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

# Area hit by extreme cold, more on the way



Photo by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Alejandro Olalde, restoration supervisor with National Catastrophe Restoration Inc. out of Olathe, Kan., checks moisture levels and plots the locations of blue air movers and tall metal dehumidifiers, emptying collected water into large trash cans, as he walks through Garrison Headquarters Jan. 16, two days after a second-floor frozen pipe caused water damage throughout the building. About two inches of standing water was reported on the second floor when the problem was discovered, and about three feet of water had collected in the basement. Many of the employees who work in the building are teleworking this week while their office spaces dry out.

RIGHT: The Army University snow removal team clears walkways around the Lewis and Clark Center last week. Crews have been out to clear roadways parking lots and sidewalks to make the post safe after multiple snow events and daytime highs only reaching single digits. Recent extreme winter weather cancelled classes for several days and resulted in teleworking for much of the Fort Leavenworth workforce. Post experienced a short reprieve from subzero temperatures Jan. 17, with a high closer to freezing, but more extreme weather is expected for the next several days, with wind chills expected to be about 20 degrees below zero. See page A3 for more weather information.

Photo by Ken Wilson/Facilities Management



# AT A GLANCE

- The URL for the **FORT LEAVENWORTH GAR**-RISON FACEBOOK page has changed from https://www.facebook.com/ftlvn/ to https://www.facebook.com/USAGLeavenworth/.
- Due to continued cold temperatures and the increased number of emergency calls, the Fort Leavenworth Frontier Heritage Communities maintenance team might contact residents to RESCHEDULE THEIR ROUTINE WORK ORDERS. For questions or concerns, call the FLFHC Maintenance Team at 913-651-3838 or the 24-hour emergency maintenance request line at 866-447-3434.
- The next STRESS MANAGEMENT CLASS is 11:30 a.m. to 1 p.m. in the Army Community Service conference room in the Resiliency Center. To register or for more information, call 913-684-2808/2800.
- The "UNDERSTANDING AND SUPPORTING SENSORY NEEDS" Empowering Families Lunch and Learn Workshop Series program is at noon Jan. 18 via Microsoft Teams. Call 913-684- 2838/2871 to register or for more information.
- A meeting for the THURSDAY CGSC MIXED **BOWLING LEAGUE** is at 6:15 p.m. Jan. 18 at Strike

- Zone Bowling Center, with free bowling that night. For more information and/or to register a four-person team, visit https://leavenworth.armymwr.com/viewevent/thursday-cgsc-mixed-bowling-league /6312885/85579.
- **SENSORY STORY TIME**, presented by the Exceptional Family Member Program, is at 10 a.m. Jan. 19, and every third Friday of the month, at the Combined Arms Research Library. All ages are encouraged to join. Call 913-684-2871/2838 for more information.
- Due to the Arctic blast that hit the area over the holiday weekend, the Leavenworth Branch of the NAACP'S MARTIN LUTHER KING JR. DAY CELE-**BRATION** has been rescheduled to 2 p.m. Jan. 20 at the First United Methodist Church, 422 Chestnut St. in Leavenworth. See flyer on page B1.
- The KANSASWORKS VIRTUAL STATE AGENCY JOB FAIR is 8 a.m. to 5 p.m. Jan. 24. Register at https://app.premiervirtual.com/events/9afb9103-
- fb69-4889-9759-305b15704cac/state-of-kansas-agencie s-government-jobs-virtual-job-fair-january-24,-2024.

