

LAMP

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

THURSDAY
JANUARY 23, 2025



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My Army Post App launched locally

by Sean Bergosh/Fort Leavenworth Public Affairs Office

As part of the Army's focus on providing a supportive and enriching environment through its quality-of-life initiatives, the new My Army Post Application (MAPA) was developed by the Army Futures Command Army Software Factory. The app aims to compile available services, programs and unit in-processing information within a single system to better inform installation stakeholders.

Fort Leavenworth is available on the platform for community members to access real-time information for a wide variety of activities and programs. The

app differs from Digital Garrison, an existing smartphone application for Army installations, by enabling user customization and the modernization of features, such as user-created contributions feeding live updates to other users.

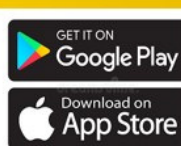
"The My Army Post App is the latest Army enterprise-level solution to connect Army communities with relevant, accurate and tailorable information," said Fort Leavenworth Garrison Public Affairs Officer Scott Gibson. "We want this new app to improve the lives of Fort Leavenworth soldiers, families, civilian employees and area retirees, and we

SEE MY ARMY POST APP | A3

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**



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'Hello, Home Fort Leavenworth' Veteran/mother writes children's book about making Fort Leavenworth home



Photo by Prudence Siebert/Fort Leavenworth Lamp

Kimberly McMenamin reads her book "Hello, Home Fort Leavenworth" to new friend 2-year-old Blake Koehler and her son 2-year-old James McMenamin Jan. 15 in the Children's Room of the Combined Arms Research Library. The book can be found in the Unified School District 207 school libraries, as well as at CARL and the Leavenworth Public Library, and is available for purchase at the Frontier Army Museum Gift Shop and online at <https://www.hellohomebooks.com/bookstore>. McMenamin plans to offer a reading of "Hello, Home Fort Leavenworth" for the community this spring at CARL.

by Melanie Libby/Fort Leavenworth Lamp Intern

This past fall, Army veteran and military spouse Kimberly McMenamin self-published her children's book "Hello, Home Fort Leavenworth."

This book is the second of the "Hello, Home" series, designed to help military children think of moving as a positive and exciting adventure.

"Military children move every two to three years. There are a lot of books for children on moving, but being a military child is so unique," McMenamin said.

McMenamin said she, her husband Maj. Marc McMenamin, Command and General Staff Officer Course Student, and their 2-year-old twins, James and Tyler, view moving as an adventure.

"We love the adventure of moving. Once we had kids, I wanted to instill that sense of adventure in them,

SEE 'HELLO, HOME FORT LEAVENWORTH' | A4

AT A GLANCE

■ Applications are due March 1 for **FORT LEAVENWORTH SPOUSES' CLUB SCHOLARSHIPS** for high school seniors, continuing undergraduate students and spouse education. Download the scholarship application information and form at <https://fortleavenworthspousesclub.org/community-giving>.

■ **POILLON SCHOLARSHIP APPLICATIONS** are due March 10 and are available at the Army Education Center. The Poillon Scholarship is open to high school seniors who will be graduating during the current

school year and are dependents of U.S. military members, currently or within the past 24 months assigned to Fort Leavenworth, or civilians who are currently employed at Fort Leavenworth either by the U.S. government or a nonappropriated fund.

■ Applications are due March 15 for **COMMAND AND GENERAL STAFF COLLEGE FOUNDATION SCHOLARSHIPS**. Visit <https://www.cgscfoundation.org/alumni/scholarships/> for more information.

■ **FORT LEAVENWORTH THRIFT SHOP GRANT APPLICATIONS** are available at the cashiers counter from 9:30 a.m. to 2:30 p.m. Tuesdays, Wednesdays and Thursdays at 1025 Sheridan Drive. Application deadline is Feb. 25, 2025, and funds will be available in April. No late applications will be accepted. Call 913-651-6768 for more information.

■ See the **POST NOTES** (B section) for more information on upcoming events.

Army provides financial programs to soldiers, families

by Shannon Collins/Army News Service

WASHINGTON – As the new year begins, soldiers and their families have a fresh opportunity to take charge of their financial well-being. With a variety of free programs offering education and counseling services, the Army is equipping families with the tools they need to achieve financial readiness and support mission success throughout the year.

Financial Frontline

Financial Frontline is a service that provides soldiers and their families with comprehensive support, including access to financial education and free counseling services.

