

THURSDAY
APRIL 30, 2026



LAMP

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Post transitions to in-house emergency medical service, ambulance transport

FLFD firefighters with EMT certification to provide pre-hospital care until EMS contract begins next month

by Prudence Siebert/Editor

Fort Leavenworth will have its own emergency medical service beginning May 1.

Fort Leavenworth Fire and Emergency Services firefighters with EMT certification will be staffing the ambulance service to provide pre-hospital care for approximately the next month until a third-party EMS contract begins in June.

The need for the in-house emergency medical service came about after negotiations with Leavenworth County commissioners failed to arrive at an agreement that maintained the safety of the community while also responsibly using government resources.

For the past several years, Leavenworth County Emergency Medical Service has provided ambulance services to Fort Leavenworth. When the no-cost agreement was up for renewal last year, Leavenworth County commissioners informed installation leaders that the federal government would have to pay \$1.2 million to continue the EMS service.

Fort Leavenworth Garrison Commander Col. Todd Sunday said that amount equates to about a quarter of the county's \$4 million shortfall, which is disproportionate to the post's actual use. The installation's EMS transports add up to about 2 percent of the more than 12,000 annual EMS runs across the county. Additionally, more than 90 percent of the EMS transports from Fort Leavenworth have been reimbursed by insurance, typically TRICARE, whereas the reimbursement rate across the county is much lower.

Two service extensions were granted in



Photo by Prudence Siebert/Fort Leavenworth Lamp

A dedicated emergency medical service with ambulance transport capability stands up on post May 1. The in-house EMS will be staffed by Fort Leavenworth Fire and Emergency Services firefighters who have emergency medical technician certification until an EMS contract service begins in about a month.

2025 by the commission as installation leaders worked through the issue, and during that time, post acquired an ambulance and crews began training to be ready regardless of the outcome of the negotiations.

Leavenworth County Commissioner Jeff Culbertson noted in the Dec. 31, 2025, commission meeting that the EMS issue had been broached with previous installation commanders over the past three years.

Sunday, who spoke at the meeting to request the final 120-day service extension, assured the commissioners that he and his team were working to resolve the issue. During that meeting, Culbertson stressed that property taxes rather than insurance reimbursement are what enable the county's ambulance service to function.

Ultimately, what the commission wanted and what the government could

provide were not in alignment.

"We negotiated in good faith, we tried to get a solution that would be legally acceptable and financially responsible for all parties involved, but we couldn't come to an agreement," Sunday said. "The Garrison and the senior commander worked really hard to come up with a solution, because,

SEE EMERGENCY MEDICAL SERVICE | A3

Volunteers honored for contributions to community

by Prudence Siebert/Editor

Fort Leavenworth volunteers were recognized for their contributions to the community during a ceremony April 23 at the Frontier Conference Center.

"Today we gather to celebrate something truly special — the people who bring heart, kindness and sweetness into everything they do," Army Volunteer Corps Coordinator

April Rogers said as she welcomed volunteers and supporters. "This year's theme, 'Our Volunteers Are Sweet,' couldn't be more fitting, because each of you adds something unique and delightful to our community."

Rogers shaped her remarks around the "sweet" theme, describing volunteers as the chocolate, caramel, peppermint and sprinkles that add their own distinctive gifts to the work they do.

"Individually you're wonderful. Together, you're the recipe that makes Fort Leavenworth extraordinary," she said.

Rogers said the volunteers' dedication makes a marked difference.

"You've shown up early, stayed late, stepped in when things got tough, and lifted others when they



Photo by Prudence Siebert/Fort Leavenworth Lamp

Garrison Command Sgt. Maj. David Franks fist bumps Sgt. William Wilken, Religious Support Organization, as Franks and Garrison Commander Col. Todd Sunday recognize Wilken for volunteering with Unified School District 207 during the Volunteer Recognition Ceremony April 23 at the Frontier Conference Center.

needed support. You've given your time, your talents, and your hearts — not because you had to, but because you wanted to," she said. "That generosity is the sweetest gift of all."

Volunteers who registered for the ceremony received certificates of appreciation. All volunteers were recognized equally, without designations determined by the number of hours logged in VMIS or selected volunteers of the year as was the tradition at recognition ceremonies in years past.

SEE VOLUNTEER RECOGNITION CEREMONY | A6

AT A GLANCE

■ The deadline for submissions in the Friends of the Frontier Army Museum student **ESSAY CONTEST** is **April 30**. Visit <https://www.ffam.us/essay-contest> or e-mail president@ffam.us.

■ The **PCS PET EVENT** is 11 a.m. to 1 p.m. May 1 at the Post Exchange.

■ The **COMMAND AND GENERAL STAFF COLLEGE TRIATHLON** starts at 8 a.m. May 2 at Harney Sports Complex. Race briefing and packet pickup is from 4-6 p.m. May 1 at the Frontier Conference Center. Register via the FMWR website on WebTrac.

■ The **NATIONAL PRAYER LUNCHEON** with guest speaker Darryl Burton is at 11:30 a.m. May 7 at the Frontier Conference Center. RSVP for the free meal via the QR code on page B2 or call 913-684-2210 for more information.

■ The next **SPEAKER SERIES HISTORY BRUNCH**, "Santa Fe in World War II: Contributing to Victory," is at 10:30 a.m.

May 9 at the Frontier Army Museum.

■ The free Curtain Call performances of "**NEWSIES JR.**" are at 2 p.m. and 7 p.m. May 9 at the Post Theater.

■ The **FORT LEAVENWORTH CAREER SUMMIT** is May 14 at the Frontier Conference Center, with job-seeker workshops from 9 a.m. to 12:30 p.m. and a hiring fair from 1:30-4 p.m. To register or for more information, visit hiringourheroes.org/Leavenworth.

■ The **FORT LEAVENWORTH RECYCLING CENTER** no longer has 24/7 access. New hours are 7 a.m. to 4 p.m. Monday through Friday. The center is open the first weekend of the month and closed federal holidays.

■ The 2026 **MOTORCYCLE SAFETY FOUNDATION TRAINING** is open for enrollment for the **BASIC RIDER COURSE** and **ADVANCED RIDER COURSE**. For more information and to enroll, visit <https://home.army.mil/leavenworth/myfort/all-services/safety>.



Photos by Prudence Siebert/Fort Leavenworth Lamp



JEANS PAINTING PARTY



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Master Sgt. Kionna Huewitt, Military Equal Opportunity advisor, paints a pair of jeans during the Denim Day jeans painting party, organized by the Sexual Harassment/Assault Response and Prevention Program and MEO to support Sexual Assault Awareness and Prevention Month, April 28 outside the SHARP and MEO offices on McClellan Ave. Huewitt also painted the jeans displayed from the balcony. Event participants could drop by for a hot dog lunch and paint a pair of jeans to add to the Denim Day display, which stresses consent no matter what someone is wearing. SHARP also hosted a bowling tournament, to which participants could wear jeans, April 29 for Denim Day, which is observed the last Wednesday in April.

LEFT: SHARP Academy instructors Booker Metcalf and Marvin Lockett II design jean artwork, featuring "Not My Fault" and "Just Believe Me" written on each leg of Metcalf's project and "Consent" stenciled across the bottom of Lockett's, during the Denim Day jeans painting party April 28 outside the SHARP and MEO offices.

FORT LEAVENWORTH LAMP

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Emergency Medical Service (continued from Page A1)

ultimately, our primary responsibility is the safety of the community. We exhausted every avenue with the county in order to come up with a solution, but we can't bridge the impasse. Our positions are so far apart, we can't resolve it."

Fort Leavenworth Director of Emergency Services Lt. Col. Anthony Douglass said responsible use of government resources was a priority in making the decision to stand up an in-house EMS in response to the county's demand.

"The bottom line is, based on what the county was demanding, that is not representative of a responsible use of resources," he said. "We owe that to be good stewards, not only to our community, but to taxpayers all over the country."

Douglass said the new EMS service would be a positive change overall, and it should enhance the community's safety with faster response times and more concentrated focus on a much smaller area than was possible with the previous county-wide ambulance service.

"The No. 1 priority has always been the well-being of our community," Douglass said. "This is where we live and work — we live on post, we have kids, we have family members — and so it's doubly important to us from the perspective of taking care of our own families, but the No. 1 priority has always been the well-being of everybody on this installation."

Sunday said an installation's firefighters don't typically provide ambulance service, but he reiterated that the solution for FLFD EMTs, and eventually an on-post contracted EMS system, to provide pre-hospital care will mean faster response times, without the wait for an ambulance to be dispatched from off post.

Fort Leavenworth Fire and Emergency Services Assistant Chief of Operations Dustin Hensley said the post's first responders have already been providing basic life support when responding to emergencies and waiting for ambulances to arrive.

Douglass said that redundancy — with firefighters already accustomed to providing basic life support and every fire truck being equipped with emergency supplies — means firefighters are ready to handle any emergency.

With an ambulance, which was acquired from another military installation, already positioned on post and the often single-digit response time of FLFD, Hensley said that will equate to reduced patient transport time to the emergency room. Hensley added that only half of a firefighter's 48-hour shift will be assigned to EMS duties, and the other half will be assigned to a fire truck to provide a schedule with more opportunity to rest.

EMT train-up

Since Fort Leavenworth does not have a military treatment facility — Munson Army Health Center functions as a Defense Health Agency outpatient clinic, not a hospital, and does not have emergency services — the responsibility of providing emergency care and ambulance transport fell elsewhere.

To ensure the FLFD firefighters taking on this responsibility were prepared, Fort Hood, Texas, Emergency Medical Service personnel recently provided training on standardized emergency medical protocols. Firefighters went through three days of protocol review and hands-on skills validation in March and then worked through difficult and varied scenarios during four more hands-on training days last week.

"We take their knowledge of that protocol and their ability to perform those skills and apply it to a scenario-based response where they assess the patient, determine what protocol is most appropriate to treat that patient, utilize all the tools and skills that we've trained them on and that they've already had training on to further assess and help diagnose the proper treatment and transport decisions for a patient," Fort Hood EMS Training Officer Capt. Christopher Lee said of the training. "(The training continued) all the way up to including simulated transport to facilities, when to use air assets like medevac helicopter services, requesting ground (advanced life support) assistance if they have access to it. (The April training) took all the pieces that we've sorted out in the first month's training, and we're putting them all together in one fluid training scenario."



Fort Leavenworth Director of Emergency Services Lt. Col. Anthony Douglass talks with basic life support instructors from the Fort Hood (Texas) Emergency Medical Service and Fort Leavenworth Fire and Emergency Services firefighters after their BLS/emergency medical technician training April 23 at Fire Station No. 2.

Photo by Prudence Siebert/
Fort Leavenworth Lamp



Photo by Prudence Siebert/Fort Leavenworth Lamp

Fort Leavenworth Fire and Emergency Services Firefighter Colton Lopez, left, and Lt. Dylan Honeycutt, right, work through a scenario, with Lt. C.J. Hare portraying the patient, during basic life support training April 21 at Fire Station No. 2. Currently, 17 Fort Leavenworth Fire Department firefighters are fully credentialed as emergency medical technicians and are ready to assume responsibility of post's Emergency Medical Services, including ambulance transports, until a contract service begins in about a month.



