

THURSDAY
JUNE 27, 2024



LAMP

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

CONTACT US | Phone: 913-684-5267 | E-mail: ftlvlampeditor@gmail.com | On the Web: <https://home.army.mil/leavenworth/about/news>

Diversity celebrated at Army Heritage Month observance



Photo by Prudence Siebert/Fort Leavenworth Lamp

Sgt. 1st Class Aaron Williams, Medical Department Activity, talks about the history of Juneteenth with Marcela Aquirre and her 15-year-old son Aiden Calderon, members of the Kansas City, Kansas-based Mexican folkloric dance group Itsi Asuli, during the Combined Arms Center and Fort Leavenworth Army Heritage Month observance and diversity fair June 25 at the Frontier Conference Center.

by Prudence Siebert/Fort Leavenworth Lamp Editor

Diversity was the focus of the Army Heritage Month observance and fair June 25 at the Frontier Conference Center.

Tables laden with information and displays related to what were once monthly observances filled the ballroom, with ethnic food tastings during the event and speakers offering their takes on diversity.

“This month gives us the opportunity to not only commemorate our past achievements, but to recognize the resilience and sacrifice that shapes our Army and pay tribute to our veterans whose selfless service has preserved the ideals on which our nation was founded,” narrator Staff Sgt. Abigail Santos, Medical Department Activity, told those gathered to hear speakers’ remarks.

Speaker Howard Brewington, deputy director of the Mission Command Center of Excellence, is a member of the Coharie Tribe who grew up in North Carolina and now has a small farm in Tonganoxie, Kansas. Dressed in his overalls and John Deere cap, he told the audience that during his interactive remarks, they were going to talk about who they are and why what they do matters.

“Somebody told me once in my life ‘You gotta be who you are,’ because if you be who you are, then everybody knows who you are; if you try to be something you’re not, then you just come across looking fake and phony.”

Brewington asked the audience to raise their hands accordingly as he asked questions about who

SEE ARMY HERITAGE MONTH | A6

Summer Jubilee is July 3

by Combined Arms Center Public Affairs Office

The Combined Arms Center and Fort Leavenworth will be hosting a Summer Jubilee from 8 a.m. to 2:30 p.m. July 3 with free activities, food trucks, museum tours and more for all ages. Everyone is invited to attend.

For those without base access who wish to attend, an access request can be submitted by July 2 at https://pass.aie.army.mil/?b=usa&fort_leavenworth&e=29ZJGC1V.

Most the activities and events will be at Gruber Fitness Center, Merritt Lake parking lot and Doniphan and Gruber Fields.

Bowling, golf and swimming are free, but the activities require a ticket from Family and Morale, Welfare and Recreation. Tickets will be available from 8:30 a.m. to 1:30 p.m. July 3 at the Merritt Lake parking lot. Opening remarks will be in front of Gruber Fitness Center, and closing remarks will be in the Merritt Lake parking lot.

The Homerun Derby, Three-Point Contest, and Punt, Pass, Kick, Sprint are free and open to everyone. Just show up to participate.

Kickball and the team portion of the Workout of the Day have preselected teams, but come out to cheer them on.

Individuals can challenge themselves with the Workout of the Day between 11 a.m. to 1 p.m.

Tours at the Frontier Army Museum are at 9 a.m. with speaker Megan Hunter about Fort Leavenworth and Leavenworth city history; 10-10:20 a.m. break and a mini museum talk highlighting an exhibit or artifact; 10:30 a.m. with speaker George Pettigrew about Buffalo Soldier history; 12:30 p.m. with speaker Pete Grande about U.S. Disciplinary Barracks history; and a guided tour with museum staff at 1:30 p.m.

Visit <https://www.facebook.com/USACAC/> for updates.

Save the Date!
July 3, 2024

Combined Arms Center & Fort Leavenworth
Summer Jubilee
8 a.m.—2:30 p.m.

• Games	• Swimming
• Bounce House	• Crafts
• Bowling	• Museum Tours
• Golf	• Workout of the Day
• Food Trucks	

Stand by for more details on our social media pages and prepare for a day of fun

Combined Arms Center & Fort Leavenworth
Summer Jubilee
July 3, 2024
8 a.m.—2:30 p.m.

FREE Events

• Bounce Houses	• Punt, Pass, Kick, Sprint
• Crafts	• Bowling ***
• Home Run Derby	• 9-Holes of Golf ***
• 3-Point Contest	• Swimming at Grant Pool ***

The Frontier Museum will offer free guided tours at
9 a.m., 10:30 a.m., 12:30 p.m. and 1:30

All events are free except for the food trucks.
***These events are FREE, but require a ticket from FMWR. Tickets will be available July 3 at the Merritt Lake parking lot on Grant Avenue from 8:30 a.m.—1:30 p.m.

Combined Arms Center Public Affairs Office graphics

The Combined Arms Center and Fort Leavenworth Summer Jubilee is 8 a.m. to 2:30 p.m. July 3, with free activities at Gruber Fitness Center, Merritt Lake parking lot, Doniphan and Gruber Fields and the Frontier Army Museum. Visit <https://www.facebook.com/USACAC/> for more information.

June retirees honored

Nine officers, two chief warrant officers and four senior noncommissioned officers will be recognized for their service to the nation during the post retirement ceremony

at 9 a.m. June 27 at the Frontier Conference Center. The ceremony will also be live-streamed at <https://www.facebook.com/USAGLeavenworth/>.

Retiring are: Lt. Col. Aaron Mock, Mission Command Training Program; Lt. Col. Adam Cronkrite, Garrison Directorate of Emergency Services; Lt. Col. Mark Lemanski, MCTP; Lt. Col. Fritz Schultes, MCTP; Lt. Col. Johnathan Leming, Army University; Maj. Wade Hatzinger, MCTP; Maj. Edna Keller, Army Corrections Command; Maj. Monique Eddins, MCTP; Maj. James Cole, Mission Command Center of Excellence; Chief Warrant Officer 4 Stephen Bagosbah, MCTP; Chief Warrant Officer 3 Amanda Nordhues, Army University; Sgt. 1st Class Michael Benvenuto, Center for Army Lessons Learned; Sgt. 1st Class Shannon Lewis, Sexual Harassment/Assault Response and Prevention; Sgt. 1st Class Robert Duff, MCTP; and Staff Sgt. Stephanie James, MCTP.



AT A GLANCE

■ The Fort Leavenworth Lamp will not publish July 4. Look for the NEXT ISSUE OF THE LAMP JULY 11. The Lamp staff wishes you a safe and happy holiday!

■ The Garrison change of responsibility ceremony between outgoing Command Sgt. Maj. Erika Rhine-

Russell and incoming Command Sgt. Maj. Vanessa Sun is at 9:30 a.m. June 28 at the Frontier Conference Center. The ceremony will be livestreamed at <https://www.facebook.com/USAGLeavenworth/>.

■ The Munson Army Health Center’s Gentry Clinic parking lot is under construction. Patients can

ACCESS THE CLINIC FROM THE EAST SIDE while the west side of the parking lot is being repaired.

■ Fort Leavenworth’s Independence Day celebration is July 4 at Merritt Lake, with food and music at 6 p.m., the Salute to the Union at 8 p.m. and a fireworks display at dusk.

VOLUNTEER

Organization Spotlight

FORT LEAVENWORTH

HUMAN ANIMAL BOND



Human Animal Bond Therapy Pets
Ft. Leavenworth, KS

HAB celebrates 30 years of pet therapy with open house



Photo by Prudence Siebert/Fort Leavenworth Lamp

Ten-year-old Ali Brooks, daughter of Human Animal Bond member Joni Brooks, lies on the floor with Tyson, HAB member Tanja Edwards' boxer and HAB teammate, during the open house to celebrate HAB's 30th anniversary June 23 at the Leavenworth First United Methodist Church. The organization, comprised of handler and dog/cat/rabbit teams, visits hospitals, emergency services stations, nursing homes, schools, libraries, prisons and more to provide pet therapy.

RIGHT: Fort Leavenworth Human Animal Bond members and their HAB-certified dogs socialize during the HAB 30th anniversary open house June 23 in Fellowship Hall at the First United Methodist Church in Leavenworth. The reception-style gathering featured refreshments for humans and dogs, a slide show of images of members on visits and group photos from over the years, and brief remarks by event organizers. The event was attended by many of the current Human Animal Bond teams, as well as a few former Human Animal Bond members.

For more information about Human Animal Bond, including how to volunteer, visit <https://www.ftleavenworthhab.com/>.

Human Animal Bond was featured in the Lamp's ongoing Volunteer Organization Spotlight in the June 13, 2024, and June 20, 2024, issues of the *Fort Leavenworth Lamp*, which can be accessed at <https://home.army.mil/leavenworth/about/news>.

Photo by Prudence Siebert/Fort Leavenworth Lamp



FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

The *Fort Leavenworth Lamp* is an authorized publication for members of the U.S. Army. Contents of the *Fort Leavenworth Lamp* are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or the U.S. Army Combined Arms Center and Fort Leavenworth. It is published weekly by the Fort Leavenworth Garrison Public Affairs Office, Fort Leavenworth, Kansas 66027, commercial telephone number 913-684-5267 (DSN prefix 552).

Everything advertised in the *Fort Leavenworth Lamp* shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor on the purchaser, user or patron.

If a violation of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All editorial content of the *Fort Leavenworth Lamp* is prepared, edited, provided and approved by the Fort Leavenworth Garrison Public Affairs Office. The appearance of advertising in this publication, including inserts or supplements, does not constitute an endorsement by the Department of the Army of the products or services advertised.

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.

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 or call 913-684-1702.

Lt. Gen. Milford 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 Editor
ftvlampeditor@gmail.com

FMWR Advertising Staff

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

Lansing native takes command of MAHC Medical Company

by Maria Christina Yager/Munson Army Health Center Public Affairs

A Munson Army Health Center Medical Company change of command earlier this month marked the return of a graduate from nearby Lansing High School and University of Saint Mary.

U.S. Army Capt. Andrew Ingalls assumed command of the Munson Army Health Center Medical Company, Buffalo Medics, from Capt. Seth Hemker during a ceremony June 14.

As the son of an active-duty soldier, Ingalls spent part of his childhood at Fort Leavenworth and in the surrounding community.