Through Financial Frontline's services, soldiers can find specific information based on milestones such as pre- and post-deployment, PCS, divorce and marriage, promotions, new child, continuation pay and disabling sickness or condition pay. They can also see the policies for blended retirement, the transition assistance program, the financial readiness program, pre-separation counseling and more. There are also links to the military spouse money mission with advice for how Army families can share money advice with their children and to the Army survivor outreach services program.

The site also includes information about the Thrift Savings Plan, combat zone tax exclusion, paying off student loans, estate planning, free credit monitoring and understanding credit.

Visit <https://www.financialfrontline.org/>.

Financial Readiness Program

The Financial Readiness Program offers information, finance calculators, online training and other tools on this site run through Army MWR. The site also has fact sheets and links to federal, state and territory benefits as well as a resource locator to find locations where benefits services are provided in each state and territory.

The Financial Readiness Program is available at every installation through Army Community Service. The program offers soldiers classroom training and individual counseling sessions on several topics, including how to save and invest money, how to establish savings goals, debt elimination strategies, and saving for emergencies.

For more information, call Fort Leavenworth Army Community Service at 913-684-2800 or visit <https://www.armymwr.com/programs-and-services/personal-assistance/financial-readiness>.

MilSpouse Money Mission

The goal of this site is to educate and empower military spouses to help them

make financial choices. The team provides certified financial planner professionals. They provide free financial education and resources through blogs, financial tips, videos and more.

Visit <https://www.milspousemoneymission.org/>.

Military One Source

Through Military One Source, all service members and their families, regardless of service branch, can receive personal financial management counseling. This includes National Guard and Reserve.

Counselors can go over finances and suggest ways to pay down debt. They can also teach savings techniques, checking account management, investing and making a family budget. They can provide informa-

tion on consumer rights and make appropriate referrals to military and civilian resources responsible for resolving credit report complaints. They can provide support and information on the Savings Deposit Program and TSP.

Visit <https://www.militaryonesource.mil/benefits/financial-counseling/>.

Military Wallet

The Military Wallet is a personal finance and benefits website for military members, veterans and their families. It has information about VA disability compensation, the veterans benefits guide, TSP, the VA home loan and post-9/11 GI Bill.

The site also has links to VA disability pay charts and social security disability for veterans.

Visit <https://themilitarywallet.com/>.

Army Family Web Portal

The Army Family Web Portal at <https://olms.armyfamilywebportal.com/> hosts a variety of computer-based courses for soldiers and their families that offer insights into consumer affairs and personal financial management.

For more information on the Army's financial readiness resources, soldiers and their families are encouraged to visit the resource locator library at <https://myarmybenefits.us.army.mil/Benefit-Library/Resource-Locator> and Army Emergency Relief programs at <https://www.armyemergencyrelief.org/assistance/>.

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ACS classroom

What is a TSP?



The Thrift Savings Plan (TSP) is a Service Member's retirement investment account and an excellent way to make your money work for you!

Our workshop will discuss the benefits of the TSP, and investment options for long-term financial security and success!

**For more info call: 913-684-2800
No registration required**

FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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

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My Army Post App (continued from Page A1)

have confidence that it will.”

Users can customize the app’s resources based on personal preferences to stay informed on closures, how busy a resource is, or other important updates.

For example, if someone frequently eats lunch at the Fort Leavenworth Dining Facility, that patron can bookmark the individual resource to receive live push notifications for important messages and view other user comments to see if there is a long wait time.

User customization was identified as a critical feature during the initial pilot phase. The app was piloted at Fort Cavazos, Texas; Fort Meade, Maryland; Camp Humphreys, South Korea; Fort McCoy, Wisconsin; Fort Moore, Georgia; and U.S. Army Garrison Bavaria, Germany, to test the viability of the software and to collect actionable user feedback from a diverse pool of the Army community. Feedback from the pilot communities heavily influenced the features ultimately incorporated into the final product.

Current MAPA features include:

- Real time gate status
- Map directions
- Postwide push notifications (delays, closures)
- Newcomers information and in-processing checklists
- Installation job openings
- Allows individuals to switch installations when on temporary duty (TDY) or undergoing a permanent change of station (PCS)
- Bookmarks for frequently used resources, including the *Fort Leavenworth Lamp*
- Installation directory
- Emergency phone numbers
- Housing resources
- Installation event calendar, and more

MAPA is expected to be a vital asset in Fort Leavenworth’s communication strategy for installation stakeholders with its app push notification capability.