Photos by Prudence Siebert/Fort Leavenworth Lamp

Fort Hood Emergency Medical Service Paramedic Holly Galiana discusses a scenario with Fort Leavenworth Fire and Emergency Services Lt. Nick Egan, Capt. Chris Coughlin and Capt. Bryant Hall during basic life support training for the Fort Leavenworth Fire Department April 21 at Fire Station No. 2.

Currently, 17 FLFD firefighters are fully credentialed as emergency medical technicians and are ready to pick up the EMS duties.

"(Fort Leavenworth EMS) won't be ALS capable, but they will have definitely some trained EMTs that are ready to provide a higher level of care than they used to be able to under their previous protocols with Leavenworth County," Lee said.

Lee said he could see the firefighters gain confidence as their understanding of the protocols increased.

"It really helps them develop the confidence to reassure themselves that they understand the protocols, that they know what the treatments need to be, and that they can formulate that care plan and execute it out in the field when the time comes," Lee said. "And I can say with confidence that those 17 that we credentialed do have the ability to do that."

Fort Hood EMS Paramedic Holly Galiana, who helped provide the training, said she and Lee used several scenarios that were based on real emergency situations that they have encountered in their work.

"We really attempted to put them in some very stressful scenarios, intentionally, to really kind of test their ability to think around obstacles, and they did really, really well," she said. "We intentionally put obstacles in their way and frustrated them as much as we could, and they were able to overcome and continue working and providing that substantial care, and they're ready to go."

Lee said those real-world emergency experiences that challenge every aspect of patient care have equipped him with many learning points that he could impart to the firefighters during the training.

"You see the wheels just turning and it really resorts them back to their fundamentals — what they know, then they build on that," Lee said. "That's the purpose of the training, is to really just rattle them in that way and get them to revert back to their basic EMT-level training, because that's where the life-saving survival chain starts, (with) BLS care."

EMS Director Dr. (Lt. Col.) Reginald Trevino, who is also an internal medicine physician, chief medical officer and deputy



Fort Hood EMS Training Officer Capt. Christopher Lee provides scenario information as FLFD Firefighter Colton Lopez, center, determines what protocols to use for the patient, portrayed by Lt. Dylan Honeycutt, and observed by Firefighter Jeff Urbanek, during BLS training April 21 at Fire Station No. 2.

commander of clinical services at Munson Army Health Center, will serve as a medical liaison and constant advisor to the EMTs, and he will be available to provide guidance and permissions in cases such as when to continue or suspend CPR.

"My role is overseeing the training and then certifying and ensuring that the EMTs, the firefighters, feel comfortable with the newfound skills that they learned over March and then here again in April," he said. "I will meet with them one on one, assess their confidence level, skill level, and address any questions or concerns they have."

Douglass said the way community members seek emergency care will not change, with 911 calls routing through the same dispatch center. He reiterated that having the on-post ambulance service will be a positive change, equating to faster response and transport times.

"Having (EMS) operate here locally, they don't have to focus on the remainder of the county, so there's zero delay, there's zero break in communication, and the service gets provided in-house," he said.

MAHC soldier leads motorcycle safety ride

by Christina Yager/Munson Army Health Center Public Affairs Officer

As warmer weather brings more motorcycles back to the road, one Munson Army Health Center soldier is helping Fort Leavenworth riders start the season safely.

Sgt. Joseph Stoops, a radiology specialist and MAHC's motorcycle safety coordinator, led a motorcycle safety inspection and mentorship ride April 24 aimed at reinforcing safe riding practices and ensuring riders are prepared for the spring season.

Before the group ride began, Stoops had riders conduct pre-ride inspections using the T-CLOCS checklist, a safety tool developed by the Motorcycle Safety Foundation.

T-CLOCS — which stands for tires, controls, lights and electrics, oil and other fluids, chassis, and stands — is used by the Army to help soldiers ensure their motorcycles are roadworthy.

According to the U.S. Army Combat Readiness Center, which preserves Army readiness through analysis, training and the development of systems that prevent accidental loss of soldiers and resources, these inspections should be conducted at least twice a year and are especially important at the start of the riding season.

In addition to inspecting the motorcycles, Stoops reviewed riders' documentation to verify they had a valid driver's license with the proper motorcycle endorsement, insurance, current registration and appropriate personal protective equipment.

"We do mentorship rides at the start of the riding season to make sure our riders are being safe and to help riders assess their capability," Stoops said. "They are extremely beneficial for soldiers, especially if they didn't ride during the winter."

Under Army Regulation 385-10, new riders must complete the Basic Rider Course before operating a motorcycle. Within 12 months, riders are required to complete either the Advanced Rider Course or Experienced Rider Course. Soldiers must also complete refresher training every five years or after an extended period without riding. Those returning from deployments of 180 days or more are required to complete refresher training before riding again.

Stoops also reminded riders of the Army's required personal protective equipment standards, which include a Department of Transportation-approved helmet, impact-rated eye protection, a long-sleeved shirt or jacket, long pants, full-fingered abrasion-resistant gloves, and sturdy over-the-ankle footwear. High-visibility or reflective gear is required at night and is often recommended during the day as well to improve visibility.

Riders from the SHARP Academy, Army Corrections Brigade and Mission Command Training Program were among those who participated in the event, demonstrating a shared commitment to rider safety across the installation.

After the inspections and safety briefing, riders participated in a 72-mile group ride to practice safe riding techniques, build confidence and strengthen the riding community on post.

For organizing the event and promoting motorcycle safety across the installation, Stoops was recognized by Combined Arms Command leaders.

"Doing things like this and getting people together for motorcycle safety is important and requires strategic planning," said CAC Command Sgt. Maj. Shawn F. Carns. "We had a mentorship program at Joint Base Lewis-McChord (Washington), and it works. We took our incidents down 52 percent."

Carns said that events like this support readiness by helping soldiers reduce preventable injuries and remain fit to perform their mission.

Fort Leavenworth riders are encouraged to inspect their motorcycles, ensure their training and documentation are current, and prioritize safety every time they ride.

To download the T-CLOCS inspection checklist and other motorcycle safety resources, visit <https://safety.army.mil/OFF-DUTY/Motorcycles/Pamphlets-Checklists>.

To schedule Motorcycle Safety Foundation training, visit <https://home.army.mil/leavenworth/my-fort/all-services/safety>.



Photo by Christina Yager/Munson Army Health Center Public Affairs

Sgt. Joseph Stoops, a radiology specialist and Munson Army Health Center's motorcycle safety coordinator, verifies that mentorship ride participants Marvin Lockett, SHARP Academy, and Chief Warrant Officer 3 Anthony Hill, Mission Command Center of Excellence, have valid driver's licenses with the proper motorcycle endorsement, insurance and current registration prior to leaving on a 72-mile ride April 24 outside MAHC. Stoops coordinated the motorcycle safety event for the installation, aimed at reinforcing safe riding practices and ensuring riders are prepared for the spring season.



Fort Leavenworth motorcycle mentorship ride participants Staff Sgt. Jason Chastain and Sgt. Joseph Ward, both assigned to the Army Corrections Brigade, use the T-CLOCS checklist, a safety tool developed by the Motorcycle Safety Foundation, to inspect their motorcycles before departing on a 72-mile ride April 24 from the Munson Army Health Center parking lot.

T-CLOCS stands for tires, controls, lights and electrics, oil and other fluids, chassis, and stands and is used by the Army to help soldiers inspect their motorcycles to make sure they are roadworthy.

Photo by Christina Yager/Munson Army Health Center Public Affairs

MAHC to host tick awareness outreach May 5

by Christina Yager/Munson Army Health Center Public Affairs Officer

Warmer weather means more outdoor activity, and with that, the increased possibility of coming into contact with ticks.

Officials from Munson Army Health Center will host a tick awareness outreach event from 11 a.m. to 1 p.m. May 5 at the Fort Leavenworth Post Exchange to help educate the community on tick-borne health risks and prevention.

Department of Public Health officials will be available to answer questions and share information about common ticks found on Fort Leavenworth and in surrounding communities, signs and symptoms of Lyme disease and other tick-borne illnesses, and practical steps families can take to reduce their risk of exposure.

"Ticks are more active during the spring and summer months, especially in grassy, wooded and brush-filled areas," said Michelle Grant, a public health nurse at MAHC's Department of Public Health. "Simple prevention measures like using insect repellent, performing tick checks after spending time outdoors and knowing when to seek medical care can help protect our community."

Community members can learn more about:

- Types of ticks commonly found in the region
- Signs and symptoms of Lyme disease and other tick-borne illnesses
- How to properly remove a tick
- Prevention tips for people and pets
- The MilTICK program and how to participate

During the outreach event, officials will also discuss the MilTICK program, a Department of Defense-supported initiative that allows eligible beneficiaries to submit ticks for identification and disease testing after a bite. The program helps service members, families and retirees make informed decisions about follow-up care.

MAHC's Department of Public Health works beyond the walls of the clinic to help safeguard the health and readiness of the Fort Leavenworth community through education, prevention and environmental health initiatives.

Community members are encouraged to stop by the Post Exchange May 5 to learn more about staying safe outdoors this season.



U.S. Army Public Health Center photo by Graham Snodgrass

A highly magnified ventral shot of a female Ixodes scapularis tick, otherwise known as the deer tick, a primary vector for Lyme disease. The U.S. Army Public Health Center offers free identification and analysis of ticks that have been removed from human patients for Department of Defense beneficiaries through its MilTICK testing program. Officials from Munson Army Health Center will host a tick awareness outreach event from 11 a.m. to 1 p.m. May 5 at the Fort Leavenworth Post Exchange to help educate the community on tick-borne health risks and prevention.

67th MWD teams compete to be Top Dog



LEFT: Kennel Master Sgt. 1st Class Cody Barratt, 67th Military Police Detachment (Military Working Dog), Special Troops Battalion, recognizes Top Dog competitors Spc. Abdeley Fernandez, Spc. Joseph Patterson, Spc. Dkari Smith and Spc. Hayden Stewart during the awards ceremony following the Top Dog competition April 24 at the MWD kennels.

Photo by Stephanie Hathaway/Fort Leavenworth Garrison Public Affairs

BELOW: Spc. Abdeley Fernandez, 67th Military Police Detachment (Military Working Dog), Special Troops Battalion, and MWD Zara participate in a ruck march as part of the Top Dog competition April 23 on Fort Leavenworth.

