

THURSDAY  
MARCH 21, 2024



# LAMP

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## IMCOM CG, CSM recognize achievements during visit



Photo by Prudence Siebert/Fort Leavenworth Lamp

Fort Leavenworth Garrison Commander Col. Duane Mosier, Garrison Command Sgt. Maj. Erika Rhine-Russell and members of the Religious Service Organization listen to Installation Management Command Commanding General Lt. Gen. Omar Jones address audience members during the IMCOM Town Hall Meeting March 19 at the Frontier Conference Center. Jones and IMCOM Command Sgt. Maj. Jason Copeland visited several offices during their visit to post March 19-20 and recognized employees for their achievements.

by Staff Report

Installation Management Command Commanding General Lt. Gen. Omar Jones and IMCOM Command Sgt. Maj. Jason Copeland visited Fort Leavenworth March 19-20 to thank the IMCOM workforce for their service and support, and to recognize their contributions to improve the readiness, resilience, and quality of life for soldiers and their families.

The IMCOM leadership team conducted a town hall meeting March 19 to engage with the IMCOM workforce. Jones answered several questions, thanked the employees for

SEE **IMCOM VISIT** | A9



## LHS senior Rayna Klutse named Fort Leavenworth Military Youth of Year



Photo by Prudence Siebert/Fort Leavenworth Lamp

Fort Leavenworth Military Youth of the Year Rayna Klutse delivers the speech she prepared for the Boys and Girls Clubs of America Military Youth of the Year Competition to an assembly of peers, family, youth center staff, club leaders and church members March 18 at Harrold Youth Center.

by Prudence Siebert/Editor

Fort Leavenworth's 2024 Military Youth of the Year Rayna Klutse, senior at Leavenworth High School, was honored with a send-off ceremony March 18 at Harrold Youth Center before her departure for Topeka, Kan., to represent Fort Leavenworth in the Boys and Girls Clubs of America Military Youth of the Year Competition the next day.

Klutse shared her Youth of the Year speech with family, friends, youth, staff, coaches, church members and others gathered in the gymnasium for her ceremony.

"Just the resumé of things that Rayna has done — unbelievable," Garrison Commander Col. Duane Mosier said. "So right here, an amazing human being

you are," he told Klutse as she joined him in front of the crowd. "Go forth and do great things; we know you will."

After delivering her speech, Klutse was presented with a gift bag.

"This might come in handy for you in the future," said Carole Hoffman, Child and Youth Services coordinator, upon helping Klutse open the gift bag to reveal a laptop computer.

Despite arriving at Fort Leavenworth around the time the pandemic ground the world to a halt, Klutse has been immersed in activities and her community since arriving as an eighth-grader — in part because she became involved at Harrold Youth Center.

SEE **YOUTH OF THE YEAR** | A10

## MilTax offers free tax help to service members

by Dani Lander/Special to the Fort Leavenworth Lamp

Military OneSource offers free tax services to eligible service members and their families via the MilTax program.

Karen Sorenson, Kansas Military OneSource State consultant, said the program allows service members to file up to three state tax returns and one federal return for free.

To access MilTax, service members must verify their DEERS eligibility by providing their Department of Defense identification or Social Security number, birth date, and full name. Once eligibility is confirmed, they can use the self-directed software to work through their tax returns at their own pace and on their own time.

To help with the process, year-round financial and tax counselors are available to assist service

members with any questions or concerns. Service members can talk to them over the phone immediately or schedule a call for convenience.

MilTax is open now through the middle of October, and service members can apply for extensions before Tax Day, if needed.

The program also offers the flexibility to use the services once service members return home from deployments or other assignments.

The free tax preparation service offered through MilTax enables eligible service members and their families to save money while ensuring their taxes are filed accurately and on time.

For more information, visit <https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services>.

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MilTax is a benefit provided by the Defense Department exclusively for eligible service members and family members through Military OneSource.  
U.S. Department of Defense

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# SCA intern gains experience with NATURAL RESOURCES

by Fort Leavenworth Natural Resources Division

## COMMENTARY

Last summer, Sean Lang, a Student Conservation Association (SCA) intern, was employed by Fort Leavenworth Natural Resources. The Natural Resources Branch staff was thankful for the much-needed assistance in the plethora of tasks they are responsible for, and Lang was glad to have such an in-depth learning opportunity while still in college. As briefly mentioned in the *Fort Leavenworth Lamp* article from September 2023, the branch staff found the experience with SCA to be so positive that they decided to bring on another SCA intern.

The current intern, Henry Knudsvig, is a recent high school graduate from Arizona. Knudsvig began his internship in October 2023 and is on a 52-week appointment. Like Lang, Knudsvig receives a living allowance that pays for food and housing. If Knudsvig completes his 52 weeks of service, he will receive about \$6,500 to be applied toward future educational or vocational training expenses or qualified student loans.

Knudsvig entered service poised to "pick up the baton" where Lang had left off. In the fall, under the guidance of Fort's Natural Resources Specialist Neil Bass, Knudsvig began conducting surveys on small mammals, amphibians and fish using various types of traps. He also began learning the ropes of trail maintenance and invasive plant control. This involved clearing fallen trees from trails and cutting and spraying herbicide on unwanted weeds.

One of Knudsvig's favorite work experiences was attending the History and Horses event sponsored by the Fort Leavenworth Stables and the Frontier Army Museum. He enjoyed interacting with the horseback-riding and outdoor-oriented segment of Fort Leavenworth. He also enjoyed being able to educate both newcomers and long-time residents and their families on the vast network of trails and other outdoor recreation the fort offers.

Yet another fond memory of this season was planting native plants and building habitat for threatened wildlife, specifically, planting milkweed plants at various sites for monarch butterflies. Other pollinators were benefited when Knudsvig built pollinator houses made from bamboo that will be installed this spring.

"I'm happy to be doing something for the little guys," Knudsvig said, with both monarchs and bees providing outsized ecosystem services. Both are cru-

cial pollinators with shrinking populations, which could also be jeopardizing reproduction of many plant species and negatively impacting worldwide food production.

As fall wore on and the weather got colder, the Natural Resources Branch began a game camera survey to estimate the deer population on the post. Game cameras are being placed, incrementally, in 22 different 160-acre habitat areas for 10 days, and then the photos are analyzed. Many quality pictures of deer and other wildlife have been captured. One of the most exciting observations was that of a southern flying squirrel on a tree trunk; it was one of the first photographs ever of this species on the fort and the first visually verifiable evidence in more than 20 years.

Knudsvig has also assisted members of Scouts BSA and Girl Scouts to achieve their Eagle Scout and Gold Awards, by helping with supplies and preparations for their projects. The Scouts BSA Eagle Scout project had Knudsvig acquiring and stationing lumber for a long-awaited system of trail markers directing outdoor enthusiasts to the state champion pecan tree on the floodplain. The Girl Scout's Gold Award project was helped when Knudsvig mowed and killed fescue grass on two small plots on either side of Hancock Avenue. The two plots are now being used as native prairie grass and wildflower plantings to serve as pollinator sanctuaries.

As winter turns into spring, Knudsvig said he is looking forward to continuing his work with pollinators, specifically monarch butterflies. He will be locating and recording the loca-

tions of milkweed plants on post, and while doing this, he will also observe and record monarch caterpillar presence and growth. This information will be submitted to one or several citizen science projects involving monarchs such as Monarch Watch or Journey North.

Also this spring, Knudsvig will be locating and removing more invasive species from the post. This is in compliance with Executive Order 13112 for control of invasive species. Some of the invasive plants to be controlled are bush honeysuckle, sericea lespedeza, Japanese hops and cut-leaf teasel. Working alongside students from Fort Hays State University, he aims to put a good dent on nuisance species that many residents have gotten all too familiar with. This project is going to take several months and will be the longest single project that Knudsvig works on, and it will allow him to work at several different locations throughout the fort.

What Knudsvig said he appreciates most about his position, though, is looking forward to a new challenge every day and the people he's been able to work with. Knudsvig's work and assistance has allowed the Natural Resources Branch staff to accomplish many projects that would not have been done otherwise.

The Directorate of Public Works currently has two SCA interns and hopes to fill two more slots when those expire in September or October 2024. Anyone interested in an SCA internship, who has an interest in natural or cultural history and who is willing to live on subsistence wages, contact the Fort Leavenworth Natural Resources Branch at 913-684-8979.



Photos by Neil Bass/Natural Resources Division

**ABOVE: Student Conservation Association intern Henry Knudsvig releases a black crappie while conducting a survey in Smith Lake, and BELOW: checks survey traps.**



**ABOVE: Knudsvig places a turtle basking platform in Merritt Lake earlier this month.**

**LEFT: Knudsvig girdles a tree to kill it by interrupting the flow of nutrients from the leaves to the roots. When it leafs out, the tree obscures a red light on an adjacent pole that alert pilots landing and taking off of the bluff, thus the tree was killed for airfield safety compliance.**



## FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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The *Fort Leavenworth Lamp* editorial office is in Room 221G, 290 Grant Ave., Fort Leavenworth, Kan., phone number 913-684-LAMP/526. For submission information, contact the command information officer at 913-684-1718, or e-mail the editor at [ftvlampeditor@gmail.com](mailto:ftvlampeditor@gmail.com).

The *Fort Leavenworth Lamp* advertising office is in the Family and Morale, Welfare and Recreation Marketing and Commercial Sponsorship Office in the Resiliency Center at 600 Thomas Ave, Fort Leavenworth, Kan. E-mail [mary.f.manago.naf@army.mil](mailto:mary.f.manago.naf@army.mil) or call 913-684-1702.

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# Children's Pioneer Day

## part of Spring Break programming at museum



Photos by Prudence Siebert/Fort Leavenworth Lamp

Eleven-year-old Mae Douglas, fifth-grader at Bradley Elementary School, colors a paper quilt block to add to a quilt made with fellow Children's Pioneer Day participants' artwork March 15 at the Frontier Army Museum. The museum offered Spring Break programs each day of the week, including Touch a Fire Truck March 11, Children's Hour with author Marla Matkin March 12, animals from Smiling M Farm March 13 and "Pi Day" story time March 14.



With a fabric quilt draped across the table for inspiration, 4-year-old Colleen Layer colors a paper quilt block during Children's Pioneer Day March 15 at the Frontier Army Museum. Other Children's Pioneer Day activity stations included butter churning, pioneer games and toys, textiles and fur used in pioneer clothing, and log cabin building using construction toys.



ABOVE: After learning how to spin a top, 6-year-old Lorelei Douglas, kindergartner at Bradley Elementary School, contemplates how a Jacob's Ladder toy works with Friends of the Frontier Army Museum Treasurer Bill Smith during Children's Pioneer Day, part of Spring Break programming, March 15 at the Frontier Army Museum.



LEFT: Mom Mandy Pell, with 1-year-old Zachary, watches 6-year-old Levi and 3-year-old Daniel destroy their log cabin creation with a "tornado" during Children's Pioneer Day March 15 at the Frontier Army Museum.



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Basic Rider Course instructor Dan Matt explains the next drill to course participants Staff Sgt. Douglas O'Reilly, Headquarters and Headquarters Company, U.S. Disciplinary Barracks; Capt. Tara Jones, Command and General Staff Officer Course student; Special Troops Battalion Command Sgt. Maj. Kristin Barrett; and Capt. Andy Kilcer, CGSOC student, during the first day of the two-day course Aug. 9, 2021, on the Motorcycle Safety Course Riding Range in the parking lot across from the Old U.S. Disciplinary Barracks.**

# Motorcycle safety courses begin next week

by Fort Leavenworth Garrison Safety Office

Motorcycle safety riding courses begin next week and continue through early fall.

Basic Rider Course and Advanced Rider Course participants need to be registered at least one week before the course date. A minimum number of participants are needed for each class or it will be cancelled.

## Enrollment

To enroll in the U.S. Army Installation Management Command Traffic Safety Training Program Courses, consult with your supervisor and unit motorcycle mentor for permissions and eligibility criteria. Ensure you have your commander/director authorization to attend the course before you enroll.

Go to CAC-enabled website [https://imc.army.mil/airs/usg\\_disclaimer.aspx](https://imc.army.mil/airs/usg_disclaimer.aspx) and click on "I ACCEPT." Select "West" under the "Region" tab, "Fort Leavenworth" under the "Garrison" tab, and choose the course that you want to enroll in, either the Basic Rider Course or the Advanced Rider Course.

Click on the calendar icon to select dates and courses. Grayed out courses are past; courses in red are filled; courses in blue are available. Click the desired date of course to enroll and follow the instruction. Read "Course Detail" for qualification/requirements, date and time of the course.

Once registration is complete, click "Save."

Basic Rider Course students must complete the Motorcycle Safety Foundation Basic eCourse at <https://msfusa.link/292428> prior to receiving a MSF card.

Attend the course you registered for or cancel it within seven days of the scheduled course start if necessary. No-shows are reported to their unit chain of command.

Walk-on students will be admitted at 8 a.m. on the day of training in the event that there are no-shows. The priority is to fill all training seat vacancies.

## Course info

Show up prepared to train. Boots over ankle, long-sleeve shirt, full-length pants with no holes, gloves and helmet are required. Bring your own water.

The Motorcycle Safety Course Classroom is at 1000 Chief Joseph Loop at Sherman Army Airfield. All students report to the SAAF building at 7:15 a.m. for processing on the scheduled start day. Use the side entrance marked Motorcycle Safety Course.

Classes begin at 8 a.m. The hands-on motorcycle riding portion of each course is conducted at the Bluntville Avenue Motorcycle Safety Course Riding Range at 801 Bluntville Ave. in the large parking lot.

## Basic Rider Course

All service member motorcycle riders must complete the Basic Rider Course before operating a motorcycle. Consult with your unit mentor for requirements. BRC is a two-day course taken on a range motorcycle provided by the program. A minimum of five students must be registered within seven days of the start date or the class will be canceled. Department of Defense employees assigned to Fort Leavenworth can attend the course on a space-available basis.

The Basic Rider Course is offered March 25-26, April 16-17, April 22-23, May 7-8, May 20-21, June 3-4, June 24-25, July 8-9, July 22-23, Aug. 5-6, Aug. 19-20, Sept. 9-10 and Sept. 23-24.

## Advanced Rider Course

(Replaces Experienced Rider Course and Basic Rider Course II)

All military motorcycle riders must complete advanced motorcycle training based on the type of motorcycle owned and operated. This training will be completed by the service member on the service member's motorcycle and needs to be repeated every five years to maintain valid credentials. Consult with your unit mentor for requirements. A minimum of five students must be registered within seven days of the start date or the class will be canceled. DoD employees assigned to Fort Leavenworth can attend the course on a space-available basis.

The Advanced Rider Course is offered March 27, April 24, May 9, May 22, June 10, June 11, July 10, Aug. 7, Aug. 21, Sept. 16, Sept. 17 and Sept. 30.

For more information, call the Fort Leavenworth Garrison Safety Office at 913-684-1741.