"My father retired out of Fort Leavenworth in 2004, and I graduated Lansing High in 2005," Ingalls said. He also attended elementary school on post.

Later, when he chose to pursue a career in health care, he was drawn to the Kansas City area again.

"I graduated from the University of Saint Mary in Leavenworth, Kansas, with my bachelor of arts in Psychology in 2012, and then was the first group in the accelerated bachelor of science in nursing program at Saint Mary's, graduating in 2013," Ingalls said.

He worked as a nurse for eight years at two different Kansas City medical centers before he joined the Army as an Army Nurse Corps officer through the U.S. Army Recruiting Command's 5th Medical Recruiting Battalion, Overland Park, Kansas.

The Army Nurse Corps provides nursing staff in support of U.S. Army and Department of Defense medical plans. They are active-duty soldiers who have obtained a bachelor of science in nursing from an accredited college or university and maintain a license to practice nursing. They can serve in a variety of environments from military treatment facilities like MAHC and full-service medical centers to expeditionary units like field hospitals, forward surgical teams and aeromedical evacuation units.

Ingalls is a critical care nurse. Before MAHC, he served with the 528th Hospital Center, Fort Bliss, Texas, as part of a deployable surgical detachment.

The diversity of assignments, while supporting soldiers, retirees, and their family members, provides these soldiers the opportunity to "be all they can be." For Ingalls, that is part of the appeal of Army nursing.

"I knew I wanted to have the ability to work with soldiers and wake up feeling like I had the ability to impact our country and be part of the difference in someone's life," Ingalls said.

He said that he is excited for this opportunity at MAHC. "I am strongly invested in this community. This is home. I went to elementary school on this installation, worked in this community and want nothing more than to give this community what it's given to me," Ingalls said. "I love Kansas and this area. I hope to be able to impact this organization in the way this area has impacted me."

At MAHC, he is responsible for the training, military readiness and professional development of the soldiers who serve at the health center.

Part of the Military Health System, Munson Army Health Center serves MHS beneficiaries at Fort Leavenworth and in the greater Kansas City area.

To learn more about health care career opportunities in the Army, visit <https://www.goarmy.com/careers-and-jobs/specialty-careers/medical>.

To learn more about career opportunities at MAHC, visit [USAJobs.gov](https://www.usajobs.gov) and search keyword "Military Treatment Facilities under DHA," and Fort Leavenworth, Kansas, for location.



LEFT: Incoming Munson Army Health Center Medical Company Commander Capt. Andrew Ingalls accepts the colors from MAHC Commander Col. Michael Mendenhall during his change of command with outgoing MAHC Medical Company Commander Capt. Seth Hemker June 14 at Frontier Chapel. Ingalls attended elementary school on Fort Leavenworth and graduated from Lansing High School in Lansing, Kansas.

BELOW: Incoming Munson Army Health Center Medical Company Commander Capt. Andrew Ingalls, MAHC Commander Col. Michael Mendenhall and outgoing MAHC Medical Company Commander Capt. Seth Hemker enter for the MAHC Medical Company change of command ceremony June 14 at Frontier Chapel. Part of the Military Health System, Munson Army Health Center serves the Fort Leavenworth community and the beneficiary population in the greater Kansas City area.

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



FFAM announces essay contest winners

by Friends of the Frontier Army Museum

The essay contest winners were awarded at the Friends of the Frontier Army Museum membership meeting in May.

First place and \$1,500 was awarded to Trinity Young. Second place and \$1,000 was awarded to Melanie Libby.

The essay prompt this year was "2024 marks the 220th anniversary of the Lewis and Clark Expedition. Write an essay on any member of the expedition focusing on their role and significant contribution." The essays were judged by a panel of four FFAM members.

Both Young and Libby wrote about Sacagawea. See page A4 to read their essays.

FFAM is planning a Frontier Army Games/Jazz Night at the Museum for the end of July, details to be determined. See future issues of the *Fort Leavenworth Lamp* and visit <https://www.facebook.com/ftleavenworthffam/> for updates.

SEE **FFAM ESSAY WINNERS** | A4



FFAM essay winners (continued from Page A3)

1st-place essay: 'Sacagawea's role instrumental in Lewis, Clark expedition'

by Trinity Young, first-place FFAM essay contest winner

Sacagawea, a young Shoshone woman, accompanied Meriwether Lewis and William Clark's expedition from 1804 to 1806 as they traveled westward from the northern plains through the Rocky Mountains and to the Pacific Coast.

Before Sacagawea joined the expedition, the Corps of Discovery, a team of explorers, was made up of only men, making her the only woman on the journey. Sacagawea's role as a highly skilled gatherer, translator, peacekeeper, and guide on the Lewis and Clark Expedition made her an invaluable and respected asset.

According to Jay H. Buckley of Encyclopedia Britannica, Sacagawea was born circa 1788 at the Continental Divide, a continuous ridge of north-south mountain summits in western North America, at the present-day Idaho-Montana border. Sacagawea belonged to the Lemhi Shoshone, also known as Snake Indians. The name "Snake" comes from the tribe's distinctive trait of hiding away when discovered (Frontier Army Museum). In the Shoshone language, her name is spelled "Sacajawea" meaning "Bird Woman" and in Hidatsa, (pronounced and spelled with a hard g), Sacagawea translates to "Boat Launcher" (Buckley). Sakakawea was also a common spelling, however, Lewis and Clark's journals support the Hidatsa variation.

Lewis and Clark hired French-Canadian trapper Touissant Charbonneau as an interpreter after meeting him at Fort Mandan in North Dakota, hoping his pregnant Shoshone wife Sacagawea could help them communicate with any Shoshone they might encounter on the journey, according to History.Com Editors in an article on the Lewis and Clark Expedition. An article titled "Hiring of Charbonneau and Sacagawea" by the National Park Service describes the interpretation in detail. As language interpreters, Sacagawea and her husband acted as critical links in a chain of translation. Interestingly, neither Sacagawea nor Charbonneau spoke English; however, he spoke French with George Drouillard and other French and Métis boatmen in the Corps of Discovery. Sacagawea could not speak French but spoke Hidatsa with

Charbonneau. During meetings with the Shoshone people, Sacagawea translated from Shoshone to Hidatsa, then Charbonneau would translate from Hidatsa to French for Drouillard, who would then translate to English for Lewis and Clark.

Without Sacagawea, there would have been no direct way for the Shoshone to interact with the expedition members.

During the expedition, Sacagawea took on multiple responsibilities. The National Park Service's article, "Sacagawea, The Ultimate Working Mother" elaborates on her role as a peacemaker. Sacagawea and her infant son, Jean Baptiste, whom she gave birth to during the journey, served as a "white flag" of peace. When the well-armed but unmanned Corps of Discovery entered potentially hostile territory, it was vital that they remained on good terms with the Native American tribes, who significantly outnumbered them. Luckily, no war party had ever been accompanied by a woman and an infant, so the response of the Native Americans was curiosity. The Corps' journals mention several peaceful encounters with tribal nations, where Sacagawea acted as a diplomatic translator, and no member of the party was lost due to hostility.

Despite possible difficulties that came with traveling with a newborn child during the trek, Sacagawea also proved to be continually helpful with maintaining rations. A highly skilled gatherer, she identified and collected edible berries, plants and roots for food and medicinal purposes (Frontier Army Museum).

A crisis with Charbonneau proved Sacagawea encompassed bravery and critical thinking, traits that earned praise and gratitude from Lewis and Clark. According to the National Women's History Museum, a sudden gust of wind in choppy river waters caused the boat to tip sideways and fill with water, frightening the steering Charbonneau. In an instant, Sacagawea calmly dove into the water and rescued valuable supplies, including instruments, gunpowder, books, medicines, and clothing. Without these essential supplies, the expedition party would have been in serious danger.

Sacagawea also miraculously discovered something of her own during the trip. Encountering a group of Shoshone Native Americans and translating with their leader, she soon realized the chief was her long-lost brother Cameahwait, whom she had not seen since her abduction years before, as stated by Evan Andrews in the History.com article titled "10 Little-Known Facts About the Lewis and Clark Expedition." Through this tearful and joyous reunion, the expedition was able to purchase horses to cross the Rocky Mountains (Biography.com Editors). Heartbreakingly, Sacagawea also learned that except for one older brother and a nephew, the rest of her family was deceased

(Frontier Army Museum).

According to the Sacagawea Historical Society, historians have given numerous assessments as to her role as a guide of the expedition. Her contribution to the Corps of Discovery is based on identifying landmarks she remembered from her childhood and suggesting routes that were familiar to her near Shoshone lands. Before they arrived at the Shoshone nation, Lewis made three journal entries mentioning familiar landmarks that Sacagawea remembered from her childhood. There are no other journal entries stating Sacagawea's familiarity with another area. The rest of the regions were unfamiliar to her as they were to the rest of the expedition.

In one of those three journal entries, August 8, 1805, Lewis wrote that Sacagawea successfully recognized Beaver Head Rock as a landmark of the area where she was kidnapped as a child. After Sacagawea recognized the Beaver Head Rock, Lewis, with two other explorers, set out by land to find the Shoshones while Clark continued down the river with the rest of the group. Lewis found the Shoshones three days after their departure. Clark and the rest of the expedition arrived one week after Lewis. Soon Sacagawea discovered that the chief was her brother Cameahwait. After they reached the Pacific Ocean, and on the way back Clark wrote the following entry in his journal dated July 13, 1806:

"The indian woman who has been of great Service to me as a pilot through this Country recommends a gap in the mountain more South which I shall cross."

This entry by Clark shows that Sacagawea proved to be an asset to the expedition and that he trusted her recommendation.

Sacagawea continued traveling with the Corps of Discovery and reached the Pacific Ocean. During this time, they needed to establish where they would hold their winter quarters. According to Clark's journal, Sacagawea contributed to this decision. This served as a sign of respect from the male crew members for her knowledge of the land and role as a guide. With Sacagawea's input, they decided to build Fort Clatsop near the Columbia River, staying there until spring (Teresa Potter and Mariana Brandman).

On the return journey, the Corps of Discovery was divided into two groups. One group was led by Lewis and the other by Clark. Traveling with Clark, Sacagawea continued her role as a guide by recommending a route back through the Rocky Mountains,

which is known today as the Bozeman Pass, and south of the Yellowstone River. Along the way, she continued to mark landmarks (Potter and Brandman).

