40 per class
Every 2nd Thurs & 4th Sat of the month
10am - 2pm

Paint & Sip

\$35 per session
Every 2nd Friday of the month
6pm - 8pm

Must be 21 years or older.
BYOB

Come see what's new at the Studio!

leavenworth.armymwr.com



January & February

Workshops

Acrylic

\$35 per class

Acrylic Pour
Wednesday, Jan 29
11am - 1pm

Acrylic Pour
Wednesday, Feb 26
11am - 1pm



Framing

\$40 per class

Intro to Framing
Must pre-register

Thursdays
Jan 9, Feb 13
10am - 2pm

Saturdays
Jan 25, Feb 22
10am - 2pm

Crafts

\$30 per class

Valentine Wreath
Thursday, Jan 30
11am - 1pm

Macrame Plant Holder
Friday, Feb 28
11am - 1pm



Call now to register!
913-684-3373

Arts & Crafts Studio
310 McPherson Ave
913-684-3373

Paint & Sip

\$35
Must be 21 years or older.
BYOB



Dragons Friday
January 10
6pm - 8pm

Couples Koi Fish
Friday, February 14
6pm - 8pm



Cost includes all supplies!

Kids Arts & Crafts

Messy Art

\$12 per class
(ages 7+)

Thursday, Jan 16
11am - 12pm

Thursday, Feb 6
11am - 12pm

Thursday, Feb 20
11am - 12pm

Color Me Happy (Parent & Toddler)
\$10 per class

Thursday, Jan 9
10:30am - 11:30am

Thursday, Jan 23
10:30am - 11:30am

Thursday, Feb 13
10:30am - 11:30am

Thursday, Feb 27
10:30am - 11:30am

Art History

\$15 per class
(ages 7+)

Popcorn & Pollock
Wednesday, Jan 22
1pm - 3pm

Thursday, Jan 23
4pm - 6pm

Muffins & Michelangelo
Wednesday, Feb 19
1pm - 3pm

Thursday, Feb 20
4pm - 6pm



Come see what's new at the Studio!

leavenworth.armymwr.com



The Fort Leavenworth Frame Studio



Custom Framing & DIY Studio
Tuesday - Friday
10am - 5pm

Must complete Intro to Framing Workshop before using the DIY Frame Studio. Hourly fee applies.

Call to register or stop by the studio!



Come see us!
Arts & Crafts Studio
310 McPherson Ave
(913) 684-3373

The Frame Studio is available for all of your framing needs!

Military Prints
Art Projects
Photography Prints
Graduation Certificates
Etchings/Engravings
Restoration

Intro to Framing:
(\$40 a class must pre-register)

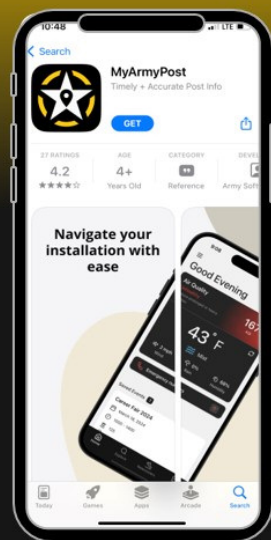
Every 2nd Thursday of the month from 10am - 2pm

Every 4th Saturday of the month from 10am - 2pm

Deadline to register is the day before class. Ages 15+

My Army Post App

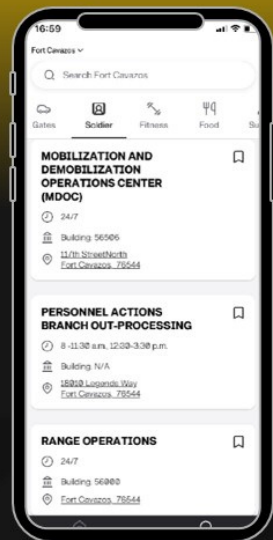
Step 1: Download the app



Step 2: Select your base



Step 3: Stay in the know!



WE ARE THE ARMY'S HOME | HOME.ARMY.MIL | ARMYMWR.COM





FORT LEAVENWORTH SCHOOL DISTRICT OPENINGS FOR THE 2024-25 SCHOOL YEAR:

- Special Education Para Educators
- Food Service Manager
- Food Service Cook
- Full-Time & Daily Substitute Teachers
- Full-Time Bus Aide
- Full-Time Bus Driver
- Special Education Teacher K-5
- Special Education Teacher 6-9
- Early Childhood Pre-School Special Education Teacher

APPLY NOW



www.usd207.org - 913-651-7373

2024-2025 School Calendar

July 2024							January 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6		5	6	7	8	9	10	11
7	8	9	10	11	12	13	12	13	14	15	16	17	18
14	15	16	17	18	19	20	19	20	21	22	23	24	25
21	22	23	24	25	26	27	26	27	28	29	30	31	
28	29	30	31										