HIRING EVENT is 11 a.m. to 1 p.m Jan. 25b a the

■ The TRANSITION ASSISTANCE PROGRAM

- Army Corrections Brigade training building, 835 Sabalu Road. Call 913-684-2227 for more information. See flyer on page B2.
- The ARMED FORCES WELLNESS CENTER **NEW YEAR CHALLENGE** is now through March 31. Call 913-758-3403 or e-mail patricia.g.allen9.ctr @health.mil for more information.
- The SATURDAY MORNING YOUTH BOWL-**ING LEAGUE**, with divisions for ages 3-5, 6-9 and 10-18, started Jan. 13 at Strike Zone Bowling Center. Call 913-684-2195 for more information.
- Fort Leavenworth Thrift Store COMMUNITY WELFARE GRANT APPLICATIONS are now available at the cashier's counter at the Thrift Shop from 9:30 a.m. to 2:30 p.m. Tuesdays, Wednesdays and Thursdays at 1025 Sheridan Drive. Deadline is Feb. 27.
- Applications for the Poillon and other **SCHOLAR**-SHIPS are available at the Army Education Center, 120 Dickman Ave. Additional scholarships are available through local organizations. See page A2 for information on scholarship opportunities for family members of Command and General Staff College alumni.





**CGSC Foundation Scholarship Program** 

# **CGSC** Foundation offers scholarships

CGSC Foundation Inc. News Release

The Command and General Staff College Foundation announced the start of its 2024 competitive scholarship program for immediate family members of U.S. Army Command and General Staff College alumni and others who are life members of the CGSC Foundation's Alumni Association. Deadline to apply is March 15.

"Our scholarship program was very successful in 2023," said CGSC Foundation President/CEO Lora Morgan, "and this year we're continuing with the same opportunities. Along with our other cash scholarships, this will be the second year of the \$5,000 Colonel Stephen E. "Brownie" Brown Scholarship. We have also renewed our partnership with Park University for three \$5,000 scholarships. We're extremely proud of this program and the support it provides to military families."

The 2024 CGSC Foundation scholarship awards include five cash scholarships: one \$5,000, one \$1,000, and one \$500 scholarship to students who are beginning their college education; and one \$1,000 and one \$500 scholarship to students who are continuing their college education. Park University will award three \$5,000 scholarships for qualified applicants. The Park University scholarships are for full-time students for the academic year, with the award split between the fall and spring semesters. These scholarships can be renewed for up to three years at Park University's discretion if recipients maintain full-time status, have at least a 3.0 grade point average and satisfactory demonstrate progress. This Park University scholarship cannot be combined with any other Park University scholarship.

Students may apply to the CGSC Foundation cash scholarships, the Park University scholarships or both, by simply checking the boxes in the application.

The Colonel Stephen E. "Brownie" Brown Scholarship is named in honor of a U.S. Marine officer who retired from active duty in February 2009 and became an instructor at the U.S. Army Command and General Staff College in 2010. Due to medical complications from spinocerebellar ataxia, Brown retired from teaching at CGSC and currently lives in Stillwell, Kan. His network of lifelong friends approached the CGSC Foundation to establish the scholarship in Brown's name to honor his lifetime of service and their friendship.

The CGSC Foundation's scholarship program is open to high school seniors who will begin their college studies in 2024 and for undergraduate college students returning to school. Applicants must be immedi-(children, family members grandchildren and spouses) of a life member of the CGSC Foundation's Alumni As-

The application is available on the CGSC Foundation website at www.cgscfoundation.org/scholarships. A link to join the CGSC Foundation Alumni Association as a life member is also on the page for those who need to join before their relatives

The deadline for applications is midnight March 15. Judging will occur March 16-31, and the CGSC Foundation will announce the winners in April.

The CGSC Foundation also welcomes donors who may not have eligible relatives but wish to support the scholarship program. Those interested can support the scholarship program by visiting www.cgscfoundation.org/donate.

The CGSC Foundation was established Dec, 28, 2005 as a 501(c) (3) non-profit educational corporation with the mission of supporting the U.S. Army Command and General Staff College at Fort Leavenworth. The CGSC Foundation supports the college in three overall areas: scholarship, outreach, and soldier and family support. Contributions made to the CGSC Foundation are deductible under section 170 of the Internal Revenue Code and the CGSC Foundation is qualified to receive tax deductible bequests, devises, transfers or gifts under sections 2055, 2106 or 2522 of the Internal Revenue Code. To learn more about the CGSC Foundation its mission, visit www.cgsc foundation.org.

