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# Hall of Fame gains 2 inductees

by Sarah Hauck/Army University Public Affairs Officer

Two new shadow boxes featuring the latest Fort Leavenworth Hall of Fame inductees were unveiled during a ceremony May 9 at the Lewis and Clark Center.

Retired Gen. William H. Simpson, 1925 graduate of the Command and General Staff College, and retired Lt. Gen. John E. Miller, former CGSC commandant, were the newest members to be inducted into the Hall of Fame.

The Hall of Fame was established in 1969 to honor military and civilian leaders who have served at Fort Leavenworth and made significant contributions to the reputation, tradition and history of the installation and U.S. Armed Forces.

Lt. Gen. Milford H. Beagle Jr., Combined Arms Center and Fort Leavenworth commanding gen-CGSC eral and commandant, explained that induction into the Fort Leavenworth Hall of Fame serves as a permanent reminder of the inductees' leadership and dedication to the area and the Army.

"As you think about why we are here today, I believe we can't find two greater Americans, soldiers and leaders who have shaped our Army, who forged the methods that we currently use to teach our future lead-

General Simpson's legacy would not be as a scholar, but that of a warrior," Beagle said. Simpson continued



Photo by Dan Neal/Army University Public Affairs Office

Retired Col. Thomas Stone speaks about inductee and personal mentor retired Gen. William H. Simpson during Simpson's Fort Leavenworth Hall of Fame induction ceremony May 9 in Eisenhower Auditorium at the Lewis and Clark Center. Retired Lt. Gen. John E. Miller was also inducted into the Hall of Fame during the ceremony.

Simpson became a highachieving West Point cadet and distinguished graduate of CGSC.

Simpson's military service reflected leadership on battlefields of lesser-known battles of World War I, the Mexican Punitive Expedition, to infamous involvement in the Battle of the Bulge.





ers," he said.

Beagle highlighted how Simpson's "extreme" dedication and intelligence created a notable impact on today's Army. Despite never graduating high school,



Two shadow boxes featuring the latest Fort Leavenworth Hall of Fame inductees — retired Gen. William H.

Simpson and retired Lt. Gen. John E. Miller — were unveiled May 9 during a ceremony at the Lewis and Clark

Photos by Dan Neal/Army University Public Affairs Office

SEE HALL OF FAME | A3

Center.

# Skatepark dedicated in memory of DPW employee

Cody Clark's girlfriend Keely Brown, her son 11year-old Brantley Widdice, Clark's brother U.S. Army Reserve 1st Lt. Patrick Clark, and their parents Lori Clark and James Clark unveil the sign at a ceremony dedicating the skatepark in memory of Cody Clark May 10 at the sportsfield off 20th Street Leavenworth. in

Cody Clark was a Fort Leavenworth Directorate of Public Works employee who was killed in an accident on post Jan. 31, 2023. He was an avid skateboarder and helped design the Leavenworth Skateboard Park, now the Cody James Clark Skatepark, in 2009.

Fort Leavenworth's skatepark will also be dedicated in Cody Clark's memory at 1:30 p.m. May 21 behind the Post Theater. See next week's Fort Leavenworth Lamp for event coverage.

Photo by Melissa Bower/City of Leavenworth Public Affairs Officer



# AT A GLANCE

■ The free **STRONG B.A.N.D.S. 1000LB/400LB** CLUB is 8 a.m. to 5 p.m. May 18 at Gruber Fitness Center, with multiple male and female divisions. Call 913-684-5120 to register or for more information.

■ The Rod and Gun Club's SPRING KIDS' FISH-ING DERBY is May 18 at Smith Lake, with registration at 8 a.m., fishing from 9-11 a.m. and awards at 11:30 a.m.

■ The CATHOLIC SEND-OUT SERVICE is 4-7 p.m. May 18 at Hunt Lodge.

■ The CROSSROADS PROTESTANT COMMU-

NITY SEND-OUT SERVICE is 10 a.m. to 1 p.m. May 19 at Merritt Lake.

■ The COMBINED ARMS RESEARCH LIBRARY WILL BE CLOSED June 2-8 for carpet cleaning and inventory. Command and General Staff College students' books are due May 30.

# AER significant to soldier, retiree, family well-being

Dear Fort Leavenworth Community,

I am writing to highlight the significance of the Army Emergency Relief (AER) program within our community and to ask for your support.

AER plays a critical role in ensuring the readiness of our soldiers, and well-being of families and retirees, by alleviating financial stress that can impact lives.

Here at Fort Leavenworth, we traditionally raise around \$50,000 in donations for AER each year and see more than \$180,000 a year come back to local service members, retirees and their families in the form of grants, interest-free loans and scholarships to address a range of financial needs.

The AER program provides solutions to unforeseen financial challenges, and it is a lifelong resource available to support our soldiers and their families, even in retirement.

Please see examples of AER support below and consider supporting this incredible program with a one-time or recurring donation (all of which are taxdeductible):

Medical assistance

• Cranial helmets Providing grants to cover the cost of cranial helmets



for eligible applicants.

 Special medical needs equipment — Grants of up to \$4,000 to assist with acquiring essential medical equipment.

· Dental care for dependents - Offering 50/50 loans/grants for dental care needs not covered by TRI-CARE.

• Medical co-pays — Assisting with medical copays not covered under TRICARE.

• Survivor Assistance:

• Grants for surviving spouses — Supporting surviving spouses of deceased active-duty and retired soldiers.

Monthly financial stipends - Providing financial support to eligible survivors.

• Child care during permanent change of station (PCS) — Offering loans, grants or a combination to cover child care expenses during PCS for soldiers in high-cost areas.

• Wounded warrior comfort grants - Providing \$1,000 grants to soldiers medically evacuated from hostile fire or imminent danger areas, including



Lt. Gen. Milford Beagle Jr.

peacekeeping operations.

These are just some of the many challenges soldiers, families and retirees may face that AER is designed to alleviate. This is a program that matters, brings positive and immediate impact to those in need, and substantially supports our military community. The AER program needs our help.

Thank you for your time and support.

"Drive Change...Forge Victory"

VR, Beags Milford H. Beagle, Jr. LTG, USA Commanding General Combined Arms Center (CAC) TRADOC DCG-Combined Arms Fort Leavenworth, KS

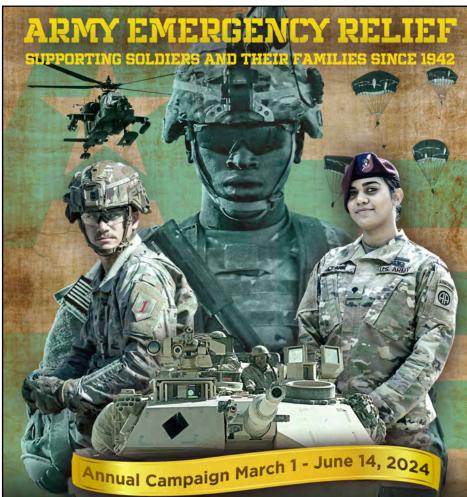
**Army Emergency Relief** 



Army Emergency Relief offers assistance for Army Families to help alleviate the costs of off-post childcare.

To be eligible for AER Childcare Assistance, Spouses must be: working







- seeking a college degree or professional certification
- reentering the workforce looking for work while the Soldier is deployed

"This gift will impact far more people than you realize, and it further strengthens my faith in the military community to rally together when times are difficult. Thank you for blessing us with this gift. I hope we can pay it forward one day.'

-AER Childcare Assistance recipient





www.aerhg/assistance



#### YOUR DONATION HELPS SOLDIERS AND FAMILIES IN NEED OFFICIAL NONPROFIT OF THE U.S. ARMY

# **Pet Transportation** Assistance

Army Emergency Relief offers zero-interest loans to help the whole Eamily stay together

#### WHAT

ARMY

Pets are a part of the Family and AER recognizes the financial burden pet transportation can cause during a PCS help alleviate this, AER created the Pet Transportation Assi

#### WHO

Active Duty and their eligible Family members
Reserve and National Guard on Active Reserve and G

Reserve and National Guard activated with PCS Entitlen

#### HOW

Pet transportation assistance is processed by your nearest AER Officer or any military aid office. Soldiers can go directly to their AER offices or chains of command.

For more information, visit www.aerhq.org/news/petassistance



Are you an AER Officer? Do

# FORT LEAVENWORTH LAMP

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Lt. Gen. Milford H. H	Beagle Jr. Commanding General
Col. Duane Mosier	Garrison Commander
Scott Gibson	Public Affairs Officer
George Marcec	Command Information Officer

#### Fort Leavenworth Lamp Staff

Prudence Siebert ftlvlampeditor@gmail.com

FMWR Advertising Staff

Editor

Mary Manago Marketing Director mary.f.manago.naf@army.mil, 913-684-1702

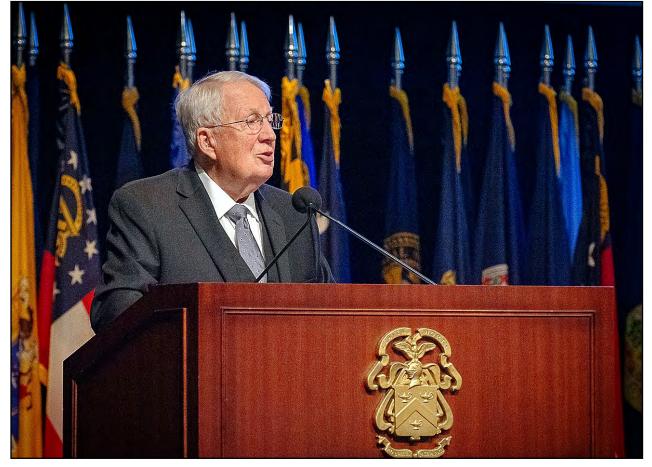


Photo by Dan Neal/Army University Public Affairs Office

Retired Lt. Gen. John E. Miller speaks during his Fort Leavenworth Hall of Fame induction ceremony May 9 in Eisenhower Auditorium at the Lewis and Clark Center. Retired Gen. William H. Simpson was also inducted into the Hall of Fame during the ceremony.