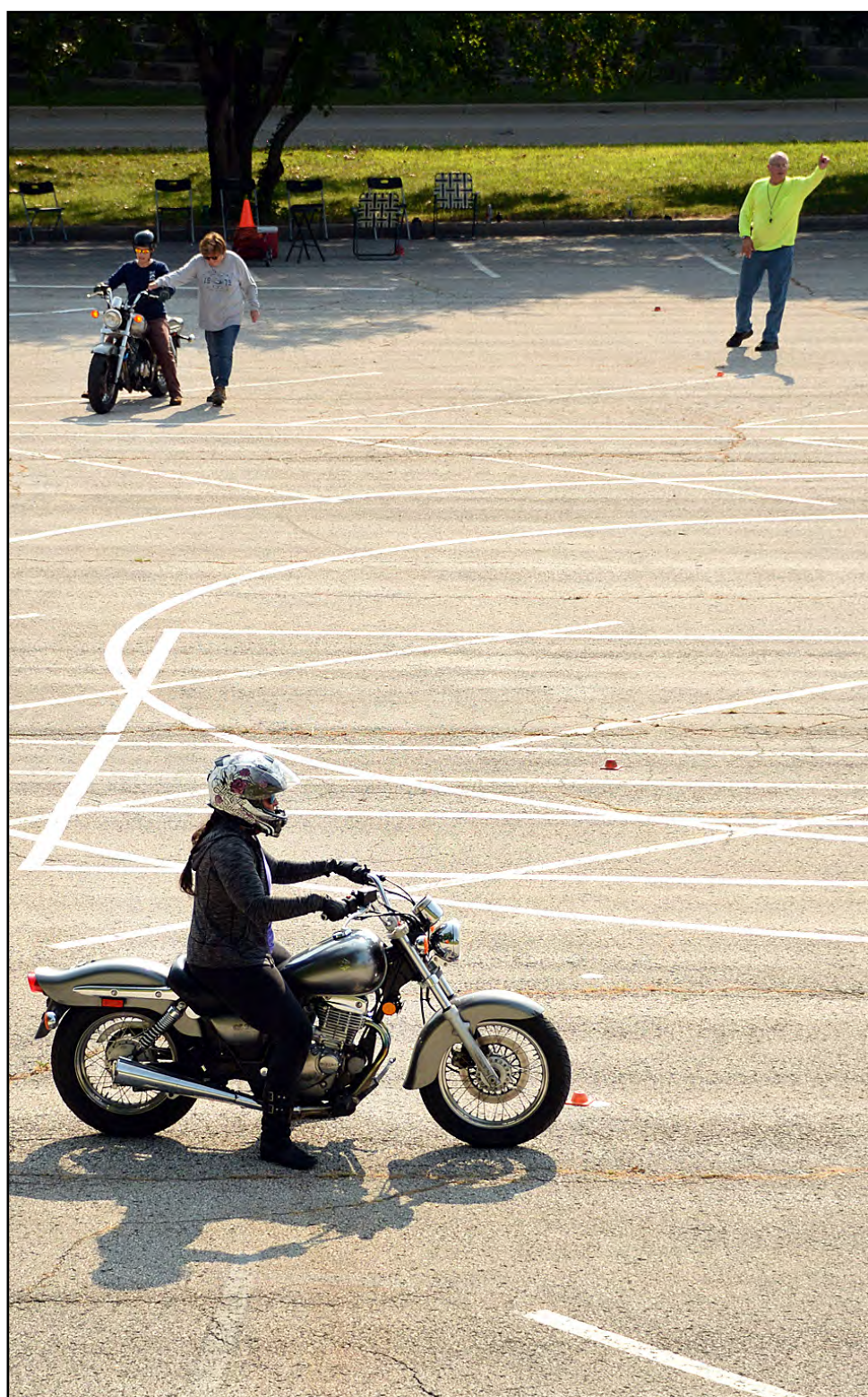


Photo by Prudence Siebert/Fort Leavenworth Lamp

**Basic Rider Course co-instructors Kathy Matt and Dan Matt instruct and assist course participants Special Troops Battalion Command Sgt. Maj. Kristin Barrett and Capt. Tara Jones, Command and General Staff Officer Course student, as they navigate a start-stop drill course during the first day of the two-day course Aug. 9, 2021, on the Motorcycle Safety Course Riding Range in the parking lot across from the Old U.S. Disciplinary Barracks.**

An advertisement for Worth Harley-Davidson North. It features a black Harley-Davidson motorcycle on the left side, set against a background of a diamond-plate metal texture. On the right side, the text "WORTH" is written in large, bold, white letters with a metallic effect. Below it, the Harley-Davidson logo is displayed, followed by "Harley-Davidson" in a script font and "NORTH" in large, bold, white letters. At the bottom, the address "9400 NW Prairie View Rd" and phone number "816-420-9000" are listed, along with the website "www.worthharley-davidson.com".

# Fort LV co-ed team takes 3rd in category at Bataan Memorial Death March



Submitted photo

The Fort Leavenworth 2024 Chaos Team — comprised of Pvt. Rowley Beck, Army Corrections Brigade; Sgt. 1st Class Tyler Henderson, Religious Service Organization; Sgt. Steven Casselman, ACB; Pfc. Nathan Payn, ACB; and Pfc. Grace Burke, ACB — placed third in the Military Co-Ed Heavy Team category of the Bataan Memorial Death March on March 16 at White Sands Missile Range, New Mexico. Team members marched 26.2 miles carrying 35-pound rucks.



Submitted photos

The Fort Leavenworth 2024 Chaos Team — comprised of Sgt. 1st Class Tyler Henderson, Religious Service Organization; Sgt. Steven Casselman, Army Corrections Brigade; Pfc. Grace Burke, ACB; Pfc. Nathan Payn, ACB; and Pvt. Rowley Beck, ACB — placed third in the Military Co-Ed Heavy Team category of the Bataan Memorial Death March on March 16 at White Sands Missile Range, New Mexico. Team members marched 26.2 miles carrying 35-pound rucks in eight hours, 50 minutes, 44 seconds. "The training for this event prepares you physically, but until you hit the ground in the high desert of White Sands Missile Range, N.M., you won't realize how tough it will be — sand, dust, sun, a four-mile hill to climb, rocks, a two-mile sand pit, more dust, and more miles until finally at the finish line having rucked 26.2 miles," said Judy Bauer, president of the Henry Leavenworth Chapter of AUSA, team sponsor. "Great warriors honoring those who have gone before."

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Photo by Maria C. Yager/Munson Army Health Center Public Affairs

Munson Army Health Center team members Pfc. John Lingo, pharmacy technician; Capt. Jacob VanBemmel, pharmacy chief; Col. Shane Mendenhall, MAHC commander; Sgt. Maj. Jason Trevino MAHC senior enlisted leader; and Devantre Blackmon, pharmacy technician cut a ribbon during a ceremony commemorating the addition of a ScriptCenter at the health center's east entrance March 18 at MAHC. The automated pharmacy kiosk and locker system is a safe, secure and controlled way to pick up prescription refills from MAHC.

## MAHC expands medication refill methods

by Munson Army Health Center Public Affairs

Munson Army Health Center formally activated a ScriptCenter prescription distribution kiosk at MAHC's east entrance during a ribbon-cutting ceremony March 18 at the health center.

"The ScriptCenter provides our patients a convenient prescription refill pickup option. This convenience translates into less congestion in the pharmacy and reduced wait times," said Col. Shane Mendenhall, MAHC commander.

Patients can currently access the ScriptCenter weekdays from 6 a.m. to 5 p.m., but, Mendenhall said that the health center's pharmacy and facilities staff are working out plans that will allow patients to access ScriptCenter 24/7.

"This will improve access, allowing patients to pick up their refills when it is convenient for them," Mendenhall said.

Patients picking up new prescriptions will still need to visit the pharmacy.

"At this time, we are opening the ScriptCenter for refill prescriptions only," said Capt. Jacob VanBemmel, pharmacist and officer in charge of MAHC's Department of Pharmacy. "We still need to meet face to face when issuing a new prescription for the

first time in to order to discuss any concerns or questions a patient may have."

Patients can select ScriptCenter when they activate refills, either by calling the number on their prescription label or online through the MHS GENESIS Patient Portal by selecting the "Rx Refills" tab in the upper right panel on the portal's homepage.

Patients can retrieve their refill from the ScriptCenter with their military ID or by fingerprint after a one-time account activation.

Refills will be available in the ScriptCenter two business days after a refill is activated for ScriptCenter pickup and will remain available in the system for 10 days. If the medication is not picked up, it will be returned to the pharmacy.

Refrigerated prescriptions and controlled substances, which account for only a small portion of refills, will continue to be dispensed from MAHC's pharmacy.

"We are very excited to provide this new capability to our patients," Mendenhall said.

**"This will IMPROVE ACCESS, allowing patients to pick up their refills when it is CONVENIENT for them."**

**— MAHC Commander Col. Shane Mendenhall**

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There is a **NEW** secure, convenient, and private way to pick up your refills at Munson Army Health Center.



**Located in the East entrance of Munson Army Health Center**  
M-F 6 a.m.-5 p.m.  
**It's as easy as 1-2-3!**

- 1** Order your refills by calling the number on your bottle (913) 684-6500 or by using the MHS Patient Portal.
- 2** Select "Munson ScriptCenter" as your pickup location.
- 3** Pick up refills after 2 business days.

First time Enrollment:  
Select 'Pick Up'  
Scan Military ID | Enter PIN

If the barcode on your Military ID does not contain your DoD ID, you will need to provide a prescription number to validate your identity during your first pick up from ScriptCenter.

**Enhancing Patient Safety**  
**Increasing Patient Satisfaction**

## New feature of MHS GENESIS Patient Portal allows prescription refills

by Robert Hammer/MHS Communications

FALLS CHURCH, Va. – The Defense Health Agency has launched a new feature that lets patients request prescription refills through MHS GENESIS.

MHS GENESIS is the Department of Defense's new electronic health record. It's now in use at every military hospital and clinic worldwide.

Prescription refills through the MHS GENESIS Patient Portal, at <https://myaccess.dmdc.osd.mil/id/entitymanagement/app/login>, became available Feb. 29. In the first week, the Military Health System processed nearly 30,000 refills using the portal request.

"This new capacity within MHS GENESIS is something that was desired by beneficiaries," said U.S. Public Health Service Lt.

MILITARY HEALTH SYSTEM  
MHS GENESIS

Refills are here!



Cmdr. Minh Doan, patient portal solution owner for the DHA. "It is another tool for beneficiaries to manage their own health care."

Patients can now refill their

prescriptions by selecting the "Rx Refills" tab in the upper right panel on the portal's homepage.

Through the MHS GENESIS Patient Portal, patients will be able

to:

- See all prescriptions that are available to be refilled
- Choose which ones to be refilled
- Choose where to pick up the refill
- See when prescriptions are ready to be picked up

"This is an example of how the DHA is working to meet the patient where they are to make health care access more convenient," Doan said.

This new feature applies to existing prescriptions that have remaining refills, said U.S. Navy Capt. Angie Klinski, deputy chief, MHS GENESIS pharmacy solution owner.

Klinski said the system determines a prescription is ready to be refilled when the patient has completed 75 percent of the previous fill. Prescriptions won't be eligible for refill before that time.

Patients will need a renewal when their prescription has no refills left, or has expired, and the patient still needs the medication. Use the MHS GENESIS secure messaging feature to request a renewal. Patients might need to talk to their provider first before a prescription can be renewed.

To access the MHS GENESIS Patient Portal, visit <https://patientportal.mhsgenesis.health.mil>. To read frequently asked questions on using the refill feature, visit <https://tricare.mil/mhsgenesisrxrefills>.

# CLICK2GO now accepts EBT/SNAP

by Defense Commissary Agency Corporate Communications

FORT GREGG-ADAMS, Va. - Commissary CLICK2GO, the Defense Commissary Agency's (DeCA) online shopping and curbside pickup service, now accepts Electronic Benefits Transfer/Supplemental Nutrition Assistance Program (EBT/SNAP) payments online and in the app.

"We're proud to now offer EBT/SNAP customers the ability to use their entitlement for online payment," said DeCA Director and CEO John Hall. "The EBT/SNAP online payment program makes it even easier for our patrons to make their food dollar go farther with the convenience of online ordering, curbside pickup and payment using their SNAP EBT — all from the convenience of their mobile device."

Commissary CLICK2GO —

<https://corp.commissaries.com/shopping/click-2-go> — extended its services to commissary customers who participate in EBT/SNAP in all 50 states in October 2021. However, customers had to go inside the store to use their EBT/SNAP benefit to pay for their purchases. DeCA worked with the departments of Agriculture and Treasury to add the capability, and now customers can use their EBT/SNAP card when checking

out via their [shop.commissaries.com](https://shop.commissaries.com) account or the mobile app.

The Commissary CLICK2GO payment processor currently accepts American Express, Discover, EBT/SNAP, Mastercard, Military Star and VISA for online and curbside payments.

EBT/SNAP is only available in the United States, not at overseas locations. Customers use a card that is similar to a credit or debit

card to access their benefits. The EBT/SNAP account of a participant is debited to reimburse the store for the SNAP-authorized items they purchase.

"SNAP helps many families stretch their budget and put healthy food on the table each month," Hall said. "Making it easier for them to do so through CLICK2GO is another way of showing DeCA cares about the well-being of our military com-

munity."

With the CC2G mobile app, commissary customers can access the online payment/curbside pickup service, digital coupons, sales flyer, dietitian-approved recipes and more. The app is free for download through the Google Play and iOS app stores. All 235 commissaries around the world offer CC2G curbside pickup.

## NFL ProCamps season begins

by Kevin Robinson/DeCA Public Affairs Specialist

FORT GREGG-ADAMS, Va. - Hundreds of military children will soon get the opportunity to learn more about football in free camps run by professional players thanks to a partnership between the Defense Commissary Agency, Procter & Gamble, NFL ProCamps and the military.

With the start of the 12th season of the NFL ProCamps, military installations will compete for a chance to win a sports camp for the children in their community.

Through April 7, participating commissaries worldwide will offer their customers an opportunity to help win an NFL ProCamps event for their installation by purchasing select P&G products. The instructional camps are led by NFL players for children, grades 1-8, of active-duty, Reserve, retired and Department of Defense civilians. The winning installations are announced in late spring.

P&G is joining DeCA, the Army and Air Force Exchange Service, the Navy Exchange Service Command, the Marine Corps Exchange and the Coast Guard Exchange to offer the ProCamps events.

"I'm a huge football fan, and it's such a boost for our military community to participate in camps led by NFL players," said Navy Command Master Chief Mario Rivers, senior enlisted advisor to the DeCA director and CEO. "Perhaps an even bigger benefit is that the children will have fun

learning about physical fitness and have an opportunity, in some cases, to help deal with the challenges of parents deploying and constantly moving from place to place."

During the March 11 to April 7 promotional period, commissary customers will see additional savings on their favorite P&G brands, said Dena Hawkins, sales director, P&G Military Team (DeCA Pillar Leader). Customer purchases of designated P&G products at their local commissaries and exchanges during the contest period will determine which installations win a ProCamps event for up to 150 children.

"The camp also provides a great opportunity for the military community to come together, and for the children to get to know each other," Hawkins said. "Additionally, if a winning military community does not have enough children, they will still be considered and could win a seven-on-seven flag football camp for the military community."

Campers will experience various stations to learn football fundamentals, participate in games and competitions, receive coaching from an NFL player on the fundamentals of football, and compete for a chance to win signed merchandise and more P&G product samples through "Camper of the Day" awards.

"The commissary and exchange provide great value on essentials military families trust," said Molly Fanning, executive vice



Photo by Cooper Wright/Special to the Fort Leavenworth Lamp

**Deuce Vaughn, National Football League Dallas Cowboys running back and former Kansas State University running back, conducts drills with ProCamp participants July 14, 2023, at Normandy Field on Fort Leavenworth.**

president of Partnership Marketing. "Without their commitment, events like the football ProCamps would not be possible. We are so lucky to be able to continue to partner together to support and empower military families."

"This event allows military kids the opportunity to learn a little football and meet an NFL star in a fun and safe environment," Fanning said. "In addition to football skills, kids will learn the importance of hard work and teamwork on and off the field."

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# IRS e-pay options available to Kansas taxpayers

by Internal Revenue Service Media Relations  
News Release

TOPEKA — With the April 15 filing deadline approaching, the Internal Revenue Service encourages Kansas taxpayers who might find it difficult to gather the necessary documents they need to file or pay the taxes they owe to consider several options offered on IRS.gov to avoid late filing and interest penalties.

Kansas taxpayers are invited to look up the IRS' Tax Time Guide, a resource to help taxpayers file an accurate tax return. As taxpayers approach the April 15 deadline, those who owe taxes can benefit from knowing their options.

Eligible individuals and families who earned \$79,000 or less in 2023 can use IRS Free File on IRS.gov to electronically file their taxes.

But all taxpayers, regardless of income, who need more time to file a return can use IRS Free File as an easy and quick way to electronically file for a six-month extension before April 15, 2024. An extension will help to avoid penalties and interest for failing to file on time, and gives taxpayers until Oct. 15, 2024, to file. However, they still must pay what they owe by the April 15 deadline.