# Local OPSEC poster contest deadline Jan. 31

by Directorate of Plans, Training, Mobilization and Security

January 2024 has been designated as National Operations Security (OPSEC) Awareness Month. The purpose of this designation is to bring attention to the importance of protecting sensitive data and other information critical to the mission of your organization. Operations Security practices keep critical information out of the hands of those who may want to do harm to not only your organization or installation, but also friends and family.

The OPSEC poster contest is open to all soldiers and Department of the Army civilian employees ages 18 and older. Contractors are not authorized to participate. Submissions will be judged on message, theme and creativity. The posters should show the importance of practicing OPSEC to keep information out of the hands of our adver-

saries. The following must be adhered to for submission:

- 1. Only original artwork is allowed.
- 2. Artwork should be 8.5 inches by 11 inches.
- 3. Artwork must be submitted in a digital file. Acceptable electronic formats include JPEG or PDF files and can be horizontal or vertical. All images must be 300 dpi.
- 4. No trademarked or copyrighted images or phrases are authorized.

- 5. Themes and designs should be suitable for public display across Army facilities and platforms.
- 6. Include your name, rank, unit and contact information.
- 7. Submissions will be judged on message, design, and creativity.
- 8. Participants must sign a Copyright Assignment Form assigning all right, title and interest in and to the works to the Directorate of Plans, Training, Mobilization and Security.

Participants may use the following resources to aid in their artwork: https://www.dni.gov/inde x.php/ncsc-what-wedo/operations-security, https://www.cdse.edu/, https://securityawareness.usalearning.gov/ and AR 530-1, Operations Se-

Send submissions to Installation OPSEC Manager Penny Votaw at penny.a.votaw.civ@army. mil or Michael Boulanger

michael.r.boulanger2.civ@ army.mil using the subject line "OPSEC Awareness Poster Contest."

All submissions must be received by 4 p.m. Jan.

The winner's poster will be printed and displayed at multiple locations and events, including various Fort Leavenworth buildings and social media. Awards will be given at a Garrison All-Hands by the Garrison commander.

Poster theme is OPSEC Awareness Month.

## COMPETITION RULES :

- 1. ONLY ORIGINAL ARTWORK IS ALLOWED.
- 2. ARTWORK SHOULD BE 8.5" X 11".
- 3. ARTWORK MUST BE SUBMITTED IN JPEG OR PDF FILES IN 300 DPI.
- 4. NO TRADEMARKED OR COPYRIGHTED IMAGES **OR PHRASES ARE AUTHORIZED**
- 5. THEMES AND DESIGNS SHOULD BE SUITABLE FOR PUBLIC DISPLAY ACROSS ARMY FACILITIES **AND PLATFORMS**
- 6. INCLUDE YOUR NAME, RANK, UNIT AND **CONTACT INFORMATION**
- 7. PARTICIPANTS MUST SIGN A COPYRIGHT ASSIGNMENT FORM ASSIGNING ALL RIGHT, TITLE, AND INTEREST IN AND TO THE WORKS TO DPTMS. 8. DEADLINE FOR SUBMISSION 4 P.M. JANUARY 31, 2024 SEND TO PENNY.A.VOTAW.CIV@ARMY.MIL OR MICHAEL.R.BOULANGER2.CIV@ARMY.MIL



## PRIZES:

1ST, 2ND, AND 3RD PLACE PRIZES ARE PROVIDED BY MWR AND MAY INCLUDE FREE VOUCHERS FOR: THE STRIKE ZONE, THE STRIKE ZONE SNACK BAR, THE GOLF COURSE, AND THE FAIRWAY GRILL GIFT CERTIFICATES FOR: THE HAMPTON INN AND SHOPS IN DOWNTOWN LEAVENWORTH

# 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 Leaverworth Lamp shall be made available for purchase, use or patronage without regard to race, color, religion,  $\mathtt{sex}, \mathtt{na}$ tional 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

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 ftlvlampeditor@gmail.com. The Fort Leaverworth Lamp advertising office is in the Family and Morale, Welfare and Recreation Marketing and Commericial 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 ftlvlampeditor@gmail.com

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



# FORT LEAVENWORTH WINTER WEATHER

# **Pre-Storm Notification**

Weather updates are sent out via social media, ALERT!, Post Status Page, and supervisory channels.