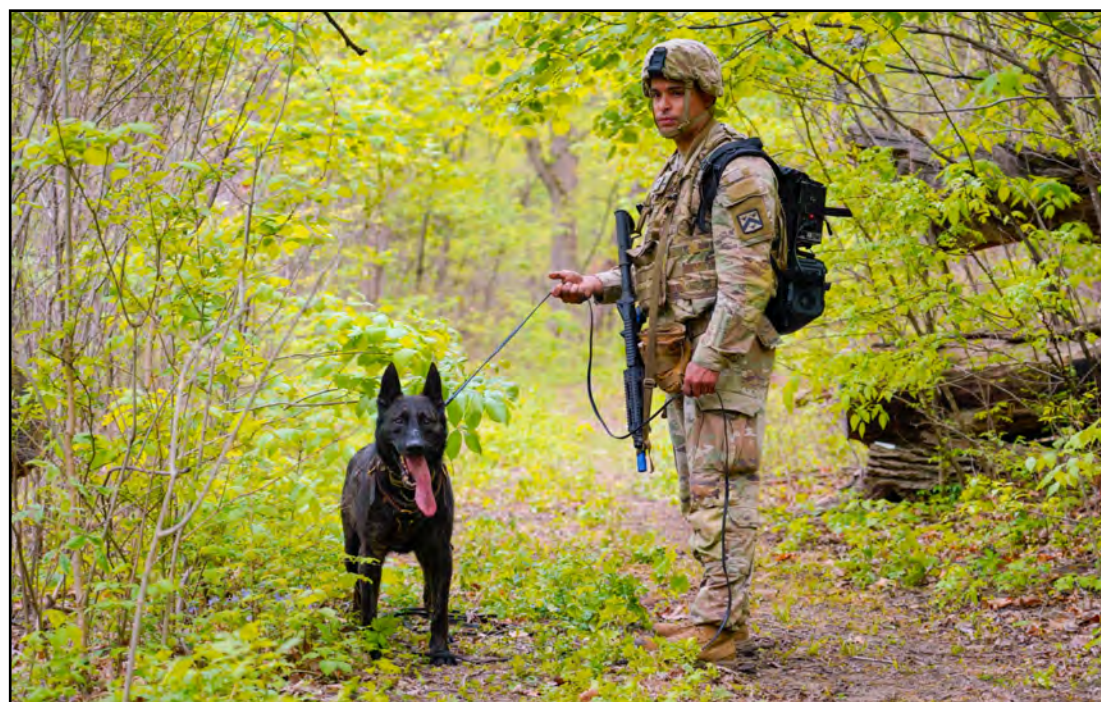
Photo by Spc. Wilfred Salters Jr./Combined Arms Command Public Affairs



Photos by Spc. Wilfred Salters Jr./Combined Arms Command Public Affairs

ABOVE: Spc. Hayden Stewart, 67th Military Police Detachment (Military Working Dog), Special Troops Battalion, conducts canine tactical combat casualty care on a K9 manikin as part of the Top Dog competition April 22 on Fort Leavenworth. Stewart and MWD Mamut took Top Dog honors as the competition's overall best team.

RIGHT: Spc. Dkari Smith, 67th Military Police Detachment (Military Working Dog), Special Troops Battalion, and MWD Alfonz conduct a tracking mission as part of the Top Dog competition April 23 on Fort Leavenworth. Smith and MWD Alfonz won the Iron Dog team portion of the competition.



CGSC CSM surprised with Order of St. George



Command and General Staff College Command Sgt. Maj. Matthew Ladd is awarded the Silver Medallion in the Order of Saint George by CGSC Commandant Col. Ethan Diven in a surprise ceremony April 22 during the Dean of Academics Faculty Address in Marshall Lecture Hall at the Lewis and Clark Center.

Diven described how Ladd has served with distinction as a leader, coach, mentor and warrior across assignments that have ranged from leading armored formations in the field, the halls of the Pentagon, to serving as the command sergeant major for CGSC.

Named for the only mounted patron saint, Saint George symbolizes the bravery and gallantry of mounted warriors. The Order of Saint George was established to recognize the very best tankers and cavalymen who exemplify the warrior ethos and honorable service. The Silver Medallion is presented to senior non-commissioned officers who have served for more than 20 years while driving forward the traditions of Armor and Cavalry communities.

Photo by Jim Shea/Command and General Staff College Public Affairs

Volunteer Recognition Ceremony (continued from Page A1)



Army Community Service Manager Reagan Sawyer, Garrison Command Sgt. Maj. David Franks and Garrison Commander Col. Todd Sunday recognize volunteers Anne Vaillancourt, Stronghold Food Pantry, village mayor and Fort Leavenworth Spouses' Club; Rachel Naramore, FLSC, chapel, Stronghold, Fort Leavenworth Stray Facility, USD 207 and more; Angela Keeling, VFW, Girl Scouts and more; and Monica Bassett, Stronghold Food Pantry and FLSC, during the Volunteer Recognition Ceremony April 23 at the Frontier Conference Center.

Photo by Prudence Siebert/
Fort Leavenworth Lamp

"Today we want to give you something back. We want you to feel seen. We want you to feel appreciated. And we want you to know that everything you do matters — more than you may ever realize," Rogers told the volunteers, who were grouped mainly by organization at tables that continued the sweet theme with labels like Lollipop Lagoon, Bubble Gum Burst, Strawberry Swirl, Gumdrop Garden, Blue Raspberry Blast and Cotton Candy Cloud. "Thank you for being the sweetness that makes Fort Leavenworth's mission possible. ... Our volunteers truly are sweet, and we are grateful for every moment, every hour and every act of service you've shared with us."

The volunteers recognized during the ceremony represented the nearly 300 registered volunteers who contributed time that could be valued at about \$600,000 in service.

"But today isn't just about numbers — it's about what those numbers represent," Fort Leavenworth Garrison Commander Col. Todd Sunday said. "Every hour you give helps build something that cannot be measured on a spreadsheet. You create a sense of belonging. You make this installation feel like home, especially for families who may be far from their own."

Sunday said the volunteers fill gaps that policies and pro-

grams cannot, and they reflect the best of the Army values.

"You mentor our youth, support our soldiers and families, uplift our spouses and provide comfort when it matters most," he said. "You remind us that readiness isn't just about training or equipment — it's about resilience, connection and the strength of our people... You make a difference every single day, and we are stronger because of you."

Family and Morale, Welfare and Recreation Director Paul Martocci said the dollar amount volunteers provide to the installation in cost avoidance is easily more than a million dollars, not just the equation used to convert hours into the dollar amount written on the big check on display. He said the real value is the volunteers' time in service to others that makes the community stronger.

"It's not that you have the most time as a volunteer — it's how you make your choices with your discretionary time. It's not that you have the most time available — it's that you have the biggest hearts, and that's why you're here. That's why you're giving back to this community," he said. "Thank you so much for your generosity. Thank you so much for the gift of your time. And thank you so much for making us the best hometown in the Army."

"This year's theme, OUR VOLUNTEERS ARE SWEET, couldn't be more fitting, because each of you adds something unique and delightful to our community.

Some of you are the CHOCOLATE — dependable, comforting, always there when someone need a lift.

Some of you are the CARMEL — warm, patient and willing to stick with a challenge until it's done.

Some of you are the PEPPERMINT — bringing fresh ideas, energy and a spark that keeps us moving forward.

And some of you are the SPRINKLES — adding joy, color and fun to everything you touch."

— April Rogers

Volunteer Corps Coordinator



Photo by Prudence Siebert/Fort Leavenworth Lamp

Fort Leavenworth Garrison Commander Col. Todd Sunday, ABOVE, and Volunteer Corps Coordinator April Rogers, LEFT, deliver remarks during the Volunteer Recognition Ceremony April 23 at the FCC.

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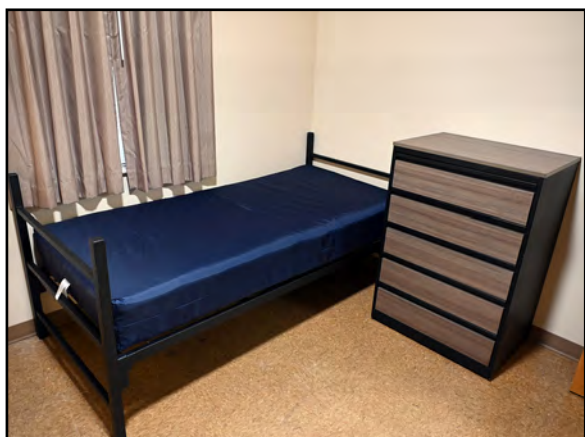
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New furniture installed in SSQ



Roberto Trevino, ABOVE, an installer crew foreman at Chicago American Manufacturing, operates a forklift to unload pallets containing new furniture sets, like the one at RIGHT, April 16 in front of the main entrance to the Single Soldier Quarters.



Roberto Trevino and Carl Morin, a worker for CSSDS Transport, assemble a bed frame during the Single Soldier Quarters refurbishment project April 16 at the SSQ. Legacy furniture is being replaced in the Single Soldier Quarters with new sets valued at \$1.6 million, in alignment with ongoing Department of War infrastructure and welfare investments. New additions include modern refrigerators, washers and dryers, beds, desks and dressers. Unit leaders are coordinating with the Garrison Housing Office and affected soldiers to ensure a smooth transition during the phased installation process. Each housing unit will receive a new bed, dresser and desk, in addition to a new washer, dryer, LEFT, and refrigerator in shared common places.

Fort Leavenworth Tornado Public Shelter Locations

Munson Army Health Center
550 Pope Ave
Fort Leavenworth, KS 66027

Lewis & Clark Center
100 Stimson Ave
Fort Leavenworth, KS 66027

Things to remember:

Go to shelter locations when Tornado Watch is issued. Tornado Warnings are too late!

Have NOAA Weather Radio or phone app to receive weather alerts.

Sign up for ALERT! (<https://alert.csd.disa.mil>) to receive information for FLKS

Identify Best Available Refuge Area for your residence. (Basement, Interior Room)

Seek shelter early.

Be Informed, Build A Kit, Make A Plan

<https://ready.army.mil/>



U.S. ARMY FORT LEAVENWORTH
"The Best Hometown in the Army"



Your Opinion Matters!

"We still need to hear from you"

TENANT

SATISFACTION SURVEY

2 MAR 2026 - 1 MAY 2026

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

Your Army Wants to Hear from You!

*Completely confidential

We are investing significantly in housing improvements to ensure quality living conditions are provided to our Soldiers and families.

Survey feedback will guide the Army's efforts to provide quality, safe and secure housing.



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

OMB Control Number: 0704-0083. OMB Expiration date: 06/31/2026



Kansas McDonald's

The McDonald's of Leavenworth, owned and operated by **The Dobski Family**, has been proudly serving the Leavenworth community for over **45 years!**



Follow us on Facebook: @KansasMcDonalds

Buy ONE Double Cheeseburger and Receive a FREE Double Cheeseburger!

(Must present coupon)

Offer expires 12/31/26

Valid ONLY at our Leavenworth Location.