Sacagawea is one of the most famous figures in the Lewis and Clark expedition because of her significant and instrumental role in the expedition. As a translator, she was able to negotiate with tribes and obtain horses. As a gatherer, she collected many plants for food and medicines, which was especially essential during the winter months. As a brave woman, she was able to save valuable supplies from a river. Even though Charbonneau was the only spouse paid for his work, Clark wrote that Sacagawea "deserved a greater reward for her attention and services on that route than we had in our power to give her" (Frontier Army Museum). Sacagawea serves as a symbol of selflessness, motherhood, and courage.

Works Cited

Andrews, Evan. "10 Little-Known Facts About the Lewis and Clark Expedition." History, A&E Television Networks, 14 Aug. 2023, www.history.com/news/10-little-known-facts-about-the-lewis-and-clark-expedition.

Biography.com Editors. "Sacagawea - Facts, Death and Husband." Biography. 6 May 2021, www.biography.com/history-culture/sacagawea. Buckley, Jay H. "Sacagawea." Encyclopedia Britannica, Encyclopedia Britannica, Inc., 7 Mar. 2024, www.britannica.com/biography/Sacagawea.

Frontier Army Museum. Beyond Lewis & Clark, Exhibit. Frontier Army Museum. Visited 29 Mar 2024.

"Hiring of Charbonneau and Sacagawea." National Parks Service, U.S. Department of the Interior, 27 Nov. 2023, www.nps.gov/places/hiring-of-charbonneau-and-sacagawea.htm.

History.com Editors. "Lewis and Clark: Expedition, Purpose & Facts." History.Com, A&E Television Networks, 28 Mar. 2023, www.history.com/topics/19th-century/lewis-and-clark.

History.com Editors. "Sacagawea." History, A&E Television Networks, 9 July 2023, www.history.com/topics/native-american-history/sacagawea.

Potter, Teresa, and Mariana Brandman. "Sacagawea." National Women's History Museum, www.womenshistory.org/education-resources/biographies/sacagawea#:~:text=Sacagawea%20was%20an%20interpreter%20and,River%20to%20the%20Pacific%20Coast. Accessed 31 Mar. 2024.

"Sacagawea's Role and Significance in the Lewis and Clark Expedition." Sacagawea Historical Society, www.sacagawea-biography.org/significance-role-lewis-clark-expedition/. Accessed 31 Mar. 2024.

"Sacagawea, The Ultimate Working Mother." National Parks Service, U.S. Department of the Interior, 30 Apr. 2021, www.nps.gov/articles/000/sacagawea-the-ultimate-working-mother.htm.

THE UNIVERSITY OF
KU KANSAS

Local Classes.
Global Respect.

leavenworth.ku.edu



FFAM essay winners (continued from Page A4)

2nd-place essay: 'Sacagawea and Her Impact'

by Melanie Libby, second-place FFAM essay contest winner

The Lewis and Clark expedition has played one of the largest roles in American history, paving the way for settlers during times of dangerous western expansion.

After the Louisiana Purchase, President Thomas Jefferson commissioned Meriwether Lewis and William Clark to venture into the unexplored territory of the Louisiana Purchase (Kastor). Although Lewis and Clark are given the most credit for this historical expedition, they would've been unsuccessful in their trip had they not created a team of 33 members to travel with them, known as the Corps of Northwestern Discovery (Kastor).

The Corps of Discovery traveled with goals of establishing trade routes before people settled in the west and befriending Native American tribes to form peace across the land, as well as the famous ultimate goal of finding a water source that could potentially be used to travel back to Europe, known as the Northwest Passage (U.S. Department of Interior). Although they may have been successful in finding the passage by themselves, they would not have achieved their goals of making connections and establishing peace with Native Americans had it not been for one critical member of their team: Sacagawea. At just the age of 16, Sacagawea became the youngest member of the Corps of Northwestern Discovery ("Hiring of Charbonneau and Sacagawea"), and much of what historians have learned about her has been learned from Lewis and Clark's journals they kept on the journey (Fort Leavenworth Frontier Army Museum). While Sacagawea was initially invited on the journey in 1805 because she was married to Toussaint Charbonneau, who was selected to join the expedition as an interpreter (Dawley), she quickly became one of the most crucial, and arguably famous, members of the expedition due to her work in both interpretation with Native American tribes and serving as

a symbol of peace in dangerous environments. The unexplored west was filled with both unfamiliar plants that the Corps needed to research, as well as several Native tribes, some of which were hostile.

When Sacagawea was 11 years old she was kidnapped from her home tribe in Idaho, the Lemhi Shoshone, and brought into the Hidatsa and Mandan tribes ("People - Lewis and Clark National Historic Trail"). While this event proved to be nothing but unfortunate, it did set her up to be successful in the Corps of Northwestern Discovery expedition. By being raised within two separate tribes across the country, Sacagawea became more fluent in several tribal languages and means of communication, as well as became more familiar with the western landscape.

One of Sacagawea's most well known contributions to the historical expedition was her ability to break a language barrier between Native Americans and leaders Lewis and Clark, despite Sacagawea's inability to speak English or French with the other members of the Corps of Northwestern Discovery. In order to effectively create conversations between Native Americans and the settlers, Sacagawea would translate Native languages to her husband using Hidatsa, who then translated it to the rest of the expeditioners using French ("Hiring of Charbonneau and Sacagawea"). Through her translations in the train of communication that was created, Sacagawea helped the Corps of Northwestern Discovery trade for several goods and traveling essentials, such as horses to venture through the Rocky Mountains (Dawley). Using her skill of translation and knowledge of the tribes being interacted with, the expedition was able to make smart and effective trades with different Native groups who valued different resources and managed tribe operations differently from group to group. The translation train also allowed Sacagawea to share information about the terrain and natural environment that the Corps journeyed through. While Native tribes knew a great

deal about the nearby natural resources and how to navigate the land in a quick and safe fashion, the journeying settlers had to rely on Sacagawea to help them better understand the landscape.

While her translation skills for the Corps of Northwestern Discovery are more widely recognized and taught, her significance on the expedition goes beyond that. At the time, Native Americans had only experienced hostility and aggression from traveling parties made entirely of men. Lewis and Clark recognized this, and ensured that Sacagawea and her newborn infant, Jean Baptiste, were at the front of the group for the journey ("Sacagawea, The Ultimate Working Mother"). Native tribes across the west viewed women and children as a symbol of peace, and therefore greeted the Corps with intentions of curiosity and acceptance, rather than being territorial of the land and aggressive to the Corps ("Sacagawea, The Ultimate Working Mother"). Her peaceful presence and diplomatic nature allowed the expeditioners to build friendly relationships as they journeyed, and even ensure that no members of the party were killed in moments that could have been hostile without her ("Sacagawea, The Ultimate Working Mother").

Finally, Sacagawea proved her grit time and time again while traveling with the men. She spent the journey both caring for her infant son and protecting the traveling men from harms that may befall them through Native tribes and alien plants. In one of her more notable experiences on the expedition, she gathered important materials, such as books, medicine, and equipment for navigation, from a sinking boat (Fort Leavenworth Frontier Army Museum). She was the first person on the journey to act and save the materials from the boat, and she did so with Jean Baptiste strapped across her back. Sacagawea also faced adversity on the trip, including the revelation that all but two members of her family had passed away after she was taken from the Shoshone tribe (Fort Leavenworth Frontier

Army Museum). While this news undoubtedly broke her heart, and impacted the journey enough to be written down in some of the Corps diaries, Sacagawea continued to push through the journey and didn't let it impact her from doing her job.

Overall, Sacagawea is one of the most important, influential and impactful members of the Corps of Northwestern Discovery travelers. She helped communicate between Native tribes and Lewis and Clark for trade deals, she shared information about the plants and animals the group encountered, she became a symbol of peace as they entered uncharted lands, and she allowed all of her actions to be motivated by the good of the group, all while raising a newborn child. Without her efforts, the group arguably wouldn't have been as successful. Her impact continues to inspire others to persevere in the face of adversity and act for the good of others continuously.

Works Cited

Dawley, Charles. "Sacagawea" (U.S. National Park Service, 30 September 2022, <https://www.nps.gov/people/sacagawea.htm>. Accessed 29 March 2024).

Fort Leavenworth Frontier Army Museum. Lewis and Clark Exhibit. 1960, 100 Reynolds Avenue, Fort Leavenworth, KS, United States of America. "Hiring of Charbonneau and Sacagawea (U.S. National Park Service, 27 November 2023, <https://www.nps.gov/places/hiring-of-charbonneau-and-sacagawea.htm>. Accessed 29 March 2024).

Kastor, Peter J. "Lewis and Clark Expedition, The." Encyclopedia Virginia, 2020, <https://encyclopedia.virginia.org/entries/lewis-and-clark-expedition-the/>. Accessed 24 March 2024.

"People - Lewis & Clark National Historic Trail (U.S. National Park Service, 22 September 2021, <https://www.nps.gov/lecl/learn/historyculture/people.htm>. Accessed 25 March 2024).

"Sacagawea, The Ultimate Working Mother" (U.S. National Park Service, 30 April 2021, <https://www.nps.gov/articles/000/sacagawea-the-ultimate-working-mother.htm>. Accessed 29 March 2024).

U.S. Department of Interior. "Lewis and Clark Expedition." U.S. Department of the Interior, 4 October 2006, <https://www.doi.gov/ocl/lewis-and-clark-expedition>. Accessed 29 March 2024.

Kansas Turnpike goes cashless July 1

by Kansas Turnpike Authority Press Release

WICHITA, Kan.— Kansas Turnpike Authority CEO Steve Hewitt announced in April the Kansas Turnpike will implement cashless tolling beginning July 1.

Hewitt also announced the release of a virtual Go! Cashless toolkit, available to customers at www.DriveKS.com. Available materials include short videos, FAQs, newsletter/article copy, flyers, posters and more. Printed material is also being provided to com-

munities along the turnpike and partners and stakeholders throughout the region.

"This is the largest change for turnpike customers since opening day in 1956," Hewitt said. "We are excited to improve safety while also enhancing the customer experience and modernizing our operations."

Cashless tolling means there will no longer be on-road toll collection and all customers will keep moving starting July 1. Customers will be identified by a transponder such as KTAG

or by license plate registration information. DriveKS will be Kansas' new toll payment system, whether a customer has a KTAG or is identified by their license plate. Statements and customer communication will come from DriveKS.