“This is another tool in our communication toolbox that literally puts information about Fort Leavenworth in the palm of the users’ hands,” Gibson said. “The goal of this new app is that Army senior commanders will rely on MAPA to connect Army communities with installation services and command messaging.”

The app works in concert with Fort Leavenworth’s Garrison and the Directorate of Family and Morale, Welfare, Recreation websites, drawing on phone directories and other contact information to simplify the app transition process. The Fort Leavenworth Garrison Public Affairs Office and FMWR will also maintain a community calendar for users to track upcoming events.

“I think MAPA will be a

great resource for community members looking to stay informed of upcoming community and FMWR events,” said Fort Leavenworth FMWR’s Marketing and Commercial Sponsorship Director Mary Manago. “We believe the app can help us reach younger, more smartphone-oriented people to better promote the terrific events FMWR offers throughout the year.”

MAPA was also designed to improve efficiency and reduce confusion for incoming service members and families during the PCS process. Service members can streamline their in-processing experience with unit-specific checklists available in the “Newcomers” tab of the app. Fort Leavenworth will have checklists for service members assigned to the Combined Arms Center, Army Corrections Brigade, Mission Command Training Program, Medical Department Activity and Dental Command.

Newcomers who want to learn more about housing options on Fort Leavenworth can explore the different housing villages in the “Resource” tab on the app. Each village entry has the contact information of its respective village mayor, map pins to see the surrounding community, and links to the Fort Leavenworth Frontier Heritage Communities website to view housing floor plans and pictures.


Download the My Army Post Application for free on the Apple App Store at <https://apps.apple.com/us/app/myarmypost/id6467240977> and the Google Play Store at https://play.google.com/store/apps/details?id=mil.aswf.garrison&hl=en_US.

My Army Post App

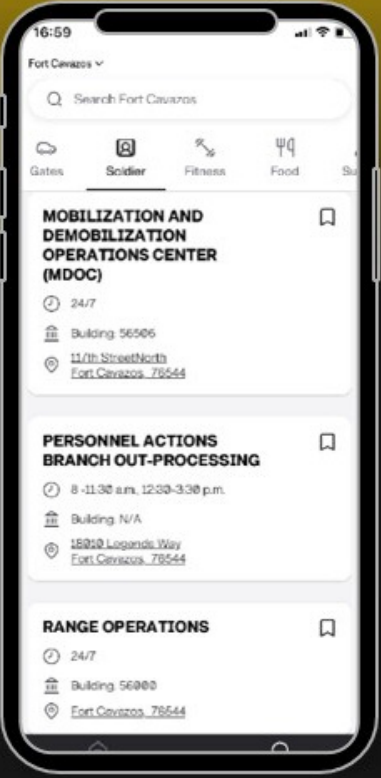
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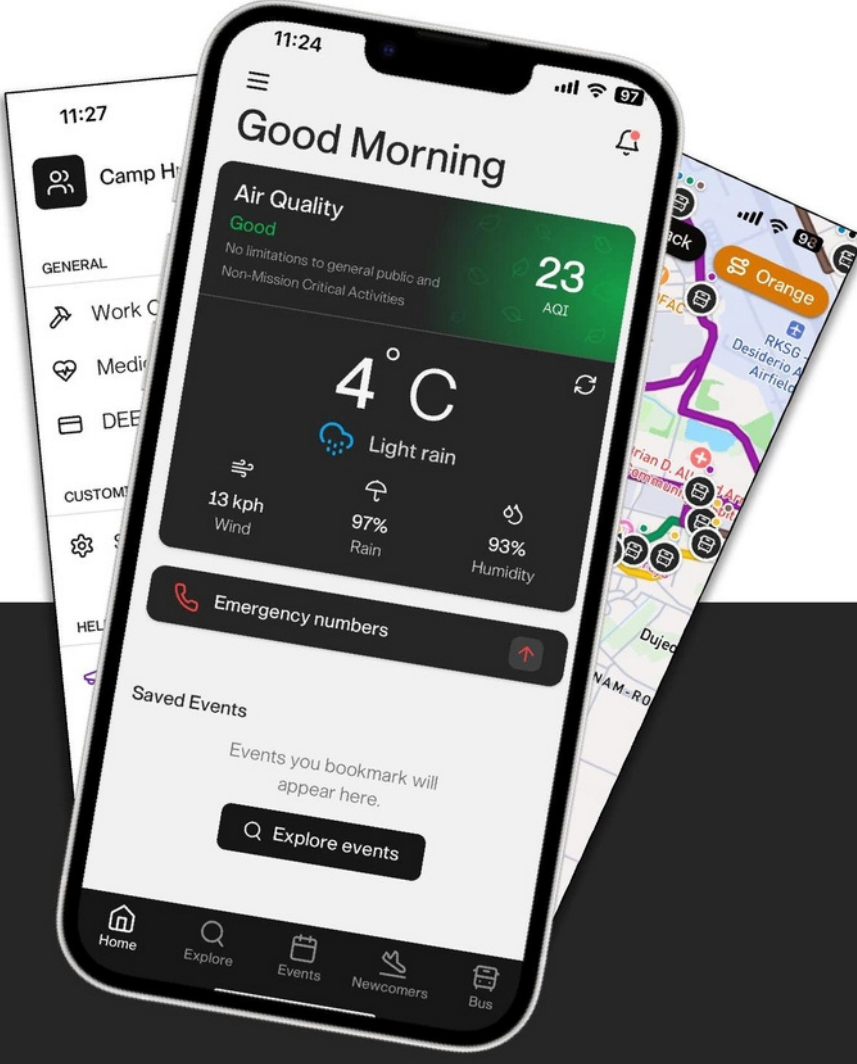