**Service members, military families and some veterans may also be eligible to use MilTax, a Department of Defense program similar to IRS Free File, which offers free return preparation software and electronic filing for federal tax returns and up to three state income tax returns.**

Except for eligible victims of recent natural disasters who have until Oct. 15 to make tax payments, taxpayers who can't pay the full amount of taxes they owe by April 15 should file and pay what they can to reduce total penalties and interest.

There are multiple ways to make electronic payments, and there are options for a payment plan or an agreement with the IRS.

## Create an IRS Online Account

An IRS Online Account provides taxpayers access to important information when preparing to file a tax return, pay a balance or follow up on notices. Taxpayers can view their information online including:

- Adjusted Gross Income
- Payment history and any scheduled or pending payments
- Payment plan details
- Digital copies of select notices from the IRS

Taxpayers can also use their IRS Online Account to securely make a same-day payment for an outstanding 2023 tax balance, pay quarterly estimated taxes for the 2024 tax season or request an extension to file a 2023 return.

Interest and a late payment penalty will apply to any payments made after April 15. Making a payment, even a partial payment, will help limit penalty and interest charges.

## Direct Pay and other payment options

Direct Pay, available at IRS.gov, is the fastest, easiest way to make a one-time payment without signing into an IRS Online Account.

• **Direct Pay:** Direct Pay is free and allows taxpayers to securely pay their taxes directly from their checking or savings account without any fees or registration. Taxpayers can schedule payments up to 365 days in advance. After submitting a pay-

ment through Direct Pay, taxpayers will receive immediate confirmation.

• **IRS2Go mobile app:** IRS2Go is the official mobile app of the IRS. Taxpayers can check their refund status, make a payment, find free tax preparation assistance, sign up for helpful tax tips and more. IRS2Go is available in both English and Spanish.

• **Electronic Funds Withdrawal (EFW):** This option allows taxpayers to file and pay electronically from their bank account when using tax preparation software or a tax professional. This option is free and only available when electronically filing a tax return.

• **Electronic Federal Tax Payment System:** This free service gives taxpayers a safe, convenient way to pay individual and business taxes by phone or online. To enroll and for more information, taxpayers can call 800-555-4477 or visit [eftps.gov](https://eftps.gov).

• **Debit or credit card and digital wallet:** Individuals can pay online, by phone or with a mobile device through any of the authorized payment processors. Processors do charge a fee to use these services. The IRS doesn't receive any fees for these payments. Authorized card processors and phone numbers are available at [IRS.gov/payments](https://IRS.gov/payments).

• **Cash:** For taxpayers who prefer to pay in cash, the IRS offers a way to pay taxes at one of its many retail partners. The IRS urges taxpayers choosing this option to start early because it involves a four-step process. Details, including answers to frequently asked questions, are at [IRS.gov/paywithcash](https://IRS.gov/paywithcash).

• **Check or money order:** Payments made by check or money order should be made payable to the "United States Treasury." To make sure that the payment gets credited promptly, taxpayers should also enclose a 2023 Form 1040-V payment voucher and print the following on the front of the check or money order:

- "2023 Form 1040"
- Name
- Address
- Daytime phone number
- Social Security number

## Can't pay in full? Help is available

The IRS encourages taxpayers who cannot pay in full to pay what they can and consider a variety of payment options available for the remaining balance including getting a loan to pay the amount due. In many cases, loan costs may be lower than the combination of interest and penalties that the IRS must charge under federal law. Taxpayers should act as quickly as possible and are urged not to wait to respond to a notice: Tax bills accumulate more interest and fees the longer they remain unpaid. For all payment options, visit [IRS.gov/payments](https://IRS.gov/payments).

Most individual taxpayers qualify for a payment plan and can use the Online Payment Agreement to set up a payment plan (including an installment agreement) to pay off an outstanding balance over time.

Once the online application is complete, the taxpayers receive immediate notification of whether their payment plan has been approved. Taxpayers can setup a plan using the Online Payment Agreement in a matter of minutes. There is no paperwork and no need to call, write or visit the IRS. Setup fees apply for some types of plans.

Online payment plan options for individual taxpayers include:

- Short-term payment plan – The total

MILITARY  
ONESOURCE



# MilTax

FREE TAX SERVICES



- FREE e-filing tax software to account for MilLife – everything from multiple moves to combat pay
- FREE support from MilLife consultants, specially trained in complex tax situations
- Prep and file anytime, anywhere and save your progress as you go.
- Software calculations are 100% accurate, guaranteed by the software provider.

## TAKE COMMAND OF YOUR TAXES.

To get started, visit [MilitaryOneSource.mil](https://MilitaryOneSource.mil)  
or call 800-342-9647 to schedule a consultation.



MilTax is a benefit provided by the Defense Department exclusively for eligible service members and family members through Military OneSource.

balance owed is less than \$100,000 in combined tax, penalties and interest. Additional time of up to 180 days to pay the balance in full.

• **Long-term payment plan (installment agreement)** – The total balance owed is less than \$50,000 in combined tax, penalties and interest. Pay in monthly payments for up to 72 months. Payments can be set up using direct debit (automatic bank withdrawal), which eliminates the need to send in a payment each month, saving postage costs and reducing the chance of default. For balances between \$25,000 and \$50,000, direct debit is required.

Qualified taxpayers with existing payment plans may be able to use the Online Payment Agreement to make changes including revising payment dates, payment amounts or bank information for payments made by direct debit. Go to Online Payment Agreement for more information.

Though interest and late-payment penalties continue to accrue on any unpaid taxes after April 15, the failure-to-pay tax penalty rate is cut in half while an installment agreement is in effect.

Find more information about the costs of payment plans on the IRS' Additional Information on Payment Plans webpage.

## Other tax debt options

Taxpayers struggling to meet their tax obligation might also consider these additional payment options:

• **Offer in Compromise** – Certain taxpayers qualify to settle their tax liabilities for less than the total amount they owe by submitting an Offer in Compromise. To help determine their eligibility, they can use the Offer in Compromise Pre-Qualifier tool.

• **Temporary delay of collection** – Taxpayers can contact the IRS to request a temporary delay of the collection process. If the IRS determines a taxpayer is unable to pay, it may delay collection until the taxpayer's financial condition improves. Penalties and interest continue to accrue until the full amount is paid.

• **Other payment plan options** – Taxpayers who do not qualify for online self-service should contact the IRS using the phone number or address on their most recent notice for other payment plan options. For individuals and out-of-business sole proprietors who are already working with IRS Campus Collection and who owe \$250,000 or less, one available option is to propose a monthly payment that will pay the balance over the length of the Collection Statute (usually 10 years). These payment plans don't require a financial statement, but they do require a determination for the filing of a Notice of Federal Tax Lien.

For more information about payments, see Topic No. 202, Tax Payment Options, on [IRS.gov](https://IRS.gov).

## Taxpayer rights

The IRS reminds taxpayers that they have rights and protections throughout the collection process. For details, see Taxpayer Bill of Rights and Publication 1, Your Rights as a Taxpayer.

Taxpayers should know before they owe. The IRS encourages all taxpayers to check their withholdings with the IRS Tax Withholding Estimator.

This information is part of a series called the Tax Time Guide, a resource to help taxpayers file an accurate tax return. Additional help is available in Publication 17, Your Federal Income Tax.

“ I was **AMAZED** that an actual human being answered my call. I got the tax information I was looking for in less than five minutes. ”

★★★★★ – MilTax User

Got tax questions? We've got answers.

 **MilTax** *LIKE NO OTHER*  
FREE TAX SERVICES



# AAFES to recognize, thank Vietnam veterans with pinning ceremonies

by Army and Air Force Exchange Service Public Affairs News Release

DALLAS – On behalf of a grateful nation, the Army and Air Force Exchange Service will present Vietnam veterans with a complimentary lapel pin at Post Exchanges and Base Exchanges around the world in special pinning ceremonies on or around National Vietnam War Veterans Day. The pinning ceremony at the Fort Leavenworth Post Exchange is at 11 a.m. March 29.

The Exchange, in partnership with the United States of America Vietnam War Commemoration, will provide the free commemorative lapel pins to veterans who served on active duty in the Armed Forces any time from Nov. 1, 1955, to May 15, 1975, regardless of location.

“On the back of the pins is a heartfelt message that professes a sincere truth: A Grateful Nation Thanks

and Honors You,” said Exchange Director/CEO Tom Shull, a veteran who served during the Vietnam War era. “These heroes were not given the recognition and respect they deserved at the time of their service. The Exchange is honored to do its part to offer this token of gratitude recognizing their distinguished service.”

To find pinning ceremonies near them, veterans are encouraged to visit their local Exchange’s social media pages. More information can also be found on the Exchange’s Community Hub at <https://publicaffairs-sme.com/Community/vietnam-commemoration/>.

The Exchange has been a commemorative partner with the Vietnam War Commemoration since 2013, planning and conducting more than 400 events and activities recognizing the service, valor and sacrifice of Vietnam veterans and their families.

All veterans with service-connected disabilities are now eligible to shop at PXs and BXs for life, while all honorably discharged veterans can shop the Exchange online at [ShopMyExchange.com](https://shopmyexchange.com). Veterans can visit <https://aafes.media/paveterans> to learn more about their Exchange benefit.

Veterans who typically do not have access to installations should contact their local Exchange for information on attending a ceremony.

The United States of America Vietnam War Commemoration is a program administered by the Office of the Secretary of Defense to commemorate the 50th anniversary of the Vietnam War. The commemoration was authorized by Congress, established under the secretary of defense and launched by the president in 2012. It will continue through Veterans Day 2025.



## IMCOM Visit (continued from Page A1)

their hard work and commended them for helping make Fort Leavenworth such a beautiful post.

While at Fort Leavenworth, Jones and Copeland visited several offices across post and recognized a few staff members for their outstanding achievements, including:

- Carmela Feltz, Fort Leavenworth Child Development Center facility director, for her outstanding efforts during a recent Army Higher Headquarters Inspection

- Bethany Roemer, Fort Leavenworth Child and Youth Services facility director, for her outstanding efforts during a recent Army Higher Headquarters Inspection

- Jason Land, an equipment operator with the Fort Leavenworth Department of Public Works, for his outstanding efforts to restore the installation’s Parade Field

- Jessica McCalister, Directorate of Emergency Services dispatcher, for her volunteering to assist in troubleshooting and developing a bridging solution for the failing Computer Aided Dispatch system. She worked with the Mid-America Regional Council 911 team to ensure that the bridging solution will accept 911 data, which is critical to the installation’s ability to respond to the community during an emergency.

- Sgt. Jacob McGregor, Department of the Army Security Guard for DES, for excellence for his unwavering vigilance at the Fort Leavenworth access-control points, to include identifying multiple violations and preventing the offenders from entering Fort Leavenworth. Violations included finding drugs, firearms, active warrants, people attempting to access Fort Leavenworth who had an altered visitor pass, did not have a driver’s license, were registered sex offenders as well as other debarments.



Photo by Prudence Siebert/Fort Leavenworth Lamp

**ABOVE:** Installation Management Command Commanding General Lt. Gen. Omar Jones answers a question about historic housing during the IMCOM Town Hall Meeting March 19 at the Frontier Conference Center.

**LEFT:** Department of the Army Security Guard Sgt. Jacob McGregor is thanked by Jones and IMCOM Command Sgt. Maj. Jason Copeland for his vigilance at the Fort Leavenworth access-control points March 19 at Grant Gate.

Photo by Scott Gibson/Fort Leavenworth Garrison Public Affairs Officer



Photo by Scott Gibson/Fort Leavenworth Garrison Public Affairs Officer

**Installation Management Command Commanding General Lt. Gen. Omar Jones and IMCOM Command Sgt. Maj. Jason Copeland visit with DES firefighters and Department of the Army police officers March 19 at Fire Station No. 1. While at the station, the IMCOM leaders recognized DES dispatcher Jessica McCalister, second from right, for volunteering to assist in troubleshooting and developing a bridging solution for the failing Computer Aided Dispatch system.**



Photos by Prudence Siebert/Fort Leavenworth Lamp

**Fort Leavenworth Military Youth of the Year Rayna Klutse delivers the speech she prepared for the Boys and Girls Clubs of America Military Youth of the Year Competition to an assembly of peers, family, youth center staff, club leaders and church members March 18 at Harrold Youth Center. Klutse was named runner-up at the state-level of the BGCA Military Youth of the Year Competition March 19, for which she received a \$1,000 scholarship and \$200 gift card.**



**ABOVE: Carole Hoffman, Child and Youth Services coordinator, and Garrison Commander Col. Duane Mosier open a gift bag to reveal a laptop computer for Fort Leavenworth Military Youth of the Year Rayna Klutse during a ceremony March 18 at Harrold Youth Center. LEFT: Garrison Command Sgt. Maj. Erika Rhine-Russell and Garrison Commander Col. Duane Mosier applaud Fort Leavenworth Military Youth of the Year Rayna Klutse March 18 at Harrold Youth Center. Klutse placed runner-up at the state-level of the Boys and Girls Clubs of America Military Youth of the Year Competition the next day in Topeka, Kan.**

## Youth of the Year (continued from Page A1)

“I initially got started with this program because when we first moved here, when I was starting eighth-grade, everything shut down because of COVID, so I had nothing to do and nowhere to go, nothing was open — but the youth center was open. My mom (Brandy Moore-Klutse) signed the paperwork, enrolled us in, and I got here and got involved,” Klutse said. “I did ACT prep classes (at the youth center), I did babysitting classes. Back when I had projects for classes, and I really had a lot of those, I came here to get help and to use art supplies.”

Harrold Youth Center Director Michelle Eastburn said Klutse has been a member of Fort Leavenworth Child and Youth Services Middle School-Teen program since 2019, and has been a Child and Youth Services participant since she was 2 years old. She said she has spent countless volunteer hours as a teen mentor at Harrold Youth Center and at her church, is a two-time national Raiders team champion with the LHS Junior ROTC program, was selected at Lt. Gov. at Kansas Girls State, is a member of National Honor Society, and is planning

to pursue a medical degree upon high school graduation this spring.

Klutse also recently completed her Eagle Scout project with Scouts BSA Troop 166.

“It is not difficult to tell you how wonderful Rayna is, it is difficult to narrow down those words,” said Sarah Groefsema, Troop 166 Eagle Scout coordinator, Scouting volunteer and former Troop 166 Scoutmaster. “Rayna entered Scouting in November 2020 and made Eagle Scout in December of 2023. She worked hard learning new skills, and then taking those things she learned and took the time to teach other Scouts.”

Klutse has served as senior patrol leader, patrol leader and troop instructor to teach skills to the other Scouts.

Groefsema said Klutse has been organized and goal-oriented while juggling her many activities and commitments.

“She kept an even head even in the face of adversity and maintained an open mind to new experiences. What I wish I could convey is that everything she did was with a smile on her

face. Her attitude was always positive, even when the skill was hard to master. Her positive attitude was infectious, and still is, to everyone she meets,” she said.

Groefsema said Klutse had many ideas for her Eagle Scout project, ultimately choosing to benefit the Leavenworth Mission Community Store and Food Pantry at 123 N. Broadway St. in Leavenworth.

“There were so many areas where she thought she could help different areas of the community,” Groefsema said. “She led the Scouts in building a cooler to be used during the summer to allow milk products to be outside, as well as a mural on the side of the building to help let the community know the Mission is there to help. While Rayna was leading the mural, a couple members of the community came up and asked for information about the Mission and how it could help them, already proving the project was successful.”

For more information about the BGCA Youth of the Year program, visit <https://www.bgca.org/programs/character-leadership/youth-of-the-year/>.

## Youth of Year Speech

by Rayna Klutse/Fort Leavenworth Military Youth of the Year

“Be All You Can Be” is the slogan for the United States Army, but it lives in me!

Born in Hanau, Germany, now residing in Leavenworth, Kansas, I bring you greetings as a military child, and I simply love it!