"Cashless tolling is something our customers experience in other states, and we're proud to bring it here to Kansas," Bruce Meisch, director of technology and the cashless conversion project manager, said. "For the 70 percent of customers who use KTAG

or a compatible transponder from another state, not much will change."

In KTA's most recent customer satisfaction survey, 95 percent believe KTA is an important part of Kansas transportation and 84 percent support the conversion to cashless tolling.

Customers who currently pay at a toll booth can get a KTAG to pay the lowest toll. In January, KTA released its per-mile toll rate structure effective July 1, which will be the lowest of any cashless system across the country.

KTA announced its decision to convert to cashless tolling in early 2020. In reality, the organization has been working on elements necessary to convert its 236-mile toll road to cashless tolling for nearly a decade.

A 2014 review of manual toll collection staff revealed that nearly 70 percent would be of retirement age within the following decade. As part of the conversion, KTA created a workforce transition plan for employees impacted by cashless tolling.

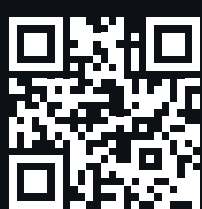
Electronic tolling has in-

creased from less than 45 percent in 2013 to nearly 70 percent of traffic today. This is due to increased use of KTAG and compatibility agreements with Oklahoma, Texas and Florida.

KTA's existing toll collection equipment was reaching the end of its useful life. It is being replaced by roadside tolling equipment on 42 new overhead gantries along the roadway. This equipment connects to a customized back-office system, providing better customer service and increased efficiency.

BE ALL YOU CAN BE DOESN'T END AFTER YOU SERVE.

Army personnel bring a hard-earned skillset to the workforce. Leadership, discipline, teamwork, problem-solving. These qualities are an asset to a wide variety of trades working with dozens of different EMCOR companies. **Looking for a post-military career? Look to us.**



SCAN FOR JOBS



Where good work is
**VALUED
RESPECTED
REWARDED**



Army Heritage Month (continued from Page A1)

grew up in the country or city; who remembered pay phones and dial-up internet; who were first-generation Americans; who were veterans of Urgent Fury (1983 invasion of Grenada), Operation Just Cause (1989-90 invasion of Panama) and of other more recent operations; among other demographic- and experience-related questions.

“As I saw those hands go up, there is a lot of diversity in this room — diversity of background, diversity of experience, diversity of thought,” Brewington said.

He said the sort of questions he asked can help people think about where they are in their lives, who they are and why that matters.

“We talked about where we came from, we talked about who we were, who we are leading up to our time in service to some of the things we’ve done in service to our country, but who are we?” Brewington asked. “We are members of the Army profession. We have chosen to serve something larger than ourselves, and if necessary, to lay down our lives in that service.”

Brewington said that service to the nation is Army professionals’ highest priority, and the foundation of the Army’s relationship with the American people is trust.

“Our professional responsibility, members of the Army profession, is to protect that trust — to protect it, to preserve it, to earn it every day in what we do.”

He said mutual trust within the profession, and as families, builds cohesive teams.

“It’s necessary for the Army to have that (trust) to be able to fulfill its strategic role and discharge its responsibility to the nation,” he said.

Brewington described Army professionals as honorable servants, Army experts and stewards of the profession.

“What you do every day for our country matters, so thank you for what you do.”

Brewington said walking through the observance month displays in the ballroom offered the opportunity to pause and reflect on diversity, but also what we in common.

“We take time to pause and highlight and honor our diversity, spend some time thinking about, talking about, reflecting on the things that make us different, and we highlighted some of those this morning. But what do we do the rest of the time? The rest of the time we focus on the things that make us the same — our profession, our ethic, our values, our Army culture,” he said. “There’s none like it in the world, and, man, I just wake up every day thankful that I have the privilege to one, serve the country, and to number two, work with great Army professionals, members of the Army profession, that I get to work with every day.”

Speaker Maj. Kara Corcoran, School of Advanced Military Studies student, read from a paper she wrote, “U.S. Military Forges Equality and Respect,” to share lessons to be learned from the past.

“The U.S. military historically forged the way for equality in the crucible of combat, creating stronger bonds in the furnace of



Photo by Prudence Siebert/Fort Leavenworth Lamp

Combined Arms Center and Fort Leavenworth Army Heritage Month Observance and Diversity Fair speaker Howard Brewington, deputy director of the Mission Command Center of Excellence, asks the audience questions about their upbringing and experiences during his remarks at the observance June 25 at the Frontier Conference Center.

American society... Today the U.S. Army soldiers continue to forge the camaraderie of trust through stewardship of the profession, training and the Army value of respect,” Corcoran said as she began her remarks.

“Throughout history, the American military forged the beginnings of respect for marginalized demographics,” she reiterated toward the end of her remarks. “In most cases the U.S. military upheld a higher code of ethics and morality that paved equality for the rest of American society, yet awareness of previous transgressions toward each other provides context to any diverse organization.”

Through the reading of her paper, Corcoran painted a picture of human rights evolution through the years, and said the military, like all organizations, still has room to improve.

“To create further change, we must understand the problem. The first step toward understanding is knowledge, through history, and it will allow us to evaluate programs within our organizations to create positive change.”

Corcoran cited examples to illustrate the U.S. military’s racial and gender equality failings and progress through several generations. These evolutions have meant policy changes and more equal treatment and opportunities for African Americans and women, and greater acceptance and understanding of differing sexual orientation and gender identity. Corcoran pointed out areas that are still lacking, such as providing necessary health care and other support for transgender service members.

Corcoran serves as the vice president of SPARTA Pride, an organization that provides support and advocacy for transgender service members and veterans.

According to Corcoran’s biography on the SPARTA Pride website, “policy changes forced her to begin transition during an inopportune time in her life as a ban on trans-inclusive service was enacted in March of 2018. She was able to be exempt of this policy within days before the ban began and spent the next several years continuing her fight for Army soldiers and all transgender service members. She continues to mentor junior female officers in maneuver branches, advocate for transgender service



Combined Arms Center and Fort Leavenworth Army Heritage Month Observance and Diversity Fair speaker Maj. Kara Corcoran, School of Advanced Military Studies student, recounts the history of equality in the military during her remarks June 25 at the FCC.



Photos by Prudence Siebert/Fort Leavenworth Lamp

Thirteen-year-old Mya Huewitt and 15-year-old Jordan Dulaney, event greeters, sample foods such as Nigerian fried rice, tres leches and pani popo during the Army Heritage Month Observance and Diversity Fair June 25 at the Frontier Conference Center.

Arthur McClendon Jr., right, cashier and customer service representative at Envision Xpress, performs the national anthem as event narrator Staff Sgt. Abigail Santos, Medical Department Activity, covers her heart, before speakers’ remarks at the Combined Arms Center and Fort Leavenworth Army Heritage Month Observance and Diversity Fair June 25 at the Frontier Conference Center.

Photo by Prudence Siebert/Fort Leavenworth Lamp

members, and continues to support soldiers, providers and commanders with advice in the transition process.”

Corcoran said she has supported more than 200 transitioning soldiers as they have navigated the waver and policy changes.

“Today an estimated 15,000 transgender service members are across the entire U.S. military,” she said, noting that many transgender, gay and lesbian service members are still afraid to come out.

She told the audience to revisit empathy.

“If things in question are deeply repulsive by one’s sensibilities to one’s own beliefs or desires, then we have a feeling that is troubling and it is harder to empathize and understand another person’s experience because there is no baseline for underlying empathy.”

Corcoran said the Combined Arms Center embodies the 2024 Pride Month theme, “Pride in All Who

Serve/A Place For All,” and said she was grateful for the chance to speak.

“As leaders of an organization look back on history and craft a more productive future, just as the Army continues to align its stated values with policies, continually reassess your equality programs, allow our institutions to come together in achieving America’s vision of liberty and justice for all, and never forget our oath to the U.S. Constitution.”

She said equality training programs often don’t include any of the associated history.

“To increase effectiveness, we must embody humility by accepting this history and understanding it is part of our heritage as an Army, that these demographics were fought alongside everyone, and we ... came together, so we have to better understand our heritage on (Army) Heritage Day.”

Corcoran said military leaders can help foster positive change through exam-

ple.

“The nation was founded on the ideal that we are all created equal. In the Army, each is judged by the content of their character. Army leadership could consistently foster a climate that treats everybody with dignity and respect, regardless of their ethnicity, gender identity, sexual orientation, creed or religious beliefs. Fostering a positive climate begins with the leaders’ personal example — leaders treat others, including adversaries, with respect.”

Corcoran said diversity is the nation’s strength.

“When we come together for a common purpose, in the face of an ever-increasing hostile global operating environment, it is our heritage that we all stand ready to fight, and if need be, die in defense of the cherished institutions of America,” she said.

Prior to the speakers,

Arthur McClendon Jr., cashier and customer service representative at Envision Xpress, performed the national anthem.

The diversity fair portion of the observance featured a performance by Mexican folkloric dance group Itsi Asuli and informational tables on Martin Luther King Jr. Day (January), Black History Month (February), Women’s History Month (March), Days of Remembrance (April 24 to May 1 to honor and remember victims and liberators of the Holocaust), Asian American/Pacific Islander Heritage Month (May), Pride Month (June), Juneteenth (June 19), Women’s Equality Day (Aug. 26, celebrating the 19th Amendment guaranteeing women the right to vote), National Hispanic Heritage Month (mid-September to mid-October), National Disability Employment Awareness Month (October), and National American Indian Heritage Month (November).

Summer reading program kicks off at CARL

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

The Ike Skelton Combined Arms Research Library launched its summer reading program with a kick-off event June 12. Children of all ages participated in activities such as learning about museum artifacts, listening to stories, making parachute toy crafts, and engaging in a scavenger hunt.

The 2024 summer reading program theme is “Read, Renew, and Repeat!” and runs from through Aug. 5. It aims to combat “summer slide,” a phenomenon when students lose up to two months of learning during the summer break.

“It’s proven that the more you read during the summer, the more you retain your studies because you’re keeping your brain going,” said Sierra Hochstatter, CARL circulation librarian and event host. “We want to bridge the summer gap of school with a fun activity that improves their learning.”