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EXISTING FEATURES

- 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



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'Hello, Home Fort Leavenworth'

(continued from Page A1)



Photo by Melanie Libby/Fort Leavenworth Lamp Intern

Fort Leavenworth spouse Kimberly McMenam reads her book "Hello, Home Fort Leavenworth" to her 2-year-old twin sons Tyler and James McMenam while new friend 2-year-old Blake Koehler listens in Jan. 15 in the Children's Room of the Combined Arms Research Library. McMenam, who served in the Army for seven years, co-authored the book, as well as "Hello, Home Fort Liberty," with fellow veteran/military spouse Alexandra Williams, who currently lives in North Carolina, and illustrator Ava Jednak, who is also a military spouse currently living in Louisiana. The book can be found in the Unified School District 207 school libraries, as well as at CARL and the Leavenworth Public Library, and is available for purchase at the Frontier Army Museum Gift Shop and online at <https://www.hellohomebooks.com/bookstore>.

so I started looking for children's books about the places we lived or were going to PCS to and came up short handed," she said. "I thought (the book) would be a good tool for parents to have to talk about their new home, what things they could do, and hopefully make the move a little easier."

The "Hello, Home" series started with "Hello, Home Fort Liberty," which was self-published in May 2024.

"We started with Fort Liberty because it is the largest base population-wise," she said. "We did Fort Leavenworth next, because that's where my family and I moved in the fall of 2024."

McMenamin has been working with three other women to create the "Hello, Home" books.

"Co-founder and author, Alexandra Williams, is a great friend of mine. When I had this idea, I ran it past her to get her true thoughts, and she loved it, and we started brainstorming how to make our idea a reality," McMenam said. "Our illustrator, Ava Jednak, is also a military spouse. We wanted to work with a veteran or military spouse, because they would be of like-mind and understand what military children go through. The last person we worked with is our editor. I may be biased, but I think she's great — her name is Jane Utecht and she's my mom."

McMenamin said the co-authors do research about each installation, searching for both historical information and family-friendly activities offered in each community.

"We research just basic history, history of the post and history of the area, and then after that we look at like the fun things to do," McMenam said. "So, (in the book) we talk about the fun things in Kansas City that you can do. And for our Fort Liberty books, we talk about the things in the area, like the beaches, some hiking and stuff like that."

She shared that she read the book to her sons, who

**"One of the things
YOU CAN DO HERE
is MAKE FRIENDS
from ALL AROUND
THE WORLD!"**

— "Hello, Home Fort Leavenworth" excerpt

enjoyed being able to point out locations they knew within the book.

"When we got the book, I was reading it to the boys, and I loved hearing them say like 'Oh, look at the blue bridge,' because they love going over the blue bridge, and then the Buffalo Soldier (Monument), they go 'That's where my daddy had his motion,' meaning his promotion. I love seeing them put two and two together, like seeing it in the book and then being able to verbalize 'I've been there, I've done that.'"

Within each book, the authors also incorporate elements that tie the series together.