## Hall of Fame (continued from Page A1)

service after retiring from his decorated military career by playing a major role in the establishment of the Santa Rosa Children's Hospital in Texas and the Association of the United States Army.

Retired Col. Thomas Stone was present to represent Simpson and his family.

Writing a letter asking for assistance on a school project in 1969 with no intention of receiving a response, Stone explained that he not only received a response from Simpson, but got 18 pages of details of battle knowledge, opening a door to information for Stone that Simpson had previously refused to all others.

"This agreement frankly changed my life, as I began to learn about command and so many other things at the feet of the master," Stone said.

He detailed how Simpson's stories of leadership influenced how he would advise leaders and even lead commander, who looks like a genius, and you figure, hell, we've got another Napoleon. Then when you come to examine him more carefully you find out that all he's doing is following the rules that they laid down in Leavenworth."

Simpson's military career began in 1909, and he retired in 1946. Assignments during service included assistant division commander of 2nd Division, commander of the 35th Infantry Division (1941), 30th Infantry Division and XII Corps (1942), 4th Army (1943), and 9th Army (1943). He was promoted to general on the retired list for his role in World War II.

Miller was a graduate of the CGSC Class of 1973. He went on to serve as the CGSC deputy commandant from 1989-1991, commandant from 1993-1995, and is currently an active member of the college's board of trustees, where he's held numerous positions.

Miller's impact to Fort

make a huge impact on our Army, even after their time in uniform came to an end."

Beagle reflected on how Miller has affected his career and life personally, even in just the 18 months they have known each other.

An infantry officer, Miller led units such as 1st Brigade, 101st Airborne Division, Advisory Team 68, Delta Regional Assistance Command, 2d Battalion, 22d Infantry and 4th Infantry Division, with tours in Germany and two in Vietnam, where he was wounded.

"This is truly is an honor of a lifetime for me," Miller said. "Being hung along the wall amongst all of my mentors — I'm overwhelmed...There must be a dozen or more people out there on that wall that own a piece of my success and my military career."

Miller highlighted his career, explaining how his time at CGSC, first as a student then an instructor, changed his outlook on the mates."

Those relationships included sponsoring several international students, one of which has been inducted into the CGSC International Hall of Fame.

Miller recalled when Gen. Creighton Abrams spoke to his class, telling them their continued service should be fueled by not rapid promotion to general officer, but by bettering the profession and personal growth.

The words helped shape and encourage Miller's career, which included helping shape the Army's way to fight during a time of constant battlefield changes.

"Change is a constant in our profession. School solutions that you are learning today are not the ones you will actually use in the field," Miller told the current CGSC students. "But the critical thinking methods to develop the school solutions are what you will use time and time again."

Simpson and Miller join the more than 120 individ-

# *Lamp* to publish Memorial Day Special Section



Photo by Prudence Siebert/Fort Leavenworth Lamp

#### by Staff Report

A special Memorial Day issue of the *Fort Leavenworth Lamp* will be published online May 27.

To thank military members for their service, remember lost loved ones, share messages of support, congratulate recent graduates, share military discount offers and more, contact FMWR Marketing Director Mary Manago at mary.f.manago.naf @army.mil or 913-684-1702 for advertising rates and sponsorship options.

For editorial contributions, such as a letter to the editor or photographs and details about service members' contributions, email *Fort Leavenworth Lamp* Editor Prudence Siebert at ftlvlampeditor@gmail. com.

Deadline for advertising and editorial submissions is May 17.

The Fort Leavenworth Lamp is a weekly newspaper serving the Fort Leavenworth Community. The publication is a Family and Morale, Welfare and Recreation activity that is overseen by the Fort Leavenworth Garrison Public Affairs Office, and it requires advertising/sponsorship to function. Please help support your local newspaper! Thank you!

his own units.

Simpson, an honor graduate of the CGSC Class 1925, understood the power of lessons learned in "the best year of a service member's life".

He was once quoted to have said, "Every once in a while, you got down there and see some guy, a division Leavenworth began in 1973 during his first of three assignments to the post.

"There is a lot of common ground between our two inductees today," Beagle said. "Both are proven leaders and warriors. Both led soldiers through periods of great transition. And both men continue to serve and

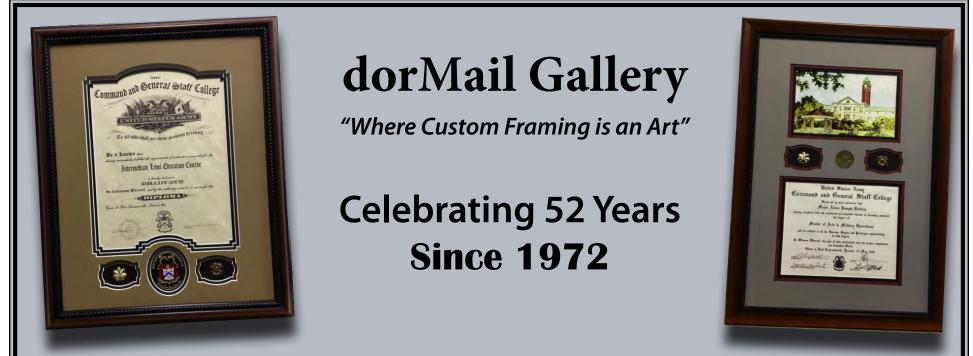
73 Army.

"I still wanted to get back to troops, but I looked more deeply at our profession, what a professional leader should be," he said. "Much of that change was brought about by the personal and professional friendships I developed with instructors and classuals currently in the Fort Leavenworth Hall of Fame at the Lewis and Clark Center.

The full ceremony can be viewed at https://www. facebook.com/USACGSC/ videos/462991262834045/.

View current issues and archives of the *Fort Leavenworth Lamp* at https://home.army.mil/leavenworth/about/news.

Sign up to receive alerts each Thursday when the latest issue of the Lamp is posted by e-mailing usarmy.leavenworth.id-training.mbx.pao-inbox@army.mil.



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# **ACB Wellness Program volksmarch** encourages good health, connection



Photo by Prudence Siebert/Fort Leavenworth Lamp

Photo by Prudence Siebert/Fort Leavenworth Lamp

Guidon bearers Sgt. Daniel Hepburn, Headquarters and Headquarters Company, Midwest Joint Regional Correctional Facility Battalion (Corrections), and Staff Sgt. Andrew Snyder, A Company, MWJRCF, lead participants from the starting point of the Army Corrections Brigade Wellness Program noncompetitive run-walk volksmarch May 8 at the Frontier Conference Center parking lot. About 200 ACB service members, civilians and family members participated in the event.

# Walk, activity stations in line with Wellness **Program mission**

by Prudence Siebert/Editor

Service members and staff who work at the Military Corrections Complex were encouraged to slow down with their co-workers, family members and even dogs and connect with one another during a noncompetitive walk, fashioned after a German volksmarch, May 8 along the sidewalk around Trails West Golf Course. The walk-run was organized by the Army Corrections Brigade Wellness Program.

The event coincided vith National Mental Health Awareness Month and National Correctional Officers Week. About 200 service members, civilians and family members from

the ACB's Midwest Joint Regional Correctional Facility Battalion (Corrections) and the U.S. Disciplinary Barracks Battalion (Corrections) participated in the second annual volksmarch.

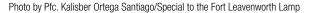
Robin Collie, ACB Wellness Program coordinator and social worker, said the event was about connection and building shared experiences, and that the overall purpose of the event was to encourage staff and their families to slow down and enjoy a leisurely walk with others. Checkpoints were positioned along the route where volksmarch participants could engage in wellness and team-building



SEE VOLKSMARCH | A5

Nicole Harnisch, performance expert at the R2 Performance Center, instructs Sam Luy, Inmate Services Branch lead; Jamin Claassen, ISB clerk; and Sgt. Juan Sanchez, Headquarters and Headquarters Company, Midwest Joint Regional Correctional Facility Battalion (Corrections), in an activity of trust and group problem solving involving mousetraps ready to snap at one of the checkpoints along the Army Corrections Brigade Wellness Program Volksmarch route May 8 by Trails West Golf Course.





Pfc. Nicholas Jones, Headquarters and Headquarters Company, U.S. Disciplinary Barracks Battalion (Corrections), tosses a beanbag toward a cornhole board manned by Sgt. 1st Class Randall Peaslee, HHC, Army Corrections Command, at one of the team-building and meal-ticket-earning activity stations positioned along the Army Corrections Brigade Wellness Program Volksmarch route May 8 by Trails West Golf Course.



Photo by Pfc. Kalisber Ortega Santiago/Special to the Fort Leavenworth Lamp

Rebecca Song, Freedom of Information Act liaison at the U.S. Disciplinary Barracks, and her dog Lilly begin the Army Corrections **Brigade Wellness Program Volksmarch May 8 from the Frontier** Conference Center parking lot leading to the trail around Trails West Golf Course. Participants ran, walked or rucked the 2.5-mile route around the golf course and earned meal tickets and practiced team-building activities at checkpoints along the way.

## Volksmarch (continued from Page A4)

activities.

"I heard nothing but comments of enjoyment from this year's event and stories of shared experiences from across the various checkpoints — and that's what this was all about," Collie said. "The checkpoints focused on engagement — not selling, not signing people up, just building an enjoyable connection with our workforce. Following the route, which on its own is a wellness activity, (with its) environmental and physical dimensions, participants received a completion patch to thank them for participating and enjoyed food and games with their peers, family or friends."

Representatives from the ACB Retention Team, Ready, Resilient (R2) Performance Center, American Red Cross and Armed Forces Wellness Center led activities at each of the checkpoints, and volunteers

Sgt. Juan Sanchez, Headquarters and Headquarters Company, Mid-Joint Regional west **Correctional Facility Bat-**(Corrections), talion works with Sam Luy, Inmate Services Branch lead. and Jamin Claassen, ISB clerk, to move their hands without being snapped by mousetraps at the R2 Performance Center activity station along the Corrections Army Brigade Wellness Program volksmarch route May 8 by Trails West Golf Course. Volksmarch participants earned their meal tickets by engaging in wellness and teambuilding activities at checkpoints along the walk/run route.