August 2024							February 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
				1	2	3	2	3	4	5	6	7	8
4	5	6	7	8	9	10	9	10	11	12	13	14	15
11	12	13	14	15	16	17	16	17	18	19	20	21	22
18	19	20	21	22	23	24	23	24	25	26	27	28	29
25	26	27	28	29	30	31	30	31					

September 2024							March 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6	7	2	3	4	5	6	7	8
8	9	10	11	12	13	14	9	10	11	12	13	14	15
15	16	17	18	19	20	21	16	17	18	19	20	21	22
22	23	24	25	26	27	28	23	24	25	26	27	28	29
29	30						30	31					

October 2024							April 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
						1	1	2	3	4	5	6	
6	7	8	9	10	11	12	6	7	8	9	10	11	12
13	14	15	16	17	18	19	13	14	15	16	17	18	19
20	21	22	23	24	25	26	20	21	22	23	24	25	26
27	28	29	30	31			27	28	29	30			

November 2024							May 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
						1	1	2	3	4	5	6	
3	4	5	6	7	8	9	4	5	6	7	8	9	10
10	11	12	13	14	15	16	11	12	13	14	15	16	17
17	18	19	20	21	22	23	18	19	20	21	22	23	24
24	25	26	27	28	29	30	25	26	27	28	29	30	31

December 2024						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Holiday/No School		Parent/Teacher Conf.	
July 23	Patton New Parent Meeting - 5:00 PM	Jan 6	Staff PD Day - No School
July 24	Elem. & Patton Enrollment A-L 8:30 AM - 3:00 PM	Jan 7	First Day Back for Students
July 25	Elem. & Patton Enrollment M-Z 8:30 AM - 3:00 PM	Jan 20	Martin Luther King Jr. Day - No School/No Staff
Aug 8	Elementary New Parent Meeting - 3:00 PM	Jan 31	Parent/Teacher Conf - 8:00 AM - 3:30 PM - No School
Aug 12	Patton Parent Know Your School - 9:30 AM - 12:00 PM	Feb 17	Presidents' Day - No School/No Staff
Aug 12	Elementary Parent Know Your School - 1:00 PM - 3:30 PM	Mar 14	Half Day PD/Half Day Grading - No School
Aug 13	First Day of School	Mar 17-21	Spring Break - No School/No Staff
Aug 13-22	Kindergarten Half Days	Apr 18	No School/No Staff
Aug 23	Parent/Teacher Conferences - 8:00 AM - 3:30 PM - No School	May 15	PJH 9th Grade Graduation
Aug 26	Kindergarten Full Day Schedule Starts	May 16	Half Day PD/Half Day Grading - No School
Aug 30	Staff PD Day - No School	May 23	Last Day for Students - 1/2 Day of School - No Preschool
Sept 2	Labor Day - No School/No Staff		
Oct 11	Half Day PD/Half Day Grading - No School		
Oct 14	Columbus Day - No School/No Staff		
Oct 17	Parent/Teacher Conferences - 8:00 AM - 7:00 PM - No School		
Oct 18	Parent/Teacher Conferences - 8:00 AM - 12:00 PM - No School		
Oct 11	Veterans Day - No School/No Staff		
Nov 27-29	Thanksgiving Break - No School/No Staff		
Dec 19	Half Day of School/Half Day Grading - No Preschool		
Dec 20 - Jan 3	Winter Break - No School		

School Hours	
Elementary School:	8:00 AM - 3:20 PM
Patton Junior High:	7:40 AM - 3:00 PM
Preschool - AM Class:	8:00 AM - 11:00 AM
Preschool - PM Class:	12:20 PM - 3:20 PM

Early Dismissal/Release Times	
Elementary School:	1:30 PM
Patton Junior High:	1:00 PM
Preschool - AM Class:	10:00 AM
Preschool - PM Class:	2:20 PM

Fort Leavenworth USD 207 Board Approved: 2/26/2024

Hungry for a new career?

CYS

HAS THE RECIPE FOR SUCCESS!

CYS Fort Leavenworth is hiring NOW for a NA-8 RPT Cook

- Starting pay is \$22.87 per hour
- Includes a recruitment/retention incentive of \$2000
- Priority childcare and 50% childcare discount on 1st child
- Commissary privileges
- Guaranteed 20 hours per week
- Benefits that include health, dental, life insurance
- Earned annual and sick leave

Scan here to apply!