"The backs (of the books) always have the house with the moving truck, and we always end with a sunset picture," McMenam said. "This one we were like 'We want sunflowers and a really pretty sunset,' you know, just because it's iconic Kansas."

She went on to share that each book in the series has an image of a dog, who serves as the series mascot and is named 'Dity,' after the Army's term for a do-it-yourself move.

"He'll appear like three to four times in the book."

Another significant element of the series is the assurance that there will be an image of a female soldier.

"We know there are lots of single moms," McMenam said, adding that both she and her co-author left the service to become moms. "We wanted to make sure that the female service members were represented as well."

The co-authors plan to publish more books as the

business grows, and they take requests for books to be written about specific installations on their website, <https://www.hellohomebooks.com>.

"We have four or five fully written books that haven't been published," McMenam said. "With any new company it's very difficult getting off the ground, so we hope eventually we'll be able to have the financial standing to publish another book, and it'll probably be Cavazos or Sill."

McMenamin read the book to children at the Leavenworth Public Library earlier this month, and she plans to read the book at the Combined Arms Research Library in March.

"We're hoping to do one here in the spring, and then I would love to do another one at the off-post library in the spring or summer before we move (this fall)."

Currently, her books about Fort Liberty and Fort Leavenworth can be found for sale at the Fort Leavenworth Frontier Army Museum Gift Shop, and for check-out at all of the Unified School District 207 school libraries, as well as the post and Leavenworth libraries.

"We know some people can't afford to buy the book, which we understand, so we wanted to make it accessible for as many kids as we could."

Books are also available for purchase on the website, <https://www.hellohomebooks.com/>, and include a personalization option. For more information, e-mail hellohomebookseries@gmail.com.



Photo by Melanie Libby/Fort Leavenworth Lamp Intern

Kimberly McMenam reads her book "Hello, Home Fort Leavenworth" to new friend 2-year-old Blake Koehler and her son 2-year-old James McMenam Jan. 15 in the Children's Room of the Combined Arms Research Library. McMenam plans to offer a reading of "Hello, Home Fort Leavenworth" for the community this spring at CARL.