A vital part of why I love being a military child is because I can go to places such as the youth center.

This facility is where the:

Y — Young minds that are developed when they enter the building receive the

O — Opportunities that are

U — Uniquely designed to meet the needs of military children fostering the

T — Trust that gives parents a peace of mind, knowing their child is safe and at a place that feels like a

H — Home away from home.

That spells YOUTH!

Now the

C — Change that ignites the evolution of who I’m becoming through the

E — Education and entertainment, but making sure my studies come first in a

N — Nondiscriminatory experience that

T — Transforms us from pre-teen, teenager and young adults that leaves me feeling

E — Empowered by the

R — Resources that have been provided for me.

That spells CENTER.

In conclusion, the youth center gives you the ingredients to be all you can be, so why not use the recipe?

Born in Hanau, Germany, now residing at Fort Leavenworth, Kansas, my name is Rayna Klutse, the military child.



**Family, youth center staff, church members, coaches and friends gather to take photos of Fort Leavenworth Military Youth of the Year Rayna Klutse — joined by Child and Youth Services Coordinator Carole Hoffman, Garrison Command Sgt. Maj. Erika Rhine-Russell and Garrison Commander Col. Duane Mosier — after a ceremony honoring Klutse March 18 at Harrold Youth Center.**

# Easter season services

Fort Leavenworth Lent and Holy Week services

**Easter Sunrise Service**, 7 a.m. March 31 at Pioneer Chapel (Regular chapel schedule March 31)

**Protestant Christian Services**

Lenten Lunch, noon to 1 p.m. March 20 at Frontier Chapel, room 153

Good Friday service, CrossRoads Protestant Community, 5 p.m. March

29 at Frontier Chapel  
**Catholic Services**

Stations of the Cross, 5:30-7 p.m. March 22 at Pioneer Chapel

Holy Thursday Mass, 6 p.m. March 28 at Pioneer Chapel

Good Friday service, 6 p.m. March 29 at Pioneer Chapel

Easter Vigil Mass, 8 p.m. March 30 at Pioneer Chapel

Easter Mass, 9:30 a.m. March 31 at Frontier Chapel

SUNDAY, 31 MARCH 2024, 0700



**EASTER  
SUNRISE SERVICE**

Pioneer Chapel, 500 Pope Avenue  
Uniform: Army Service Uniform/Army Green Service Uniform with Service Cap or Civilian Attire  
Light Reception Follows inside Pioneer Chapel  
For Information Call 913.684.2210  
POC: Chaplain (MAJ) Chris Weinrich  
christopher.w.weinrich.mil@army.mil

**2024 Ramadan Time of Prayer: Frontier Chapel**



**Dates:** Ramadan: 11 MAR – 09 APR (Frontier Chapel, Room 111)

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

**Frontier Chapel:** 625 Thomas Avenue

**Time:** 0900-1700 (MON-FRI)

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


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

**US Army Combined Arms Center**  
SOLDIERS AND LEADERS - OUR ASYMMETRIC ADVANTAGE

**2024 Ramadan Time of Prayer**

**Who:** All Muslim teammates assigned to Army University and affiliated elements



**What:** The practice of Ramadan to celebrate a season of prayer, fasting, reflection, and community. Muslim practice requires prayer 5 times a day. In order to facilitate the mid-day prayer requirement during Ramadan, Muslim teammates may pray in either of the two coordinated locations.

**When:** 10 MAR – 08 APR 2024

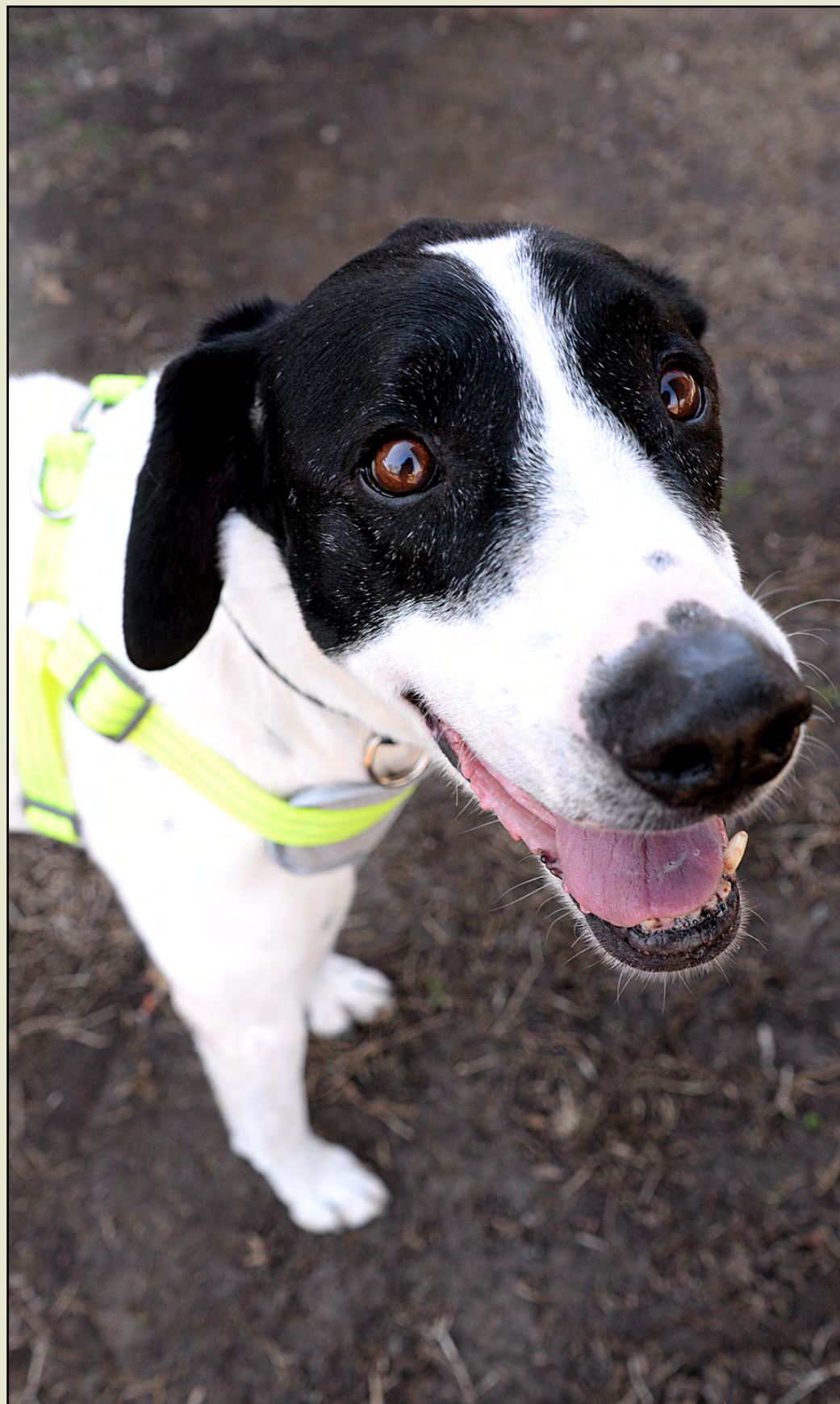
**Where:** Two locations have been coordinated for mid-day prayer

- L&C: The faculty lounge near the Joint Services pub on the 1<sup>st</sup> floor. –Available 1130-1300 Wednesdays 1130-1230.
- Room 111 in Frontier Chapel, 625 Thomas Avenue – Available 0900-1700 M-F

**POC:** Chaplain Andrew Muilenburg, CGSC Chaplain  
**Email:** [andrew.c.muilenburg.mil@army.mil](mailto:andrew.c.muilenburg.mil@army.mil)  
**Phone:** 425-220-3164

# Pet of the Week



Dakota is an adult pointer-mix dog currently available for adoption at the Fort Leavenworth Stray Facility. He has already been neutered, vaccinated and microchipped, which are included in his \$75 adoption fee.

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. The facility is also open the second Saturday of each month (April 13) from 9 a.m. to noon.

See [www.FLSF.petfinder.com](http://www.FLSF.petfinder.com) or call 913-684-4939 for more information, or e-mail [fortleavenworthstrayfacility@gmail.com](mailto:fortleavenworthstrayfacility@gmail.com) for an adoption application.

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

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FOR THE 2024-2025 SCHOOL YEAR

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**HUNGRY?**

**Fort Leavenworth MWR has AMAZING food options!**

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

[LEAVENWORTH.ARMYMWR.COM](http://LEAVENWORTH.ARMYMWR.COM)



THURSDAY  
MARCH 21, 2024



# Post Notes

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

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

B1

**BOWL Your Socks Off!**

March 21  
5pm - 7pm  
Strike Zone Bowling Center  
165 Fourth St

Come join EFMP in supporting **World Down Syndrome Day** at The Strike Zone!  
Bowl in your most fun, and colorful socks to help raise awareness for individuals with Down Syndrome.

**FREE EVENT!**

Pre-registration is required.  
Registration ends March 19th!  
Contact 913-684-2871/2838

Open to all DOD ID card holders and dependents.

ACS  
EFMP

**FULLFILLING OUR NATION'S PROMISE  
BROWNBAG LUNCHEON**

THURSDAY MARCH 21, 2024

Students, Faculty and Staff are invited from 1230-1330 to listen to Ms. Fern Sumpter Winbush, Defense POW/MIA Accounting Agency Principal Deputy Director, explain how the Defense Department is working to recover and identify missing personnel from past conflicts.

Location: Lewis and Clark Building  
RM 1103/1104

DEFENSE POW/MIA ACCOUNTING AGENCY

**OPERATION DEPLOY YOUR DRESS  
SPECIAL POP UP SHOP FOR  
JROTC BALL & PROM**

SATURDAY, MARCH 23 10AM-2PM  
RM 106, BLDG 198, 600 THOMAS AVE, FT. LEAVENWORTH

**\*\*FREE dress with valid Military ID\*\***

Operation Deploy Your Dress, a Fort Leavenworth Spouses' Club endeavor, is offering porch pick ups on post the following Mondays: March 18, April 8, April 22 and April 29. Send a message via Facebook or email ODYDFLSC@gmail.com to arrange a pick up.

Join us for our Annual  
**Easter Bunny Brunch**

Saturday, March 30th  
9am-12:30pm  
The Frontier Conference Center

**Special Event Pricing**

Adults : \$23.50  
Children (4-12) : \$12.50  
Kids 3 and under : \$4.00

Call 913-684-3825  
or stop by the FCC to reserve your spot today!  
Your choice of one hour seating times:  
9am, 9:45 am, and 10:30 am

A very special visitor will be hopping by to visit with the kids! There will be children's activities including crafts and photos!

Reservations are OPEN NOW  
Space is limited.  
Reservations CLOSE March 22nd

For more information visit  
[leavenworth.armymwr.com](http://leavenworth.armymwr.com)

**Menu**

Gourmet Denver Style Egg Strata  
Applewood Smoked Bacon and Sausage  
Seasoned Potatoes O'Brien  
Fresh Buttermilk Biscuits with Country Gravy

Organic Spring Greens with Assorted Dressings  
Assorted Cheese and Charcuterie Display  
Southern Fried Chicken  
Smoked Gouda Au Gratin Potatoes  
Chef Carved Roast Baron of Beef with Au Jus and Horseradish Sauce  
Fresh Green Beans with Roasted Garlic  
Premium Chicken Bites  
Four Cheese Macaroni and Cheese

Assorted Fresh Baked Desserts

Coffee  
Juice  
Milk

**The 33<sup>rd</sup> Annual  
War of 1812 in the West Symposium**

Featuring Acclaimed Regional & National Historians.  
Frontier Army Museum, Leavenworth Room, 100 Reynolds Ave, Building 801, Fort Leavenworth, Kansas 66027  
Hosted by the Frontier Army Museum & Sponsored by the 1<sup>st</sup> U. States Infantry Regiment - Clemson's Company.

Open to the Public, no registration or fee required, featuring exhibits on the War of 1812.

March 23 & 24, 2024

Saturday, March 23, and Sunday, March 24, 2024:

- 9:00 AM: "What if the British had won the Battle of New Orleans" by Hal Youmans
- 10:00 AM: "In Search of Fort Mason and White's Fort" by Bill Denheimer and Michael Harris
- 11:00 AM: "Colonel Russell and his US Mounted Rifles" by Paul Rosewitz
- 1:30 PM: "The Carolina Brigade During the Creek War, the Army of the Center, Col. Pearson's Expedition, May 1814" by Bill Jordan
- 2:30 PM: "The 1813 Campaign on the Niagara River" by Rich Barbuto
- 3:30 PM: "The Patriots War" by John Steink
- 9:00 AM: "Beating for Recruits: Musk during the War of 1812" by David Bennett
- 10:00 AM: "A Brief History of Military Medicine" by Eric Matthews
- 11:00 AM: "The Kickapoo: Indian Shock Troops of the West" by Michael Dickey

Contact Fort Leavenworth's Visitor Center for access. Ten days before the VC can issue you a pass for the weekend, otherwise expect to be delayed up to 15 minutes when going through the gate. 913-684-3600  
<https://home.army.mil/leavenworth/index.php/my-fort/all-services/gate-information>

The FLMGS Drama Ministry Presents...

**Was It All A Dream?**

"But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us." Romans 5:8

**March 2024**

23 Saturday 2 PM

Frontier Chapel  
625 Thomas Avenue  
Fort Leavenworth, KS 66027

Fellowship dinner following the play. Please bring a dessert to share.  
POC Lolita Law / Text 913-240-9311

FLMGS Drama Ministry

**"WAS IT ALL A DREAM?"**

Presentation will be held  
on March 23, 2024  
2:00 pm in Frontier Chapel

"WAS IT ALL A DREAM?"  
An original play by Lita Law. It is a captivating play that takes us on an emotional journey of faith, sacrifice, and the Easter story. Through Sapphire Riley's dream, we encounter pivotal Biblical characters who help us understand the essence of the Easter story. "Was It All A Dream?" is a heartwarming and sometimes humorous play that leaves a lasting impact on its audience, inspiring us to reflect on the power of faith and the beauty of sacrifice.

POC: Sister Lolita Law 913.240.9311 [litalaw@me.com](mailto:litalaw@me.com)

**Happy Easter**

**Chapel Easter Eggs Hunts**

Date: 31 March 2024 (Sunday)

- CrossRoads Protestant Community (0830 & 1100)  
1000: Pioneer Chapel Grounds
- Roman Catholic Mass  
1000: St. Ignatius Building Area for the Egg Hunt
- Multicultural Gospel Service: 1130 Pioneer Chapel Grounds

\*\*\*Sponsored by the Fort Leavenworth Chapel Congregations.

Please join our chapel services and the egg hunts on 31 March 2024!!

POC: CH (MAJ) Chris Weinrich  
[christopher.w.weinrich.mil@army.mil](mailto:christopher.w.weinrich.mil@army.mil)

U.S. ARMY CHILD & YOUTH SERVICES | School Support Services

## 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.

[https://home.army.mil/leavenworth/application/files/7816/3284/5772/Fort\\_Leavenworth\\_SLO\\_Scholarship\\_List\\_September\\_2021.pdf](https://home.army.mil/leavenworth/application/files/7816/3284/5772/Fort_Leavenworth_SLO_Scholarship_List_September_2021.pdf)

**FINANCIAL Peace UNIVERSITY**

Wednesday Evenings, 6 - 8 p.m.  
20 March - 22 May  
Frontier Chapel, Fort Leavenworth  
Childcare will be available

Contact Zach at [zjmundell@gmail.com](mailto:zjmundell@gmail.com) for more details

**EXCHANGE™**

**Easter Egg Hunt**

**03.30.24**

The hunt begins at 1:00 Don't Forget Your Basket!  
Age Groups: 2-3, 4-5, & 6-10  
Find the Golden Egg and win a very special Prize!

(In the event of adverse weather the Easter Egg Hunt will be rescheduled)

**HONORING YOUR SERVICE  
VIETNAM MEMORIAL PINNING DAY**

March 29, 2024  
11:00 am

**Fort Leavenworth Trails**

Maintained by Volunteers



Fort Leavenworth Trails are multi-use. Share the trail with foot, bike, and horseback. Dogs must remain on leash.