Army announces new Combat Field Test to enhance soldier readiness

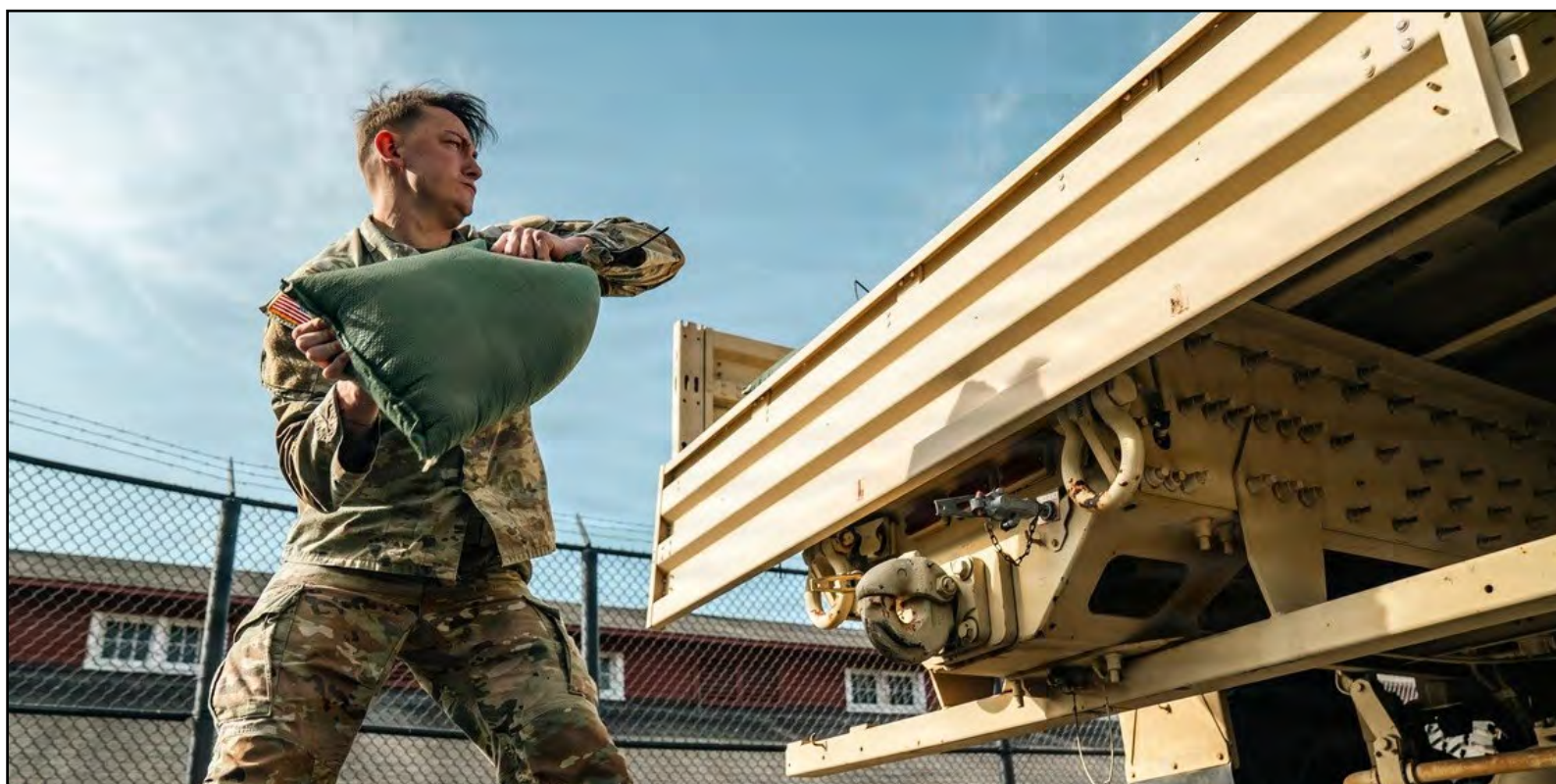
by U.S. Army Public Affairs

WASHINGTON — The U.S. Army April 22 announced the implementation of the new Combat Field Test (CFT), a major update to its physical readiness program designed to align fitness standards with the demanding realities of modern combat.

Implementation will begin this month. The CFT is required annually for active-duty soldiers serving in 24 designated combat military occupational specialties.

"The Combat Field Test is a critical step forward in ensuring our soldiers serving in the most physically demanding specialties have the specific fitness required to dominate on the modern battlefield," said the Secretary of the Army Dan Driscoll. "This is about readiness, lethality and the well-being of our soldiers."

The CFT does not replace the Army Fitness Test. Combat specialty soldiers in the regular Army and Reserve component on active-duty orders for 365 days or more will be required to pass one of each test annually. All other Reserve component soldiers in combat specialties will take one fitness test per calendar year, alternating between the AFT and CFT.



U.S. Army photo by Sgt. Aaron Troutman

Sgt. Christopher Smith assigned to 1st Battalion, 3d U.S. Infantry Regiment (The Old Guard), lifts a 40-pound sandbag during the new Combat Field Test (CFT), at Joint Base Myer-Henderson Hall, Virginia. The CFT is an annual requirement for soldiers in designated combat military occupation specialties to reinforce combat standards and lethality by assessing soldiers' physical ability.

The CFT is a seven-event sequence conducted continuously and scored on total time.

Events include:

- A one-mile run.
- 30 dead-stop push-ups.
- 100-meter sprint.
- 16 lifts of a 40-pound sandbag onto a 65-inch platform.
- 50-meter carry of two five-gallon Army water cans weighing 40 pounds

each.

- 50-meter movement drill consisting of a 25-meter high crawl and a 25-meter 3-5 second rush.
- A final one-mile run.

Soldiers must complete the test in 30 minutes or less while wearing the Army Combat Uniform, combat boots and a brown T-shirt, with no cover.

"This isn't just about passing a test; it's a direct measure of our commit-

ment to readiness and ensuring our warfighters can dominate in any environment," said Sgt. Maj. of the Army Michael Weimer. "We're asking more of our combat arms soldiers, and this test validates their ability to meet that high standard."

To allow time for adaptation, no adverse administrative actions will be taken for failing the CFT during an initial 365-day diagnos-

tic period for all combat specialty personnel. During this phase, soldiers can request voluntary reclassification to a non-combat specialty if they determine they cannot meet the standard, allowing the Army to retain valuable talent.

The CFT establishes a single, mission-based standard aligned to the demands of combat to ensure readiness and lethality. All soldiers in designated com-

bat roles must meet the same passing criteria, regardless of age or sex.

The Army will provide support to soldiers preparing for the CFT through command-led physical training programs, Holistic Health and Fitness resources and a dedicated CFT microsite with additional guidance. For more information on the Combat Field Test, visit <https://www.army.mil/aft/#cft>.

Community celebrates Month of the Military Child at Mr. Stinky Feet concert



Jim "Mr. Stinky Feet" Cosgrove shares the mic and spotlight with Chloe Harper as she joins him to sing "Bop Bop Dinosaur" during the Mr. Stinky Feet concert, a Month of the Military Child event, April 25 outside the Resiliency Center.

Children were invited to join the band to play instruments while they sang and danced with Cosgrove.

Photo by Ashley Parsons/Child and Youth Services

Adoptable Pet of the Week: Isabella



Photos by Prudence Siebert/
Fort Leavenworth Lamp

Isabella is a female shiba inu mix available for adoption at the Fort Leavenworth Stray Facility. She has already been spayed, vaccinated and microchipped. The fee to adopt a dog is \$155. E-mail fortleavenworthstrayfacility@gmail.com for an adoption application or submit an adoption application online at <https://new.shelterluv.com/matchme/adopt/FLSF/Dog>. Military affiliation is not required to adopt from FLSF. The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open noon to 3 p.m. Tuesday and Thursday and by appoint-

ment. Call 913-335-0788 for an appointment or more information. Visit <https://www.petfinder.com/member/us/ks/fort-leavenworth/fort-leavenworth-stray-facility-ks174/> for adoptable pet profiles. Volunteers are needed to help cover pet care shifts, walk dogs, clean kennels and more. Foster homes for adoptable pets are also needed. To apply to volunteer with the Fort Leavenworth Stray Facility, visit <https://vmis.armyfamilywebportal.com/>, enter ZIP code 66027, then search for "stray animal facility."

FORT LEAVENWORTH

PCS PET EVENT

Pet Giveaways • Enter To Win

Visit with the Fort Leavenworth Stray Facility to learn about

- **Pet Relinquishing**
- **Safe Car Pet Travel**
- **Pet Flight Travel**
- **Vet Vax Travel Checklist**

**FRIDAY
MAY 1
1100-1300**

EXCHANGE MAIN STORE

EXCHANGE

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

Adoptions • Volunteer Opportunities

Pet Transportation Assistance

Army Emergency Relief offers zero-interest loans to help the *whole* Family stay together.

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

WHO
• Active Duty and their eligible Family members
• Reserve and National Guard on Active Reserve and Guard tours
• Reserve and National Guard activated with PCS Entitlements

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

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

AER Are you an AER Officer? Download the official guide here: www.aerhq.org/resource/official-pet-transportation-assistance-guidance

PCS with Pets

If you are going overseas, many countries require vaccinations, testing, and documentation well in advance, so early coordination is key to avoiding delays. Contact the veterinary clinic at 913-685-6510 to get started.

PETS SAFETY TIPS

Hot Weather Rules For Pets

KEEP YOUR PET HYDRATED

DON'T LEAVE YOUR PET IN THE CAR

KEEP PAWS AWAY FROM HOT PAVEMENT

KNOW SIGNS OF OVERHEATING

THURSDAY
APRIL 30, 2026



LAMP

Post Notes

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

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

B1

Fort Leavenworth Thrift Store Open – Saturday, 2 May 2026

- ❖ Location: 1025 Sheridan Drive, Building 1049
- ❖ Phone: 913-651-6768
- ❖ Hours:
 - ❖ Monday & Friday: Closed
 - ❖ Tuesday-Thursday: 930am-230pm
 - ❖ First Saturday of each month: 930am-230pm
 - ❖ Consignments taken each day the store is open from 930am-1230pm



2026 FFAM ESSAY CONTEST

Explore History. Share Your Voice. Earn Scholarships.

In Honor of the 200th Anniversary of
FORT LEAVENWORTH

ESSAY TOPICS: (CHOOSE ONE)

- Impact of Fort Leavenworth on westward expansion
- Influence of Trails on the American West's Economy & Military Culture

1st Place: \$1,500
2nd Place: \$1,000
3rd Place: \$500

- High School Seniors & 1st-Year College Students
- Within 50 Miles of Fort Leavenworth
- Military Families or Fort Leavenworth Affiliated

SUBMISSIONS: April 1 – April 30, 2026

- Email: president@ffam.us
- 1000-1500 Words • Entry Form Required

RESEARCH AT:
FRONTIER ARMY MUSEUM
FREE ADMISSION
Tues-Fri: 9am-4pm • Sat: 10am-4pm

Winners Announced May 2026
Presented by Friends of the Frontier Army Museum



So, you've filed a report of sexual assault...what happens next?

The Fort Leavenworth Sexual Harassment Assault Response and Prevention (SHARP) Team and the Staff Judge Advocate (SJA) in conjunction with Military Criminal Investigative Division (MCID) and Office of Special Trial Counsel (OSTC) presents:

“From Allegation to Prosecution”

Date: 21 May 2026
Time(s): 0900 and 1300
Location: Eisenhower Hall, De Puy Auditorium
250 Gibbon Ave, Fort Leavenworth. KS 66027

An interactive Mock Trial demonstrating the process of the military justice system through an allegation of Sexual Assault.

Come participate in the mystery of military justice.