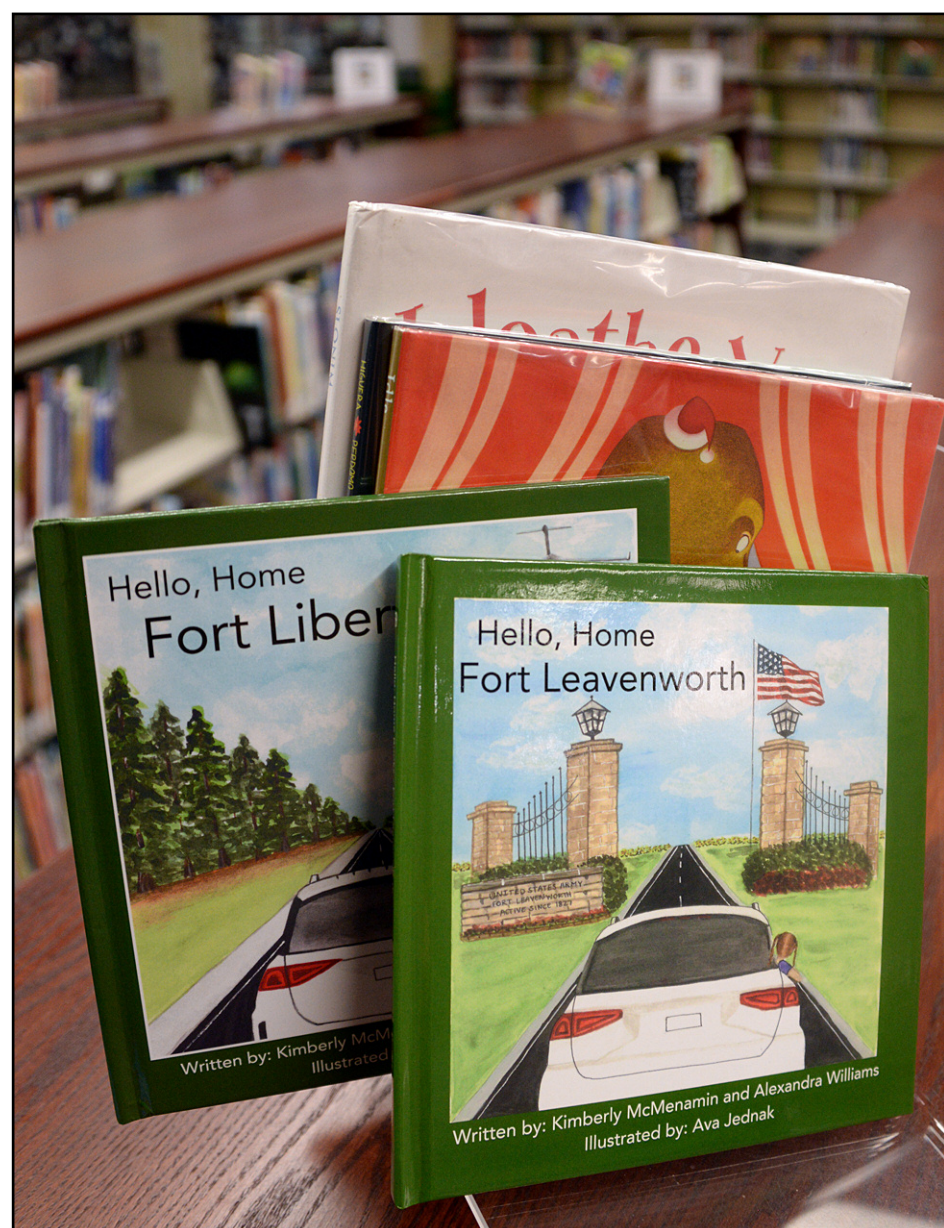


Photo by Prudence Siebert/Fort Leavenworth Lamp

Fort Leavenworth resident Kimberly McMenam co-authored her book, "Hello, Home Fort Leavenworth," with fellow veteran/military spouse Alexandra Williams, and the book was illustrated by military spouse Ava Jednak. The Fort Leavenworth and Fort Liberty "Hello, Home" books can be found in the Unified School District 207 school libraries, as well as at the Combined Arms Research Library and the Leavenworth Public Library, and are available for purchase at the Frontier Army Museum Gift Shop and online at <https://www.hellohomebooks.com/bookstore>.

National Guard members support 60th Presidential Inauguration

by Master Sgt. Zach Sheely/U.S. Army National Guard

WASHINGTON — About 7,800 National Guard troops were on duty as part of a large interagency presence to ensure the peaceful transition of power during the 60th Presidential Inauguration Jan. 20, continuing a legacy that began in 1789 when their predecessors escorted George Washington to the first inauguration.

Air Force Gen. Steve Nordhaus, chief, National Guard Bureau; Army Senior Enlisted Advisor John Raines, SEA to the CNGB; Army Lt. Gen. Jonathan Stubbs, director, Army National Guard, and other NGB leaders met with Guardsmen at various locations across the nation's capital Jan. 19.

Sporting a special shoulder patch with a Minuteman in the middle and the words "Always Ready, Always There" stitched across the bottom to make them easily identifiable, these Guardsmen — representing 40 states, territories and the District of Columbia — form Joint Task Force-District of Columbia, led by Commanding General of the District of Columbia National Guard Army Maj. Gen. John Andonie and JTF Commander Army Brig. Gen. Craig Maceri.

At the request of civil authorities, JTF-DC personnel are staged throughout the city to support the U.S. Secret Service, U.S. Capitol Police and D.C. Metropolitan Police by helping with crowd management; traffic control points; chemical, biological, radiological, and nuclear response; civil disturbance response; and sustainment operations.

"The National Guard's experience, versatility and long-standing relationships help ensure seamless collaboration with our interagency partners to set the conditions for a safe and peaceful presidential inauguration," Nordhaus said.

"We could not be prouder of you," he said. "You give confidence to the American people to know the Guard is here."

The 20th amendment to the Constitution specifies that the term of each elected president of the United States begins at noon on Jan. 20 of the year following the election. Each president must take the oath of office before assuming the duties of the position.

The NGB, along with states and civilian agency partners, spent much of the last year preparing for the inauguration, which usually takes place outside the United States Capitol. Officials modified the plan Jan. 17 due to the predicted extreme cold, and the ceremony took place inside the Capitol Rotunda with a follow-on event at Washington's Capital One Arena.