Most of the trails on Fort Leavenworth are volunteer maintained. Join the group on Facebook to discuss trail condition and learn how you can help improve and sustain the trails.



# Updated Fort Leavenworth recreation points of interest, trail map available for download

## Volunteers sought to help with trail improvements



Use the QR code at left to download the multi-use trail map, which also features recreational points of interest such as the dog parks and fishing lakes, and a map of hunting areas, or visit <https://store.avenza.com/products/fort-leavenworth-trails-fort-leavenworth-trail-keepers-map>. The map, seen below, can be made larger and turned for easier viewing with the downloaded file.

Join the Trail Keepers group on Facebook using the QR code at right to learn more about volunteer opportunities to assist with trail improvements, sustainability and maintenance.



# ARMY EMERGENCY RELIEF

SUPPORTING SOLDIERS AND THEIR FAMILIES SINCE 1942



**YOUR DONATIONS HELPS SOLDIERS AND FAMILIES IN NEED**  
**OFFICIAL NONPROFIT OF THE U.S. ARMY**

**REACH US**

Reach AER at **1-866-878-6378** or access the 24-hour hotline through the American Red Cross at **1-877-272-7337**

Find AER on **Instagram, Facebook, Twitter, LinkedIn** and **YouTube**

Visit us online at [www.aerhq.org](http://www.aerhq.org) or scan the QR code for more information.



**SOLDIERS HELPING SOLDIERS**  
since 1942



Army Emergency Relief  
2530 Crystal Dr.  
Suite 1316F  
Arlington, VA 22202



**ARMY EMERGENCY RELIEF**

Est. 1942

Official nonprofit of the U.S. Army

Call or visit us at **1-866-878-6678** [www.aerhq.org](http://www.aerhq.org)

FINANCIAL READINESS = SOLDIER READINESS = UNIT READINESS



**MORE THAN 30 ASSISTANCE CATEGORIES**

<p><b>Basic living</b></p> <ul style="list-style-type: none"> <li>rent — No. 1 or 2 most requested</li> <li>initial deposit on rent</li> <li>mortgage</li> <li>temporary lodging</li> <li>food</li> <li>utilities</li> </ul>	<p><b>Medical</b></p> <ul style="list-style-type: none"> <li>dental care for dependents — 50/50 loan/grant</li> <li>medical co-pays not covered by TRICARE</li> <li>cranial helmets — grant</li> <li>non-medical attendant travel</li> <li>Invitational Travel Orders — Soldier hospitalized</li> <li>special medical needs equipment — grant up to \$4,000</li> </ul>
<p><b>Privately owned vehicles</b></p> <ul style="list-style-type: none"> <li>POV repairs/maintenance — No. 1 or 2 most requested</li> <li>monthly vehicle payments</li> <li>vehicle insurance payments or deductibles</li> <li>fuel</li> <li>child car seats — loan, grant or combination</li> <li>replacement vehicle — up to \$4,000</li> <li>rentals associated with POV repair or emergency travel</li> </ul>	<p><b>Unforeseen emergencies</b></p> <ul style="list-style-type: none"> <li>emergency travel — 50/50 loan/grant baseline</li> <li>funeral expenses — non-eligible relative, loan up to \$5,000</li> <li>active-duty spouse/dependent funeral expense — Bridge Loan up to \$15,000</li> <li>safe travel due to domestic violence</li> <li>disaster assistance — evacuation, stabilization-in-place and recovery. The Title 10 requirement for ARNG/USAR is typically waived.</li> <li>minor home repairs and deductibles — up to \$5,000</li> <li>clothing</li> </ul>

AERHQ.ORG

As of 7 July 2023

**ABOUT ARMY EMERGENCY RELIEF**

**Our Mission**

AER promotes financial readiness and helps relieve distress of Soldiers and their Families by providing grants, interest-free loans and scholarships.

AER is **rated four stars** by Charity Navigator, putting it in the top 10 percent among all U.S. nonprofits.

**89 cents** of every dollar donated goes directly to programs that support Soldiers and Army Families.

**How We Help**

AER provides more than 30 categories of assistance. Here are just a few examples:

**Housing:** utility and rent deposits, mortgages, basic appliances, small home repairs and more

**Personal Vehicles:** repairs, rental vehicles and car seats

**Medical:** dental and medical expenses **not covered** by TRICARE, children's cranial helmets and heavy blankets

**WHO AER HELPS**

More than 4 million Soldiers & Families assisted since 1942



More than **\$2 billion** in assistance since 1942

**Eligibility**

- ★ Active duty, retired and medically retired Soldiers and their eligible dependents
- ★ Army Reserve and National Guard Soldiers on active duty for more than 30 consecutive days and their eligible dependents
- ★ Army Reserve and National Guard Soldiers who are retiring and receiving DFAS Retired Pay and their eligible dependents
- ★ Surviving Spouses and children of Soldiers who died while on active duty or as retirees

**HOW TO GET ASSISTANCE**

**Quick Assist Program**

- ★ Allows chain of command to provide immediate assistance
- ★ Company commander or first sergeant can approve loans up to \$2,000
- ★ AER's most powerful program

**Direct Access to AER**

Soldiers are allowed two financial requests within a 12-month period without unit commanders' review with the following safeguards:

- ★ Soldiers E-1 through E-4 must have completed Initial Entry Training
- ★ Soldiers must have at least 12 months' time in service or have finished IET (whichever is greater)
- ★ Unit commanders' approval is required for Soldiers determined to be at "high risk" (as per AR 600-85)

**How can you help?**

- ★ Remind fellow Soldiers about AER
- ★ Support AER through donations

[www.aerhq.org/donate](http://www.aerhq.org/donate)

AER helps more than 40,000 Soldiers and Army Families every year!



**ASSISTANCE CATEGORIES CONTINUED**

<p><b>Permanent Change of Station</b></p> <ul style="list-style-type: none"> <li>travel — active duty</li> <li>initial essential furniture — up to \$4,000</li> <li>appliance repair or replacement</li> <li>immigration, visa and passport fees — grant when establishing Family unit</li> <li><u>Pet transportation</u> — loan up to \$5,500, grant for service animals</li> </ul>
<p><b>Family support</b></p> <ul style="list-style-type: none"> <li>welcome home travel — dependents</li> <li>Spouse <u>relicensing and recertification fees</u> — loan, grant or combination up to \$2,500; PCS only</li> <li>childcare during PCS for Soldiers in high-cost areas — loan, grant or combination; Army provides \$1,500 per child per month; AER will provide \$500 per Family per month for costs above \$1,500 for three consecutive months after arriving at new post</li> <li>paternity leave assistance for Soldiers deployed in support of Ukraine mission — airfare only</li> </ul>

**If a need is not listed in these categories, come to Army Emergency Relief.**

The global AER team is all about GETTING TO A "YES"!

AERHQ.ORG

As of 7 July 2023

The Fort Leavenworth Lamp welcomes part-time volunteer REPORTERS and INTERNS!

Flexible schedule, great way to learn about the community and excellent opportunity to add content to a writer's professional portfolio.

Experienced journalists preferred but training/mentorship provided if interested in learning the skills required.

Apply for the Fort Leavenworth Garrison Public Affairs Assistant position on the Volunteer Information Management System at <https://vmis.armyfamilywebportal.com>.

E-mail resumé and writing samples to [ftlvlampeditor@gmail.com](mailto:ftlvlampeditor@gmail.com).

# BLOOD DRIVE

DONATIONS SAVE LIVES

## Fort Leavenworth

Thursday, April 4<sup>th</sup>  
9:00 AM - 2:00 PM

Frontier Chapel  
625 Thomas Avenue

Appointments are preferred. Book your appointment today at [savealifenow.org/group](https://savealifenow.org/group), enter Group Code: BK or scan the QR code at right. For additional details, please contact Wendy Eisele at 816-351-1128 or [weisele@cbckc.org](mailto:weisele@cbckc.org).



Medical eligibility questions? Please call 800.688.0900.

Please remember to eat, drink, and bring your ID with your name and photo. Appointments are preferred however walk-ins will be welcomed if space permits. Visit [savealifenow.org/coronavirus](https://savealifenow.org/coronavirus) for COVID-19 safety protocols.



877.468.6844 • [savealifenow.org](https://savealifenow.org)



# SKIES



April 5<sup>th</sup> @  
The Pioneer Chapel  
starting at 5:30pm  
For more info call 913-684-3207

String Ensemble  
Duet  
Multiple Soloists!

Come out and support our young performers as we celebrate the Month of the Military Child! This FREE event is open to Family, Friends, and the Fort Leavenworth Community.

# Music Recital



## PAIR Day & Kid Fest

April 13 // 10AM - 2PM  
Harney Sports Complex

Experience what Fort Leavenworth and the surrounding Kansas City area have to offer at PAIR Day (Post Activities Information & Registration). This is your one stop-shop for everything social, recreational, spiritual, and educational.

There will be informational tables, and lots and lots of FREEBIES!

In honor of Month of the Military Child, this event is a celebration for Military Kids!

This event will be filled with family friendly fun, with a DJ, CYS class demos and informational tables. And the best part it's all FREE!

For more info, call (913) 684-1734 Or scan the QR Code.

## BOSS PRESENTS MOVIE NIGHT

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

March 8: *Ruby Gillman Teenage Kraken* (PG)

March 22: *The Meg: The Trench* (PG-13)

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](https://leavenworth.armymwr.com)

## Pitch Hit & Run

Youth Sports and Fitness  
Pitch, Hit & Run

April 19, 2024  
5:00 pm - 7:00 pm  
@ Doniphan Field #1

### Pitch, Hit & Run

Baseball and Softball Divisions

7 - 8 yrs / 9 - 10 yrs / 11 - 12 yrs / 13 - 14 yrs  
\* Age cut-off set on November 15, 2024 \*

Pitch, Hit, and Run Registration MUST be done online. Scan the QR code to register!

Parent volunteers needed!

FREE! Official Skills Competition

For more information: (913) 684-7525 or 7526

\* Parents/Guardians must provide proof of age with a valid record (such as birth certificate)

## Fort Leavenworth Post-Wide Yard Sale

April 27<sup>th</sup> • 8AM - 3PM  
Event is open to the public! \*

\*ID's will be scanned at the main gates beginning at 8 am, everyone 16 years and older must provide a current ID to enter. (Persons attempting to enter post with outstanding warrants or other security issues will be denied access.)

Residents living on-post are allowed to sell at their residence.

Service Members residing off-post, Retirees and DA Civilians can utilize the Old Bell Hall Parking Lot on a first come, first serve basis.

Alcohol and firearms can not be sold during the yard sale.

For Information please follow the Fort Leavenworth Facebook Page or call 913-684-1674

## Griffin Gardens Greenhouse

Opening April 17<sup>th</sup>!

Monday & Friday 1330 - 1500  
Wednesday 0830 - 1030

Located between Griffin Cuts Barbershop & the MWJRCF

### Directions from the USDB Sales Store to the Greenhouse

- Take a left on McPherson Ave
- Take a right onto Sylvia Trail & follow down to the stop sign
- Turn left onto N. Warehouse Rd.
- Follow until you have reached Sabalu Rd. and take a left (please do not turn right into the USDB)
- The greenhouse will be located on your right in between Griffin Cuts & the MWJRCF.

# WANTED

## Fort Leavenworth Sponsors

### Civilians WG6/NAF4/GS-9

### and Permanent Party Military MAJ's and Above

### The International Military Student Division is Welcoming

### CGSOC -Class AY 24 US Sponsor Families to Volunteer Today

Please Contact:  
Mr. David M. Bornn  
(913) 684-7323  
[david.m.bornn.civ@army.mil](mailto:david.m.bornn.civ@army.mil)

## HAVE A BALL @ THE STRIKE ZONE BOWLING CENTER & SNACK BAR!

The Strike Zone  
165 Fourth St  
913-684-BOWL

## Stronghold: Happy Bottoms Program

Powered by: Rapid Response Charities



**Free Monthly Diaper Distribution**  
Email: [contact@strongholdfoodpantry.org](mailto:contact@strongholdfoodpantry.org)

**STRONGHOLD FOOD PANTRY**  
More than a food pantry.

# Hunger Buster Pack

POWERED BY: FTLV THRIFT STORE

Do you have a school aged child that could use a pack filled with breakfast, lunch, and snack goods to help them sustain a healthy active lifestyle over school break?

Bring your pack back for a REFILL or register online to pick up your pack.

**STRONGHOLD FOOD PANTRY**  
More than a food pantry.

**STRONGHOLD FOOD PANTRY**  
MORE THAN A FOOD PANTRY

**STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS**  
By Appointment Only  
[www.strongholdfoodpantry.org](http://www.strongholdfoodpantry.org)

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 DONATIONS 12:00-2:00	5 Happy Bottoms 8:30-10:30	6 PANTRY 11:00-1:00	7 Happy Bottoms 8:30-10:30 PANTRY 12:30-2:00	8	9
10	11	12	13 PANTRY 11:00-1:00	14	15	16
17	18 DONATIONS 12:00-2:00	19	20 OPEN PANTRY 12:30-2:00	21 Happy Bottoms 8:30-10:30	22	23 SPECIAL EVENT
24	25 DONATIONS 12:00-2:00	26 Happy Bottoms 8:30-10:30	27 PANTRY 11:00-1:00 Stronghold U 5:30p	28 Happy Bottoms 8:30-10:30	29	30

**MARCH 2024**

Please join us for a  
**STRONGHOLD**  
**BABY**  
*shower*  
honoring 25 amazing mom's to be!

March 23, 2024 at 11am  
655 Biddle Blvd, Fort Leavenworth

Please RSVP Online.  
[strongholdfoodpantry.org](http://strongholdfoodpantry.org)

GIFTS CAN INCLUDE..

- Car Seats
- Pack N' Plays
- Dr. Brown Bottles
- Diaper Subscription
- Wipes
- Baby Room Accessories
- Blankets & Knitted Items
- Reusable Mother's Tote

**STRONGHOLD FOOD PANTRY**  
More than a food pantry.

### March & April Craft Workshops

**Acrylic**  
\$35 per class

- Acrylic Painting (Robin Nest)**  
Wednesday March 6 12:30pm - 2:30pm
- Acrylic Pour**  
Wednesday March 27 11:30am - 1:30pm
- Acrylic Painting (Happy Hedgehog)**  
Wednesday April 10 12:30pm - 2:30pm
- Acrylic Pour**  
Wednesday April 24 11:30am - 1:30pm

**Crafts**  
\$30 per class

- Birthdays Banner Craft**  
Tuesday March 5 11:30am - 1:30pm
- Wooden Welcome Sign**  
Friday April 26 11:30am - 1:30pm
- Intro to Framing \$40**  
\*Must pre-register\*  
Thursday March 7 or April 11 10am - 2pm
- Intro to Framing \$40**  
\*Must pre-register\*  
Saturday March 23 or April 27 10am - 2pm

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

**Paint & Sip**  
\$35  
Must be 21 years or older. BYOB

- Bunny in Tall Grass**  
Friday March 1 6pm - 8pm
- Umbrella in the Rain**  
Friday April 12 6pm - 8pm

Cost includes all supplies!

**Kids Crafts**

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

- Wednesday March 6 10:30am - 11:30am
- Thursday March 28 10:30am - 11:30am
- Wednesday April 10 10:30am - 11:30am
- Thursday April 25 10:30am - 11:30am

**Kids Messy Art**  
\$12

- Thursdays (ages 7+) March 21, April 18 10:30am - 11:30am
- Fridays (ages 4 - 6) March 22, April 12 10:30am - 11:30am / 12:30pm - 1:30pm

**Art History**  
\$15 per class (ages 7+)

- Apples & Adams**  
Wednesday March 20 12:30pm - 2:30pm  
Thursday March 21 4pm - 6pm
- Donuts & Da Vinci**  
Wednesday April 17 12:30pm - 2:30pm  
Thursday April 18 4pm - 6pm

Call now to register!  
913-684-3373

Come see what's new at the Studio!