LEAVENWORTH.ARMYMWR.COM

CYS is Hiring

Great Pay! Amazing benefits! What are you waiting for? Apply to Fort Leavenworth Child and Youth Services today!

up? Get paid to play!

to level

Ready

Medical, Dental, Vision, & Life Insurance Benefits*
Retirement & 401K
Regular Full-Time/ Part-Time and FLEX Hours Available
Paid Leave and Paid Federal Holidays for Full-Time & Part-Time
Career Progression & Paid Training
Priority Child Care Placement & Employee Child Care Discounts
Access to Commissary & AAFES Shopping Privileges & MWR Facilities
Job Transfer Program Worldwide Through Civilian Employment Assignment Tool
*Conditions Apply

Scan here to apply!
ArmyMWR.com/cyscareers

Ready for your career to take off?

CYS IS HIRING

Join our Fort Leavenworth Team as a **Lead Child and Youth Program Assistant!**

Pay starts at **\$24.06 per hour**

Career Progression & Paid Training
Retirement & 401K
Priority Childcare Placement & Employee Childcare Discounts
Medical, Dental, Vision, & Life Insurance Benefits *
Full-Time Positions with Paid Leave, & Paid Federal Holidays
Access to Commissary & AAFES Shopping Privileges & MWR Facilities
Job Transfer Program Worldwide Through Civilian Employment Assignment Tool
*Conditions Apply

Scan here to apply!
ArmyMWR.com/cyscareers

Episode 62 Stewarding the Profession: THE HARDING PROJECT

LTC Zach Griffiths, Dr. Trent Lythgoe, and COL(R) Rich Creed join our host LTC Lisa Becker to talk about The Harding Project. They discuss how Army Professionals advance the Profession of Arms through professional writing and discourse. They examine myths of writing, tips to get better at writing, and writing initiatives within The Harding Project.

Now available on...

Apple Podcast Audible.com Spotify

NCO JOURNAL

CHECK OUT THE NCO JOURNAL PODCAST WHERE WE DISCUSS RECENTLY PUBLISHED ARTICLES WITH AUTHORS, TO PROVIDE AN OPEN EXCHANGE OF IDEAS AND INFORMATION.

https://www.armypress.army.mil/journals/nco-journal/nco-journal-podcasts/

https://www.facebook.com/NCOJournal
https://twitter.com/NCOJournal

Fort Leavenworth Care Options Available for Summer 2024 & School Year 2024-2025

Request Before/After School Care & SAC Camps all year round

MILITARY CHILDCARE.COM

Families can use MCC to make requests for SAC programs, which include Before/After School care and Fall, Winter, Spring, and Summer Camps, all year round. The online system allows you to search for and submit unlimited SAC requests at any time of the year without waiting for a specific registration time to begin. As soon as school dates are known, all SAC programs will be made available to you so you can submit your requests.

Please Note: Spaces are offered via email based on the sponsor's priority and request for care (RFC) date.

Using MilitaryChildCare.com, you can find comprehensive information on child care programs worldwide, conduct a customized search for the care you need, and submit a request for care at any time and from any location. Follow these four steps!

- STEP 1 CREATE ACCOUNT**
Go to MilitaryChildCare.com to create an account containing information about your family, or to login using an existing username and password.
- STEP 2 SEARCH and REQUEST CARE**
Search the system for the child care options that best fit your needs and submit your requests for care.
- STEP 3 MANAGE MY REQUESTS**
You can manage your requests for care from anywhere in the world.
- STEP 4 UPDATE MY PROFILE**
Keep your My Profile page up-to-date with important information.

It's that easy!

To get started, visit: MilitaryChildCare.com
For questions/support, call: 855.696.2934

Make sure you are requesting the best Care Option(s) for your childcare needs...
Go to our **CYS Facebook** page or **FMWR-CYS website** to review the:
Fort Leavenworth CYS Care Options & Waitlist Guide

MUNSON NOTES

MEDICAL APPOINTMENT CHECK-IN:


Please arrive 15 minutes prior to your appointment to complete any required paperwork and bring the following items: DoD ID card; list of current medications including over-the-counter meds, vitamins, and supplements; any relevant paperwork or forms; and a list of questions or concerns. If you are not able to make your scheduled appointment, call the appointment line at (913) 684-6250 to cancel.

Munson Army Health Center is looking for volunteers to join the **PATIENT AND FAMILY PARTNERSHIP COUNCIL**. Volunteers can be active-duty, active-duty family members, retirees or retiree family members. The PFPC meets quarterly. If interested, call 913-684-6211/6127.

Munson Army Health Center Pharmacy offers patients a variety of **OVER-THE-COUNTER MEDICATIONS AT NO COST** to service members, retirees and family members. These items are available without a prescription or medical appointment. These self-care items are comparable to those available for purchase from retail stores and include pain relievers, cough medicine, allergy medication, antibiotic ointment, lice treatment and much more. Visit <https://munson.tricare.mil/Health-Services/Pharmacy> and scroll down to the Over-the-Counter Medication Program for details.