Program participants can sign up and log reading time on Beanstack at <https://carl.beanstack.org/>. Challenges are offered for different age groups: toddlers (0-3), children (4-9), teens (10-17), and adults (18 and older). Beanstack also allows users to connect with friends, share friend codes, see what others are reading, and discuss books. No specific books are required for the program, and each challenge consists of 10 badges that serve as reading goals. Toddlers can earn one badge by reading for one hour, children need to read for two hours to earn a badge, and teens and adults need to read for three hours to earn a badge.

“Reading comes in many forms. We’d like to encourage everyone to count every type of reading possible,” Hochstatter said. “Whether it’s a book, a legal document, or the back of a cereal box, you can log it on Beanstack.”

Children earn prizes at the library by logging their reading time and earning badges.

“We can see what they’ve earned on Beanstack, check off that they’ve earned their prize, and pass it over to them,” said Hochstatter.

Prizes vary for different age groups and include stickers, toys, items made from recycled materials, and gift cards funded by Family and Morale, Welfare, and Recreation.

Special guest retired Chaplain (Col.)

David Beauchamp read “The Peppered Sky,” written by his daughter, Sarah Doran. Three children won signed copies of the rhyming book about military family members watching paratroopers land at a drop zone.

Children and parents also participated in creative activities at the library, crafting parachute toys and releasing them from the second-floor balcony. Following this activity, they embarked on a scavenger hunt to help participants explore and find captivating books throughout the library.

“Reading is fun already, but engaging in creative activities can make it even more exciting,” said Hochstatter said. “The goal is to encourage as much reading as possible during the summer and familiarize participants with our library facilities.”

Rachel Brunhoeber, mom to 7-year-old Simon, said she enjoys taking part in the program and using the Beanstack application because it’s easy and fast.

“Simon looks forward to it every year. He loves to read,” she said, with Simon mentioning how he likes the Dogman graphic novels by Dav Pilkey.

Lt. Col. Nathan Moore, an instructor at the Command and General Staff College, and his wife, Paula Moore, said they like to support the library’s initiatives and said that their children are motivated by getting prizes. Their 4-year-old son Miles said he enjoys Jory John’s “The Food Group” series that includes “The Bad Seed,” “The Good Egg,” and “The Cool Bean.”

Capt. John Polczynski, an incoming Command and General Staff Officer Course student, praised the program for fostering his children’s passion for reading.

“I think it’s important for them to have a passion for reading as young as possible because that will be a tool. I think it will be useful for the rest of their life,” he said. “Reading empowers them to do pretty much anything they want in the future.”

He said his daughters enjoy the “Dragon Girls” series by Maddy Mara and the “Magic Treehouse” series by Mary Pope Osborne.

CARL offers more than just reading, to include a puppet theater in the library’s children’s room that allows children to create their own stories.

For more information on the summer reading program, visit <https://carlsc.libguides.com/Home/SRP24> or call 913-758-3001.



Photo by Prudence Siebert/Fort Leavenworth Lamp

Retired Chaplain (Col.) David Beauchamp reads “The Peppered Sky,” a story written by his daughter, Army veteran Sarah Doran, about military families watching paratroopers descend on a drop zone, during the summer reading program kick-off event June 12 at the Combined Arms Research Library. After the book reading, Debbie Beauchamp shared some stories with the assembled children about what it was like for their children, including Sarah when she was about 7 years old, to watch their father jump from a plane when they were stationed at Fort Bragg (now Fort Liberty), North Carolina.



Photo by Prudence Siebert/Fort Leavenworth Lamp

Museum Specialist Megan Hunter shows Lauren Yates, 21-month-old Marshall, 5-year-old Lilli Beth and Maj. Max Yates, recent Command and General Staff Officer Course graduate, some World War II-era aviation artifacts from the Frontier Army Museum during the summer reading program kick-off event June 12 at the Combined Arms Research Library.



Photo by Prudence Siebert/Fort Leavenworth Lamp

Library Technician Carlisha Brown helps children with their paratrooper craft — a plastic paratrooper attached to a coffee filter parachute — during the summer reading program kick-off event June 12 at the Combined Arms Research Library. Children colored the parachute, then launched them from the balcony. The craft is included in the book “The Peppered Sky,” which was read aloud during the event.

Five-year-old Madeline Voth and 8-year-old Cheyenne Graves launch plastic paratroopers suspended by coffee filter parachutes from the balcony during the summer reading program kick-off event June 12 at the Combined Arms Research Library. Visit <https://carl.beanstack.org/reader365> to sign up for the summer reading program.

Photo by Prudence Siebert/Fort Leavenworth Lamp



As part of the Combined Arms Research Library’s summer reading program, children can participate in a scavenger hunt throughout the library, a clue for which is seen here with summer reading program mascot “Bruce” in the prize display case at CARL. For more information on the program, including prizes, visit <https://carlsc.libguides.com/Home/SRP24>.

Photo by Prudence Siebert/Fort Leavenworth Lamp

SJA provides claims information for severe weather damage

by Office of the Staff Judge Advocate

The severe weather occurring in the Fort Leavenworth area frequently causes damage to personal property.

Before 2019, the U.S. Army Claims Service policy allowed for payment of claims under the provisions of the Personnel Claims Act for weather-related damage to personal property owned by soldiers and for Department of the Army civilians while at their place of duty.

In Army Directive 2019-21, dated May 29, 2019, the Secretary of the Army revoked the previous policy — now the Army no longer pays for damages caused by flood,

hurricane, earthquake or other acts of nature or weather conditions. The Secretary of the Army stated this policy change was to encourage individual responsibility for personal property.

Soldiers and DA civilians should maintain private insurance against personal property loss caused by adverse weather and other hazards insurance normally covers. Any exception or waiver to this policy requires approval by the Secretary of the Army. An exception or waiver of this policy should be routed through the Judge Advocate General and the Army General Counsel to the Secretary.

In light of this policy, soldiers and Department of the Army civilians living or working on Fort Leavenworth are encouraged to obtain a renter's insurance policy to cover loss or damage to their personal property. Those with expensive, high value items such as antiques, original art or collections (such as a baseball or sports card collection) should get a full replacement value coverage policy. Be aware that high value item replacement insurance will probably require an appraisal for which, depending on the insurance company, the property owner may not be reimbursed.

In addition, a comprehensive auto in-

surance policy will cover weather-related damages. This type of insurance will also cover other non-motor vehicle damages, such as vandalism or hitting an animal.

Property owners/renters should contact their insurance company for any further information regarding renter's insurance, high value property insurance, or comprehensive auto insurance.

Contact Gary Hyder in the Fort Leavenworth Claims Office at 913-684-5376 or gary.d.hyder.civ@army.mil with questions regarding the Army policy on personal property claims.

BEAT THE HEAT

Combat Heat Stress with Nutrition and Hydration

FUEL WITH FOOD
Carbohydrate rich foods and drinks help ensure fuel targets are met

STAY HYDRATED
Before exercise, drink ~2-4 mL of fluid per lb body weight 2-4 hours before activity
During exercise, drink enough fluid to replace sweat loss so fluid loss body weight changes are <2% of total body weight
After exercise, drink ~24 oz per lb body weight lost during activity

ADD ELECTROLYTES
Sodium consumed in fluids/foods around activity help fluid retention and replenish electrolyte losses

SCREEN YOUR SUPPLEMENTS
Visit OPSS.org to screen your dietary supplements for safety

AVOID ENERGY DRINKS
Don't take energy drinks or shots immediately before, during, or after workouts



For every 8 fl oz, be sure it has:

Carbs	12-24 g
Sodium	82-163 mg
Potassium	18-46 mg

Human Performance Resources by CHAMP, STRONG B.A.N.D.S. partner, is the military's go-to source on total fitness. Visit HPRC-online.org.










Adult volunteers needed ASAP to help cover care shifts for adoptable pets!

Register in VMIS or contact us if interested: fortleavenworthstrayfacility@gmail.com, 913-684-4939

Kevin wants you!

to volunteer at the Fort Leavenworth Stray Facility!

Note: Kevin has been adopted.



LOOKING FOR ADVENTURE? CHECK OUT FORT LEAVENWORTH LEISURE TRAVEL SERVICES!



Leisure Travel Services
310 McPherson Bldg 464
(913) 684-2580





HUNGRY?

Fort Leavenworth MWR has AMAZING food options!

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




LEAVENWORTH.ARMYMWR.COM



WORTH



NORTH

9400 NW Prairie View Rd

816-420-9000

www.worthharley-davidson.com

Sign up to receive a reminder when a new issue of the *Fort Leavenworth Lamp* is posted by e-mailing usarmy.leavenworth.id-training.mbx.pao-inbox@army.mil.

THURSDAY
JUNE 27, 2024



LAMP Post Notes

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

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

B1

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 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.

Fourth of July
INDEPENDENCE DAY

Food, Music, & Fun begin at 6PM

Location: Merritt Lake
Music begins at 6PM • Salute to the Union at 8PM
Spectacular Fireworks Show at Dusk

Thank you to our Sponsors!
Sponsorship does not imply endorsement

WORTH USAA KU antioch

For more info: (913) 684-1674
leavenworth.armymwr.com

Combined Arms Center & Fort Leavenworth's Inaugural Summer Jubilee July 3, 2024, 8 a.m. – 2:30 p.m.



Home Run Derby
11:15 a.m. - 12:15 p.m.

Food Trucks

Children's Craft Tables

FMWR Ticket Pickup
Location for FREE Bowling, Swimming, and 9-Holes of Golf
8:30 a.m. - 1:30 p.m.

Basketball 3-Point Shoot Competition
12:30 p.m. - 1:30 p.m.

Bounce Houses

Closing Remarks
2:30

Frontier Museum Tours

9:00 a.m. - 10 a.m. Ms. Hunter: Fort Leavenworth & Leavenworth City History
10:30 a.m. - 11:30 a.m. Mr. Pettigrew: Buffalo Soldiers History
12:30 p.m. - 1:30 p.m. Mr. Grande: USDB History
1:30 p.m. - 2:30 p.m. Guided Curator Tour with Museum Staff

Punt, Pass, Kick, Sprint
10 a.m. - 11 a.m.

Opening Remarks
Remarks 8:30

Reynolds Ave Kickball Tournament
8:45 - Until Complete

Freedom Workout of the Day
at Gruber Gym
5-Person Teams: 8:45 - 11
Individuals 11 - 1 p.m.