Photo by Prudence Siebert/Fort Leavenworth Lamp from the Association of the United States Army and United Service Organizations offered additional support and resources.

Collie said the volksmarch fostered community engagement with support organizations that help provide holistic health tools for the unit's service members.`

"Working in corrections is challenging. The ACB Wellness Program acknowledges that and works to mitigate the impact of unique stressors by talking about them and working to be proactive in our approach to wellness," she said. "For our pitstops we wanted to incorporate our community resources in a unique way that is focused on building that positive connection with our workforce. The hope is not only to take something away from the activity itself, but also to build trust with these organizations."

Collie said the ACB

Wellness Program aims to enhance organizational health and culture by ensuring access to and fostering interest in available wellness education, programs and activities, as well as identifying and reducing "barriers to wellness opportunities through collaboration, consolidation, and communication." The volksmarch provided an alternative way to accomplish this mission.

"Rather than passively receiving information we are out there walking, engaging, laughing and learning together — this active style can foster more meaningful connections and deeper understanding between us and the experience."

Additional National Correctional Officers Week activities included a prayer luncheon May 9 and a brigade flag football game May 10.

Photo by Pfc. Kalisber Ortega Santiago/Special to the Fort Leavenworth Lamp

Staff Sgt. Andrew Snyder, A Company, Midwest Joint Regional Correctional Battalion (Corrections), carries the company guidon as he leads participants of the Army Corrections Brigade Wellness Program Volksmarch May 8 from the Frontier Conference Center parking lot to the trail around Trails West Golf Course.





Robin Collie, Army Corrections Brigade Well-Program ness coordinator and social worker - joined by 1st Lt. Derrick Boyd, Headquarters, Midwest Joint **Regional Correctional** Facility Battalion (Corrections), and his 1-yearold son Carson addresses participants, explaining the significance of the event, before the start of the ACB Wellness Program Volksmarch May 8 at Frontier **Conference Center park**ing lot.

Photo by Pfc. Kalisber Ortega Santiago/Special to the Fort Leavenworth Lamp



Photo by Prudence Siebert/Fort Leavenworth Lamp

Army Corrections Brigade Command Sgt. Maj. Joshua Kreitzer and ACB Commander Col. Kevin Payne thank representatives from supporting organizations after the Army Corrections Brigade Wellness Program Volksmarch May 8 in the Frontier Conference Center parking lot.

#### A6

# Yard sale donations benefit community

Craig Wilder, City Union Mission driver/donation collector, center, gathers and loads donations from post residents as the Postwide Yard Sale wraps up May 11 in the Fort Leavenworth Frontier Heritage Communities parking lot.

In addition to helping the Kansas City-area community with food, clothing, shelter, education and other services through the mission's City Thrift Stores, the donation station aimed to help reduce trash amounts as well. Housing officials said that every year at moving time, trash bins are overflowing with many usable and recyclable items. See related story on pages A8-9 for what to do with unwanted items.

Photo by Prudence Siebert/Fort Leavenworth Lamp



# Army to suspend temporary promotions in June

#### by Army News Service

WASHINGTON — Beginning in June, the Army is suspending a requirement for soldiers to complete a previously required level of professional military education (PME) to qualify for promotion to noncommissioned officer ranks up through master sergeant.

With this announcement, the Army will no longer use temporary promotions for NCO promotions and all previously issued temporary promotions for NCOs will become permanent. This is being done to help relieve excessive strain on the force and to meet readiness requirements.

Army personnel originally created the temporary promotion policy to help accommodate pregnant soldiers and troops in postpartum. Over time, the application of temporary promotions was extended to support deployed soldiers on unit missions, during the pandemic when travel and training were suspended, and then further expanded during the transition from promotion selection boards to the NCO evaluation board process. In January 2022 it has been applicable for all NCO promotions from sergeant through master sergeant. The Army cites this effort as a bridging strategy while it re-evaluates the relationship between completion of a formal PME course and promotion eligibility while ensuring the NCO Corps remain prepared for the complexities presented within today's operational environment. During this period, the Army will realign the required levels of the NCO Professional Development System to advance soldiers to their next pay grade. The measure will ease the strain on soldiers who struggled to meet necessary PME timeline requirements based on factors that are outside of the soldier's control, said Sgt. Maj. Jonathan Uribe, Directorate of Military Personnel Management sergeant

#### major.

"In our attempt to increase transparency with our soldiers, we acknowledge those strains (operation deployments, family/personal circumstances) that are outside of the soldiers' control which interfere with timely attendance to PME," Uribe said.

Uribe said that PME and attendance of the service's training academies will remain a high priority for soldier development.

Army personnel evaluated the service's more than 112,000 enlisted promotions from the ranks of sergeant through master sergeant from December 2021 through February 2024, Uribe said. The study found that half of the service's enlisted NCO promotions fell under "temporary" status. Uribe said mission requirements, pandemic restrictions and family obligations led to soldiers filing for a high number of PME deferments.

"Some of these soldiers were still not able to attend school well after the 12-month requirement to obtain a permanent promotion," Uribe said. "The policy created a lot of undue stress on the force that was often outside of the soldiers' control."

Active-duty and Army Reserve soldiers will still be required to qualify themselves by completing professional military training for their current rank before progressing to their next rank.

Uribe said the measure will be a bridge to an eventual permanent promotion policy for the Army. Additionally, the service will incentivize and award additional promotion points for soldiers who have already completed PME when competing for promotion to sergeant and staff sergeant.

The Army will retain a provision for temporary rank promotions for pregnant and postpartum soldiers in those instances when a soldier has a backto-back pregnancy, as well as candidates for the non-resident portions of the Sergeants Major Academy.

"(Select, Train, Educate, Promote) policy requires an ability to identify the right soldier, for the right training, at the right time," said retired Sgt. Maj. Jerry Purcell, Army personnel policy integrator. "It's a timing issue. When you

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think about it in (those) terms, the Army has the means to identify best qualified soldiers, either through an order-of-merit list stemming from a centralized board or by promotion points. And the Army knows the right training. Where we struggle is with the availability of the right soldier for that training at the right time."

"During this bridging strategy, the Army will continue to re-evaluate the synchronization between professional training and promotions," Uribe said.

The director of the Army National Guard will provide separate guidance and implementing instructions pertaining to the National Guard, Uribe said.

@ArmyRetention

# ARMY STEP





# MAHC nurses' hands blessed during National Nurses Week



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

Munson Army Health Center Registered Nurse Kimberly Bennett receives a blessing of her hands by Fort Leavenworth Senior Catholic Priest Chaplain Maj. Arek Ochalek, religious support integrator, Combined Arms Doctrine Directorate, Mission Command Center of Excellence, May 8 at MAHC. The symbolic gesture is believed to have been started by Florence Nightingale in the 1800s to remind nurses their hands should deliver compassionate care at all times.





Chaplain (Maj.) Arek Ochalek performs a blessing of the hands for Registered Nurse Maj. Courtney Pernis May 8 at Munson Army Health Center in conjunction with National Nurses Week, May 6-12.



ABOVE: Munson Army Health Center Licensed Practical Nurse Marc Garduno receives a blessing of his hands from Chaplain (Maj.) Arek Ochalek May 8 at the health center. The blessing coincided with National Nurses Week, May 6-12.

Other Nurses Week-related activities at MAHC included a flower presentation and an appreciation lunch with cake-cutting ceremony. MAHC nurses Jennifer Klepees, who graduated nursing school in 2016, and Deanne Killian, who graduated nursing school in 1976, joined MAHC's Deputy Commander for Nursing Lt. Col. Gwendolyn O'Keefe in cutting the cake. The tradition signifies nourishing the newest generation of nurses with the wisdom and experience of previous generations to sustain the profession.

LEFT: Licensed Practical Nurse Jessica Blaser receives a blessing of her hands by Chaplain (Maj.) Arek Ochalek May 8 at Munson Army Health Center. The symbolic gesture is believed to have been started by Florence Nightingale in the 1800s to remind nurses their hands should deliver compassionate care at all times.





Chaplain (Maj.) Arek Ochalek blesses the hands of MAHC Physician Dr. Michael Dlugopolski, LEFT, and MAHC Pediatric Nurse Practitioner Deanne Kilian, Licensed Practical Nurse Renee Johnson and Registered Nurse Kelsi McCool, RIGHT, May 8 at Munson Army Health Center. Any staff member is welcome to receive the traditional blessing.

# **NO DUMPING ALLOWED!**



Photo by Prudence Siebert/Fort Leavenworth Lamp

Residents and non-residents of the installation have been illegally leaving unwanted furniture, mattresses and other large items in the scrap metal area of the Fort Leavenworth Recycling Center, or by unit trash bins, costing the installation thousands of dollars in clean-up fees each year.

# Alternatives offered for unwanted items

by Joy Chalmers/Fort Leavenworth Garrison Public Affairs Office

The Fort Leavenworth leaders are reminding community members to keep the installation beautiful and trash-free.

This seems simple enough, but this often becomes a challenge during the peak moving season on Fort Leavenworth. With more people moving in and out and generating PCS-related garbage, there will be an influx of trash that needs to be disposed of.

There is also a dimension of public safety to this initiative. Fort Leavenworth Garrison Public Affairs Officer Scott Gibson said keeping neighborhoods and public spaces at Fort Leavenworth clean and orderly fosters a sense of security and pride in the community, discouraging criminal or disruptive behavior.

To keep the post clean and safe, Fort Leavenworth has implemented strict refuse policies, and service members and their families should be aware of the proper disposal policies within the installation.

#### Household Trash

Residents of Fort Leavenworth on post have the convenience of weekly curbside trash and recycling pick up. Two containers, one for trash and one for recycling, are supplied to each residence.

Per the Fort Leavenworth Frontier Heritage Communities' resident handbook, which can be found at https://www.frontierheritagecommunities.com/residents, trash and recycling should be covered, and can be put out no earlier than 8 p.m. the evening before pick-up. After pick-up, containers should be removed by 8 p.m. on the day of pick-up and stored in the designated area.