"Our soldiers have been able to quickly adapt to meet the needs of the Secret Service," said Army Maj. Peter Leach, operations officer with the Maryland National Guard's



U.S. Army National Guard photo by Master Sgt. Zach Sheely

Senior Enlisted Advisor to the Chief of the National Guard Bureau Sgt. Maj. John Raines visits with National Guardsmen on duty to support the 60th Presidential Inauguration as part of Joint Task Force – District of Columbia (JTF-DC) Jan. 19 in Washington, D.C. JTF-DC is a scalable and tailorable entity that supports presidential inaugurations every four years and is led by the commanding general of the District of Columbia National Guard. JTF-DC supports civilian authorities, such as the U.S. Capitol Police, U.S. Secret Service and D.C. Metropolitan Police by providing support like crowd management, traffic control points, CBRN response, civil disturbance response and sustainment operations.

581st Troop Command.

Stubbs praised the Guardsmen's agility to quickly shift to the new plan.

"It's impressive," Stubbs said. "Your professionalism is evident. Your dedication is admirable. I'm proud of you; the whole nation is proud of you."

Guardsmen began flowing into the National Capital Region the week before and received assignments to JTF-DC's subordinate task forces to address diverse operational needs. The subordinate task forces worked closely with federal and local agencies to protect critical infrastructure and maintain seamless coordination. A reserve force was also on standby to offer scalable support to ensure flexibility to address requests from civil authorities.

"To bring 40 states, D.C. and the territories together takes a team of teams to represent the American people on this all-important day," Raines said.

Army Lt. Col. Julie Shelley, who served as the Task Force Reserve commander for the inauguration, is the 372nd Military Police Battalion commander with the D.C. Army National Guard.

"Our task force is comprised of the district's military police battalion, and we are very grateful to be supported by soldiers and Airmen from Idaho, Indiana, Louisiana, Tennessee and Wyoming — over

800 service members in total," Shelley said. "There is a great deal of coordination required to get the service members and all their equipment here and staged, not to mention space for them to bed down, and space to train, both independently as organic units and as a combined force."

"I am fortunate to have great leadership teams from the other states, especially the noncommissioned leaders that are like-minded when it comes to soldier care and mission focus," she said. "These soldiers and Airmen have proved they are willing to put in the long hours and hard work required to meet those expectations. I'm proud of how quickly they came together and developed a sense unity for this mission. I believe they understand what an important role they play in keeping the citizens safe. I hope every one of them realize they are a part of this country's history."

While at one of the several locations used as a staging area for Guard personnel, Nordhaus talked with Pfc. Perry Solinski, a signal operations support specialist with the D.C. Guard's 74th Troop Command. Solinski was working as a radio telephone operator in the joint task force's operations center.

The inauguration was Solinski's first time with his unit since he completed the Army's initial entry training last year.

"It's incredible being able to come together in a nationwide effort to support the peaceful transition of power," Solinski said. "It shows the true operational capabilities of the National Guard and allows us to serve our country as we've been trained to do."

At 430,000 members strong, the National Guard is the primary combat reserve of the Army and the Air Force focusing on defending the nation, protecting the homeland and building partnerships. Most Guardsmen serve in a part-time capacity, balancing civilian jobs and family responsibilities.

Tech Sgt. Aidan Chance Gipson, a station captain for the 153rd Airlift Wing's Fire Department, Wyoming National Guard, told Nordhaus and Raines that this was his first time in the nation's capital.

"Every mission, or deployment, provides an opportunity to put yourself out there to try and learn new things, but this one, especially, has been amazing to see so many people from the community come together for the nation," Gipson, who is also a civilian firefighter, said. "I think it has been the perfect snapshot of the military — everyone's skill sets, both professionally and personally, have been used at some point. I'm very thankful to have had a part in this."

Inauguration music



The U.S. Army Field Band performs during the inaugural ceremony during the 60th Presidential Inauguration Jan. 20 at Capitol One Arena in Washington, D.C.

Department of Defense photo by Staff Sgt. Danny Gonzalez

Pets of the Week



Photo by Prudence Siebert/Fort Leavenworth Lamp

Two litters of kittens will be available for adoption soon at the Fort Leavenworth Stray Facility. The adoption fee to adopt a cat/kitten is \$75 and helps cover some of the care received, including spay/neuter, microchipping and vaccinations to date.

Visit www.FLSF.petfinder.com for adoptable pet profiles, e-mail fortleavenworthstrayfacility@gmail.com for an adoption application, and call 913-684-4939 for more information. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday, and by appointment for pre-approved adopters. Call 913-684-4939 to schedule an appointment. Hours may vary, so call to be sure someone is at the facility when you would like to visit.