For more information, please contact Ms. Nicole Hernandez at (913) 544-9243 or maureennicole.n.hernandez.civ@army.mil

Speaker Series History Brunch

Presented by the Frontier Army Museum & The Friends of the Frontier Army Museum (FFAM)

Light refreshments served at 10:30a
Presentations begin at 11a.m

Saturday April 4th
“Thompson and his Rifle Demonstrators: Training, Troubleshooting, and Building Confidence in America's New WWI Rifle” with MAJ Jon Krisko

Saturday May 9th
“Santa Fe in World War II: Contributing to Victory” with LTC Bob Walz (ret)

Saturday June 6th
“Kansas City Kansas Community College (KCKCC), The Greatest Generation and You!” With Joe Grasela

Events are free to the public and will be located at the Frontier Army Museum
100 Reynolds Ave Fort Leavenworth, KS

All presentations will be streamed live and recorded on the Friends of the Frontier Army Museum Facebook page:
<https://www.facebook.com/ftleavenworthffam>



2026 Fort Leavenworth National Day of Prayer Luncheon



Guest Speaker: Mr. Darryl Burton
Inspiring story of being wrongly convicted in prison for 24 years

<https://www.darrylburton.org/>



- ALL INVITED! Fort Leavenworth Community
- Thurs, 7 May 26 / 1130-1300
- Frontier Conference Center
- **FREE Meal: Provided by the Fort Leavenworth Chapel Communities.**

Kindly RSVP via QR Code

- POC: christopher.w.weinrich.mil@army.mil



UNCLASSIFIED

BOSS PRESENTS MOVIE NIGHT

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

May 8
PG-13

Come out and join us as the BOSS program gives back to the Community by playing FREE movies inside the Post movie theater. Prepackaged snacks and drink can be purchased at the snack bar. No outside food or drinks are authorized. For all movies children 12 and under MUST be accompanied by an ADULT! CASH only at the snack bar!

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

Fort Leavenworth SKIES Curtain Call Presents:

Disney NEWSIES JR.

Support the local Youth and enjoy a FREE performance!

May 9
Performances at 2pm & 7pm
Post Theater
375 Grant Ave
Fort Leavenworth, KS

House will open 30 minutes before the show.
Call 913-684-3207 for more info

SKIESUnlimited

UPCOMING CGSC EVENTS

- International Military Student Division Sponsorship Recognition Ceremony ← **May 8***
- School of Advanced Military Studies Graduation Ceremony
↕ **May 21** ↕
- International Military Student Division Badge Ceremony
↕ **May 28*** ↕
- Command and General Staff School Hooding Ceremony
↕ **May 28*** ↕
- Command and General Staff Officer Course AY 26 Graduation
↕ **May 29*** ↕
- CGSC Academic Year 2027 Start Date ← **Aug. 17***

* Indicates date change from original academic calendar

Military Spouse Appreciation Day



May 8 • 11:30AM - 1PM
Resiliency Center // 600 Thomas Ave.

It's Military Spouse Appreciation Day, so let ACS show you some love! Head over to the Resiliency Center and grab a hamburger, hotdog, and a Military Spouse Appreciation T-Shirt, all for FREE!
 The t-shirts are first-come, first-served, one T-Shirt per family, and you must be present in order to pick-up. Military ID's will need to be shown to receive a T-Shirt.
 Info: (520) 692-6153



END OF YEAR FAREWELL SERVICE

Fort Leavenworth Multicultural Gospel Service
Pioneer Chapel, Fort Leavenworth, Kansas

SPECIAL PRESENTATIONS

SUNDAY 3RD MAY 2026 10AM

LUNCH & BOWL 12-2PM
 at Fort Leavenworth Sky Zone Bowling Alley

Please wear **FLMGS**
LOVE GOD LOVE PEOPLE T-SHIRTS

- Bowling Shoes & Balls Provided
- Pizzas, Chicken Strips, Waffle Fries, Salad, Drinks

Hiring Our Heroes
 U.S. Chamber of Commerce Foundation

*** FORT LEAVENWORTH ***

CAREER SUMMIT

RESOURCES | TRAINING | CONNECTIONS

MAY 14 | 9 AM - 4 PM

Frontier Conference Center **REGISTER NOW**

CAMPUS LIFE MILITARY PRESENTS

MILITARY Camp

25-29 MAY 2026
 OPEN TO ALL 6TH-12TH GRADERS

REGISTRATION IS OPEN!

GET READY FOR:

- Muck Wars
- High Ropes Course
- Lake Inflatables
- Nightly Club
- And More!

FOR MORE INFORMATION: CONTACT SAM AT 605.569.3820

Looking for Community? Join Campus Life Military

FB: Ft. Leavenworth Club - Campus Life Military
 IG: @campuslifefortleavenworth

Samantha Odle
 (805) 589-3820 / sodle@yfc.net

Spring into life.
 Give blood.

Blood Drive
Ft. Leavenworth
Munson Army Health Center
 First Floor
 550 Pope Ave.
 Fort Leavenworth, KS 66027
Wednesday, May 27, 2026
9:00 a.m. to 1:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: FortLeavenworth to schedule an appointment.



Get summer ready! Come to give blood May 19-21 for an exclusive Red Cross beach towel, 10% off!

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

Chaplain Family Life Center

100% Confidential & Faith Informed
Pastoral Counseling Services
 (Individual, Couple, & Family)

Free for all Service Members, Retirees, DoD/DA Civilians and Dependents

Pastoral counseling provides compassionate support for individuals, couples, and families facing challenges such as anxiety, depression, communication difficulties, conflict, parenting concerns, and spiritual struggles—providing faith-informed guidance to strengthen relationships and promote healthy growth in every season of life.

To book an appointment scan here:

CH (MAJ) Joshua M. Portwood is a trained Pastoral Counselor in Marriage and Family Life. His formal education includes a Masters of Divinity from Gordon Conwell Theological Seminary, a Masters of Science (Marriage and Family Therapy) from Texas A&M-Central Texas, and a Doctorate of Ministry from Vanderbilt University Divinity School.

Located at the back of Pioneer Chapel
500 Pope Ave., Bldg. 56
Fort Leavenworth, KS 66027
 Government Cell: (913) 680-7336
 joshua.m.portwood.mil@army.mil
<https://cal.com/chaplainportwood>

UNITED STATES ARMY FORT LEAVENWORTH

SEXUAL HARASSMENT AND SEXUAL ASSAULT RESPONSE WORKFORCE

Ms. Amanda Bouseigneur
 Lead SARC
amanda.bouseigneur.civ@army.mil
 Teams: 520-669-3474
 Office: 913-684-2810
 Cell: 913-704-9620
 Bldg 197, 632 McClellan Ave

Ms. Cassandra Rozier
 Supervisory SARC
cassandra.d.rozier.civ@army.mil
 Teams: 520-669-3535
 Bldg 197, 632 McClellan Ave

Ms. Sherry Marshall
 Victim Advocate
sherry.l.marshall24.civ@army.mil
 Teams: 571-588-5945
 Bldg 197, 632 McClellan Ave

Ms. Nicole Hernandez
 Victim Advocate
maureennicole.n.hernandez.civ@army.mil
 Teams: 520-692-9215
 Bldg 197, 632 McClellan Ave

MAJ Keenan Franklin
 SARC
keenan.m.franklin.mil@army.mil
 Teams: 520-692-8983
 Bldg 197, 632 McClellan Ave

SSG Samantha Lee
 Victim Advocate
samantha.d.lee4.mil@army.mil
 Teams: 520-725-2936
 Bldg 197, 632 McClellan Ave

Mr. Josh Belle
 Victim Advocate
joshua.p.belle.civ@army.mil
 Teams: 520-945-5992
 Bldg 197, 632 McClellan Ave

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

At the corner of Kearny and McClellan Avenue, right next to the Post Parade Field. Contact the team at usarmy.leavenworth.cac.mbx.cac-sharp@army.mil

Fort Leavenworth 24/7 SHARP Hotline
 913-683-1443
DoD Safe Help Line
 877-995-5247

Installation Model Support

Who Can Get Support?

Service Members, DA Civilians, and Military Dependents (18+) can get support from any Sexual Assault Response Coordinator (SARC) or Victim Advocate (VA).

How to Get Support

- During Duty Hours: Contact a SARC or VA using their listed numbers.
- Anytime (24/7): Call the Fort Leavenworth SHARP Hotline, you can speak with an on-call Victim Advocate. If you wish to make a report, you can then make a report with the on-call or request a specific SHARP professional for the next duty day.

WeCare App

Google Play

STEP FORWARD: Prevent. Report. Advocate.
 Current as of 25 February 2026

OMB Control Number: 0704-0553
OMB Expiration Date: August 31, 2028



SPEAK FOR YOUR FAMILY.



Complete the Tenant Satisfaction Survey in your inbox for a chance to win a gift card.

Family Advocacy Program Brief

POST THEATER | 375 GRANT AVE | FT. LEAVENWORTH

Recognizing and reporting potential Domestic Abuse and Child Abuse is not always black and white.

Have big questions? We have answers.

The Family Advocacy Program (FAP) is Command supported and Soldier focused. FAP is the Army's official program for preventing and responding to Family violence.

This free, mandatory, annual training will educate Soldiers and leaders about preventing, identifying and correctly reporting Domestic Abuse and Child Abuse. (In accordance with AR 350-1)

2026 TRAINING DATES:

From 1300 - 1500

- 25 MARCH
- 29 APRIL
- 27 MAY
- 24 JUNE
- 15 JULY

Training is free and for 18+. There is no registration required. For more information call: 520-692-6378 / 6303



Fort Leavenworth Operation Deploy Your Dress

Don't miss your chance to find a dress! Our Shop will be closing for the summer. We will be back in the fall!

Saturday May 9, 2026

Resiliency Center 600 Thomas Ave.
Appointments 10-12
Walk In 12-2

odydlsc@gmail.com

Fort Leavenworth Recycling Changes

- No more 24/7 Recycling Center access starting April 6**
 - Operating hours will be Mon-Fri: 7 a.m. to 4 p.m.
 - 1st weekend each month: OPEN
 - Federal Holidays: CLOSED
- Command Policy Letter #16: Open Dumping**

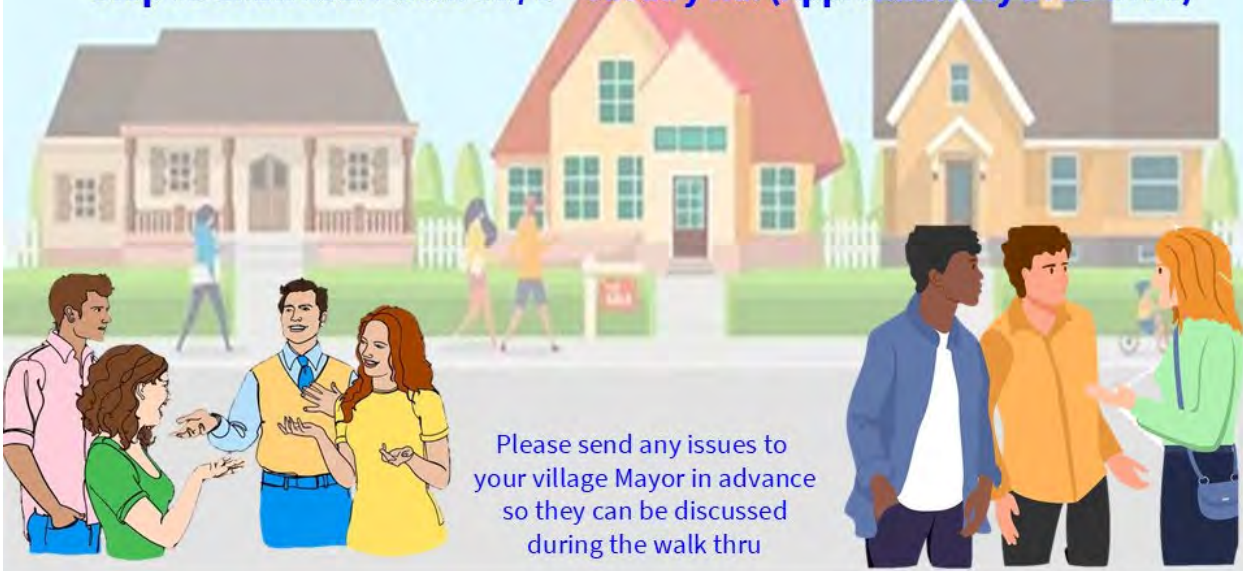
Dumping waste in unauthorized areas violates AR 200-1 and damages our environment, water sources, and installation resources. STOP illegal dumping.