Off-post, the Leavenworth, Lansing, and Platte City municipal governments have solid waste management resource websites that detail the trash collection rules, frequency and practices. Visit https://www.leavenworthks.org/public-

#### sh-recycling

https://www.plattecity.org/documentlist.as px?categoryid=12924 to access that information.

and

Garrison command officials ask that offpost residents not bring their household trash to Fort Leavenworth. This helps to reduce the strain of installation waste collection, especially during peak PCS season.

#### Bulk Trash

Residents in on-post housing are reminded to use bulk trash pick-up every Monday at their normal trash pick-up locations.

Large items that cannot fit into the rollout containers provided by Fort Leavenworth Frontier Heritage Communities are considered bulk trash. Examples of bulk trash include scrap wood, furniture, mattresses, large appliances and tires.

There are no additional authorized bulk trash drop-off locations.

niture, mattresses and other large items in the scrap metal area of the Fort Leavenworth Recycling Center, or by unit trash bins, costing the installation thousands of dollars in clean-up fees each year. This improper disposal takes road and grounds crews away from their main mission, leaving them to work to mitigate the hazard caused by the illegal dumping.

Instead, community members with bulk trash outside of normal collection times are encouraged to use the Leavenworth County Solid Waste Transfer Station at 24967 136th Street in Lansing, Kan., (Visit https://www.leavenworthcounty.gov/departments/transfer\_station/index.php for more information) to dispose of bulky items such as furniture, appliances or large amounts of household trash. Any usable items, such as furniture in good condition, can be donated to various agencies (information follows), and metal appliances and

works/page/solid-waste-division-services, https://www.lansingks.org/finance/page/tra Residents and non-residents of the installation are illegally leaving unwanted fur-

SEE UNWANTED ITEMS | A9

# Local Classes. Global Respect. leavenworth.ku.edu

KU THE UNIVERSITY OF KANSAS





# Unwanted items (continued from Page A8)

the like should be placed in the scrap metal area between the cement slabs so it can be accessed and loaded on a trailer by the metal recycler.

#### **Recyclable Materials**

Fort Leavenworth Frontier Housing Communities residents can easily contribute to environmental conservation by using the mixed recycling curbside pick-up on their assigned days.

The mixed-use recycling bin issued to all on-post residents is an easy way to help reduce the amount of waste going into landfills. The following items are accepted for curbside pick-up: plastic bottles and containers, food and beverage cans and containers, paper, flattened cardboard and paperboard, glass bottles and containers, and metal lids and caps.

All community members, on-post residents and non-residents alike, are encouraged to use the installation's drop-off recycling area on W. Warehouse Rd south of the stables. This area includes a dedicated cardboard recycling bin, a paper recycling container, a glass recycling trailer and a yellow mixed recyclable roll-off. Residents should place all materials in the appropriate receptacles and avoid leaving any trash on the ground.

The Garrison cautions against leaving any furniture, scrap wood or trash in the recycling drop-off center. The ongoing trend of users leaving unwanted furniture, mattresses and other items illegally in the scrap metal area of the recycling center, or by unit trash bins, costs the installation thousands of dollars in clean-up fees each year. Plan ahead and use the residential bulk trash program, take those unwanted items to the Leavenworth County Solid Waste Transfer Station, or donate items in good condition.

#### Household Hazardous Waste and Toxic Materials

Hazardous materials can be found in common household items such as cleaners, paint thinners, gasoline, motor oil, pesticides, fertilizers, and even compact fluorescent light bulbs. Once these items can no longer be used, they become household hazardous waste, and it's important to make sure they are disposed of properly to safeguard families, pets and the environment.

The Household Hazardous Product Collection Point, located at the Directorate of Public Works Environmental Office at 810 McClellan Ave., allows drop off of unwanted household products in original containers. Visit https://home.army.mil/ leavenworth/index.php/my-fort/all-services/environmental-management for more information.

At this time, the post's household hazardous waste drop-off is for residents only, but off-post residents/employees have similar services offered by their municipal waste departments, including the Leavenworth County Solid Waste Transfer Station

DPW also offers a reuse program for any re-issuable items turned into the Household Hazardous Waste Collection Point. Do-it-yourselfers can pick up paints, stains, automotive products, cleaning products, garden and yard chemicals, and other reuseable household items that have been turned in and reviewed by staff for safety.

The HHW Collection Point is open for drop-off from 7 a.m. to 4 p.m. Monday through Friday when an attendant is available. For more information, call 913-684-3306.

#### **Other Items Requiring Special** Handling (E-waste, Motor Oil, Flags, Medications, etc.)

Electronic waste is the fastest growing waste stream in the country. To help control this waste stream, Fort Leavenworth residents should recycle their e-waste instead of throwing it in the trash. A drop-off shed for e-waste is in the Fort Leavenworth Recycle Center on Warehouse Road. The following items are accepted: computers, toner cartridges, cell phones, cameras, modems, monitors, televisions, printers, game systems and general electronics.

E-waste generated by government offices and units should be turned into the Logistic Readiness Center's Supply Support Activity at 913-684-9993.

Residents should not put motor oil in the trash or pour it down the drain as it is hazardous to the environment. Used motor oil and antifreeze can be taken to the Auto Craft Center at 911 McClellan Ave., or an off-post garage or auto parts store for proper disposal. Visit https://leavenworth.armymwr.com/programs/autocrafts-center for more information.

The U.S. Flag Code specifies proper disposal guidelines. Flags can be disposed of in the drop-off container at the Fort Leavenworth Recycling Center. A local Scouts BSA troop will respectfully and reverently dispose of flags left in the drop box. Flags can also be dropped off at any area VFW post.

Discarding medications in trash or down the drain can have negative effects on the environment and contaminate the water supply. Munson Army Health Center Pharmacy has a drug takeback box in the lobby of the pharmacy.

Improperly disposed weapons can pose a risk to sanitation workers who may come in contact with the weapon while collecting the garbage. Safely discarding firearms, knives or ammunition should be done with local law enforcement. For Fort Leavenworth residents, reach out to the non-emergency Emergency Services number at (913) 684-2111 for guidance. Off-post residents can contact their local police department.

#### **Donate Useable Goods**

Residents of Fort Leavenworth are encouraged to donate useable items whenever possible to curb landfill waste, support

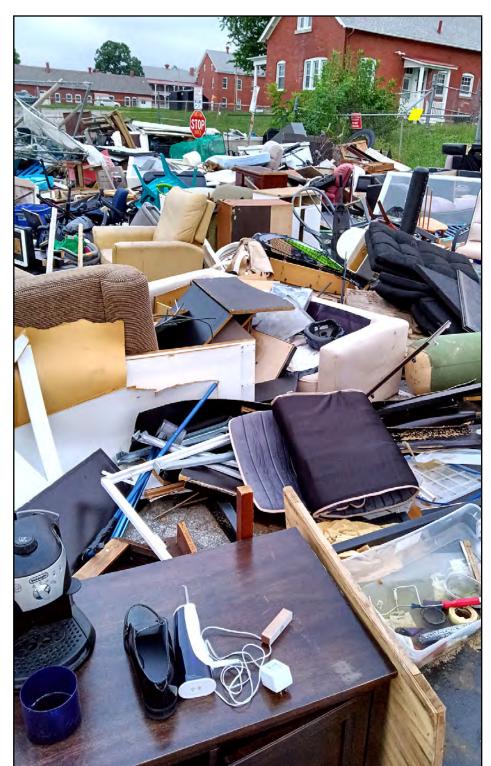


Photo by Prudence Siebert/Fort Leavenworth Lamp

Residents and non-residents of the installation have been illegally leaving unwanted furniture, mattresses and other items in the scrap metal area of the Fort Leavenworth Recycling Center, or by unit trash bins, costing the installation thousands of dollars in clean-up fees each year.

charitable programs and provide muchneeded resources to those in need.

The Fort Leavenworth Thrift Shop, at 1025 Sheridan Drive, accepts items such as clothing, toys, small appliances, pots, pans and dish sets, with the condition that they are in "like new" condition. Large televisions, desktop computers and other large electronics are not accepted. Profits are used to fund military family scholarships and community assistance grants. Donated items can be left in the donation shed outside the shop. To make an appointment at the Thrift Shop for a large donation, call 913-651-6768.

The City Union Mission of Kansas City,

Mo., offers curbside pick-up for residents in the Fort Leavenworth housing areas every second Saturday. The mission accepts clothing, furniture and other household items, but not appliances, mattresses, cribs or car seats. Profits raised from donations are used to combat extreme poverty and homelessness in the Kansas City metro area. Tax credit forms are available. Contact FLFHC for details.

The Fort Leavenworth Stray Facility at 510 Organ. Ave. has a red donation bin on the front porch for unopened pet food and other pet supplies.

# **Resources, links for item disposal, donation**

 On-post housing handbooks, trash and recycling guides from Fort Leavenworth Frontier Heritage Communities: https://www.frontierheritagecommunities.com/residents

 Leavenworth County Solid Waste Transfer Station for household and bulk trash drop-off: https://www.leavenworthcounty.gov/departments/transf er\_station/index.php

• City of Leavenworth Trash and Recycling:

https://www.leavenworthks.org/publicworks/page/solid-waste-division-services

• City of Lansing Trash and Recycling: https://www.lansingks.org/finance/pag e/trash-recycling

 City of Platte City Trash and Recycling: https://www.plattecity.org/documentlist.aspx?categoryid=12924

• Fort Leavenworth Recycling Center: https://home.army.mil/leavenworth/in dex.php/my-fort/all-services/environmental-management

 City of Leavenworth Recycling Center: https://www.leavenworthks.org/publicworks/page/leavenworth-recycling-center

 City of Lansing Curbside Recycling **Information:** 

https://www.lansingks.org/finance/pag e/trash-recycling

 Household Hazardous Product Collection Point:

https://home.army.mil/leavenworth/in dex.php/my-fort/all-services/environmental-management

 Leavenworth County Solid Waste Transfer Station for household hazardous waste: https://www.leavenworthcounty.gov/departments/transfer \_station/index.php

• Auto Skills Center for motor oil: https://leavenworth.armymwr.com/pro grams/auto-crafts-center

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

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

City Union Mission, through partner-

ship and coordination with Fort Leavenworth Frontier Heritage Communities: https://cityunionmission.org

• Fort Leavenworth Stray Facility: https://leavenworth.armymwr.com/pro grams/stray-facility, www.FLSF.petfinder.com

• Salvation Army, Leavenworth: https://centralusa.salvationarmy.org/le avenworth/

• Catholic Charities, Leavenworth: https://catholiccharitiesks.org/wherewe-work/leavenworth/

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

• HOPE Thrift Store, Leavenworth: https://hopeleav.org/thrift-store/, https://www.facebook.com/HOPEThrif tStoreLeavenworth/

 Leavenworth Mission Community **Store/Food Pantry:** https://lvmission.org/, https://www.facebook.com/LeavenworthMission

# USD 207, FMWR host Summer Kick-off



Community members gather for games, food and socializing at the Summer Kick-Off May 10 on Normandy Field.