PARKING

COMING JULY 1, 2024

GO!

Cashless Tolling

Be ready for cashless tolling. Get a KTAG to pay the lowest toll.

Learn more at DriveKS.com

Community Blood Center **Blood Drive**

Batter up. Give blood!

Fort Leavenworth
Thursday, July 11th
9:00 AM - 2:00 PM
Frontier Chapel
625 Thomas Avenue

Receive a Royals T-shirt when you show up to donate! While supplies last.

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

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/wheretodonate for COVID-19 safety protocols.

#cbckc

877.468.6844 • savealifenow.org

WORKSHOP & WORKOUT!

Join the Family Advocacy Program for a monthly workshop and workout!
11:00 a.m. - 12:30 p.m.
June 8th
July 13th
August 10th
September 14th

To Reserve Your Spot Call or Text 913-683-2537

600 Thomas Ave. Bldg. 198 Room 157

MWR ACS

Griffin Gardens Greenhouse
Opening April 17th!

Monday & Friday 1330 - 1500
Wednesday 0830 - 1030

Located between Griffin Cuts Barbershop & 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

U.S. ARMY

General William E. DePuy Writing Contest
The U.S. Army's Premier Writing Competition

This year's theme is **The Russia-Ukraine War**

Submission deadline: 19 July 2024

<https://www.armyupress.army.mil/DePuy-Writing-Competition/>

CYS SKIES

Instructional Class Summer Catalog 2024

Enrollment Opens April 15th @ 9:00am

Open House July 23rd 5:30pm - 7:00pm

320 Pope Ave Bldg #345
Call 913-684-3207
or text 913-704-7595

SKIES Unlimited
 Division of Knowledge, Inspiration, Exploration & Skills

MWR
 CHILD-YOUTH SERVICES

The Schools of Knowledge, Inspiration, Exploration and Skills (SKIES): Unlimited offers classes in dance, music, gymnastics, theater and more. For more information, visit <https://leavenworth.armymwr.com/programs/skies-unlimited>. Download the summer catalog of available classes at https://leavenworth.armymwr.com/application/files/2217/1258/9294/SKIESUnlimited_2024_Summer_Catalog.pdf

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.

MWR
 CHILD-YOUTH SERVICES

First time youth golfers are recommended to go through SKIES Instructional Golf clinic prior to starting the Summer Golf League.

To begin, please complete enrollment online via Webtrac, or by calling Parent Central at (913) 684-5138/4956.

Enrollment requires current CYS registration. Sports physicals are required for this program.

Info: (913) 684-7525/7526

YOUTH SPORTS & FITNESS SUMMER CAMPS

Camp Dates	Age Group	Time	Cost
June 10-13	5-8yrs.	0900-1000	\$40
	9-14yrs.	1000-1100	\$40
	1000-1100	\$40	
July 22-25	5-8yrs.	0900-1000	\$40
	9-10yrs.	1000-1100	\$40
	11-14yrs.	1300-1400	\$40

Enroll online!
 Enroll online via webtrac or by calling Parent Central (684-5138). Enrollment requires current CYS registration, sports physical NOT required for camps.

For more info call, CYS Youth Sports at 684-3302/2050.

ABOVE, Youth Sports and Fitness, Child and Youth Services, and RIGHT, Harrold Youth Center offer basketball camps, soccer camps, baseball camps, field trips and daily activities for children and teenagers. For more information, call Youth Sports at 913-683-1362/2050, CYS at 913-684-7525/7526, or Harrold Youth Center at 913-684-5118.

The Arts and Crafts Studio offers summer classes for youth and adults. See pages B5-6 for upcoming class offerings or visit https://www.facebook.com/people/Fort-Leavenworth-Arts-Crafts-Studio/100095229199304/?_rdr for the class schedule and more information.

TEEN Summer Adventure 2024

HOURS OF OPERATION

SUMMER CAMP HOURS
 6 a.m. - 6 p.m.

SUMMER OFFICE HOURS
 Monday-Friday 7 a.m. - 6 p.m.

OPEN RECREATION
 Mon - Thur 1 p.m. - 6 p.m.
 Friday 1 p.m. - 9 p.m.
 Sat 2 p.m. - 8 p.m.

HARROLD YOUTH CENTER
 45 Biddle Blvd.
 Fort Leavenworth, KS
 (913) 684-5118

MWR
 CHILD-YOUTH SERVICES

BOYS & GIRLS CLUBS OF AMERICA

4-H

Outdoor Pool Passes for sale at Harney Sports Complex front desk

available beginning 16 May.

Family of 4 - **Full Season Pass: \$150.00**
 Valid: 24 May 2024 - 2 September 2024

Family of 4 - **Half Season "A" Pass: \$75.00**
 Valid: 24 May 2024 - 7 July 2024

Add an extra family member pass to either above option for **\$25.00

1 Person - **Full Season Pass: \$75.00**
 Valid: 24 May 2024 - 2 September 2024

Individual Daily Fee: **\$5.00**

First Day of operations for the Outdoor Pools will be 24 May 2024 from 3pm-6pm.

SUMMER ADVENTURE

ENROLLMENT
 Youth Services Summer Adventure is open to all military and DoD civilian family members. Youth must have completed 6th grade or higher during the 2023-2024 school year.

REGISTRATION
 Youth must be registered with Child & Youth Services through Parent Central, located at the Resiliency Center, Bldg 198, 00 Thomas Ave. before enrollment in the program. Call 913-684-5138 to make a registration appointment and to complete Total Family Income.

FEES
 Fees are based on Total Family Income which is determined at Parent Central. Payments can be made at any CYS location. Enrollment and payments must be made by the Monday prior to each camp week.

Daily Activities
 Along with the field trips, Camp will include Team Challenges, Water Play, Sports, Games, Cooking Club, Scavenger Hunts, Bike Rides, STEAM activities and much more!

Teen Summer Sessions

Session 1 - Ready Set Go
 May 28 - 31 (NO camp May 27)
 Union Station - Cool Crest

Session 2 - Mission Impossible
 June 3 - 7
 Escape Room and Go Apes

Session 3 - Animal Safari
 June 10 - 14
 Zoo and Cedar Cove

Session 4 - Food Frenzy
 June 17 - 21 (NO camp June 19 & 21)
 Chopped Challenge

Session 5 - Water World
 June 24 - 28
 Lake Trips and Water Park

Session 6 - Futuristic Fun
 July 1 - 5 (NO camp 4th of July)
 Rush and Amazing Race

Session 7 - To the Extreme
 July 8 - 12 (NO camp July 12)
 I Fly and Ice Skating

Session 8 - Sports Spectacular
 July 15 - 19
 Monarch's Game

Session 9 - Wild and Crazy
 July 22 - 26
 Trampoline Park and Laser Tag

Session 10 - Blast from the Past
 July 29 - August 2
 Shatto Milk and Lake Tour

Session 11 - Creative Campers
 August 5 - 9
 Clay Cafe and Water Park

For more information and to follow us:
 Facebook: Harrold Youth Center
 Website: leavenworth.armymwr.com

Youth to Youth Sponsorship

Welcome to Fort Leavenworth! The HYC Youth to Youth Sponsorship Club would like to invite you to our Teen Summer Meet and Greets! Music, Food, and Games! Meet New Friends!

- June 12 Harrold Youth Center 4 pm - 6 pm
- June 22 Harrold Youth Center 6 pm - 8 pm
- July 10 Strike Zone 4 pm - 6 pm
- July 26 Dashboard of Ft. Leavenworth 4 pm - 8 pm

Open Rec Day Trips & Special Events

Purchase a Worlds of Fun season pass for **\$94.50. Cost is \$10 a trip!**

June 5, 14, 26 Worlds of Fun/Oceans of Fun \$45 / 10 am - 6 pm

July 10, 19, 24 Worlds of Fun/Oceans of Fun \$45 / 10 am - 6 pm

August 9 Worlds of Fun/Oceans of Fun \$45/ 10am - 6 pm

August 12 Non School Day/Activities @ YC \$35/ 6 am - 6 pm

Summer Theater Workshop

June 24 - 28 Teen Summer Theater \$80/ 9 am - 12 pm
 This workshop will be at Harrold Youth Center and go over auditioning, choreography, and set design for 6th - 12th graders.

Stop by the Youth Center for our Summer Monthly Calendar of Events!

Swimming Lessons available for enrollment

June Lessons Run **24 June - 28 June** (*5 days) (*\$40 for enrollment)

Sign up at the Harney Sports Complex Front Desk.

Morning Swimming Lesson Options:

Preschool 1
 3:50 pm - 4:20 pm
 Ages: 4 years - 5.99 years

Parent and Child Learn to Swim
 4:30 pm - 5:00 pm
 Ages: 6 months - 3.99 years

Preschool 2
 5:10 pm - 5:40 pm
 Ages: 4 years - 5.99 years

Afternoon Swimming Lesson Options:

Preschool 1
 3:50 pm - 4:20 pm
 Ages: 4 years - 5.99 years

Parent and Child Learn to Swim
 4:30 pm - 5:00 pm
 Ages: 6 months - 3.99 years

Preschool 2
 5:10 pm - 5:40 pm
 Ages: 4 years - 5.99 years

CARL SUMMER READING PROGRAM

June 10th - August 5th

Pre-Registration has started!

Sign up at <https://carl.beanstack.org/>



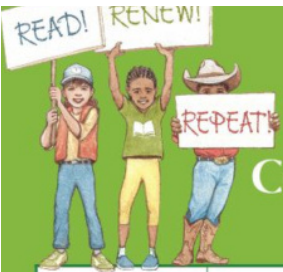
Army MWR Library | 2024 Summer Reading Program



Have you logged your reading minutes this week?

PRESENTED BY: SUPPORTING SPONSOR:

No federal endorsement implied



June 2024

The CARL's Community Events Calendar

The Ike Skelton Combined Arms Research Library

913-758-3001

follow us on Facebook: @CombinedArmsResearchLibrary

*Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed Sundays						1
	2	3	4	5	6	7
	9	10	11	12	13	14
	16	17	18	19	20	21
	23	24	25	26	27	28
30						29

Event Details:
 - June 3: The library is closed for carpet cleaning and inventory this week.
 - June 7: CGSC Graduation!
 - June 10: Summer Reading Starts!
 - June 12: SRP Kick Off Party 3pm-5pm.
 - June 19: JUNE TEENTH. The library is closed.