COME EXPERIENCE A

# NIGHT AT THE MUSEUM

April 26, 2024  
5:30 - 7:30 PM  
Enjoy a guided tour of the Frontier Army Museum as it comes to life with special exhibits that are fun for the whole family.

**SIGN UP AT FFAM.US**

The Friends of the Frontier Army Museum  
100 Reynolds Avenue  
Fort Leavenworth, KS 66027

### March & April Watercolor

**Courses**  
\$175 = 5 classes

- Watercolor 201 (Intermediate Course)**  
Every Thursday March 28 - May 2 6pm - 8pm
- Watercolor 301 (Advanced Landscapes)**  
Every Thursday March 28 - April 25 12pm - 2pm

Cost includes all supplies!

**Workshops**  
\$25 per workshop

- Watercolor (Basic Techniques)**  
Tuesday April 2 9:30am - 11am
- Watercolor (Color Theory)**  
Tuesday April 9 9:30am - 11am
- Watercolor (Spring Florals)**  
Tuesday April 16 9:30am - 11am
- Watercolor (Landscapes)**  
Tuesday April 23 9:30am - 11am

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

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

**Quilt-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.

**Poetry Studio (Coming Soon!)**

**Calligraphy**

**Basics**  
\$20 per class  
Tuesday March 26 11:30am - 1pm

**Intermediate**  
\$20 per class  
Tuesday April 2 11:30am - 1pm

**Mother's Day Cards**  
Tuesday April 9 11:30am - 1pm

**Reoccurring Classes MUST PRE-REGISTER**

- Intro to Framing \$40 per class**  
Every 2nd Thursday & 4th Saturday 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

Call now to register!  
913-684-3373

Come see what's new at the Studio!

## MONTH OF THE MILITARY CHILD

# Proclamation Signing

**April 1, 2024**  
**1600**  
**Harrold Youth Center**  
(913)684-5118

Join us for the reading and signing of the MOMC Proclamation by the Garrison Command Team and youth from Osage and the Youth Center. A BBQ and performance from the band **Royal Purple** will follow. You can also watch it live on Facebook [facebook.com/cys.ftlvntcenter](https://facebook.com/cys.ftlvntcenter)

MWR  
CHILD YOUTH SERVICES

**Navigating the Teen Years**

Jan 16, Feb 20, Mar 19, Apr 16, May 21, Jun 18 @ 1-2:30pm

ACS Classroom 145  
600 Thomas Ave

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 913-684-2822/2808. Deadline to register is the day before class.

**Co-Parenting Workshop**

Jan 11, Feb 8, Mar 21, Apr 25, May 23, Jun 20 @ 12-1:30pm

ACS Classroom 145  
600 Thomas Ave

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

Our six week workshop will show you how to build a bridge that will enhance parenting skills, enrich positive co-parenting, learn to use positive discipline, and develop 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 913-684-2822/2808. Deadline to register is the day before class. Participants are encouraged to attend every class as each session will be different.

**Play Morning**

Thursdays from 9-11:00 a.m.

Ages 3 months – 3 years with Guardian • Resiliency Center

Free play group for ages 3 months - 3 years and their parents/guardians.

Enjoy a large play area with interactive activities, toys and crafts to develop gross and fine motor skills. Play with other kids, meet other parents and learn about healthy childhood development.

Army Community Service | Resiliency Center | 600 Thomas Ave. | Fort Leavenworth, Kansas

Registration required, cut off is day before event (913) 297-3212 or (913) 684-2800

www.facebook.com/acs.fortleavenworth

**DAD'S NIGHT OUT**

Jan 24 • Feb 21 • March 20 • April 17  
May 22 • June 12 • July 24 • Aug 21  
Sept 18 • Oct 23 • Nov 13 • Dec 4

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

**MOM'S NIGHT OUT**

This NEW 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.

Jan 31 • Feb 28 • March 27 • April 24  
May 29 • June 26 • July 31 • Aug 28  
Sept 25 • Oct 30 • Nov 20 • Dec 11

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

**MILPARENTS ROCK: Rock Painting**

April 5, 2PM - 4PM

Resiliency Center // 600 Thomas Ave.

April is National Child Abuse Prevention Month. During April, FAP / NPSP will be sponsoring events focused on stress reduction and family fun. Come celebrate with us to honor military parents and children by painting rocks for your own personal rock garden.

Supplies will be provided. This event will be hosted outside, and is open to parents and their children.

Registration is required and can be done until March 29th.

Event is FREE and open to DoD ID card holders 2+.

For more info or to register call: (913) 684-2808.

**FORT LEAVENWORTH FMWR**

**CHILD AND YOUTH SERVICES**

- Parent Central and Outreach Services (913) 684-5138
- Youth Sports and Fitness (913) 684-7525
- SKIESUnlimited (913) 684-3207

**ARMY COMMUNITY SERVICE**

(913) 684-2800

EFMP, FAP, ERP, AER, MFLC And much more!

**RECREATION**

Haney Sports Complex (913) 684-2190	Brunner Range (913) 651-8132	Hunt Lodge (913) 684-1830
Gruber Gym (913) 684-5120	Auto Crafts (913) 684-3395	Stables and Horses (913) 684-1703
Outdoor Equipment Rental (913) 684-3395	Rod & Gun Club (913) 684-2035	Stray Facility (913) 684-4934

**BUSINESS OPERATIONS**

Strike Zone (913) 651-2195	12th Brick Grille (913) 684-2293
Trails West Golf Course (913) 651-7176	RV Storage & POV Lot (913) 651-7176
Frontier Conference Center (913) 684-3825	Clean Paws Pet Wash (913) 651-7176

Connect with Us!  
Facebook: Fort Leavenworth FMWR  
Online: leavenworth.armymwr.com

**SHARP BOWLING TOURNAMENT @ 2 pm**

FRIDAY APRIL 12th

\$20 PER 4-PERSON TEAM W/SHOES • 2 GAMES

Prizes awarded to 1st Place in each Flight

**March 2024 Event Schedule**

**ARMY COMMUNITY SERVICE ACS**  
Real-Life Solutions for Successful Army Living

<p><b>New Parent Support Program</b></p> <p>Stroller Walk Tuesdays, 10:00am - 11:00am Resiliency Center, Outside</p> <p>Play Morning Thursdays, 9:00am - 10:00am &amp; 10:00am - 11:00am Resiliency Center</p> <p>Childbirth Class March 4, 11, &amp; 18, 5:00pm - 7:00pm Resiliency Center, Room 157</p> <p>Dad's Night Out March 20, 6:00pm - 8:00pm Restaurant is TBD</p> <p>Mom's Night Out March 27, 6:00pm - 8:00pm Restaurant is TBD</p> <p><b>Survivor Outreach Services</b></p> <p>Knock Your Pin Off Bowling Social for Gold Star &amp; Survivor Families March 23, 1:00pm - 3:00pm Strike Zone Bowling Center</p> <p><b>Army Volunteer Corps</b></p> <p>Volunteer Basics March 13, 12:00pm - 1:00pm Resiliency Center, Room 157</p>	<p><b>Family Advocacy</b></p> <p>Scream Free Marriage &amp; Parenting March 6, 1:00pm - 2:30pm Resiliency Center, Room 145</p> <p>Stress Management March 14, 11:30am - 1:00pm Resiliency Center, Room 145</p> <p>Navigating the Teen Years March 19, 1:00pm - 2:30pm Resiliency Center, Room 145</p> <p>Co-Parenting Workshop March 21, 12:00pm - 1:30pm Resiliency Center, Room 145</p> <p><b>Employment Readiness Program</b></p> <p>Federal Employment March 6, 12:00pm - 2:00pm Resiliency Center, Room 157</p> <p>Resume Writing March 20, 12:00pm - 2:00pm Resiliency Center, Room 157</p>	<p><b>Bowl Your Socks Off</b> FREE Bowling Event to support World Down Syndrome Day March 21, 5-7pm Registration Required!</p> <p><b>Exceptional Family Member Program</b></p> <p>EFMP Recreational Bowling for EFMP Members and their Families March 2, 12:00pm - 2:00pm Strike Zone Bowling Center</p> <p>EFMP Refreshing Conversations March 7, 10:00am - 11:00am, Exchange Food Court</p> <p>Sensory Storytime March 15, 10:00am - 11:00am, Combined Arms Research Library</p> <p>Empowering Families Lunch &amp; Learn Workshop March 21, 12:00pm - 1:00pm, Microsoft Teams</p> <p><b>Relocation Readiness</b></p> <p>In-Processing Brief Tuesdays, 9:00am - 10:00am Resiliency Center, Room 157</p> <p>OCONUS Levy Brief Tuesdays, 10:00am - 11:00am Resiliency Center, Room 157</p>
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Resiliency Center, 600 Thomas Ave, Building 198  
913-684-2800 // 913-684-HELP(4357)  
Hours: Monday - Wednesday, & Friday, 7:30am - 4:30pm (closed 1130-1230)  
Thursday, 1:00pm - 4:30pm

Follow us on Facebook! @FortLeavenworthACS  
Follow us on Twitter! @LeavenworthACS

CALL ACS TO REGISTER FOR CLASSES TODAY! ALL EVENTS LISTED ARE FREE!



# Stroller Walk & Talk

Meeting at  
The Resiliency Center  
600 Thomas Ave  
Every Tuesday Morning  
March - May  
Oct - Nov  
10am - 11am  
June - Sept  
9am - 10am

This is a **FREE** opportunity to meet other parents of small children, get healthy and socialize all while enjoying the walking paths of Ft. Leavenworth!

Offered to expecting parents and to parents of children through 3 years of age. Must bring your own stroller. Register the day before!

POC 913-297-3212

# ACS New Parent Support Prenatal Classes

**Childbirth Classes:**  
Series of three classes:  
January 8th, 22nd, 29th  
March 4th, 11th, 18th  
May 6th, 13th, 20th  
July 15th, 22nd, 29th  
September 16th, 23rd, 30th  
November 4th, 18th, 25th

**Newborn Care Classes:**  
February 12th  
April 15th  
June 10th  
August 12th  
October 21st  
December 9th

**Breastfeeding Classes:**  
February 5th  
April 8th  
June 3rd  
August 5th  
October 7th  
December 2nd

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

# "Refreshing Conversations"

Need to talk to someone who "gets it"?  
Come join your fellow EFMP Spouses for

Let's talk about the topics that impact our EFMP community!

Every first Thursday of the month  
@ the ACS classroom  
in The Resiliency Center  
10:00 am - 11:00 am

Oct 5  
Nov 2  
Dec 7  
Jan 4  
Feb 1  
Mar 7  
Apr 4  
May 2  
Jun 6

Enjoy light refreshments, a delicious drink of the month, and great conversation!

Please register by calling 913-684-2800 or 913-684-2871

# Moving with kids

April 18th  
ACS Classroom  
Office Bldg 198  
10am-11:30am

Let ACS Relocation and Mobilization help you with some of the hard questions.

Emotions of moving  
Getting your mind right  
Helpful Resources  
Positive Coping Skills  
Talking to kids

For additional info please call 913-684-2800

# ACS New Parent Support Potty Training

Are you ready?

Time to lose the diapers?

600 Thomas Ave  
Room 157  
2/26, 4/22, 6/17, 8/19,  
10/28, 12/16  
5 pm - 7 pm

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

# Empowering Families Lunch & Learn Workshop Series

12 - 1 pm via Microsoft Teams

- September 21: Help, My Child is Struggling in School
- October 19: Let's Talk IEPs
- November 16: Challenging Behavior? Tips for Home and School
- January 18: Understanding & Supporting Sensory Needs
- February 15: Step Ahead at Age Three
- March 21: Movin' On: Preparing for Your Next Move
- April 18: Strategies for Supporting Your Child with Autism

For more information or to register, contact 913-684-2838 and 913-684-2871.

# Volunteer Recognition Ceremony

Shining a Light on our Volunteers!

April 16  
Volunteer Check-In: 9:45AM - 10:15AM  
Ceremony: 10:30AM - 12PM  
Frontier Conference Center

Please join us in recognizing our amazing Fort Leavenworth Volunteers. We will be honoring our Volunteers, Volunteer Organizations, announcing the Volunteer of the Year, and unveiling the check our Volunteers helped us generate.

Registration is NOT required for the public.  
For more info: (913) 684-2835

# SCREAM FREE Marriage & Parenting

ACS Conference Room 145  
600 Thomas Ave  
From 1:00 - 2:30pm  
Jan 3, Feb 7, Mar 6, Apr 3, May 1

Feeling frustrated? Overwhelmed? Let us help you focus on staying both calm and connected with your loved ones. We'll work together to find the tools to revolutionize your relationship.

FREE  
Open to all DOD ID holders 18+  
Call to register (deadline is day before training)  
913-684-2822 / 2808

# EFMP presents: SENSORY STORY TIME

Every 3rd Friday of the month  
10am-11am  
starting Jan. 19  
@ The CARL Library

FREE and open to all DoD ID holders!  
All ages are encouraged to join!  
POC 913-684-2871 / 2838

# VOLUNTEER BASICS

JAN 10 • MARCH 13 • MAY 15 • JUNE 26 • AUG 28 • SEPT 4  
ACS CLASSROOM • 600 THOMAS AVE.  
TIME: 12PM - 1PM

DO YOU WANT TO MAKE A DIFFERENCE IN OUR COMMUNITY? IF SO, THEN BE SURE TO CHECK OUT VOLUNTEER BASICS. LEARN ABOUT VOLUNTEER OPPORTUNITIES ON FORT LEAVENWORTH AND IN THE COMMUNITY. PARTICIPANTS WILL LEARN THE BENEFITS OF VOLUNTEERING AND HOW TO PROPERLY LOG HOURS INTO THE VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS).

REGISTRATION IS NOT REQUIRED. JUST SHOW UP.

INFO: (913) 684-2835

# EFMP RECREATIONAL BOWLING

Every first Saturday of the month  
12:00pm - 2:00pm  
Strike Zone Bowling Center  
165 Fourth St

Meet other EFMP families! EFMP Recreational Bowling is a fun way to socialize, and sharpen fine motor skills.

All ages welcome!  
FREE for the entire family including shoes!  
Bumpers, bowling ramps, and lightweight bowling balls are available.

Pre-registration is required the Wednesday before the event. Call 913-684-2800 for more info or to register

# Wireless Emergency Alerts (WEA)

can alert you when weather threatens!

**TORNADO WARNING!**

WEAs are emergency messages sent by government authorities to your mobile phone, reserved for life-threatening situations.

Keep WEAs enabled on your phone. It could save your life or the lives of others.

weather.gov

# ACS

Real-Life Solutions for Successful Army Living

Update As of: 19 October


**ACS WILL BE CLOSED THURSDAYS FROM 0800-1300 FOR STAFF TRAINING.**

FOR IMMEDIATE ASSISTANCE: 913-684-1669  
FOR VICTIM ADVOCATE: 913-683-2537


We are sorry for the inconvenience.

### Employment Readiness Program Classes

ACS Classroom • Resiliency Center, 600 Thomas Ave.  
Wednesdays • 12PM - 2PM\*



**Resume Writing:**  
Mar 20\* • June 19\* • July 17\*  
Aug 14\* • Sept 25\*  
Evening Classes:  
May 22 • Aug 14 - 5PM - 7PM  
Registration required for evening classes

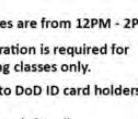


**Federal Employment:**  
Jan 17\* • Mar 6\* • April 10\*  
May 8\* • June 5\* • July 10\*  
Aug 7\* • Sept 11\* • Oct 9\* • Nov 6\*  
Evening Classes:  
May 15 • Aug 7 - 5PM - 7PM  
Registration required for evening classes

Scan QR Code for more info!