Encourage employees to monitor local weather conditions via television, radio and internet to maintain situational awareness and conduct individual risk assessments

## **Weather Decisions**

Prior to an event the Garrison convenes a Winter Weather Working Group with tenant unit/organization key leaders is conducted to determine operational impacts and to determine recommendations for decision making.

#### **Possible Outcomes:**

- Maximum telework for non-emergency essential personnel. This affords individuals that are telework eligible the ability to accomplish a full work day.
- Delayed Entry for non-emergency essential employees will be messaged the day prior or NLT 0230 hrs.
- ❖ Phased Release can be called due to inclement weather or impending inclement weather, which will be announced NLT 1300 hrs. Release will be based on priorities. Ensuring those that live furthest from Post are able to leave earlier than others. Last to be released are those that reside on Post. Please consult with your supervisory chain concerning your priority category.

# **Telework Considerations**

- Commander or Supervisors may not authorize telework due to mission requirements. Supervisors will provide employees specific guidance as necessary
- A valid telework agreement must be established prior to the authorization of telework
- Supervisors may grant Weather/Safety Leave for employees not eligible to telework.

# **Weather Decision Notifications are Communicated By:**

- Your Chain of Command
- Alert! Mass Warning System
- Fort Leavenworth Garrison Post Status Page https://home.army.mil/leavenworth/about/post-status
- ❖ Fort Leavenworth Official Facebook site

# **Useful Web Pages:**

- www.weather.gov = NWS Information Only
- https://www.kandrive.org/kandrive = KS Road Conditions
- http://traveler.modot.org/map/index.html = MO Road Conditions



# Pet of the Week

Loki is a 3-year-old male tabby-and-white cat currently available for adoption at the Fort Leavenworth Stray Facility. He has already been neutered, vaccinated and microchipped, which are included in the \$75 adoption fee.

The Fort Leavenworth Stray Facility at 510 Organ Ave. is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday, and by appointment for preapproved adopters. The facility is also open from 9 a.m. to noon the second Saturday of each month. Check the FLSF Facebook page for updates/closures.

See www.FLSF.petfinder. com or call 913-684-4939 for more information, or e-mail fortleavenwortstrayfacility@gmail.com for an adoption application.

Volunteers are needed to help cover pet care shifts, walk dogs, clean kennels and more. Foster homes for adoptable pets are also needed.

To apply to volunteer with the Fort Leavenworth Stray Facility, enter ZIP code 66027, then search for "stray animal facility" at https://vmis.army familywebportal.com/.







Photos by Prudence Siebert/Fort Leavenworth Lamp

# KU THE UNIVERSITY OF KANSAS

Local Classes.
Global Respect.

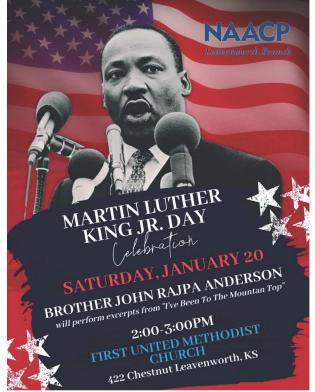
leavenworth.ku.edu





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

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







**JANUARY 2024** 



# Volunteer!



They need your help for walks and general care!