Need a quick bite?

SELF SERVICE Market

FOOD » SNACKS » DRINKS

Check out these locations

Bldgs: 77	*136
52 120	*635
61 465	*1147

*Some locations require authorized access

BOSS PRESENTS MOVIE NIGHT

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

June 14 PG	June 28 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

Clean Paws Pet Wash

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

Info: (913) 651-7176



STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS
By Appointment Only
www.strongholdfoodpantry.org



JUNE 2024

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



STRONGHOLD FOOD PANTRY
VOLUNTEERS NEEDED!

Interested?

Call us at (913)303-8105 or send us an email at contact@strongholdfoodpantry.org
WWW.STRONGHOLDFOODPANTRY.ORG

WE NEED HELP WITH:

- Processing donations
- Packing distribution goods
- Distributing groceries
- Bookkeeping
- Website Administration
- Diaper Distribution
- Donation pickups

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.

2024 LV USD 453 SUMMER MEAL PROGRAM

FREE breakfast and lunch for all kids and teens (ages 1-18)
June 3 - June 28
Monday - Friday

LOCATIONS
Leavenworth High School Henry Leavenworth Elementary School
Richard Warren Middle School
These locations will only operate during June.

June 3 - July 26
Monday - Friday No Service July 4 & 5

LOCATIONS
Anthony Elementary School David Brewer Elementary School
Wollman Park

Breakfast 8:00 - 9:00 a.m. **Lunch** 11:00 a.m. - 12:30 p.m.

Adults are welcome to purchase a meal as well. Costs for adults over the age of 18 are listed below
Breakfast \$3.00 Lunch \$5.00
Extra Milk \$0.65
All locations open to the public.

This institution is an equal opportunity employer and provider.

Stronghold: Happy Bottoms Program

Powered by: Rapid Response Charities

Free Monthly Diaper Distribution
Email: contact@strongholdfoodpantry.org


ODYD Donations!




*Formal & Cocktail Dresses
*Menswear
*Shoes, Jewelry, Handbags

ODYDflsc@gmail.com

VBS 2024 Scuba






Key Dates: 14 July - Registration Begins
11 July - Initial Volunteer Training
18,25 July, Aug 1, 5 Trainings
5 Aug - Teen Training/Safety Training
6-8 Aug - Execution of VBS



Who: 300 + Children from 4/5 Year old to 5th
What: 9 Hour VBS program
When: 6-8 August (0900-1200, T-Th)
Where: Frontier/Pioneer Chapel grounds
Why: Promote Solid Faith-Based Education and Activities for FLVN Community Children

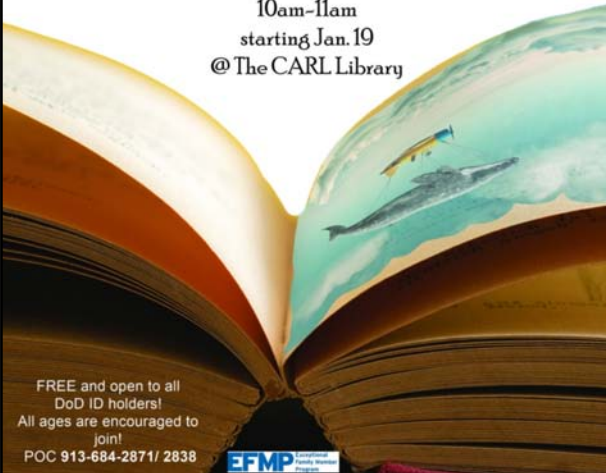
POC: Syeeda Echols syeeda.j.echols.civ@army.mil
Carl Tillery carl.i.tillery.civ@army.mil
Directors of Religious Education


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



PWOC Playground Meet-Up Dates!

9am-10am
@ EFMP Playground behind the Post Theater

Tuesday, June 4
Tuesday, June 18
Thursday, July 11
Thursday, July 25




Signing up for

HOOPS WITH TROOPS

is a

SLAM DUNK!





Are you looking for a **FUN** and engaging activity for your EFM?

Sign up now to play basketball with **HOOPS WITH TROOPS!**


This **FREE** 4 week program is geared toward EFM ages 9 - 18. Students will be led by Military Member Volunteers in basketball drills and games. Each participant will be paired with a student volunteer.

Thursdays from 4:30pm - 5:30pm
Harney Sports Complex
August 29 - September 19

Call to register by August 22
913-684-2838 or 913-684-2871


Playground Palooza!



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.

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



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

Looking for volunteers!

Want to make a difference and earn community service hours? Volunteer with EFMP!

Looking for Soldiers and DOD ID card holders ages 18+ to participate as Leads for basketball games and drills!


Looking for 20 Student Volunteers ages 14 - 18 to be paired with our EFMP students to play basketball!

One hour a week for 4 weeks!

Thursdays from 4:30pm - 5:30pm
Harney Sports Complex
August 29 - September 19

Volunteer Registration must be completed by August 22 (Volunteers under age 18 need parental permission and signed consent)


To register or get more info please call 913-684-2838 or 913-684-2871
BOSS Soldiers contact your BOSS program coordinator





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

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!

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





2024 Worlds of Fun/Oceans of Fun Gold Season Pass

Available Now @ Fort Leavenworth Leisure Travel Services



\$94.50

300 McPherson Ave BLDG 464, Fort Leavenworth KS 66209-2389 Reservations Hours Tue/Wed/Thu/Fri @ 10a-3p

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




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



May, June & July Kids Arts & Crafts

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

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

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

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



Arts & Crafts Studio
310 McPherson Ave
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

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



scan for more info

Call now
to register!
913-684-3373

Come see what's new at the Studio!



leavenworth.armymwr.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 (Landscapes)
Thursday, June 6
Tuesday, July 23
6:30pm - 8pm

Watercolor (Color Theory)
Tuesday
July 16
6:30pm - 8pm

Cost includes all supplies!

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

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



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

OPEN STUDIO

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

Multi-Craft Room

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

Painting Studio

Provided watercolor and
acrylic supplies to create your
own masterpiece.

Framing Studio

Must take Intro to Framing
before using DIY
Framing Studio.

Pottery Studio
(Coming Soon!)

Modern Calligraphy

Basics

\$20 per class

Tuesday
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
July 24
10:30am - 12pm

Intermediate

\$20 per class

Tuesday
May 7
12:30 - 2pm

Wednesday
July 17
10:30am - 12pm



scan for more info

Call now
to register!
913-684-3373

Come see what's new at the Studio!



leavenworth.armymwr.com



FORT LEAVENWORTH FMWR

CHILD AND YOUTH SERVICES

Parent Central and Outreach Services
(913) 684-5138

Youth Sports and Fitness
(913) 684-7525

SKIES Unlimited
(913) 684-3207

ARMY COMMUNITY SERVICE

(913) 684-2800

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

RECREATION

Haney Sports Complex
(913) 684-2190

Gruber Gym
(913) 684-5120

Outdoor Equipment Rental
(913) 684-3395

RECREATION

Brunner Range
(913) 651-8132

Auto Crafts
(913) 684-3395

Rod & Gun Club
(913) 684-2035

RECREATION

Hunt Lodge
(913) 684-1830

Stables and Horses
(913) 684-1703

Stray Facility
(913) 684-4934

BUSINESS OPERATIONS

Strike Zone
(913) 651-2195

Trails West Golf Course
(913) 651-7176

Frontier Conference Center
(913) 684-3825

12th Brick Grille
(913) 684-2293

RV Storage & POV Lot
(913) 651-7176

Clean Paws Pet Wash
(913) 651-7176



Connect with Us!
Facebook
Twitter
LinkedIn
leavenworth.armymwr.com



The Fort Leavenworth Frame Studio

Custom Framing
& DIY Studio

Tuesday - Friday
10am - 5pm

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

Call to register or
stop by the studio!

IS NOW
OPEN!

Come see us!

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

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

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

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

Deadline to register is the day
before class.
Ages 18+

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

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



FORT LEAVENWORTH LEISURE TRAVEL SERVICES TOP TICKETS

Disneyland Military Salute Offer 2024:

3 DAY Park Hopper
Our Price \$268.50 W/Genie \$357.75

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 sides: 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

May, June & July Workshops



Framing Studio

Intro to Framing

\$40 per class

Intro to Framing
Must pre-register
Thursday
May 9
10am - 2pm

Intro to Framing
Must pre-register
Saturday
May 25
10am - 2pm

Intro to Framing
Must pre-register
Thursday
June 13
10am - 2pm

Intro to Framing
Must pre-register
Saturday
June 22
10am - 2pm

Intro to Framing
Must pre-register
Thursday
Jul 11
10am - 2pm

Intro to Framing
Must pre-register
Saturday
July 27
10am - 2pm



Must take Intro to Framing before using DIY Framing Studio.



Acrylic

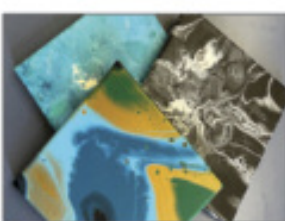
\$35 per class

Acrylic Painting (Fawn)
Tuesday
May 14
6pm - 8pm

Acrylic Pour
Wednesdays
May 22
June 26
12:30pm - 2:30pm

Acrylic Painting (Water Lilies in Pond)
Friday
July 19
10:30am - 12:30pm

Acrylic Pour
Tuesday
July 23
1pm - 3pm



Crafts

\$35 per class

Wooden Welcome Sign
Friday
July 26
11:30am - 1:30pm

Patriotic Wooden Panel
Tuesday
June 4
12:30am - 2:30pm



scan for more info

Call now to register!
913-684-3373

Paint & Sip

\$35

Must be 21 years or older. BYOB



Spring Tulips
Friday
May 10
6pm - 8pm



Lemon Tree
Friday
June 14
6pm - 8pm



Flamingos
Friday
July 12
6pm - 8pm

Cost includes all supplies!