\*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: 913-684-2832 / 2800



ACS Family Advocacy Program Presents:

### ANGER MANAGEMENT

December 14 • February 15 • April 18  
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) 684-2808/4357





### ACS Employment Readiness Program Menu of Services

One-on-one appointments and workshops to assist with:

- Career exploration and planning
- Skills and personality assessments
- Education and skills attainment
- Civilian and Federal resume assistance
- Employer referral and job search assistance
- Interview skills and professionalism

For more information, contact the ACS Employment Readiness Program Specialist  
913-684-2835/2800



### 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






### STRESS MANAGEMENT

Thursdays: Jan 18, Mar 14, May 16, July 18  
1130 - 1300 brown bag lunch class.  
ACS Conference Room 145

Registration Required must register by the day before the class you want to attend. Classes are for 18 and over

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 your stress by learning to control your stress, instead of allowing the stress to control you. End the class with a structured relaxation exercise.

To register or for more information, call (913) 684-2800/2800

### Fort Leavenworth Career & Education Fair

2 April, 10 am to 2 pm  
Frontier Conference Center

Open to Active Duty, Guard, Reserve, Retirees, Veterans, Family Members, Contractors, & DOD Civilians

Government, Law Enforcement, Contracting, Manufacturing, Sales, Logistics, Retail, Service, Technical, Educational, and Many Other Opportunities Available

For information call the Transition Assistance Program at 913-684-2227 or email usarmy.TAP.leavenworth@army.mil

Hosted by: Transition Assistance Program & the Family and Morale, Welfare and Recreation Directorate

Scan our QR codes & follow us on Facebook & LinkedIn for upcoming events & information



### - 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



### Join our ACS/FAP team for STORY TIME!



To be held in Room 145, 600 Thomas Ave

April 3, 2024 10:00 am  
April 10, 2024 2:00 pm  
April 17, 2024 10:00 am  
April 24, 2024 2:00 pm

For ages 0-4  
All Children in attendance will receive a FREE book to enjoy at home!

For more information or to make a reservation contact 913-684-2811

This activity is part of the ACS/FAP/NPSP Child Abuse Prevention activities at Fort Leavenworth. Registration required. Deadline day before event.

### BOSS soldiers

here's what's happening

"let your voice be heard"

updated monthly

recreation & leisure • events • meetings  
quality of life • community service




### MOM & ME CROCHETING

May 17  
1pm - 4pm  
Room 157  
600 Thomas Ave

Come on out and learn a new skill, or perfect an existing one! An instructor will be available to teach the basics.

"Stitch" together and bond with your kids! Supplies and snacks will be provided! Have a favorite yarn? You're welcome to bring it!

Please RSVP by May 10  
Call 913-684-2808/2800

FREE! Ages 8+




### NOW HIRING Military Spouses & Veterans

#### MONARCH BUTTERFLY DOD INTERNSHIP

Environment for the Americas (EFTA), with funding from the US Forest Service and Department of Defense (DoD), is supporting military installations with monarch butterfly monitoring and management efforts. We are looking for veterans, military spouses, and dependents to join our team!

**POSITION DESCRIPTION**

- Monarch butterfly and habitat monitoring - Interns will receive training in surveying monarchs and their habitat, along with instruction in ecological field protocols.
- Engaging the public - Interns will engage with the military community through leading talks, nature walks, and outreach activities, and are encouraged to contribute blogs to the EFTA website.
- Collaborating with partners - Interns will work closely with the natural resource managers on their installation, representing our program to the public and partners.

**AT A GLANCE**

- Compensation: \$600/week
- When traveling, participants will receive a \$1000 housing stipend and travel costs (within the work site).
- Duration: 6 week - 6 month positions available starting March 2024. Please list desired location(s) in your application.

**SITES INCLUDE:**

- TX: Ft. Cavazos, Dwyer AFB, Laughlin AFB
- OK: Ft. Sill, Tinker AFB, Camp Gruber
- KS: Ft. Riley
- NE: Camp Ashland
- CA: Vandenberg AFB

**QUALIFICATIONS**

- Veteran, military spouse, or dependent.
- A desire to learn about monarchs and habitat surveying.
- Ability to conduct fieldwork on DoD lands, which may include long days outdoors and walking long distances.
- Preferred: background in ecology, biology, or natural resources or interest in these fields.

**JOIN US!**

Apply on our website at: [www.environmentamericas.org/info/monarch-butterfly-monitoring](https://www.environmentamericas.org/info/monarch-butterfly-monitoring)

Search for 19 Department, the Habitat Program Manager, with the questions at: [monarch@environmentamericas.org](mailto:monarch@environmentamericas.org)



### NOW HIRING

Commissary Privileges\* for all CYS Employees

COME WORK WITH CYS

- Medical, Dental, Vision & Life Insurance Benefits\*
- Retirement & 401K
- Flexible Work Hours
- Paid Time Off (Vacation & Sick)
- Career Progression & Paid Training
- Tuition Reimbursement Possibilities
- Priority Child Care Placement and Employee Child Care discounts
- Tax-free Shopping Privileges at AAFES
- Job transfer program worldwide through Civilian Employment Assignment Tool

APPLY NOW!  
ArmyMWR.com/cyscareers



### CYS is hiring!

Great Pay! Amazing Benefits!  
@ Fort Leavenworth  
APPLY NOW!  
ArmyMWR.com/cyscareers







## Intramural Volleyball League

**Season Starts: April 2**  
Games: Tues. and Thurs  
5:30PM - 8:30PM  
Harney Sports Complex

Coaches Meeting: Thurs. March 21 at 5:30PM at Oruber Fitness Center.  
Team Rosters and/or Letters of Intent due COB Wed. March 27.

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

## 33rd ANNUAL COMMAND & GENERAL STAFF COLLEGE TRIATHLON

FORT LEAVENWORTH, KS 4 MAY 2024

8:00AM - HARNEY SPORTS COMPLEX

### SWIM BIKE RUN

PROFITS REGISTER IN PERSON RACE BRIEFING & SHIRT PICKUP

Individual Racer: \$70 Harney Gym, Gruber Gym, 3 MAY - 4:00PM-6:00PM  
Relay Team of 2 or 3: \$85 and The Resiliency Center Frontier Conference Center  
Register by 19 APR to (600 Thomas Ave, Rm 223) 350 Biddle BLVD, Ft Leavenworth  
guarantee your t-shirt! FOR MORE INFO CALL: 913-684-1674





## DG FUN & RELAXATION

Explore new hobbies in your free time with on-post events & recreation activities in the Digital Garrison App!

POWERED BY



MAKE THE CONNECTION

Download on the App Store

GET IT ON Google play

## Spring Intramural League

Trails West Golf Course // 306 Cody Road  
League Starts: March 25 // 5PM Shotgun start  
Registration: March 22 by 5pm  
\$35 per player// \$70 per Team

2-person Best Ball contest  
8 weeks of regular season play to get seeding for the playoffs

Playoffs on Monday and Thursday with the Top 16 regular season finishers.

MWR Golf gift certificates presented to Top 4 regular season finishers and Top 3 playoff finishers

Need a team? We can help!  
Info: (913) 651-7176





PRIZES | CONTESTS | FOOD | FUN

## Trails West Member Appreciation Golf Tournament

**March 24**  
12PM Range, Putting & Simulator Contest  
1PM Shotgun Start

FREE and open to all Greens Fees Pass Holders!  
Includes: greens, cart, range, meal, & scoring post event  
Hole and flight prizes. Registration ends March 21st.  
Info: (913) 651-7176







## JOKER'S SCRAMBLE

APRIL 6 // 9AM SHOTGUN START  
TRAILS WEST GOLF COURSE



This 4-person scramble features tricks and challenges not often seen on a golf course!  
\$50 Members // \$60 Non-Members  
Last day to register is April 3.  
Fees include, tournament, greens, cart, range balls, April Fool's Buffet, and beverage.  
Flight and hole prizes!  
Info: (913) 651-7176

### Enlisted Week at the Golf Course



Apr 1 2024 - Apr 7 2024

From the 1st - 7th of every month, Active Duty Enlisted Soldiers get to play for FREE at Trails West Golf Course!

Monday - Friday // Anytime

Saturday - Sunday // Anytime after 1PM

Golf cart not included, walkers are welcome!

## FUN SHOOT

Brunner Range  
1st Saturday of the Month

**Jan 6 - Dec 7 2024**  
Feb 3, Mar 2, Apr 6, May 4, Jun 1, Jul 6, Aug 3, Sep 7, Oct 5, Nov 2.

Registration is required and can be done the day of the event from 9AM-10:30AM.

Space is limited so register early.

Rental guns and shells are available or bring your own.

Prizes and awards distributed at the end of each shoot.

Info: (913) 651-8132  
701 Sheridan Drive




## Brunner Range 2024 LEAGUE SCHEDULE

**Winter Combo**  
4 January - 7 March

**Spring Combo**  
21 March - 23 May

**Summer Warm-up**  
6 June - 11 July  
18 July - 22 August

**Fall Combo**  
5 September - 7 November

**Winter Warm-up**  
14 November - 19 December

Each league has a one-time payment of \$25  
Payment is held for prizes at the end of each league.  
Combo leagues shoot on Thursday evenings. Teams consist of 5(+/-) shooters.  
All teams take turns supplying an evening meal at approximately 5:30 pm with shooting commencing at 6:00 pm. Summer and Winter Warm-up leagues are individual with the same fee but no food.  
Contact Brunner Range for more information  
(913) 651-8132




## New Season New Hours!

Fairway Grille will be OPEN on Saturdays beginning April 6th and will be CLOSED on Mondays beginning April 8th.

Updated hours:  
Tues - Fri: 11AM - 1:30PM  
Sat: 10:30AM - 3PM

Info: (913) 651-7176





Strike Zone Bowling Center's



## GOOD GRADES SPECIAL

NOON - 7 PM

**October 21, January 6, March 23 & May 25**

Kids! Bring in your report cards and receive one free game for every "A" or equivalent. Straight "A"s gets you free sodas for the family (6 max) and all "B"s or better gets you \$2 off any pizza. Games may be used by all family members.

Strike Zone - 185 Fourth Street - (913) 651-2195  
https://leavenwortharmymwr.com

## STRIKE ZONE Birthday Packages

**SILVER PACKAGE**  
\$16 per person  
2 hours of bowling with shoes  
2 slices of pizza  
Small beverage of choice  
Free game pass for future use  
Birthday themed plates, cups and napkins  
1 Free Laser Maze play for each guest

**Bronze Package**  
\$13 per person  
2 hours of bowling with shoes  
Small beverage of choice  
Free game pass for future use  
Birthday themed plates, cups and napkins  
1 Free Laser Maze play for each guest

Party Enhancements  
Birthday Pins \$20  
Call us today to book your party! 913-651-2195





## Clean Paws Pet Wash

Open 24 hours a day!  
Merritt Lake Parking Lot  
Cash, Coin and Card




Info: (913) 651-7176

## Cosmic Bowling at the Strike Zone

Every Saturday Night  
\$12 all you can bowl for 2 hours includes shoe rental

Info: (913) 651-2195  
Leavenworth.armymwr.com





Starting Monday January 8th, 2024

**Fort Leavenworth Group Fitness Classes**

**GRUBER FITNESS CENTER** - 200 Reynolds Ave. - 664-5120  
Mon-Fri: 0500-1800, Sat and Sun: 0800-1700

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0900	(0915) Zumba (Lydia)		(0915) Zumba (Lydia)		Zumba (Stephanie)	Zumba (Lydia)
1630	3030 Spite (Kim)		Power Cycling (Kim)			

**HARNEY SPORTS COMPLEX** - 185 Fourth St. - 664-2190  
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

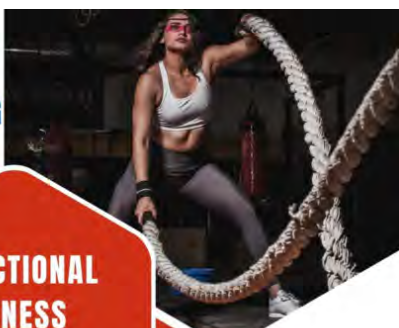


Single Ticket For \$5.00  
10 Tickets For \$45.00  
20 Tickets For \$80.00



<https://leavenworth.armymwr.com>

**918 WEIGHTLIFTING**



**FUNCTIONAL FITNESS CLASSES**

**CLASSES**

Monday - Friday  
9:00-10:15am  
Harney Gym  
185 Fourth Street  
Fort Leavenworth, KS

**ABOUT**

Classes are designed to increase strength, power, speed, agility, and aerobic capacity by Olympic lifting, weight lifting, gymnastics, and plyometrics. This class is ideal for beginners and elite. Get healthier, get stronger, live longer. Enjoy professional programming in a supportive, encouraging environment.

**PRICING**

Monthly rates  
3x week \$75  
5x week \$85  
Drop in \$10

**CONTACT**

For more info:  
949-291-0386



**Discover Fort Leavenworth's Fitness Facilities**

Harney Sports Complex and Aquatics Center  
185 Fourth St  
913-664-2190  
M-F 0500-1800  
Sat-Sun 0800-1700

Gruber Fitness Center  
200 Reynolds Ave  
913-684-5120  
M-F 0500-1800  
Sat-Sun 0800-1700

**YOU'RE JUST A CLICK AWAY FROM A HEALTHIER YOU!**

**Adult Sports & Fitness**



Scan Here for current information about adult intramural sports, pool hours, eligibility, how to register for 24/7 access, and special programs!

**Group Fitness**



Scan Here for current fitness classes, schedules, fees, and eligibility. FREE for Active Duty!

**DECIDE TO COMMIT TO SUCCESS**

[leavenworth.armymwr.com](https://leavenworth.armymwr.com)

**WE OFFER 24/7 Gym Access**  
(After registration)

**LET'S GO!**

**JANUARY 1ST- MARCH 31ST AFWC NEW YEAR Challenge**

- 3 WAYS TO WIN**
- MOST IMPROVED BODY COMPOSITION
  - MOST WEIGHT LOSS
  - MOST POINTS ACCUMULATED

OPEN TO ALL FORT LEAVENWORTH



(913)758-3403

[patricia.g.allen9.ctr@health.mil](mailto:patricia.g.allen9.ctr@health.mil)

**PICKLEBALL LEAGUE!**



**3 weeks of play**

- Wednesdays 5-7pm
- Free-play (all ages) 4-5pm
- August 23 - Sept. 6
- Doubles teams
- Location: (Old) Patton Jr. High, Bldg. 392
- Don't have a partner? We'll assign you one!

**Sign up here:**



Contact 913-292-4994 for more information



**ARMY COMMUNITY SERVICE LOAN CLOSET**  
FORT LEAVENWORTH, KANSAS

913-684-2830/2800

Who: All Active Duty, Retiree, DA Civilian and their family members who are either permanent party, TDY or PCSing.

When: Monday - Wednesday & Friday 0800-1600 (closed during 1130-1230), Thursday 1300-1600

Where: 600 Thomas Avenue (Pull into the Alley behind the ACS building and call the number on the black sign)

Rules: Loans are limited to 30 days for in and out-processing personnel. This can be extended by phone if needed. Customers are responsible for replacing any item that is damaged or lost.

**Items available:**

**Pre-Packed Kitchen Kit:**

- 1 Bowl (mixing)
- 1 Pitcher
- 1 Colander
- 1 Cookie Sheet
- 2 Pots with Lids
- 4 Plates
- 4 Bowls
- 4 Coffee cups
- 4 Forks
- 4 Spoons
- 4 Knives
- 1 Large Kitchen Knife
- 4 Steak Knives
- 1 Peeler
- 1 Skillet
- 1 Spatula
- 4 Plastic Glasses
- 1 Can Opener
- 1 Set of Measuring Spoons
- 1 Measuring Cup
- 1 Pot/holder
- 2 Serving Spoons

**Additional Items Available:**

- Cheese Graters
- Pizza Cutters
- Spaghetti Servers
- Tongs
- Whisks
- Glass Baking Dishes-Rectangle
- Glass Baking Dishes-Circle
- Muffin Pans
- Hand Mixers
- Plates
- Bowls
- Coffee Cups
- Blenders
- Coffee Makers
- Crock Pots
- Toasters
- Rice Cookers
- Microwaves
- Square Tables
- Circle Tables
- Folding Chairs
- Laundry Baskets
- Irons
- Ironing Boards
- Trash Cans
- Air Fryers
- Indoor Grills

**Operation Prevention Community Brief**

April 11th

11am - 12:30pm

Post Theater

375 Grant

For more info call 913-684-2808/ 2800

**Child Abuse**

**in Preventing**

**is the First Step**

**Knowledge**

Come join the Family Advocacy Program to learn valuable information about recognizing, reporting, and helping to prevent child abuse and/or neglect, and domestic violence/ intimate partner violence. Training is FREE and open to all Spouses, DOD Civilians, and Service Members 18+.