Pawnee and Shawnee Walking Town Hall

The Garrison Command Team and Frontier Heritage Communities Representatives welcome all residents to come out and speak with them

19 May 2026 (1630-1730)

- Stop #1 Pawnee: Hunt Ct. Cul-De-Sac (Approximately 1645-1705)
- Stop #2 Shawnee: Hatch St./ 1st Cavalry Rd. (Approximately 1710-1730)



Please send any issues to your village Mayor in advance so they can be discussed during the walk thru

Strike Zone Bowling Center's

GOOD GRADES SPECIAL

Noon - 7 pm

October 25, 2025
January 10, March 28 & May 23, 2026

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

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

United States Disciplinary Barracks Unit Tribute Ceremony

17 21 May 2026

1000 hours

National Museum of the US Army
1775 Liberty Drive
Fort Belvoir, VA 22060



Visit: www.themusa.org

Important information:

- RSVP to peter.j.grande.vol@army.mil by 11 May 2026 to ensure receipt of a general admission ticket for museum access after the ceremony.
- The ceremony will be standing only; no chairs or seating available.
- Please arrive 15 minutes prior to ceremony start time.



EST. 21 MAY 1874

Scan for Full Event Details and Sponsors

Facebook!

JUNE 20-27, 2026
Leavenworth, Kansas

Saturday, June 20
VFW Post 56 "Pre-250" Year Anniversary Breakfast

Monday, June 22
City of Leavenworth Trivia Night at Ten Penny Bar & Grill

Friday, June 26
Wild West Jamboree at Haymarket Square
Cook-Out
Housed Leavenworth Rotary Clubs
Outhouse Races
Housed Leavenworth Lions Clubs
"Whiskers of the West" Beard & Mustache Contest
Music by Bo & the Beards
Housed by Leavenworth Lansing Chamber

Saturday, June 27
Western Art Show, Housed by LCAA at Heritage Event & Arts Center
U.S. Military History Camp
WWII Boeing B75NI Stearman Flyover
Sidewalk Sales and Scavenger Hunt, Housed by Leavenworth Main Street
Downtown Street Faire with 60+ Crafters and Vendors
"History on the River" at Riverfront Community Center
Lil' Buckaroos at Gazebo Park, free Covered Wagon Rides and more!
U.S. Military Vehicle Display - Salute to our Military
35th ID Army Band Concert at Haymarket Square
Buffalo Bill Wild West Dinner & Bingo
Housed by Eagles Aerie #55 - 300 S. 20 th Street
Ft. Leavenworth (self guided tours) & Frontier Army Museum
Hours available at 10am, 12pm, 2pm

A Community-Wide Celebration of America 250!

Community Partners: KCK Community College Pioneer Center, Great Western Manufacturing, Davis Funeral Chapel, Home2, Leavenworth County Historical Society, Mutual Savings Association, Midwest Horizons Marketing, Leavenworth Lansing Chamber of Commerce, Advantage Printing, Main Street, Tiffany Andrews State Farm, VFWA 1-Club, Leavenworth Lions Club, Leavenworth Rotary, Matcha-11 (Sorwil), the Leavenworth Times, MAPs, Inc., Leavenworth County Artists Association, VFW Medal of Honor Post 56, Frontier Army Museum, Eagles Aerie #55, downtown businesses and the Leavenworth Public Library.



Veterans Crisis Line
DIAL 988 then **PRESS 1**

SKIES

Instructional Catalog for Classes
Summer 2026

Registration opens April 13 @ 9am*
Open House July 30 @ 5:30pm

*A current registration with Parent Central is required to enroll. For more info call: 913-684-5138

Patch Community Center
320 Pope Ave
Fort Leavenworth, KS

For more info on SKIES call:
913-684-3207 or text:
913-704-7595

We're on the way!



Join ACS/ New Parent Support for **STORY TIME**

Wednesdays @ 10am
The Resiliency Center
600 Thomas Ave
Fort Leavenworth, KS



Introduce the magic of books and foster a lifelong love of learning!

Story Time is free and open to ages 3 months to 3 years (must have an adult present).

Please call or text by the close of business day on the Tuesday before Story Time.
913-297-3212



Join ACS/ New Parent Support for **Toddler Time**

Wednesdays @ 9am
The Resiliency Center
600 Thomas Ave
Fort Leavenworth, KS



Learn through play as we build social skills, introduce preschool routines, and explore!

Toddler Time is free and open to ages 2 to 3 years (must have an adult present).

Please call or text by the close of business day on the Tuesday before Toddler Time.
913-297-3212



Stroller Walk & Talk

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



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

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

POC 913-297-3212



ACS New Parent Support Prenatal Classes 2026

600 Thomas Ave
Room 125
All classes are from 5 pm - 7 pm

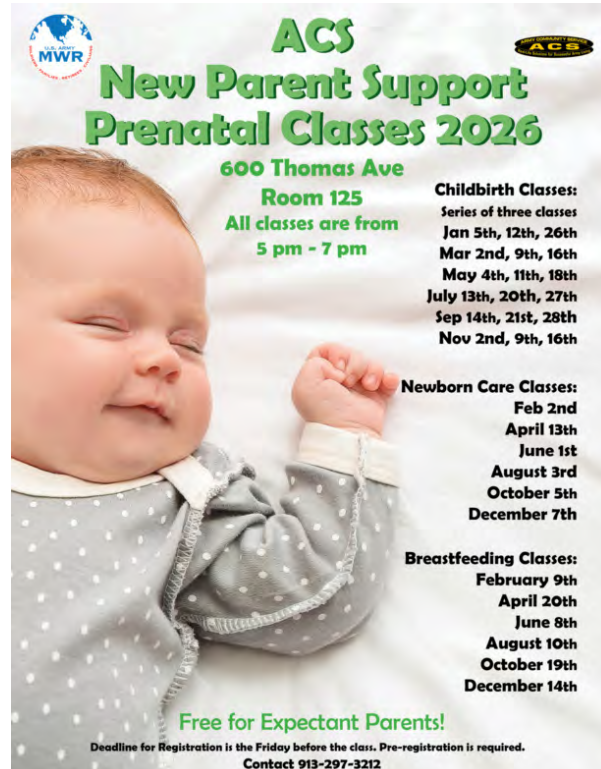
Childbirth Classes:
Series of three classes
Jan 5th, 12th, 26th
Mar 2nd, 9th, 16th
May 4th, 11th, 18th
July 13th, 20th, 27th
Sep 14th, 21st, 28th
Nov 2nd, 9th, 16th

Newborn Care Classes:
Feb 2nd
April 13th
June 1st
August 3rd
October 5th
December 7th

Breastfeeding Classes:
February 9th
April 20th
June 8th
August 10th
October 19th
December 14th

Free for Expectant Parents!

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



ACS New Parent Support 2026 **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?

600 Thomas Ave
Room 125
2/23, 4/27, 6/15, 8/17, 10/26, 12/21
5 pm - 7 pm

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



HYC

School is in session, but the FUN doesn't need to stop! Hang with your friends and make some memories!

FREE TEEN AFTER-SCHOOL PROGRAM

- Free After School Snacks
- Homework Help
- STEM Programs
- Gym Activities
- Music Classes
- Arts & Crafts
- Bowling Club
- Bike Club
- Fishing Club
- Strength Training
- Youth Sponsorship Club
- Video Games & Tournaments
- Homework & Technology Labs
- Monthly Parties/ Dances
- Non-School Day Field Trips
- Friday after 6pm & Saturday Special Events

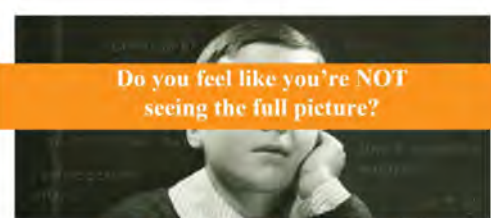


*Enroll now at Harrold Youth Center 45 Biddle Blvd

HYC Hours
Mon-Thurs 3pm - 6pm
Friday 3pm - 9pm
Saturday 1pm - 7pm
Non-School Days
Open at 1pm
Closed Sunday

Administrative Hours
Monday - Friday
9am - 5:30pm

*HYC is for 6th - 12th Graders only. Must be registered with CYS Parent Central prior to enrolling. Stop by for our monthly calendar! Contact 913-684-5138 for more info on registration and eligibility



Do you feel like you're NOT seeing the full picture?

Get help that makes sense with the **HYC Homework Lab!**

HYC Homework Lab*
M - F
After school from 3pm - 6pm

Harrold Youth Center
45 Biddle Blvd
Fort Leavenworth, KS
(913) 684 - 5115

*For eligible 6th - 12th graders Must be registered with CYS



FREE after school program for Teens!

Offering:
Homework / Tutoring
ACT / SAT Prep Nights
Money Matters Classes
Career Launch
College Visits
Science Club



EFMP Lending Library

A new resource just for you!

We're open M - F
7:30am - 4pm

Room 155E
The Resiliency Center, Bldg 198
600 Thomas Ave
Fort Leavenworth, KS

The Lending Library is a free resource room designed for Families enrolled in EFMP. It's stocked with sensory items, EFMP appropriate games, art supplies, and safety items for all ages! Families can borrow items for up to 30 days. Appointments are required, drop-ins are on a case-to-case basis.

Call for more information:
520-692-6363/ 913-684-3838

MUFFINS WITH MOM

May 15 from 1pm - 3pm

EFMP Playground (Behind the Post Theater)

FREE! Event is for ages 2+

Celebrate Mom in the month of May!
Kids can play, plant a seedling to take home, and enjoy a muffin!

All supplies are provided. Please RSVP by May 14th
Call 520-692-6363



EFMP/ Waiting Families **RECREATIONAL BOWLING**

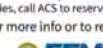
Every first Saturday of the month
12:00pm - 2:00pm
Strike Zone Bowling Center
165 Fourth St



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. Fort Leavenworth Waiting Families, call ACS to reserve your spot! Call 913-684-2800 for more info or to register



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.