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

Several shifts to choose from

Want to know how to join our team? Register at

https://vmis.armyfamilywebportal.com/. Once registered, we will contact you and have you come in for a training with a team

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

Watch the Fort Leavenworth Stray Facility Facebook page for training events

Once you register, train, and shadow, you

can sign up for any shift you can cover. Children under 18 can help, but they must



Work with either our cats



Fort Leavenworth Stray Facility 510 Organ Ave orth, KS 66027





# **EFMP**

Every 3rd Friday of the

month 10am-11am starting Jan. 19 @The CARL Library POC 913-684-2871/ 2838



#### STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS

By Appointment Only

www.strongholdfoodpantry,org

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

Dedicated Service. Financial Solutions. Anytime, Anywhere.

frontierccu.org (913) 651-6575











Happiest of Holidays!

On behalf of Fort Leavenworth Morale, Welfare and Recreation, the Soldiers and their Families, Retirees, and Civilian Employees here on Fort Leavenworth, I would like to thank you for supporting us through Commercial Sponsorthy this past year. Without your sponsorship and support many of the programs and event MWR host would not be able to be sustained. For example our Oktoberfest and July 4th events, the respening of the Arts and Crafts Studio on Fort Leavenworth and so much more. While I know many of you do not get to experience the events and the joy that you bring to our Post. I can assure you it is amazing!

As we head towards the New Year, with new challenges, and new opportunities, I know we will continue to bring great programs to Post because of you. If you are looking for some additional advertising opportunities, let me know so I can fill you in on MWR acquiring the Lamp Newspaper here on Post. Otherwise I look forward to working with you again in the coming year and many years to follow. Here's hoping you and your loved ones have a Happy and Healthy Holiday Season.

Mary Manago



# THE FORT LEAVENWORTH LAMP

**OUR STORY CONTINUES; TO PRESERVE** HISTORY AND CONTINUE THE LEGACY!

Military history is something that we learn from. It involves our Founding Fathers and those that made sacrifices for our freedom. Fort Leavenworth history is a significant part of our Military history. We are the oldest continually operating Army post west of the Mississippi River. Founded in 1827, originally to protect the western frontier. By the 1840's movement had begun to California and Oregon and thousands of wagons would come through.
While small in size, the impact and significance of Fort Leavenworth rivals any large Military Installation in the World. As the years have passed post has transformed and adapted and remains relevant and renowned for the missions it serves. Currently known at the "Think Tank" for the Military, The Command and General Staff College (CGSC) trains all of the future leaders of the Army. Additionally, we house the United States Disciplinary Barracks (USDB) and the Soldiers, Military Police, that run that facility.

Soldiers, Military Police, that run that facility.

When it was announced that the civilian publishing company was discontinuing the Lamp, our Leadership wanted another plan. The Lamp began in the 1940's as the Fort Leavenworth Times and the Recruiting Center News. In April of 1971 the name was switched to The Lamp. We needed a way to continue the history. So here we real Fort Leavenworth Morale, Welfare and Recreation (MWR) in conjunction with the Fort Leavenworth Garrison Public Affairs Office (PAO) have joined forces to keep The Lamp going. Now we need you!

MWR is the only part of the Department of the Army that is not fully funded by the Army. We have programs and events we provide for post which we have to get outside funding for. That is where MWR Marketing and Commercial Sponsorship comes in. In order to keep The Lamp going and make it The Best Hometown Newspaper in the Army, we are offering advertising and sponsorship opportunities. All of the advertising money that comes in via The Lamp come is act to Fort Leavenworth MWR to sustain The Lamp and our other MWR activities. Below is a list of our pricing. Want more? We are also looking for Lamp Heroes to Sponsor the publication monthly, quarterly and annually.