Bring your Unit and check off a Training Requirement for FY 24.



**EXCHANGE YOUR MADE TO THE GRADE you get the REWARDS!**

**\$20 REWARDS!**  
Straight A students

**\$10 REWARDS!**  
Average B students

ENTER FOR A CHANCE TO WIN A \$2,000, \$1,500 OR \$500 REWARDS! GIFT CARD!

See an Associate for details and entry forms.



**FORT LEAVENWORTH LEISURE TRAVEL SERVICES TOP TICKETS**

**Disneyland Military Salute Offer 2024:**

3 DAY Park Hopper  
Our Price \$268.50 W/Genie \$397.75  
4 DAY Park Hopper  
Our Price \$314.25 W/Genie \$433.00

**Disney World Military Salute Offer 2024:**

4 DAY Park Hopper  
Our Price \$365.00...W/Water Park and Sports Center \$395.00  
5 DAY Park Hopper  
Our Price \$385.00...W/Water Park and Sports Center \$415.00  
6 DAY Park Hopper  
Our Price \$399.75...W/Water Park and Sports Center \$435.00

**Universal Orlando Military Freedom Offer 2024:**

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+ \$112.00

**Go City Go Card:**

Sightsee and save with a Go Card! Discover the best attractions, tours and experiences, all on one pass.  
Worldwide: Austria-Vienna, UAE-Dubai, Mexico-Cancun, and Italy-Rome  
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](https://leavenworth.armymwr.com)



**GET YOUR TICKETS NOW AT FORT LEAVENWORTH LEISURE TRAVEL SERVICES!**

310 McPherson Ave, Bldg 464  
913-684-2141

**Saturday 6 APRIL @ 2PM**

**\$36 or \$56**

Tickets Must Be Purchased By 27 March  
Event Takes Place At The 1-McBible Center

**We have KC Royals Tickets for the 2024 season!**

Exclusive Military Rate for tickets and parking.

Ticket prices are based on tiers and vary depending on opponent.



For more info call, or stop by Leisure Travel Services.  
(913) 684-2580

310 McPherson Ave (located inside the old USDB)  
Or check out our website, [leavenworth.armymwr.com](https://leavenworth.armymwr.com)

**2024 Worlds of Fun/Oceans of Fun Gold Season Pass**

Available Now @ Fort Leavenworth Leisure Travel Services

**\$94.50**



310 McPherson Ave BLDG 464, Fort Leavenworth 913-684-2580 Expires Hours Tue/Wed/Thu/Fri @ 10a-3p



**Donation Day FAQs**

- 1) When is Donation Day?  
Donation Day is every 2nd Saturday of the month. Please have items for donation out before 8:00 a.m.
- 2) Where can I donate items?  
Items can be left on the curb in front of your home. Please place items in a clear bag or box clearly labeled FOR DONATION.
- 3) What items can I donate?  
City Union Mission will take donations of household goods, clothing, toys, etc. Furniture will also be picked up, as long as it is in good condition for resale.
- 4) What will happen in the event of inclement weather?  
Please follow us on Facebook for updates to the community.

COMMUNITY MANAGEMENT OFFICE: (913) 682-6300

**Your Opinion Matters!**

**U.S. ARMY**

**TENANT SATISFACTION SURVEY**

04 March 2024 – 18 April, 2024

Your feedback can make a BIG DIFFERENCE in the quality of life for Army families.

**Your Army Wants to Hear from You!**

*\*Completely confidential*  
We are investing significantly in housing improvements to ensure quality living conditions are provided to our Soldiers and families. Survey feedback will guide the Army's efforts to provide quality, safe and secure housing.

The completely confidential survey will be emailed from [ArmyHousingSurvey@celassociates.com](mailto:ArmyHousingSurvey@celassociates.com). For additional questions, please contact your local Army Housing Office.

OMB Control Number: 0704-0553 OMB Expiration date: 05/31/2025

**WOMEN VETERANS PACT Act-SERVICE Act and HEALTH RESOURCE FAIR**

**Saturday, May 4, 2024 0930-1230**

VA LEAVENWORTH MEDICAL CENTER  
4101 S. 4TH ST. TRFWY  
WOMEN'S CLINIC, MAIN BUILDING  
(DIRECTLY ACROSS FROM ENTRANCE LOBBY)  
Leavenworth, Kansas 66048

**NO APPOINTMENT NEEDED**

- VA Health Care-Apply on site
- Veterans Service Reps-File a VA Disability Claim
- Toxic Exposure information and screenings\*
- VA Women's Clinic services and staff w/tours

Services: Hearing tests, toxic exposure screenings  
Demonstrations: Equine Therapy, Drum Circle, Clinic tours  
Information: Intimate Partner Violence, Suicide Prevention, Presumptive Conditions, VA Service Act-Breast Cancer screening eligibility  
Resources: Veterans Organizations and Resource partners

For more information:

- VA.GOV/PACT
- Topeka VA Facebook TOPEKAVAMC
- Or call 785.559.8190

\*screenings may be done for enrolled veterans

**The 2022 PACT Act**

**EXPANDED HEALTH CARE ELIGIBILITY**

Calling all Women Veterans who were exposed to burn pits or other toxins during deployment.

Talk to your VA provider today about any concerns you may have related to your exposure.

Read more about presumptive illnesses associated with exposure here:  
<https://www.va.gov/resources/the-pact-act-and-year-va-benefits/>

1-800-MYVA411 (800-698-2411)

**CALLING ALL MILITARY SPOUSES!**

The 2024 Active-Duty Spouses Survey is out. It assesses the impact of military life on spouses and their families. Unlike many surveys about military family life, THIS SURVEY IS A REPRESENTATIVE SAMPLE AND IS AUTHORIZED BY THE DEPARTMENT OF DEFENSE. This is our opportunity to share what is working and what is not working in this military life we all live. It will take about 10 minutes!

**HOW DO I TAKE THE 2024 SURVEY?**

1. Go to <https://www.dodsurveys.mil>
2. Click the "DON'T HAVE A TICKET" button
3. Put your 10-digit BENEFICIARY DOD ID NUMBER found on the back of your Military ID Card. This ensures only military spouses are the ones completing the survey and they are completing it only one time. It is an anonymous survey.
4. Put in your DAY of birth and click the GET MY TICKET NUMBER button.

**World Leaders in Wartime: King Henry II**

Ft. Leavenworth Series

April 3 @ 3:00 pm - 4:15 pm Hybrid Event

THE FORT LEAVENWORTH SERIES


**KING HENRY II**  
WORLD LEADERS IN WARTIME

**JOHN HOSLER**  
Associate Professor of Military History,  
U.S. Army Command and General Staff College

**U.S. ARMY**

**It's almost time for the FY24 Army Housing's Annual Tenant Satisfaction Survey. Are YOU In?**

**Opt-In from your cell phone now to receive your Survey via text message when it becomes available in March\***



The survey is being conducted online and is being administered through a third party, CEL & Associates, Inc. (CEL). All households living in privatized or government managed Army Housing are invited to participate in the survey, and this is your opportunity to provide feedback on your housing and community. Households will also receive the survey via email but only one survey per household can be submitted. All surveys submitted are confidential and anonymous. For more information contact your Housing Office or management office for privatized housing.

OMB CONTROL NUMBER: 0704-0553 OMB EXPIRATION DATE: 05/31/2025

**THE US ARMY GARRISON FORT LEAVENWORTH EQUAL EMPLOYMENT OPPORTUNITY OFFICE**

Presents

**FY24 Mandatory Face to Face ANTI-HARASSMENT/ NO FEAR ACT AND EEO TRAINING**

LOCATION: POST THEATER

**2<sup>nd</sup> Quarter**  
20 March 2024, Wednesday: 1030-1130 (Employees)  
1300-1400 (Supervisors)


**3<sup>rd</sup> Quarter**  
3 May 2024, Friday: 0900-1000 (Employees)  
1030-1130 (Supervisors)

18 June 2024, Tuesday: 1300-1400 (Supervisors)  
1430-1530 (Employees)

(Employees) = Civilian Employees,  
(Supervisors) = Supervisors, and Military Supervisors of Civilian Employees

For FY24 face to face training is mandatory. On-line training is no longer valid. The Ft. Leavenworth Garrison EEO office will track attendance for IMCOM employees only. Other organizations are welcome to attend training, but they must track and report training separately.

For additional information, please contact:  
EEO: Kale E. Webster, EEO Specialist, [kale.e.webster.civ@army.mil](mailto:kale.e.webster.civ@army.mil)

**EE**   
Contributing to the well-being

**UNITED STATES ARMY COMBINED ARMS CENTER AND FORT LEAVENWORTH SHARP TEAM**

For Assistance contact the Interim Lead SARC or the SHARP Program Manager

Vacant Lead SARC  
Bldg 197, 632 McClellan Ave

**Ms. Cassandra Rozier**  
SHARP Program Manager  
[cassandra.d.rozier.civ@army.mil](mailto:cassandra.d.rozier.civ@army.mil)  
Office: 913-684-2842  
Cell: 913-704-5623  
Bldg 197, 632 McClellan Ave

**SFC Jerri Osborne**  
Ft Leavenworth Garrison VA  
[jerril.osborne.mil@army.mil](mailto:jerril.osborne.mil@army.mil)  
Office: 913-684-1698  
Cell: 913-565-0741  
Bldg 77, Room J209, 290 Grant Ave

**LTC Craig Arnold**  
Interim Lead SARC  
MCTP/CAC-T SARC  
[craig.d.arnold.mil@army.mil](mailto:craig.d.arnold.mil@army.mil)  
Office: 913-684-2818  
Cell: 913-704-9604  
Bldg 197, 632 McClellan Ave

**SFC Jacob Roach**  
Army Corrections BDE SARC  
[jacob.w.roach.mil@army.mil](mailto:jacob.w.roach.mil@army.mil)  
Office: 913-684-0956  
Cell: 913-547-5075  
835 Sabalu Rd

**Mrs. Kari Erzen**  
MAHC SARC  
[kari.c.erzen.civ@health.mil](mailto:kari.c.erzen.civ@health.mil)  
Office: 913-684-6552  
Cell: 913-271-8760  
550 Pope Ave

Visit us at 

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

For Assistance contact the Interim Lead SARC or call 24/7 Hotline

Vacant MCTP VA  
Bldg 58, 614 Custer Rd

**Mr. Josh Belle**  
Army Corrections BDE VA  
[joshua.p.belle.civ@army.mil](mailto:joshua.p.belle.civ@army.mil)  
Office: 913-684-0956  
Cell: 913-680-5699  
835 Sabalu Rd

**SSG Justine Torregosa**  
MAHC VA  
[Justine.J.torregosa.mil@health.mil](mailto:Justine.J.torregosa.mil@health.mil)  
Office: 913-684-6614  
Cell: 913-306-7835  
550 Pope Ave

**Sexual Harassment Complaint Reporting Option**  
Formal | Informal | Anonymous

**Sexual Assault Reporting Option**  
Restricted | Unrestricted

**Retaliation Reporting Options**  
Command | IG | SARC | DoD Safe Helpline

**Fort Leavenworth 24/7 SHARP Hotline 913-683-1443**

**DoD Safe Help Line 877-955-5247**

Find us on Facebook  

WeCare App  

Fort Leavenworth and the Combined Arms Center  
Proudly supports the Sexual Harassment/ Assault Response and Prevention (SHARP) Program  
#NotInOurArmy  
As of 02 February 2024

# MUNSON NOTES

## Car Seat Safety Round-Up today!



Department of Defense photo

Munson Army Health Center will conduct a **CAR SEAT SAFETY ROUND-UP** from noon to 3 p.m. March 21 in the health center's parking lot. Many fake and unsafe products are being sold, especially online. These products put children's lives at risk because they are not safe to use in a crash. Car crashes produce huge forces. A 30-mph crash creates the same amount of force as a fall from a three-story building. Safety seats and booster seats are carefully designed to protect children from this force. They meet all federal safety standards, including crash protection, flammability and labeling. Stop by the MAHC drive-up event and certified car seat inspection technicians can check to make sure your car seat is safe and properly installed. In case of inclement weather, the outdoor rodeo might be rescheduled for the safety of visitors and staff. Check the Munson Army Health Center Facebook page at <https://www.facebook.com/munsonhealth> for updates.

### BRAIN INJURY AWARENESS

BE A  
**BRAIN WARRIOR**

PROTECT • TREAT • OPTIMIZE

**HEAD INJURY?**  
Seek medical help if you have these warning signs:

**HEARING**

- Dizziness
- Ringing, buzzing, or other sounds in your ears or head
- Trouble understanding speech in noisy environments

**VISION**

- Dizziness
- Blurry or double vision
- Trouble reading
- Flashes and/or floaters

health.mil/BIAMonth

Department of Health & Human Services

## BEYOND THE TABLE

2024 NATIONAL NUTRITION MONTH

A CAMPAIGN BY

THE ACADEMY OF NUTRITION AND DIETETICS

Don't Delay –  
**Update DEERS Today!**

Check and make sure your DEERS information is correct.

**If your information is NOT updated in DEERS:**

- You can lose access to your medical benefits
- Your healthcare team and TRICARE may be unable to reach you with critical healthcare, authorization, claims, and enrollment information



**Update DEERS immediately if you experience any of the following:**

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Move</li> <li><input checked="" type="checkbox"/> Marriage or divorce</li> <li><input checked="" type="checkbox"/> Change in sponsor's status (e.g. retirement or separation, activation or deactivation, change in service status)</li> <li><input checked="" type="checkbox"/> New birth or adoption</li> </ul> | <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Change in a student's full-time enrollment status</li> <li><input checked="" type="checkbox"/> Become eligible for Medicare</li> <li><input checked="" type="checkbox"/> Death of sponsor or family member</li> <li><input checked="" type="checkbox"/> Change of contact information (e.g. email address, phone number)</li> </ul> |
|--|--|

Learn how to update DEERS at:  
<http://www.TRICARE.mil/DEERS>



## HEALTH QUESTIONS WHILE YOU'RE ON THE GO?

A REGISTERED NURSE IS ONLY A CALL OR CLICK AWAY

**MHSNurseAdviceLine.com**

Web chat, video chat or find your country-specific phone number 24/7

Get health care advice • Find a health care provider • Schedule same or next day appointments when recommended by nurse • Get an online "absence excuse" or "sick slip" • Receive help for urgent/emergent care and traveling beneficiaries

MTF enrollment, command guidance and recommendations by a registered nurse may be required. If you have an emergency, call 911 or go to the nearest emergency room.

### REASONS TO CONNECT WITH 988

You can call, text, and chat the 988 Suicide & Crisis Lifeline to talk about a lot of things.

988

SUICIDE & CRISIS  
LIFELINE

NEW!

Warfighter Brain Health Resources for Leaders

[health.mil/TBIResourcesforLeaders](http://health.mil/TBIResourcesforLeaders)

Munson Website

[www.Munson.TRICARE.mil](http://www.Munson.TRICARE.mil)

Information updated weekly!  
Check us out!

913-684-6000  
Information Desk

Pharmacist Questions?

## PHARMACY

The pharmacists at Munson are available to talk to you directly about your medications. They can help you understand how to use your medicine correctly, what your medicine is supposed to do, and the possibility of reactions or side effects. You can also talk to your pharmacist about how to store and take medication, what foods or activities to avoid, and what to do if you miss a dose. If you would like to talk to someone about your medicines, please dial (913) 684-6250 opt 2, and your pharmacist can help.