Photos by Matthew Dixon/Unified School District 207



Students from Fort Leavenworth schools and their families ride a train, ABOVE, limb a wall, RIGHT, and share other activities at the Unified School District 207/Family and Morale, Welfare and Recreation Summer Kick-Off event May 10 at Normandy Field.



Jinx is an adult female boxer mix currently available for adoption at the Fort Leavenworth Stray Facility. She has already been spayed, vaccinated and microchipped, which are included in her \$110 adoption fee.



Adopt a Pet!

Fort Leavenworth Stray Facility is currently

See www.FLSF.petfinder. com or call 913-684-4939 for more information, or e-mail fortleavenwortstrayfacility@gmail.com for an adoption application. The facility is currently closed for repairs, but adoption appointments can still be arranged. The facility is normally open from 11 a.m. to 4 p.m. Monday, Wednesday and Friday and 9 a.m. to noon the second Saturday of the month.

Visit FLSF.petfinder.com for additional Fort Leavenworth Stray Facility information and to see pets currently available for adoption.

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.army familywebportal.com/.

Photo by Janet Walther/Fort Leavenworth Stray Facility volunteer

## CLOSED FOR REPAIRS

We apologize for the incovinience

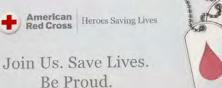


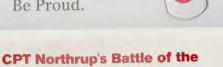
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#### SERVING THE COMMUNITY OF FORT LEAVENWORTH, KANSAS, FOR MORE THAN 50 YEARS

#### **Online:** https://home.army.mil/leavenworth/about/news





**Badges Blood Drive** Ft. Leavenworth **USDB Battalion Headquarters** 

In the Conference Rooms 801 Sabalu Rd. Fort Leavenworth, KS 66027

Wednesday, May 15, 2024 10:00 am to 2:00 pm

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and orth to schedule an appoint

Race to give April 29-May 19 and get a coupon for free haircut by email, thanks to Sport Gips Haircuts Plus, MASCAR Equ Series & Kinisty Races at Darlington Raceway, PLUS, got a borus \$10 e-gift card, when you come to give at that time. rcblocd.org/win

1-B00-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App



The deadline to apply for the Maj. Gen. James Ursano Scholarship Program for Dependent Children is May 15.

**URSANO SCHOLARSHIP** 

OVERVIEW

ELIGIBILITY

\$137 million have been awarded to

Dependent children of active duty, retired or National Guard and Reserve Soldiers on Title 10 Orders for the full academic year.

Children must be enrolled full-time for the entire academic year and be under the age of 24.

Recipients may receive scholarship funds for up to four years of full-time enrollment but must reapply each academic

Student must remain unmarried

AER

for the entire academic year

In the last 16 years, more than 70,000 scholarships totaling over

Army children



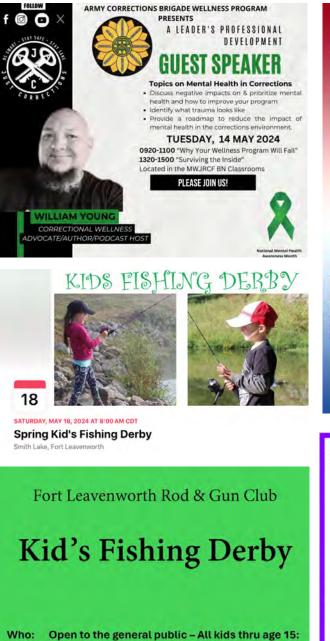
SCHOLARSHIP PROGRAM FOR DEPENDENT CHILDREN

Applications accepted January 1 to April 1 for following academic year

The Maj. Gen. James Ursano Scholarship Program is based on applicants' financial needs and was established to assist dependent children of Soldiers in obtaining their first undergraduate degrees.

I'm so grateful for this opportunity th ve been able to receive all four years; s' definately been a great help. They ave helped me out so much, and I'm rateful that I want to donate back to trmy Emergency Relief."

Aidan Ursano scholarship recipient



Kids will compete in five separate age groups: 4 and under, 5-6, 7-9, 10-12 and 13-15.

When: Saturday, 18 May 2024 Registration begins at 0800 Fishing 0900-1100 Award Ceremony 1130

Where: Smith Lake, Ft. Leavenworth

Rod & Gun Club member's kids - FREE How: Non-members - \$3.00 each

Awards presented for 1st, 2nd, & 3rd place finishers along with a Big Fish award in each age group

There will be numerous door prizes given away, along with



Armed Forces Bank invites you to join us at 8:00 pm on Monday, May 20th, 2024 as we demonstrate our appreciation of the sacrifices made by our military veterans.

The 2nd Annual Greenlight Vigil will be held at the Military Veterans Memorial located outside the entrance to the Dwight D. Eisenhower Department of Veterans Affairs.

#### **Special Guest Speaker:** LTG Milford H. Beagle, Jr

• Green glow sticks will be provided (quantities are limited).

Parking is available just inside the front gate (see map).
Limited accessible parking is available near the memorial.

- · Limited seating available-lawn chairs permitted.

We don't know them all, but we owe them all.





Go to aerhq.org/scholarships/child or scan the QR code for more information about this program.

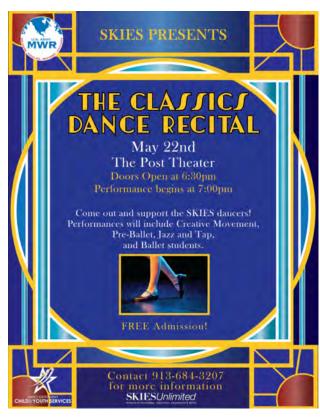






hotdogs and drinks for sale. There will be a limited amount of fishing worms for sale for \$1 a cup, first come first served.

To learn more, visit (and like) our Facebook page at: https://www.facebook.com/FLVNRodandGun/



#### The Fort Leavenworth Lamp welcomes parttime volunteer REPORTERS and INTERNS!

Flexible schedule, great way to learn about the community and excellent opportunity to add quality content to a 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 ftlvlampeditor@gmail.com for more information.

Co.Parenting W 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 chas

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 day before class. Participants are encouraged to attend every class as each session will be different



#### ACS PRESENTS:

MWR

## **LUNCH & LEARN** MILITARY MONEY

EVERY OTHER TUESDAY ACS CONFERENCE ROOM 11:45 - 1:00

May 7 Continuation Pay **BRS, TSP Vesting & Retirement** 

May 21 **Risk Management:** Life Insurance Check-Up (How much do you have, how much do you need?)



BRING A LUNCH & WE'LL LEARN TOGETHER! (SPOUSES WELCOME)

with our Personal Financial Counselor (816-500-3163)



REGISTRATION IS NOW OPEN! One month. Three exciting career-boosting events.

MAY 14 TO 16 Virtual Military Spouse Symposiu MAY 21 TO 23 SEC0 Webinars and Workshops MAY 29 TO 30 MSEP Virtual Hiring Fairs

https://myseco.militaryonesource.mil /portal/events/live/virtual-militaryspouse-symposium-2024



-- PCS'ing --We pick up & find homes for

Pantry/food items

cleaning supplies

toiletry items

To homeless shelter, food pantries, needy families

Pam Meier: 913-306-5108



816.582.5191 hankyoung711@yahoo.com



#### Fort Leavenworth Career Exploration & Hiring Fair

Connecting World-Class Military Community Talent With American Employers

Thursday, June 13, 2024 Frontier Conference Center 350 Biddle Boulevard Fort Leavenworth, Kansas 66027

Event Schedule

Job Seeker Workshops 9 - 11 a.m. Workshop topics include understanding compensation and negotiation, SkillBridge and training opportunities, and preparing for interviews. Hiring Fair

11 a.m. - 2 p.m. Job seekers will network with representatives from local, regional, and national organizations hirring for open positions.

#### HOUSING ASSISTANCE



# Need help with initial rent and deposit?

GO TO AERHQ.ORG FOR MORE INFORMATION OR SCAN THE QR CODE

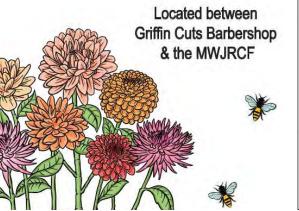
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ARMY EMERGENCY RELIEF SOLDIERS HELPING SOLDIERS SINCE 1942



Griffin Gardens Greenhouse Opening April 17th!

Monday & Friday 1330 - 1500 Wednesday 0830 - 1030



#### May 2024

#### American Red Cross Learn-to-Swim Lessons

Lessons held at Bernstein Memorial Pool 🛛 🔶 📺

Register at Harney Front Desk Cost: \$32.00



#### Preschool Aquatics Level 1 (\*4 and 5 years old)

3:50 p.m. - 4:20 p.m. May 7, 9, 74, 16

Familiar/ze participants to the aquatic environment and help them acquire rudimentary basic aquatic skills. Help participants beain to develop positive attitudes and safe practices in and around water

Help participants begin to develop positive attitudes and safe practices in and around water. No skill prorequisites required.

#### Preschool Aquatics Level 2 (44 and 5 years old)

5:10 p.m. - 5:40 p.m. May 7. 9. 14, 16

Build on and Improve skills learned in Preschool Aquatics Level 1.