Service members, retirees, family members and Department of Defense federal employees on Fort Leavenworth are **ELIGIBLE TO USE THE ARMED FORCES WELLNESS CENTER FOR FREE**. This includes physical fitness testing, body composition analysis, stress management, improving sleep habits and individual health coaching. You set the goals; the AFWC staff puts you on the path to achieving them. Programs are individualized to address your current needs, motivation and confidence level. Visit the Fort Leavenworth AFWC in Eisenhower Hall or call 913-758-3403 to schedule an appointment. The health educators are also available to go mobile, taking their class to units or organizations on post and family readiness groups. To learn more about AFWC services visit <https://dvidshub.net/r/8wtlfl>.

MUNSON ARMY HEALTH CENTER



FEBRUARY SCHEDULE

FEB 12


**TRAINING DAY
CLOSED AT NOON**

FEB 14

**TRAINING HOLIDAY
OPEN**

FEB 17

**PRESIDENTS DAY
CLOSED**



<https://munson.tricare.mil>

Speak up! Your voice matters

Volunteer to become a patient and family advisor on our patient and family partnership council

The Patient and Family Partnership Council captures the voices and insights of patients and families to improve the care experience.

Is being a patient and family advisor right for you?

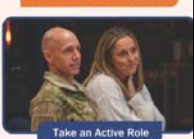
We are looking for volunteers who can:

- Partner with other patients and staff to help improve care
- Represent the interests of all patients cared for by the military treatment facility
- Work well in teams and have fun!



Learn more about the Patient and Family Partnership Council!

Munson Army Health Center Patient Advocates at 913-684-6211/6127



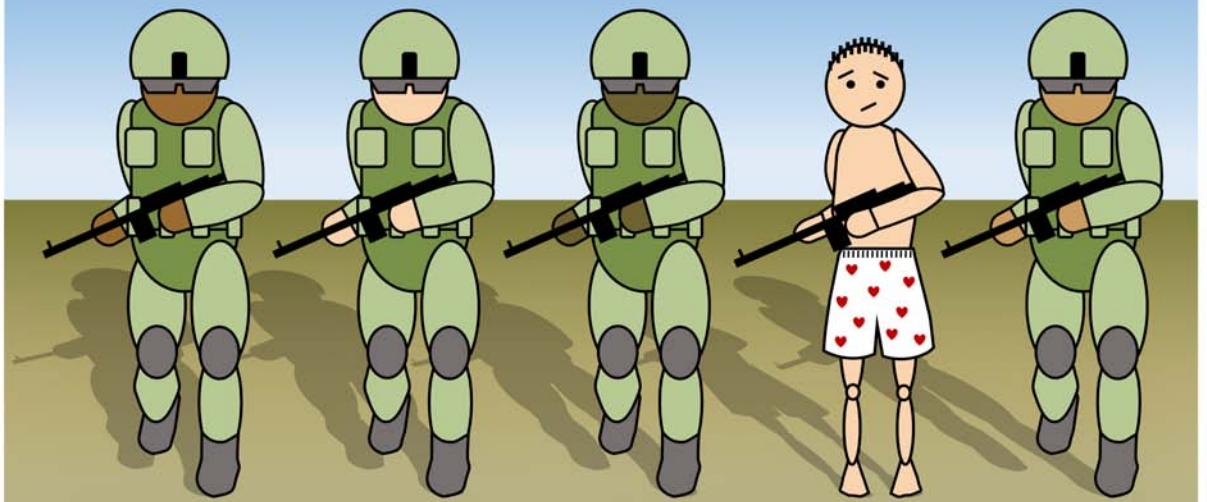
How You Get Norovirus From People or Surfaces

Norovirus spreads when a person gets poop or vomit from an infected person in their mouth.

YOU BECOME ILL WITH NOROVIRUS

For more information, visit www.cdc.gov/norovirus

You wouldn't go into combat without protection...



At least 1 in 5 Americans has a Sexually Transmitted Infection!
Protect yourself from STIs, use a condom every time you have sex!



<https://phc.amedd.army.mil/topics/healthyliving/rsbwh/Pages/default.aspx>
TA-658-0921 | Approved for public release; distribution unlimited.



Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

You may be asked to put on a surgical mask to protect others.

Clean your Hands
after coughing or sneezing.

Wash hands with soap and warm water for 20 seconds or clean with alcohol-based hand cleaner.

PLAN. PREPARE. PROTECT.
Natural Disaster Resource Guide

Prepare Early for Disasters

Get prepared before a disaster hits in your community. Identify your and your family's personal and medical needs, stock up on supplies and equipment, and help keep your family safe and healthy. Use this short guide early, and you may prevent a personal or medical emergency.

#BeReady #Prepare2Protect

Be ready at a moment's notice.
<https://newsroom.tricare.mil/disaster>

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