FORT LEAVENWORTH LAMP

1/2 PAGE AD (558 X 760)

BUSINESS CARD AD (558 X 315) \$75/ ONE PUBLICATION \$225/FOUR PUBLICATIONS LAMP HERO ANNUAL SPONSOR-\$12,000

SPONSOR ONE MONTH—\$500

LAMP HEROES OPPORTUNITIES

\$150/ONE PUBLICATION \$450/FOUR PUBLICATIONS INTERESTED - CALL 913-684-1702 OR 913-684-1658 EMAIL MARY.F.MANAGO.NAF@ARMY.MIL



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

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







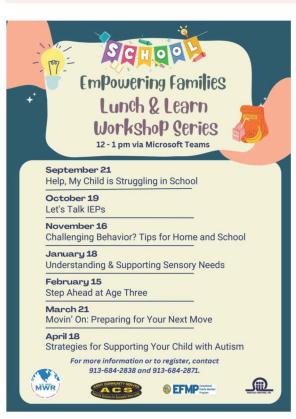










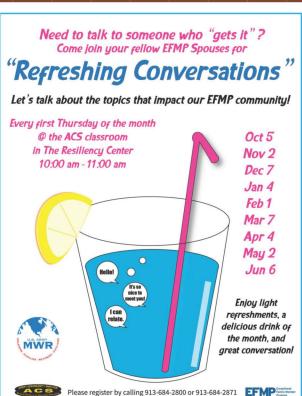




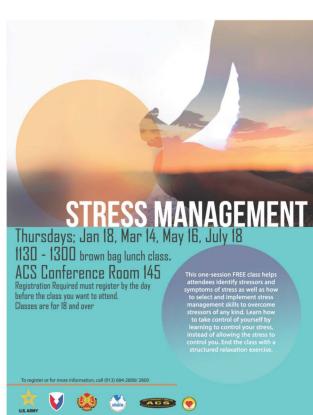
















FOR MORE INFORMATION CALL TRANSITION ASSISTANCE PROGRAM 913-684-2227

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





Fort Leavenworth **Group Fitness Classes** 

GRUBER FITNESS CENTER-200 Reynolds Ave. - 684-5120

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0900	(0915) Zumba (Lydia)		(0915) Zumba (Lydia)		Zumba (Stephanie)	Zumba (Lydia)
1630	30/30 Split (Kim)		Power Cycling (Kim)			

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0800						
		*Power Cut		*Power Cut		

\*Power Cut classes are held in the Bubble Gym







https://leavenworth.armvmwr.com

Starting Monday October 2nd, 2023

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

GRUBER FITNESS CENTER-200 Reynolds Ave. - 684-5120

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0900	(0915) Zumba (Lydia)		(0915) Zumba (Lydia)		Zumba (Stephanie)	Zumba (Lydia)
1630	30/30 Split (Kim)	Spin (Bethany)	Power Cycling (Kim)			
1830°		*Zumba (Lydia)	°1830 ZU			
			*Tickets must be p class during open	urchased before		

#### 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)		







https://leavenworth.armymwr.com











CONTACT



949-291-0386

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### 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 \$(+/-) shooters.

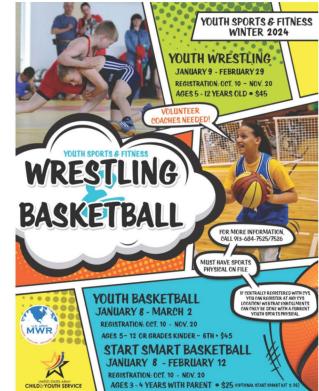
All teams take turns supplying an evening meal at approximately 5:30 pm with

ng commencing at 6:00 pm. Summer and Winter Warm-up leagues are individu with the same fee but no food. **Contact Brunner Range for more information** (913) 651-8132









## Thursday CGSC Mixed Bowling League



Jan 18 2024, 6:15 pm - 7:15 pm

Head over to the Strike Zone Bowling Center for their Thursday CGSC Mixed Bowling

Meeting will be on January 18th at 6:30PM at the Bowling Center. Bowling is FREE that

12 week handicap league, practice starts at 6:15PM, league play begins at 6:30PM. (No bowling March 14, due to spring break).