Increase knowledge of water safety topics introduced in Preschool Aquatics level 1.

Prerequisites: successful demonstration of Preschool Aquatics Level 1

Parent and Child Learn-to-Swim (+6 months - 3 years old, w/ parent or guardian.)

4:30 p.m. - 5:00 p.m. May 7, 9, 14, 16

Helps participants leel comfortable in the water, explore breath control and submerging, changing body position in the water, play safely in the water.

Teaches Parents how to hold and support your child in the water, valuable water safety information to make your family safer in, on and around the water.

# Clean Paws Pet Wash

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



Info: (913) 651-7176

FORT LEAVENWORTH LAMP

#### THURSDAY, MAY 16, 2024



LL	LLI
	FOOD PANTRY
More	than a food pantry.

#### STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS

By Appointment Only www.strongholdfoodpantry.org

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Happy Bottoms 8:30-10:30	3	4
5	6 DONATIONS 12:00-2:00	7	8 PANTRY 11:00 -1:00	9 Happy Bottoms 8:30-10:30	10	11
12	13 DONATIONS 12:00-2:00	14 Stronghold U 9:00-10:00	15	16 Happy Bottoms 12:30-2:30	17	18
19	20 OPEN PANTRY 12:30-2:00	21	22 PANTRY 11:00 -1:00	23	24	25
26	27	28 Happy Bottoms 11:00-12:30	29 PANTRY 11:00 - 1:00	30	31	



VOLUNTEERS **NEEDED!** 

#### Interested?

Call us at (913)303-8105 or send us an email at contact@strongholdfoo

#### WE NEED HELP WITH:

 Processing donations Packing distribution goods Distributing groceries Bookkeeping

# TSTROUTA MWR Every 2nd Tuesday from 9am - 10am

#### @ The EFMP Playground (through the month of October 2024)

Come out and get to know other EFMP Families while the kids play! Every month there will be a NEW and EXCITING activity for the kids! Open to EFMP Families only.

#### Activities\*

May- Chalk Art June- Art Easels July- Popsicles August- Bubbles September- Juice Boxes October- Pumpkin Decorating \*Subject to change

WWW.STRONGHOLDFOODPANTRY.ORG

 Website Administration Diaper Distribution Donation pickups

Registration is required the Friday before the event. Call 913-684-2871 or 913-684-2800 for more info

**EFMP** RECREATIONAL

Every first Saturday of the month

12:00pm - 2:00pm

Strike Zone Bowling Center

165 Fourth St

5

MWR

MWR

D'YY



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

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



**VOLUNTEER BASICS** 

Meet other EFMP families!

is a fun way to socialize,

All ages welcome

EFMP

and sharpen fine motor skills.

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

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

ACS

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

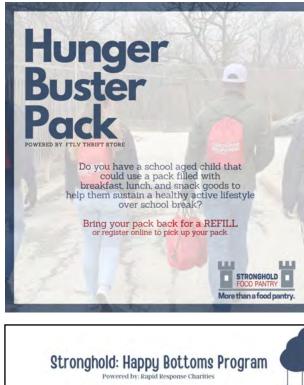


ACS

FUN & RELAXATION

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





Free Monthly Diaper Distribution Email: contact@strongholdfoodpantry.org

STRONGHOLD

e than a food pantr

#### THURSDAY, MAY 16, 2024



#### Messy Art

#### \$12 per class

#### Ages 4 - 6

Friday May 10 10:30am - 11:30am 12:30pm - 1:30pm

Tuesday June 11 12:30pm - 1:30pm

Friday June 14 10:30am - 11:30am

Tuesday July 9 12:30pm - 1:30pm

Friday July 12 10:30am - 11:30am

#### Ages 7+

Thursday May 16 11am - 12pm

Thursday June 20 11am - 12pm

Thursday July 18 11am - 12pm Color Me Happy \$10 per class

#### Parent & Toddlers

Thursday May 9 10:30am - 11:30am

Thursday May 30 10:30am - 11:30am

Thursday June 13 10:30am - 11:30am

Thusday June 27 10:30am - 11:30am

Thursday July 11 10:30am - 11:30am

Thursday July 25 10:30am - 11:30am



scan for more info

Call now to register! 913-684-3373



## Summer **Studio Days** \$15 per class

Kids Ages 6-11 Tuesday - Friday July 30 - August 2 10:30am - 11:30am

Youth Ages 12+ **Tuesday - Friday** July 30 - August 2 1pm - 3pm

Need to beat the summer heat? Come to the Studio! **Kids Arts & Crafts** Crafts

\$20 per craft

Mother's Day Gift Flower Pots & Cards Friday May 3 2:30pm - 4pm

Father's Day Gift Mosaic Coaster & Card Wednesday June 5 10:30am - 12pm





Cost includes all supplies!

Come see what's new at the Studio!

Art History

\$15 per class (ages 7+)

Rice Krispies & Rembrandt Wednesday May 15 12:30pm - 2:30pm Thursday May 16 4pm - 6pm

Rocket Pops & Ross Tuesday June 18 11am - 1pm Wednesday June 19 1pm - 3pm

**Cookies & Carle** Tuesday July 16 11am - 1pm Wednesday July 17 1pm - 3pm

leavenwerth.emprove.com

# May, June & July

# Watercolor

## Workshops

\$25 per workshop

Watercolor (Basic Techniques) Thursday, May 16 Tuesday, July 9 6:30pm - 8pm

Watercolor (Florals) Thursday May 30 6:30pm - 8pm

Watercolor

Watercolor by the Lake (plein-air) Thursday June 20 9am -10:30am

Cost includes all supplies!

Watercolor by the Lake (plein-air) Tuesday July 30 6:30pm - 8pm



#### OPEN STUDIO

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

#### Multi-Craft Room

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

Modern Calligraphy

#### Basics

#### \$20 per class

Tuesday April 30 12:30pm -1pm

Wednesday July 10 10:30am - 12pm

#### Special Projects

Thank you/Grad Cards Tuesday May 14 12:30am - 2pm

**Birthday Cards** Wednesday

#### Intermediate

MWF

\$20 per class

Tuesday May 7 12:30 - 2pm

Wednesday July 17 10:30am - 12pm





FORT LEAVENWORTH LAMP

#### THURSDAY, MAY 16, 2024



## May 2024

#### New Parent Support Program

Stroller Walk Tuesdays, 10:00am - 11:00am

**Play Morning** Thursdays, 9:00am - 10:00am & 10:00am - 11:00am Resiliency Center

**Childbirth Class** May 6, 13, & 20, 5:00pm - 7:00pm Resiliency Center, Room 157

**Dad's Night Out** May 22, 6:00pm - 8:00pm Restaurant is TBD

Mom's Night Out May 29, 6:00pm - 8:00pm Restaurant is TBD

**Exceptional Family Member Program** 



#### **Family Advocacy**

Scream Free Marriage & Parenting May 1, 1:00pm - 2:30pm Resiliency Center, Room 145

**Muffins With Mom** May 3, 2:00pm - 4:00pm EFMP Playground

5 Love Languages of Teenagers May 8, 1:00pm - 2:30pm Resiliency Center, Room 145

Stress Management May 16, 11:30am - 1:00pm Resiliency Center, Room 145

Mom & Me Crocheting May 17, 1:00pm - 4:00pm Resiliency Center, Room 145

**Navigating the Teen Years** 

# **Event Schedule**

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

**Military Spouse Appreciation Day** USD207 Summer Kick Off Event at the Field May 10, 4:30pm - 8:00pm \*FREE T-Shirt as a Thank You Gift!\*

Employment Readiness Program

Federal Employment May 8, 12:00pm - 2:00pm May 15, 5:00pm - 7:00pm Resiliency Center, Room 157

Interview Skills & Professionalism May 22, 12:00pm - 2:00pm Resiliency Center, Room 157

**Evening Resume Writing** May 22, 5:00pm - 7:00pm Resiliency Center, Room 157

Army Volunteer Corps

Volunteer Basics May 15, 12:00pm - 1:00pm Resiliency Center, Room 157

**EFMP Refreshing Conversations** May 2, 10:00am -11:00am. Resiliency Center, Room 145

**Muffins With Mom** May 3, 2:00pm - 4:00pm EFMP Playground

**EFMP Recreational Bowling** for EFMP Members and their Families May 4, 12:00pm - 2:00pm Strike Zone Bowling Center

**Playground Palooza** May 14, 9:00am - 10:00am EFMP Playground

May 21, 1:00pm - 2:30pm Resiliency Center, Room 145

**Co-Parenting Workshop** May 23, 12:00pm - 1:30pm Resiliency Center, Room 145

#### Personal Financial Counseling

Lunch & Learn Series: Continuation Pay May 7, 11:45am - 1:00pm Resiliency Center, Room 145

Lunch & Learn Series: Life Insurance Check-Up May 21, 11:45am - 1:00pm Resiliency Center, Room 145

Resiliency Center, 600 Thomas Ave, Building 198 913-684 - 2800/ 913-684-HELP(4357) Follow us on Facebook! @FortLeavenworthACS

#### Relocation Readiness

**In-Processing Brief** Tuesdays, 9:00am - 10:00am Resiliency Center, Room 157

OCONUS Levy Brief Tuesdays, 10:00am - 11:00am Resiliency Center, Room 157

#### Survivor Outreach Services

Paint & Brunch Social May 11, 10:00am - 1:00pm Resiliency Center, Room 157

MWR



Handicap access at the front of Building 198

Hours: Monday - Wednesday, & Friday, 7:30am - 4:30pm (closed 1130-1230); Thursday, 1:00pm - 4:30pm Follow us on Twitter! @LeavenworthACS

#### ACS PRESENTS:

## **LUNCH & LEARN** MILITARY MONEY

**EVERY OTHER TUESDAY** ACS CONFERENCE ROOM 11:45 - 1:00

June 11 **Curious About Crypto** 

June 25 **Financial Planning: Build Your Own Plan** 



with our Personal Financial Counselor (816-500-3163)



LUNCH & WE'LL LEARN **TOGETHER!** (SPOUSES WELCOME)



# 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.

#### ve will die

Pre-Deployment Post-Deployment PCS Marriage Divorce esting in TSP Pro First Child Cor ation Pay s/injury/condit Disabling sick

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

ACS

INFO: 913 - 694 - 2852 / 28



Contact 913-297-3212

Contact 913-297-3212



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

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## DAD'S NIGHT OUT

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

\* 👽 🍪 🍛 🛲

#### 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

# 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 before the class you want to attend. Classes are for 18 and over

NWR V 🥨



Free toddler play group.