Amy 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

EFMP & Waiting Families Presents **ZUMBA**

Get ready to Move! Get ready to Groove!

Every second Tuesday
9am - 10am
Gruber Fitness Center
200 Reynolds Ave
Fort Leavenworth, KS

Get wrapped up in the music and let's get moving and grooving! Zumba is energetic, fun, and a de-stressor all in one! Designed for all fitness levels this FREE class is open to anyone 18+. Registration is required for attendance. Call 520-692-6363 or 913-684-2800

Playground Palooza!

Every 2nd Tuesday from 9am - 10am
@ The EFMP Playground
(through the month of October)

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 520-692-6363 for more info

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

SKIES

Save the Dates!

- Students Music Recital**
April 10 @ Pioneer Chapel 5:30pm
- SKIES Summer Enrollment**
opens April 13 9:00am
- Newsies Jr. Performances**
May 9 @ Post Theater 2pm & 7pm
- Student Dance Recital**
May 20 @ Post Theater 6:30pm
- SKIES Open House**
July 30 @ Patch Community Center 5:30pm

call for more info : 913-684-3207

Be prepared for whatever life throws at you with **Financial Touchpoint Tuesdays**

Tuesdays from 11:30am - 1:00pm
Resiliency Center & MS Teams*
600 Thomas Ave
Fort Leavenworth, KS
816-500-3136
*Call now to be emailed the link to Teams

Financial Readiness or FINRED classes are designed to help Military members and their families successfully navigate any financial situation. Available as a hybrid lunch and learn class series.

Classes include:
Wealth Building & Planning for Retirement
Welcoming a New Child in the Army
Vesting in the Thrift Savings Plan
Financial Implications of Divorce
Disabling Condition or Sickness
Entitlement to Continuation Pay
Permanent Change of Station
Banking & Financial Services
Consumer Awareness
Car Buying Strategies
Marriage in the Army
Military Pay Insurance

Free and available to all Active Duty Military members, Retirees that are within one year of retirement, and their Dependents

STRONGHOLD AMBASSADOR GROCERY SUPPORT

If you're a military family needing food support... COMPLETE THE ONLINE CONFIDENTIAL APPLICATION FORM

REGISTER ONLINE FOR NATIONAL SUPPORT!

STRONGHOLDFOODPARTY.ORG

ABOUT TO FLIP YOUR LID? Register for the ACS ANGER MANAGEMENT COURSE

Room 145 at the Resiliency Center
600 Thomas Ave
1:30pm - 3pm

WE CAN HELP
Our 8 week Anger Management Course will teach you a new tool every week to stay cool and collected in even the most difficult of settings. Each week will have realistic scenarios, feedback, and opportunities to apply newly learned skills in a group setting.

Round 1
January 8, 15, 22, 29
February 5, 12, 19, 26

Round 2
May 7, 14, 21, 28
June 4, 11, 18, 25

Round 3
August 6, 13, 20, 27
September 3, 10, 17, 24

Round 4
October 22, 29
November 5, 12, 19
December 3, 10, 17

FREE and open to all DOD ID card holders 18+
Deadline to register is the day before the first day of training. Participants must attend each day in the round. Virtual attendance is available through TEAMS. Call 520-692-6378/6323 for more info

ACS Family Advocacy Program Presents:

ANGER MANAGEMENT

Jan 8 • Mar 19 • May 14
July 16 • Sept 17 • Nov 5

Thursdays from 11:30AM - 1PM
ACS Conference Room, Room 145
Virtual options available via Teams

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

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

Childcare not provided.

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

For more info or to register call, (520) 692-6378/6323

NCOs JOIN US FOR OUR WEEKLY STUDY SESSIONS

S*A*M*C
LOYALTY DISCIPLINE CARING PROFESSIONALISM

EVERY **THURSDAYS AT 1600** AND **FRIDAYS AT 1200**
AT HHC, MWJRCF

Fort Leavenworth Bicycle Rider Rules

- Wear a helmet that has been approved by the American Society for Testing and Materials or that meets or exceeds the Snell Foundation Safety Standard.
- Don't ride your bicycle on Grant Avenue, use the sidewalk. Always walk your bike through crosswalks.
- You may ride on all sidewalks but should warn pedestrians as you approach (a bell or horn is encouraged) and always yield right-of-way to pedestrians.
- If you ride during limited visibility (night, fog, rain etc.) you must have a headlight and rear reflector.
- Riding in the National Cemetery is prohibited as well as inside of the golf course.
- Don't wear headphones while bike riding.

JOIN THE COA FOR ITS INAUGURAL **DOG & JOG**

A dog-friendly 3K fun run/walk to support the Council on Aging's pet programs, PALS and Pet2Vet.

SATURDAY, JUNE 6
REGISTRATION/T-SHIRT PICKUP: 9AM
RUN/WALK BEGINS: 10AM
REGISTRATION FEE: \$35
ROUTE START/END: 711 MARSHALL ST.

SIGN UP AT COA OR SCAN QR CODE
ALL AGES WELCOME!

Participants must register by May 15 to guarantee event swag. Proof of current rabies vaccine required for participating pups.

Download the My Army Post App

Stay in the know at your Garrison

- Installation Services
- Gate Hours
- Community Events
- Maintenance Requests
- Weather
- Resources
- AND MORE

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

VFW Veterans of Foreign...
Sharron K. McMahan · 3h ·

Mark your calendars!!

VFW White-Donlon-Hagemister
MOH Post 56
519 Cherokee Street
Leavenworth, KS 66048
(913) 682-9200

"Your Hometown VFW"

BAGELS & BONES

Vinny The Surgeon Dog
Invites all to join us for a 1-2 mile walk in beautiful downtown Leavenworth with your canine pals.
We will meet behind the VFW.
Walk fast or walk slow. Just come out and go.

SATURDAY
March 21, April 18, & May 16
9am

You've got mail!

Don't miss important CYS notifications!

ADD THESE EMAILS TO YOUR SAFE SENDER LIST!

usarmy.leavenworth.imcom-fmwr.mbx.leav-cyswebmaster@army.mil
usarmy.leavenworth.id-training.mbx.ftvnparentcentral@army.mil

Veterans Crisis Line
DIAL 988 then PRESS 1

Life's challenges don't have to define us.

TRIVIA NIGHT
THURSDAYS 7PM
VFW
MEMBERS ONLY

COME TEST YOUR INTEL. NO SECURITY CLEARANCE REQUIRED.

GO ARMY I KNOW WHAT IS

Youth Sports & Fitness Camps

Registration starts April 13!

FITNESS

June 8 - 11
Cost \$40

Age Groups Time

5 - 8 yrs 0900-1000
9 - 14 yrs 1000-1100

CHALLENGER SPORTS SOCCER CAMP

Camps run Monday - Friday
June 1 - 5 / July 6 - 10 / July 27 - July 31

Age Groups Time Cost

3 - 4 yrs 0900-1000 \$110
5 - 6 yrs 1030-1200 \$125
7 - 8 yrs 0900-1200 \$165
10 - 14 0900-1200 \$165

BASEBALL

July 13 - 16
Cost \$40

Age Groups Time

5 - 8 yrs 0900-1000
9 - 10 yrs 1000-1100
11 - 14 yrs 1300-1400

BASKETBALL

July 20 - 23
Cost \$40

Age Groups Time

5 - 8 yrs 0900-1000
9 - 10 yrs 1000-1100
11 - 14 yrs 1300-1400

Enrollments will end on the first day of each camp. Challenger Sports Soccer Camp enrollments can be done at any CYS location. Fitness, Baseball, and Basketball Camp enrollments can be completed at any CYS location or with Webtrac if participant is centrally registered.

Call 913-684-7525 / 7526 for more information

leavenworth.armymwr.com

Starting March 9th, 2026

Fort Leavenworth Group Fitness Classes

GRUBER FITNESS CENTER - 200 Reynolds Ave. - 684-5120
Mon-Fri: 0900-1800, Sat and Sun: 0900-1700

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530						
0600		Slow Flow (Leslie)		Slow Flow (Leslie)		
0900			Body Pump (Tara)		Body Pump (Tara)	
1000						Power Yoga (Kim)
1300	Body Pump (Tara)					
1630			Power Cycling (Kim)	Yin Yoga (Brandie)		
1700	Power Yoga (Kim)					

HARNEY SPORTS COMPLEX - 185 Fourth St. - 684-2190
Mon-Fri: 0900-1800, Sat and Sun: 0900-1700

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

U.S. ARMY MWR SPORTS • FITNESS • AQUATICS

https://leavenworth.armymwr.com

Independent Instructor Class Schedule

Gruber Fitness Center

Monday	Tuesday	Wednesday	Thursday	Friday
	Brazilian Jiu-Jitsu 1830-1930		Brazilian Jiu-Jitsu 1830-1930	
	Taekwondo 1800-1900 1900-2000		Taekwondo 1800-1900 1900-2000	

Jiu-Jitsu 1 x a week - \$60 2 x a week - \$75 3 x a week - \$85 Drop in \$20
First class is FREE!
Taekwondo \$65 per month 2x a week - \$10 single class
Must have 24 hour access to gym. Classes are 18+ Register in person

Harney Sports Complex

Monday	Tuesday	Wednesday	Thursday	Friday
Weight Lifting 0900-1015		Weight Lifting 0900-1015		Weight Lifting 0900-1015
Youth Olympic Lifting 1600-1700 1700-1800 Bubble Gym		Youth Olympic Lifting 1600-1700 1700-1800 Bubble Gym		

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

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

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

Fort Leavenworth 2026 Events

MAY 2 - CGSC TRIATHLON
Harney Sports Complex • 8AM - 11AM
Register at Gruber or Harney • \$85 Individual, \$115 for relay team

MAY 8 & 9 - 1000LB/400LB CLUB MEET
Gruber Fitness Center • 8AM - 5PM • FREE
Sign up at Gruber Fitness Center or call 913-684-5120 prior to event.

MAY 16 - AEROBATHON
Gruber Fitness Center • 8:30AM - 12PM • FREE
Check out a 20 minute demonstration of each group fitness class.

MAY 23 - DISC GOLF TOURNAMENT
Disc Golf Course • 8AM - 11AM • FREE
Sign up at Gruber Fitness Center or call 913-684-5120 prior to event.