Meeting January 11<sup>th</sup> at 6:30pm (Free bowling that night)

12 Week Handicap League - January  $18^{th}$  – April  $4^{th}$ 

Practice 6:15pm - Start 6:30pm (No Bowling March 14th - Spring Break / Payout-Fun Night April 11th)

❖ Four Person Team (Any Combination Men and or Women)

\* \$10 per week per bowler

(\$9 howling / \$1 prize fund)

Includes three games & shoes Strike Zone Bowling Center

165 Fourth Street (Just behind the PX)

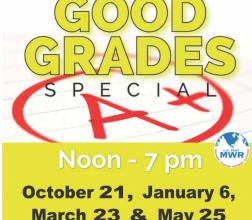
913-651-2195

Team Captain: \_ Team Name:

Email:

Bowler's Name(s)

Strike Zone Bowling Center's



March 23 & May 25

Kids! Bring in your report cards and receive one free game for every "A" or equiva-lent. 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



# January 2024



# **Event Schedule**

#### New Parent Support Program \*Registration Required for NPSP events

**Play Morning** Thursdays, 9:00am - 10:00am

& 10:00am - 11:00am Resiliency Center Childbirth Classes

Jan. 8, 22, 29, 5:00pm - 7:00pm Resiliency Center, Room 157

Dad's Night Out Jan. 24, 6:00pm - 8:00pm Restaurant is TBD

Mom's Night Out Jan. 31, 6:00pm - 8:00pm Restaurant is TBD

#### Financial Readiness Program

Financial Readiness Milestone Training Jan. 11, 25, 1:30pm - 3:30pm Resiliency Center, Room 157

#### Survivor Outreach Services

The SOS 2024 Upcoming Events Schedule will be posted, detailing our planned, monthly events. Our goal is to provide this information in time for you to add each occasion to your sched-

Family Advocacy \*Registration Required for FAP events

Scream Free Marriage & Parenting Jan. 3, 1:00pm - 2:30pm

Resiliency Center, Room 145

Co-Parenting Workshop Jan. 11, 12:00pm - 1:30pm Resiliency Center, Room 145

5 Love Languages for Couples Jan. 10, 1:00pm - 2:30pm Resiliency Center, Room 145

**Navigating the Teen Years** Jan. 16, 1:00pm - 2:30pm Resiliency Center, Room 145

Stress Management Jan. 18, 11:30am-1:00pm Resiliency Center, Room 145

**Domestic Violence Education & Support Group** Jan. 2, 16, 30, 1:00pm - 2:30pm Resiliency Center, Room 145

**Exceptional Family Member** Program (EFMP) \*Registration Required for EFMP events

EFMP Recreational Bowling (free) for EFMP Members and their Families Jan. 6, 10:30am - 12:30pm Strike Zone Bowling Center

**Empowering Families Lunch & Learn Workshop** Jan. 18, 12:00pm -1:00pm, Microsoft Teams

Sensory Storytime January 19, 10:00am -11:00am, Carl Library

#### **Employment Readiness Program**

Federal Employment Jan. 17, 12:00pm - 2:00pm Resiliency Center, Room 157

#### **Army Volunteer Corps**

Volunteer Basics Jan. 10, 12:00pm - 1:00pm Resiliency Center, Room 157

#### Relocation Readiness

Hours: Monday - Wednesday, & Friday, 7:30am - 4:30pm (closed 1130-1230) estiency Center, Room 157

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



Handicap access at the front of Building 198



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

Thursday, 1:00pm - 4:30pm

Follow us on Facebook! @FortLeavenworthACS

Follow us on Twitter! @LeavenworthACS







GET YOUR TICKETS NOW AT FORT LEAVENWORTH LEISURE TRAVEL SERVICES!

310 McPherson Ave, Bldg 464 913-684-2141

Saturday 6 APRIL @ 2DM

\$36 <u>or</u> \$56

Tickets Must Be Purchased By 27 March **Event Takes Place At The T-Mobile Center** 







here's what's happening

"let your voice be heard"



updated monthly



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

armymwrlibrary MWR



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







ARMY MWR LIBRARY ONLINE RESOURCES

https://army.dodmwrlibraries.org







# MUNSON ARMY HEALTH CENTER

Volume 7, Issue 12

# Special Holiday Edition

December 2023 January 2024

View the entire Munson Army Health Center newsletter at https://munson.tricare.mil/Patient-Resources/Munson-Notes-Newsletter.