· Open to ages 2-3 years old with adult.

 Offers an introduction to preschool routines, explores educational concepts, and builds social skills through hands on experiences and activities.

#### Wednesdays @ 9:00am

Located at the Army Community Service Resiliency Center 600 Thomas Ave. Fort Leavenworth, Kansas

Registration required call or text 913-297-3212 or 913-297-9704







#### 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.



FORT LEAVENWORTH LAMP

MWR

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

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ACS Family Advocacy New Parents Support Program



#### Free Open to ages 3 months - 3 years old with adult.

Join us for storytime to use our imagination and develop a love of books

Storytime fosters early literacy skills, language development, and social growth.

#### Every Wednesday @ 10:00 am

Located at the Army Community Service Resiliency Center 600 Thomas Ave. Fort Leavenworth, Kansas Registration required call or text 913-297-3212 or 913-297-9704

Family Advocacy Program Presents Father/Daughter Tea Party

June I // IPM - 4PM Frontier Conference Center Ballroom

> June is Dads Make a Difference Month and Family Advocacy Program is hosting a Father/Daughter Tea Party!

The event is for Dads to have fun with their Daughters and encourage continued quality activities.

Recommended for 10 and under.

Dress is business casual. Get out the Sunday outfits or Dress Blues.

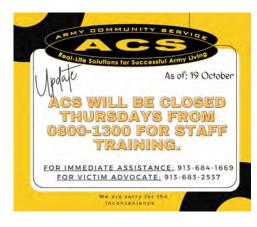
Planned activities for Father/Daughter to share, Tea Time, and take home surprises.

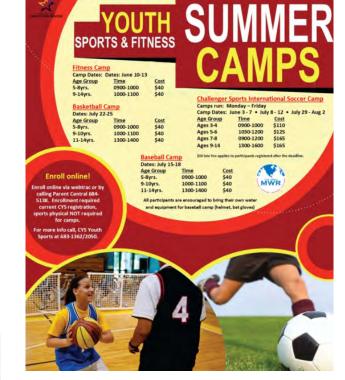
> Registration is required and must be done by May 24th.

> > Info: (913) 684-2822

ACS

🖄 💟 🕹 🌋 FATHER - SON SCAVENGER HUNT JUNE 8





#### YOUTH SPORTS SUMMER GOLF PROGRAM

JUNE 11 - AUGUST 1 TUE & THURS // 4PM - 7PM TRAILS WEST GOLF COURSE

Enrollment dates: April 15 - June 11 Open to boys & girls 8-17 years old

\$65 for the first child \$55.25 for each additional child

Enroll your child in a sport they can play their entire life! 100% parent participation required, Parent will coach/chaperone their child on the course

FORT LEAVENWORTH LAMP

#### THURSDAY, MAY 16, 2024

BOWLFRE Kids 18 & under Promotion will receive **Strike Zone Bowling Center** runs from TWO May 22 - August 10 Wednesday - Saturday **FREE Games!** 10am - 4pm MWR **Contact the Strike Zone** for more information on how to sign up! 913-651-2195 STRIKE ZONE BOWLING CENTER MWR **Strike Zone Bowling Center** Thursdays at 6:30 (practice 15 minutes prior) Meeting: May 9 at 6:30pm League Starts: May 16 at 6:15pm 12 week league from May 16 - August 8 3 person teams - 3 games per night Any combo of men and women \$10 per week/ per person/ \$1 Shoes Have-a-Ball option - additional \$7 per week Ages 18+ Call 913-651-2195 for more info Strike Brunner Range

#### **Fort Leavenworth Group Fitness Classes**

Starting Pionday April 13th, 2024

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0930	Zumba (Lydia)		Zumba (Lydia)			(0915) Zumba (Lydia)
1030						Hot Yoga (Kim)
1630	30/30 Split (Kim)		Power Cycling (Kim)			

#### HARNEY SPORTS COMPLEX - 185 Fourth St. - 684-2190

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0800						
1630		*Power Cut (Kim)		*Power Cut (Kim)		1

\*Power Cut classes are held in the Bubble Gym



https://leavenworth.armymwr.com

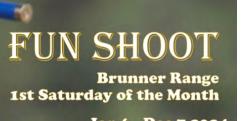


LEAGUE PLAY STARTS TUESDAY, JUNE 4TH GAMES TUES & THURS @ 5:30 - 8:30 P.M. DONIPHAN FIELD #1

Coaches Meeting: Thursday, May 16 + 5:30 p.m. **Gruber Fitness Center** 

League awards will be given for regular season champions and 1st League awards will be given for regular season champions and rac and 2nd place tournament champions. Open to Active Duty, DoD, Retirees and Contractors working at Fort Leavenworth ages 18 & older.

For more information, call (913) 684-3224/ 5136 Team rosters due by Wednesday, May 29



Jan 6 - Dec 7 2024 Registration is required and can be done the day of the event from 9AM-10:30AM

2024 LEAGUE SCHEDULE Winter Combo 4 January - 7 March **Spring Combo** 21 March - 23 May

Zak





The Strike Zone

165 Fourth St

913-684-BOWL

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



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 oting commencing at 6:00 pm. Summer and Winter Warm-up leagues are individual with the same fee but no food. shooting con Contact Brunner Range for more information



(913) 651-8132



Learn proper Olympic Lifting technique and how to safely resistance train. Programming is designed to increase Muscle Mass, Strength, and Power. Resistance training has been shown to increase bone density, metabolic rate, cognition, reduce fat accumulation, lower risk of heart disease, and so much more. Start enjoying the benefits!

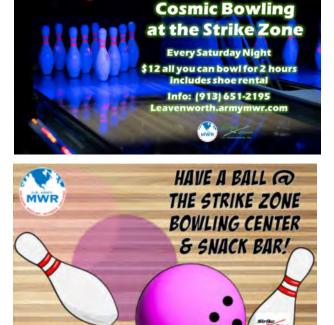
CLASSES MEET MON, WED, FRI 9:00-10:15 AT HARNEY GYM \$10 DROP IN RATE OR \$75 MONTH



FOR MORE INFO, (913) 684-2190 📩 💟 🍪 🎊 🌋











# May 18 • 1000LB/400LB Club

8AM - 5PM · Gruber Gym

do I rep max in the squat, deadlift, and bench press, Participants will have 3 attempts at each

The highest successful attempt in each exercise will be added together

Male participants whose total weight equals or is more than 1000lb will win a t-shirt, and female participants e total weight equals or is more than 400lbs will win a t-shirt.

- **Division winners:**
- · Male heavyweight 180lb and up
- Male lightweight 179lb and below
- · Female middleweight 160lb and up
- Female lightweight 159lb and below

Registration is required and can be done at Gruber or by calling, (913)-684-5120. You must register and reserve a time slot prior to event - Event is FREE

Not allowed: Wrist straps, knee wraps, bench shirts, squat suits.



#### May 1 - May 31 • Walk/Run Athon

**Gruber Fitness Center and Harney Sports Complex** 

Participants will track the amount of miles they walk or run when using any of the treadmills at Gruber Fitness Center or Harney Sports Complex throughout the month of May.

The person who runs/walks the most amount miles for each division will be the winner. Divisions will be as follows:

Male: 18-39, 40-64, and 65+ Female: 18-39, 40-64, and 65+

Miles only count if done at Gruber or Harney. Staff may ask to look at milage on treadmill to verify amount submitted.

Sign up for this FREE event any day in the month of May.

For more info: (913) 684-5120



#### May 25 • Disc Golf Tournament 8AM - 2PM · Disc Golf Course

-person team plays 18 holes, best shot rules.

The two-person best shot format will be used. Both players throw from each lie (starting with the tee shot), then the team chooses which of the resulting lies to continue play from, until the hole is completed.

For score integrity purposes, each team is required to keep the score of their opposing twosome. Teams will be sent onto the course with another team and will keep scores for both their own team and the opposing team. Any team that does not participate with an opposing team will not be eligible to win the tournament.

Prizes will be given out for 1st, 2nd, and 3rd place.

Staggered start from 0800-0900.

Registration is required and can be done at Gruber Fitness Center or by calling, (913) 684-5120

FREE event!

COMMIT-STAY FIT!

**#STRONGBANDS** ArmyMWR.com/STRONGBANDS 

#### FIND THE CLUES. SOLVE THE MYSTERY. ESCAPE THE ROOM BEFORE TIME RUNS OUT.

The R2 Performance Center Escape Room is scheduling groups now.

Scan the QR code to schedule or contact us:

OFFICE 913-292-4994 EMAIL: Cindy Swatek: SwatekC@magellanfederal.com





Our next **Master Resiliency Trainer** (MRT) Course:

SEPTEMBER 18-29, 2023

Enroll in ATRRS to earn 8R ASI: School Code 145, Course MRTC, LW3

Contact the R2 Performance Center for more info: OFFICE: 913-292-4994 EMAIL JOSH SMITH: SmithJ8@magellanfederal.com

# **Attention track users: Official start/stop points required for ACFT accuracy**



When using the officially measured "start" and "stop" points, the two-mile run at the Unified School District 207 Track/Normandy Field is within an accuracy of +/six inches.

If the officially measured "start" and "stop" points are not used, the Army Combat Fitness Test will not be accurate.

Unified School District 207 graphic

#### THURSDAY, MAY 16, 2024

#### FT. LEAVENWORTH EDUCATION CENTER

# WE ARE

APPLY NOW

\$50,500 2024-25 SY Base Salary Additional compensation for years of teaching experience at an accredited school.