Come see what's new at the Studio!

leavenworth.armymwr.com

June 2024



Event Schedule

CALL ACS TO REGISTER FOR CLASSES TODAY! ALL

New Parent Support Program

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

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

Breastfeeding Class
June 3, 5:00pm - 7:00pm
Resiliency Center, Room 157

Newborn Care Class
June 10, 5:00pm - 7:00pm
Resiliency Center, Room 157

Dad's Night Out
June 12, 6:00pm - 8:00pm
Restaurant is TBD

Potty Training Class
June 17, 5:00pm - 7:00pm
Resiliency Center, Room 157

Mom's Night Out
June 26, 6:00pm - 8:00pm
Restaurant is TBD

Relocation Readiness

In-Processing Brief
Tuesdays, 9:00am - 10:00am
Thursdays, 1:00pm-2:00pm
Resiliency Center, Room 157

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

Handicap access at the front of Building 198

Family Advocacy

Father Daughter Tea Party
June 1, 1:00pm - 4:00pm
Frontier Conference Center Ballroom

~~**Father-Son Scavenger Hunt**~~
June 6, 9:00am - 11:00am
Hunt Lodge

Workshop & Workout
June 8, 11:00am - 12:30pm
Resiliency Center, Room 157

Anger Management
June 13, 11:30am - 1:00pm,
Resiliency Center, Room 145

Navigating the Teen Years
June 18, 1:00pm - 2:30pm
Resiliency Center, Room 145

Co-Parenting Workshop
June 20, 12:00pm - 1:30pm
Resiliency Center, Room 145

Personal Financial Counseling

Curious About Crypto
June 11, 11:45am - 1:00pm
Resiliency Center

Financial Planning: Building Your Own Plan
June 25, 11:45am - 1:00pm
Resiliency Center

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

Employment Readiness Program

Federal Employment
June 5, 12:00pm - 2:00pm
Resiliency Center, Room 157

Resume Writing
June 19, 12:00pm - 2:00pm
Resiliency Center, Room 157

Army Volunteer Corps

Volunteer Basics
June 26, 12:00pm - 1:00pm
Resiliency Center, Room 157

Exceptional Family Member Program

EFMP Recreational Bowling for EFMP Members and their Families
June 1, 12:00pm - 2:00pm
Strike Zone Bowling Center

EFMP Refreshing Conversations
June 6, 10:00am - 11:00am,
Resiliency Center

Playground Palooza
June 11, 9:00am - 10:00am
EFMP Playground

Survivor Outreach Services

Gold Star & Survivor Families Fishing Social
June 1, 9:00am - 12:00pm
Merritt Lake



ACS PRESENTS: LUNCH & LEARN MILITARY MONEY

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

June 11
Curious About Crypto

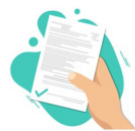
June 25
Financial Planning:
Build Your Own Plan



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

Employment Readiness Program Classes

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



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

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

Interview Skills & Professionalism:
Feb 21* • May 22*
July 24* • Aug 21*



Financial Readiness Milestone Training



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

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

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



INFO: 913-684-2852 / 2800

ACS New Parent Support Prenatal Classes



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, 11th, 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

ACS New Parent Support Potty Training



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

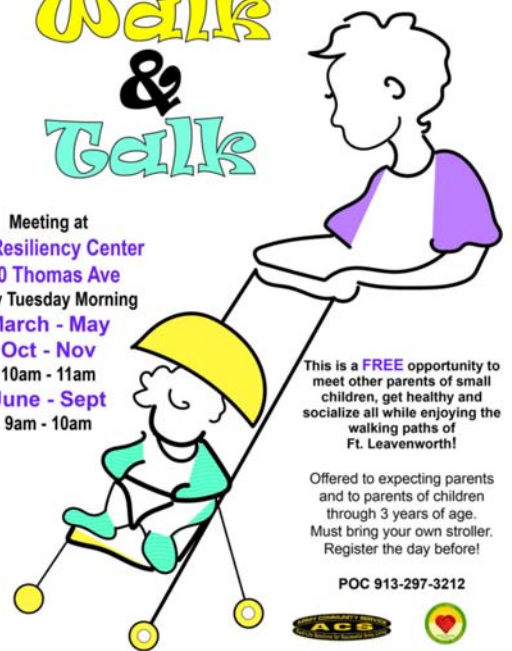
Are you ready?

Time to lose the diapers?

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

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

Stroller Walk & Talk



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

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



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 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 yourself 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

Toddler Time Playgroup

ACS Family Advocacy New Parents Support Program Presents

- 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



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

Storytime!

ACS Family Advocacy New Parents Support Program Presents

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



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.



-- 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


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



BRAZILIAN JIU-JITSU CLASSES
With Coach Don Castro

TUESDAY & THURSDAY
1830 – 1930 **BEGINNER**
1940 – 2040 **ADVANCED**
Must have 24 Hour Access
Register IN PERSON at the Front Desk, during business hours
Gi and No Gi will alternate every other week.

GRUBER FITNESS CENTER
220 REYNOLDS AVENUE
FORT LEAVENWORTH, KANSAS 66027
POC: 294-436-7158

**INDEPENDENCE DAY
RED, WHITE, & BLUE SCRAMBLE**

JULY 4TH 8 am Shotgun Start
Registration closes 7/2

\$35 MEMBERS - \$45 NON MEMBERS - \$25 YOUTH 17 & UNDER

PICK YOUR TEE BOX ALONG THE WAY, PLAYING FROM 6-BLUE TEES, 6-WHITE TEES, & 6-RED TEES.

NEED A PARTNER OR 2? WE WILL BE GLAD TO HELP FIND A GREAT GROUP FOR YOU TO JOIN!

WHEELER TRAILS WEST GOLF COURSE
Sponsorship does not imply federal endorsement
TRAILS WEST GOLF COURSE 913.651.7176

KIDS BOWL FREE!

Kids 18 & under will receive **TWO FREE Games!**

Strike Zone Bowling Center
Wednesday - Saturday
10am - 4pm

Promotion runs from May 22 - August 10

Contact the Strike Zone for more information on how to sign up!
913-651-2195

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

Starting Monday April 15th, 2024

Fort Leavenworth Group Fitness Classes

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

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

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

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

*Power Cut classes are held in the Bubble Gym



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



<https://leavenworth.armymwr.com>

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

WEIGHTLIFTING

First Class is Free!

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

TRAILS WEST GOLF COURSE

Come Experience TRAILS WEST GOLF COURSE

- Pristine Course
- Pro Lessons
- Tournament Packages
- Simulator
- And much more!

Visit the Fairway Grille and the Pro Shop! Conveniently located in the Clubhouse.

306 Cody Rd Ft. Leavenworth 913-651-7176

Discover Fort Leavenworth's Fitness Facilities

Harney Sports Complex and Aquatics Center
185 Fourth St
913-684-2190
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!

WE OFFER 24/7 Gym Access (After registration)
LET'S GO!

DECIDE TO COMMIT TO SUCCESS

leavenworth.armymwr.com

913 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



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

- Pre-K Teacher(3/4 year-old Program)
- Pre-K Instructional Assistant
- Special Services Coordinator
- Food Service Manager
- Special Education Teacher
- Special Education Para Educator
- Speech and Language Pathologist
- Part-Time Occupational Therapist
- School Psychologist
- Licensed Behavior Analyst - BCBA
- Food Service Cook
- School Bus Driver
- Full-Time Bus Aide

APPLY NOW



www.usd207.org - 913-651-7373



Help our Education Center to better understand and meet your educational needs on Fort Leavenworth.

Your participation and feedback is valuable and will be utilized to help improve ACES education programs & services!



Go online to:
<https://forms.osi.apps.mil/r/555Ytw1SiK?origin=lprLink>

*CAC Required

Fort Leavenworth Education Center
 Email: usarmy.leavenworth.usag.mbx.education@army.mil
 Phone: (913) 684-2496



NOW OPEN ENROLLMENT FOR THE 2024-2025 SCHOOL YEAR

Apply Now

IMPORTANT

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



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

CYS is hiring!

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

HOUSING ASSISTANCE

Need help with initial rent and deposit?

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

Talk to your local AER officer or chain of command to receive assistance.

ARMY EMERGENCY RELIEF
 SOLDIERS HELPING SOLDIERS SINCE 1942

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.

2024 THE ARMY UNIVERSITY LEARNING SYMPOSIUM

AI Applications for Learning

June 11-14: Virtual Phase - ArmyUniversity.edu & Blackboard.com
 June 24-28: Hybrid Phase - Ft. Leavenworth, KS & Blackboard.com

Focus Areas: Learning Organizations, Learning Science & Technologies, Learning Data, Learning Strategies

Speakers | Panels | Activities | Demonstrations | Posters | Displays

Get more information on the Symposium:
www.armyuniversity.edu/Organizations/LearningSymposium

MUNSON NOTES

Call Center Recognition

Leaders from Munson Army Health Center visited the facility's call center June 20 to recognize the efforts call center agents provide Military Health System beneficiaries who receive care at MAHC. Each day, when the appointment line opens, these agents are the frontline for the patient experience.

"You are behind the scenes but make a very big impact for our patients and staff, and we want you to know you are appreciated," said Maj. Brian Turner, MAHC's deputy commander for administration. Turner presented individual and team awards earned by the agents through MAHC's Ultimate Patient Experience Award Program.

The Munson Army Health Center Appointment Line, at 913-684-6250 or 1-888-269-0109, supports more than 13,000 MHS beneficiaries on Fort Leavenworth and in the greater Kansas City area who are eligible for care at MAHC. The appointment line is open weekdays 7 a.m. to 4 p.m. and is closed on federal holidays.

Photo by Munson Army Health Center Public Affairs



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.

ORG Day
Munson Army Health Center
will close at Noon, June 28

Munson Army Health Center will close at noon June 28 for Organizational Day. After-hours beneficiaries may call the MHS Nurse Advice Line at 1-800-TRICARE (874-2273). Nursing staff who support the NAL phone lines can assist beneficiaries with non-life-threatening medical concerns and provide further guidance.

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!

913-684-6338/6138

**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.

MUNSON ARMY HEALTH CENTER

**Medical
Emergency**

In case of a medical emergency, call 911. The health center does not have an emergency center.

911

MUNSON.TRICARE.MIL

Be vigilant in preventing tick-borne illness this spring.

Lone Star Tick

Deer Tick

BEWARE OF TICKS!

MiITICK
Military Tick Identification/Infection Confirmation Kit

MHS GENESIS

Refills are here!

TRICARE® beneficiaries can order prescription refills through their MHS GENESIS Patient Portal.

To learn more visit: www.tricare.mil/MHSGENESISRefills

Visit <https://www.facebook.com/munson-health/> for updates and information.