MAY 1 - MAY 31 - 6TH ANNUAL SOFTBALL TOURNAMENT
Harney Sports Complex & Doniphan Field #1 • FREE
Games: Monday & Wednesday 5:30PM, 6:30PM, & 7:30PM

COMMIT-STAY FIT!
#STRONGBANDS

STEP 1 Attend featured fitness events at your garrison.
STEP 2 Wear your STRONG BANDS wristband throughout May to show your commitment to a healthy lifestyle.
STEP 3 Gain valuable fitness tips throughout May by visiting ArmyMWR.com/STRONGBANDS

BRUNNER RANGE 2026 SPECIAL FUN SHOOT

15 April	Rod & Gun Club
18 April	VFW Post 12003
16 May	Lil Weenie
20 June	Club Championship
18 July	One Gun/ One Choke
15 August	Shuck n' Chuck
19 September	American Legion Post 411
17 October	Lil Weenie
21 October	Rod & Gun Club

Contact Brunner Range for more information
(913) 651-8132

Brunner Range 2026 LEAGUE SCHEDULE

Winter Combo
8 January - 12 March

Spring Combo
26 March - 28 May

Summer Warm-up
4 June - 9 July
16 July - 20 August

Fall Combo
3 September - 5 November

Winter Warm-up
12 November - 17 December

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

May 1 - May 31 6th Annual Softball Tournament Doniphan Field #1

Games: Every Monday and Wednesday 5:30PM - 7:30PM at Doniphan #1.
There will be a coaches meeting on Wednesday, April 22nd at 5:30PM at Gruber Fitness Center.

Letters of Intent are due by COB Wednesday, April 29th.

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

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

FREE event!

For more info: (913) 684-3224/5136

COMMIT-STAY FIT!
#STRONGBANDS
ArmyMWR.com/STRONGBANDS

MyArmyPost

Try the Army's Newest Mobile Application!

DOWNLOAD IT TODAY

EXISTING FEATURES

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

May 8 & 9 • 1000LB/400LB Club

May 8: 1PM - 6PM • May 9: 8:30AM - 5PM
Gruber Fitness Center

Participants will do 1 rep max in the squat, deadlift, and bench press, Participants will have 3 attempts at each exercise.

The highest successful attempt in each exercise will be added together.

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

Division winners:

- Male heavyweight 180lb and up
- Male lightweight 179lb and below
- Female middleweight 160lb and up
- Female lightweight 159lb and below

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

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

COMMIT-STAY FIT!
#STRONGBANDS
ArmyMWR.com/STRONGBANDS

You can now pick up and return packages at your Exchange store.

May 16 - Aerobathon

8:30AM - 1PM • Gruber Fitness Center

Get ready because we are hosting an Aerobathon, as part of our Strong B.A.N.D.S. events!

At this event, our Group Fitness instructors will offer 20 minute demonstrations of their classes for patrons to try out. Tryout as many classes as you would like.

Anyone who completes all classes will be eligible for a prize!

Registration is NOT required, just show up

FREE event!

For more Info: (913) 684-5120

COMMIT-STAY FIT!
#STRONGBANDS
ArmyMWR.com/STRONGBANDS

May 23 • Disc Golf Tournament

8AM - 2PM • Disc Golf Course

Two-person team plays 18 holes, best shot rules.

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

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

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

Staggered start from 0800-0900.

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

FREE event!

COMMIT-STAY FIT!
#STRONGBANDS
ArmyMWR.com/STRONGBANDS

SHARE THE NUMBER SPREAD THE WORD

CALL OR TEXT **988** CHAT 988LIFELINE.ORG

988 SUICIDE & CRISIS LIFELINE

There is hope.

988 SUICIDE & CRISIS LIFELINE

MUNSON NOTES

MUNSON NOTICES

■ Munson Army Health Center is now booking **SCHOOL PHYSICALS** for **STUDENTS ENTERING PRE-KINDERGARTEN OR KINDERGARTEN IN KANSAS** for the first time. Scheduling early helps ensure your child is ready for the school year and avoids the post-PCS season rush. Who needs a physical? Students ages 9 or younger who are new to Kansas schools. Call 913-684-6250 to schedule. (Note: Missouri schools only require proof of immunization.) Sports physicals are not yet available. If you are PCSing out of state, wait to schedule your physical until you arrive at your new duty station, as requirements vary by state.

■ In the event a **TORNADO WARNING** is issued on Fort Leavenworth, and the order is given to take shelter, Munson Army Health Center staff will evacuate patients and visitors to the basement level for their safety. MAHC, at 550 Pope Ave., as well as the Lewis and Clark Center on Stimson Avenue and the Single Soldier Quarters on Cody Road, are opened to the public as **STORM SHELTERS** during tornado watches. In the event a tornado watch is activated after duty hours, Medical Department Activity personnel will open the health center for those needing shelter and remain open until all watches or warnings are lifted.

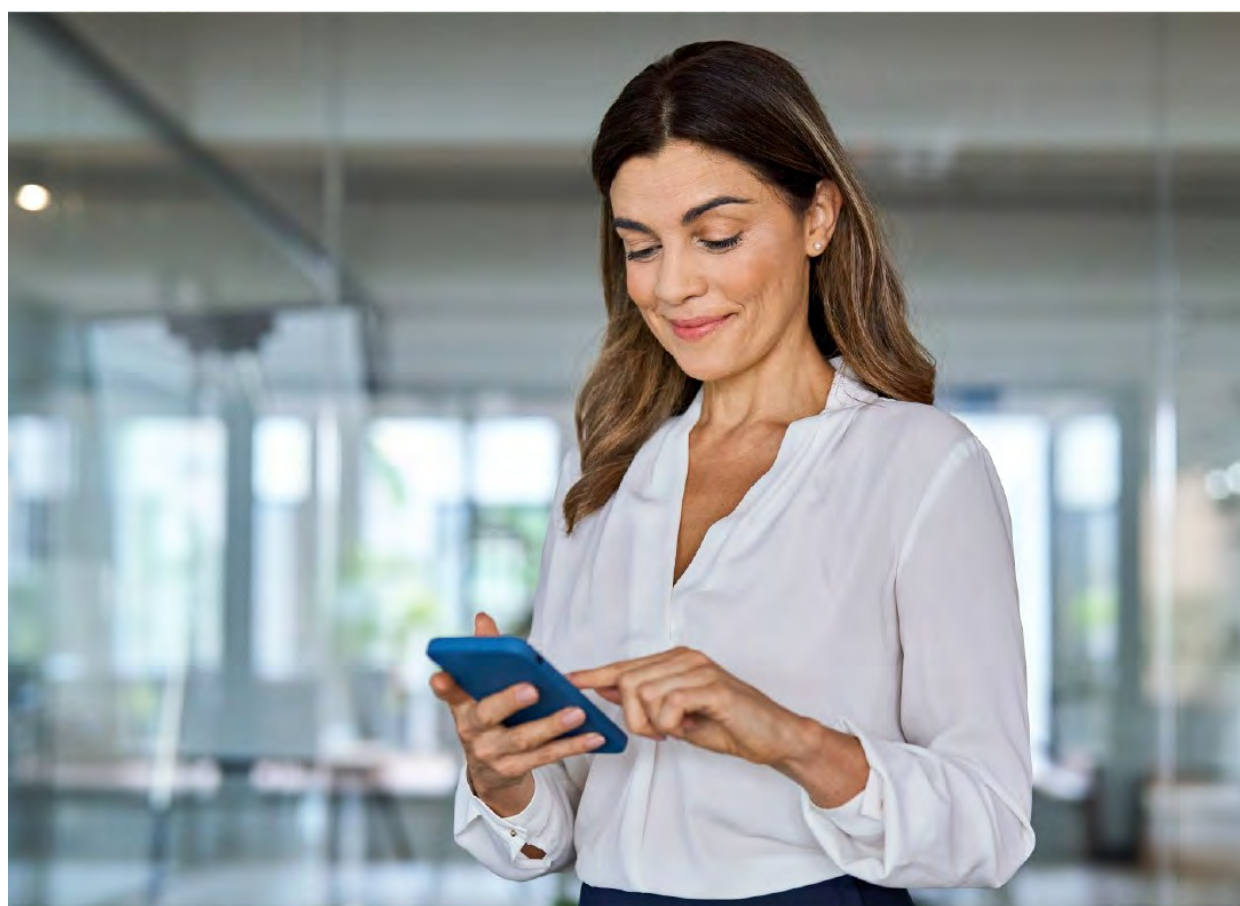
■ Munson Army Health Center offers **CAR SEAT SAFETY CHECKS** by appointment to help give you peace of mind every time you hit the road. Our trained staff will walk you through proper installation, answer your questions and ensure your child is riding as safely as possible. Appointments take just 15–20 minutes. Call 913-684-6604 to schedule.

■ The **MUNSON ARMY HEALTH CENTER PATIENT AND FAMILY PARTNERSHIP COUNCIL** meets quarterly at MAHC. The PFFC captures voices and insights of patients and families to improve the patient care experience. The council is composed of volunteers who represent the interests of patients who receive care from MAHC. Volunteers can be active-duty, active-duty family member, retirees or retiree family members. Call 913-684-6211 or e-mail usarmy.leavenworth.medcom-mahc.mbx.patient-advocate@health.mil if interested in participating.

■ After hours and on federal holidays, beneficiaries can 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. Beneficiaries experiencing a **MEDICAL EMERGENCY**, such as severe shortness of breath or difficulty breathing, should call 911.

■ It is important that military families new to the Fort Leavenworth community **ESTABLISH A NEW PRIMARY CARE MANAGER** for their health care needs. Munson Army Health Center offers a wide range of primary care providers to choose from for personalized care at a convenient on-post location. Once your new address is established in DEERS, call 1-888-TRIWEST (874-9378) and follow the prompts to establish a primary care manager at MAHC. Learn more about services at munson.tricare.mil.

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



The **MHS GENESIS Patient Portal** lets you view your results sooner.



MHS GENESIS is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

Chaperones Support Your Privacy & Dignity

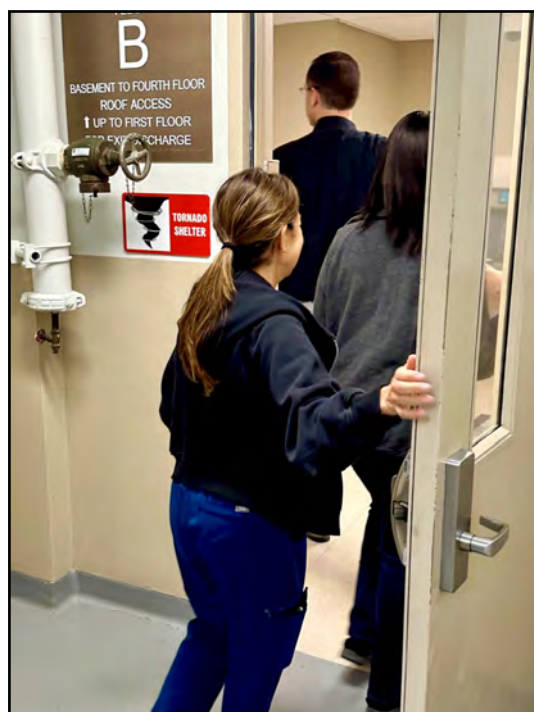
Just inform your medical team that you'd like one.

Your Safety. Your Comfort. Your Choice.

www.dha.mil/chaperone

DHA | **TRICARE**[®]

Health Center is a public tornado shelter



In the event a tornado warning is issued on Fort Leavenworth, and the order is given to take shelter, Munson Army Health Center staff will evacuate patients and visitors to the basement level for their safety.

MAHC, at 550 Pope Ave., as well as the Lewis and Clark Center on Stimson Avenue and the Single Soldier Quarters on Cody Road, are opened to the public as storm shelters during tornado watches.

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