#### **OPEN POSITIONS**

Special Education Teacher

- Occupational Therapist
- Speech and Language Therapist

#### by USD 207

**UNIFIED SCHOOL DISTRICT 207 IS HIRING** certified special education professionals for the 2024-25 school year.

Joining the USD 207 team opens up mentorship and growth opportunities at one of Kansas' top-rated school districts.

Not only has the district's starting pay increased to \$50,500, but it also offers comprehensive health, wellness and future planning benefits.

Learnmoreathttps://sites.google.com/usd207.org/usd207- r e c r u i t i n g / h o m e / t h e -perks?authuser=0&fbclid=IwZXh0bgN-

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For available positions, visit https://fortleavenworth.tedk12.com/hire/in dex.aspx?fbclid=IwZXh0bgNhZW0CM-TAAAR2J\_nZ8pMOz3RN9ZVQT0DxOl82 Xq0TogQXXLwS34xIGZPKXyO4g7Qgvmr g\_aem\_ATIiN4OJjKKJZWcSvLnsjiFwLB-W b B k A G \_ k 5 E k p t pAKlD0uHDc88thqUhlu8A\_amVKGu0PK tvZ3uSLRbnZzHymqU.



JUNE 3, 2024, 3:00 PM LEWIS & CLARK CENTER 100 STIMSON AVE. FT LEAVENWORTH, KS

#### GRADUATING SOON?

SERVICE MEMBERS, DEPENDENTS, VETERANS, AND CIVILIANS WHO HAVE COMPLETED AN ACCREDITED CERTIFICATE, ASSOCIATE, BACHELOR, OR MASTER'S LEVEL OF EDUCATION ARE WELCOME TO PARTICIPATE.

PLEASE REGISTER FOR ATTENDANCE BY MAY 10, 2024.

#### EMAIL US AT

USARMY.LEAVENWORTH.USAG.MBX.EDUCATION@ARMY.MIL TO RECEIVE AN APPLICATION. QUESTIONS: 913-684-2496

WE ARE EXCITED TO SEE YOU ON GRADUATION DAY



FOOD SERVICE CHARGES AT APPROPRIATED FUND DINING FACILITIES AND THE MIILTARY ACADEMIES EFFECTIVE JANUARY 1, 2024\* (Prior rates in red)

- C Meal Breakfast Lunch Dinner Holiday
- Discount Rate \$3.20 (\$3.15) \$5.35 (\$5.25) \$4.60 (\$4.50) \$8.45 (\$8.30)
- Standard Rate \$4.35 (\$4.30) \$7.00 (\$6.85) \$6.05 (\$5.95) \$11.40 (\$11.20)

\* Volume 12, Special Accounts, Funds and Programs, of DoD Financial Management Regulation (DoD 7000.14-R) stipulates that the Office of the Under Secretary of Defense (Comptroller) shall prescribe the rates for food service charges annually.





B



Munson Army Health Center

## WE ARE HIRING

PHYSICIAN (PEDIATRICS)

PHYSICIAN ASSISTANTS

DENTAL ASSISTANT

**AND MORE!** 



Strike Zone Bowling Center's

GOOD GRADES SPECIAL Noon-7pm 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.

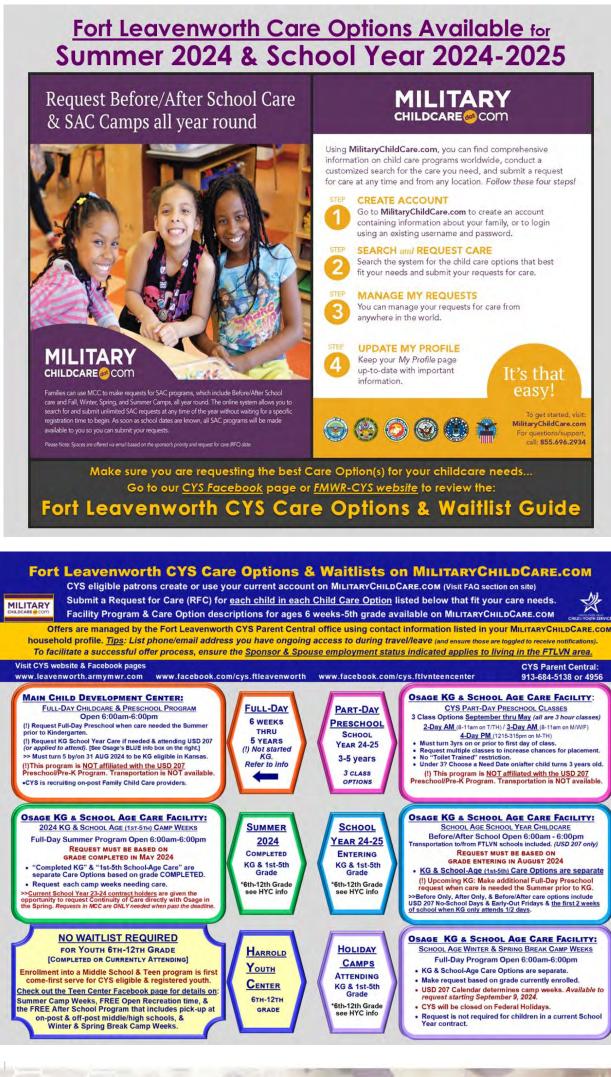
> Strike Zone · 165 Fourth Street · (913) 651-2195 https://leavenworth.armymwr.com





#### THURSDAY, MAY 16, 2024

#### FORT LEAVENWORTH LAMP







#### YOUR DONATION HELPS SOLDIERS AND FAMILIES IN NEED OFFICIAL NONPROFIT OF THE U.S. ARMY



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)

2 May 2024	4, Thursday

0900-1000 (Employees) 1030-1130 (Supervisors)

18 June 2024, Tuesday: 1

day: 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. eavenworth 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, <u>kale.e.webster.civ@army.mil</u>



CHILD & YOUTH SERVICES Youth Sponsorship Program



Did you recently receive PCS orders and have a school-aged child tor teen hat's worried about moving? Maybe you've heard them wonder:

Who will my new friends be? What will my new school look like?What activities/sports are available? What are the other kids wearing?

The Youth Sponsorship Program connects your child to another youth in the new community to answer these questions and so much more.

Why should my child request a sponsor? A sponsor:

- Allows your child to get to know their community before they arrive.
- Provides them with someone who can show them the ropes in their new community.
- Helps reduce social isolation, leading to a healthier transition with reduced stress and at-risk behaviors.
- Gives youth a youth perspective of their new community and school.

 Allows you to focus on other aspects of transition, knowing that your child's needs are being met.

What does the Youth Sponsorship Program provide for my child?

- Their Youth Sponsor will provide a welcome packet and information about their new community before arrival.
- Upon arrival, their Youth Sponsor will arrange for them to have a tour of the community and, once you know which school they will be attending, provide information about the school and arrange for a tour there as well.
- The program hosts various activities and events that will help your child meet new people, learn about their school and community.

#### How do I get a sponsor assigned to my child?

 Once you receive PCS orders, contact the School Liaison Officer at your current installation.

# BOSS soldiers



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



#### REASONS TO CONNECT WITH 988

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





# **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

# MAHC ring road construction



In an effort to improve the Munson Army Health Center infrastructure, the MAHC ring road will be closed for about three weeks for resurfacing and paving. The Gentry Clinic parking lot will be accessible from Blockberger Terrace. Be mindful of the construction area indicated in blue and the risks of parking near the construction site, and avoid walking through the construction area.

# Mental Health Awareness Month



## Your child doesn't have to feel like this.

Signs of possible mental health problems in youth can vary, but may include:

- · Emotional outbursts; irritability
- · Persistent sadness lasts two weeks or more
- · Difficulty concentrating or sitting still
- · Changes in sleeping or eating habits
- Frequent headaches or stomachaches
- Withdrawing from or avoiding social interactions

Take the first step and seek help at www.tricare.mil/mentalhealth.



Munson Army Health Center Public Affairs

Munson Army Health Center's basement at 550 Pope Ave. is one of the designated tornado shelters on post.

If a tornado watch is activated after duty hours, Medical Department Activity personnel will open the health center for those needing shelter. The building will remain open until all watches or warnings are lifted.

#### No Referral Required 🖊

#### REHABILITATION CLINIC PELVIC FLOOR THERAPY

Do you experience any of the following?

- Incontinence
- Pain with Intercourse
- Pelvic Pain
- Pregnancy/post-partum discomfort
- Rectal pain/constipation

Make an appointment today at the Munson Rehabilitation Clinic for pelvic floor physical therapy! No referral required!



# HEALTH QUESTIONS WHILE YOU'RE ON THE GO?



MentalHealthAwarenessMonth is an opportunity to familiarize yourself with resources available to help service members, families and veterans who struggle with mental health challenges. During May, MAHC will be highlighting #MentalHealth resources, information, and programs available.

Visit the MHS Mental Health Hub at https://health.mil/Military-Health-Topics/Mental-Health.

Visit www.tricare.mil/mentalhealthTRICARE webpage to learn more about mental health services covered by TRICARE.



Schedule a consultation with our registered dietitian.



Call 913-684-6250 to schedule an appointment.



The Nutrition Care Division offers a broad range of nutritional services designed for service members, families and retirees. Individual Nutrition Therapy and Group Nutrition Therapy are available and include Body Composition Program, Weight Control Program, Prenatal Nutrition and Wellness for Life. Call the appointment line at 913-684-6250 to schedule an appointment with the MAHC registered dietitian.



#### A REGISTERED NURSE IS ONLY A CALL OR CLICK AWAY





Get health care advice + Find a health care provider + Schedule same or next da 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.

TRICARE is a suggestend to domain, of the Department of Celense. Defense Hoats Agency, All regims recorrect. 990



Munson Army Health Center is currently accepting applications for the following positions:

Supervisory Health System Specialist GS-12 https://www.usajobs.gov/job/788659300

Physician (Pediatrics) GP-14 https://www.usajobs.gov/job/781431600

Medical Technician GS-7

https://www.usajobs.gov/job/787523800

Please click on the link or visit USAJobs.gov and search for Military Treatment Facilities under DHA, Fort Leavenworth, Kansas to apply.