#### **Constant Dedicated Care**

Information about Munson Army Health Center is available on the Web. Visit our website at https://munson.tricare.mil/. Become a Facebook fan and follow our page by visiting https://www.facebook.com/munsonhealth/

Munson Address 550 Pope Ave, Fort Leavenworth, KS 66027 Information: (913) 684-6000 Call Center: (913) 684-6250 Mission: Munson Army Health Center supports Fort Leavenworth and the **Combined Arms Center through readiness,** wellness and healthcare for service members, retirees, and their families.

Thank you for choosing Munson for your Healthcare needs!

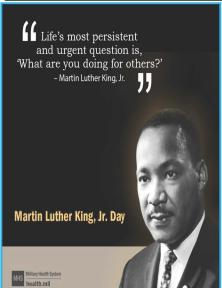
Vision: Dedicated and trusted partner in your readiness, wellness, and healthcare.

Munson Notes are created by the Public Affairs Officer (684-6343) at Munson Army Health Center. If you know anyone who would like to receive the monthly Munson Notes link, e-mail the PAO at: usarmy.leavenworth.medcom-mahc.mbx.pao@health.mil with the word 'subscribe' in the subject line. The Munson Notes are usually published the last or first working day of the month depending on holidays. Our events and closures are also published in the local LAMP.

This is the last issue of the Munson Notes Newsletter until the NEW Public Affairs Officer comes on board. The Public Affairs e-mail box will be monitored by the Deputy Commander of Administration. Please check out our Facebook Page and Website for all new information.

## January 2024

MUNSON ARMY HEALTH CENTER IS HIRING NOW! **Retiring?** Go to USA Jobs Don't wait to get your pe in Munson Army medical needs addressed! Health Center for a listing of current Job Opportunities! **Book Now** apply Today! Contact us: (913) 684-6250



Today we celebrate the honorable life and work of Martin Luther King Jr. His significant contributions to the civil rights movement in the United States will never be forgotten. #MLKDay

We are CLOSED for the **Federal Holiday** January 15, 2024.

## Sign up for EFMP...Don't Wait!



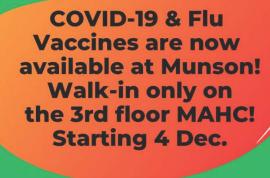
Do you have a Family Member that is enrolled in EFMP? Medical and/or

educational documentation must be kept current as the condition changes or every three years, whichever comes first. Updates can be completed every 90 days. The EFM is enrolled permanently in the program unless medical and/or educational needs warrant case closure or the sponsor is separated from the military. You can find the expiration date for EFMP by logging into efmp.army.mil.









- Walk-ins available from 0800-1200 and 1300-1530.
- Go to 3rd floor front desk and ask for a walk-in Flu or COVID-19 vaccine.
- Wait times may vary depending on patient care demands.
- A physician's appointment is necessary for scheduled child and adolescent immunizations, including the Respiratory Syncytial Virus (RSV) vaccination.



There's still time to get a flu vaccine if you haven't yet this season. You can get a flu vaccine at the same time as a COVID-19 vaccine.

#### Warfighter Brain Health Resources for Leaders





The pharmacists at Munson are available to talk to you directly about your medications. They can help you understand how to use your medicine correctly, what your medicine is supposed to do, and the possibility of reactions or side effects. You can also talk to your pharmacist about how to store and take  $% \left\{ 1,2,\ldots ,n\right\}$ medication, what foods or activities to avoid, and what to do if you miss a dose. If you would like to talk to someone about your medicines, please dial (913) 684-6250 opt 2, and your pharmacist can help.