Volunteers are needed to help cover pet care shifts, walk dogs, clean kennels and more. Foster homes for adoptable pets are also needed. To apply to volunteer with the Fort Leavenworth Stray Facility, enter ZIP code 66027, then search for "stray animal facility" at <https://vmis.armyfamilywebportal.com/>.

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



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THURSDAY
JANUARY 23, 2025



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Post Notes

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

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B1



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from **9:30 AM - 2:30 PM**

GRANTS ARE AVAILABLE FOR ELIGIBLE ORGANIZATIONS, NOT INDIVIDUALS

APPLICATIONS MUST BE COMPLETED AND RETURNED TO THE THRIFT SHOP BY TUESDAY, FEBRUARY 25TH

ACS FAP Presents: 5 Love Languages for Couples



Jan 29 2025, 1 pm - 2:30 pm

The 5 love languages couples focuses on the strengthening the connections while learning the core patterns when speaking or giving love to others, and how love is received. Learn how to stay connected, translate love languages and improve relationships.

FREE and open to DoD ID card holders 18+.

Class will be held in the ACS Classroom 145 at the Resiliency Center, 600 Thomas Ave.

For more info: (913) 684-2822/2808

Fort Leavenworth Multicultural Families FRIDAY FUN DAY

Fridays @ The Resiliency Center
Room 106
9:30am - 11:00am

Friday Fun Days are all about exchanging ideas and customs, learning about US Military lingo and traditions, navigating life in the Midwest, and making connections with each month's themed activity!

2024 - 2025 FRIDAY FUN DAY CALENDAR

September 13 Munson Walk-thru	January 2025 No meet up! Enjoy your Holidays!	May 9 Farewell
October 11 Pumpkin Carving	February 7 Valentine's Day Traditions 5 Love Languages Class	June 27 Potluck
November 8 Thanksgiving Potluck	March 7 Spring Weather in Kansas Moving With Kids	July 18 Education Fair
December 13 White Elephant Gift Exchange Holiday Traditions	April 4 Easter Traditions	

Friday Fun Day is FREE! Registration is not required.
Call 913-684-2830 for more information
leavenworth.armymwr.com

BOSS PRESENTS MOVIE NIGHT

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

January 10 PG **THE WILD ROBOT**

January 24 PG-13 **FLY ME TO THE MOON**

Come out and join us as the BOSS program gives back to the Community by playing movies inside the Post movie theater.

Prepackaged snacks and drink can be purchased at the snack bar.
No outside food or drinks are authorized.

For all movies children 12 and under MUST be accompanied by an ADULT!
CASH only at the snack bar!

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

Community Blood Center Blood Drive

Celebrate Black History Month

A diverse blood supply helps patients in our community.

Fort Leavenworth
Wednesday, February 5th
12:00 PM - 4:00 PM

Frontier Chapel
625 Thomas Avenue



Sign up at savealifenow.org/group and use group code BK.
For additional details, please contact Wendy Eisele at 816-351-1128 or weisele@cbckc.org.

877.468.6844 • savealifenow.org



Take a break from the norm and show the community who is BOSS! Can you win the top prize??

TALENT SHOW

Brave the Stage

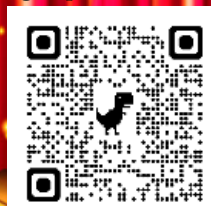
JANUARY 25th @1200, 1500, & 1800

3 mini shows!!
Perform in all or just 1.

Show time with largest acts will have the announcement of "Volunteer of the Quarter"

Singing, dancing, magic, instrumental, the possibilities are endless.
Rehearsals and talent approval through MWR BOSS Advisor

Sign up with QR code



ALL SPOTS ARE FILLED!

TACO TUESDAY

THANK YOU FOR THE OVERWHELMING RESPONSE! ALL SPOTS ARE FULL FOR THIS EVENT. STAY TUNED FOR OUR NEXT EVENT.

KNOW YOUR WORLD PRESENTATIONS 2025

	POLAND	18 SEPTEMBER 2024
	FIJI	30 OCTOBER 2024
	PAKISTAN	29 JANUARY 2025
	ECUADOR	19 FEBRUARY 2025
	ANGOLA	26 MARCH 2025

Presentations Start at 1545 in Eisenhower Auditorium and Streamed Live on the CGSC Facebook Page Open to the Public [ALL ARE WELCOME] to Attend or View Online All IMS WILL Attend/ Presenting IMS' Section Expected to Attend

2025 FRONTIER HERITAGE CALENDAR

JANUARY

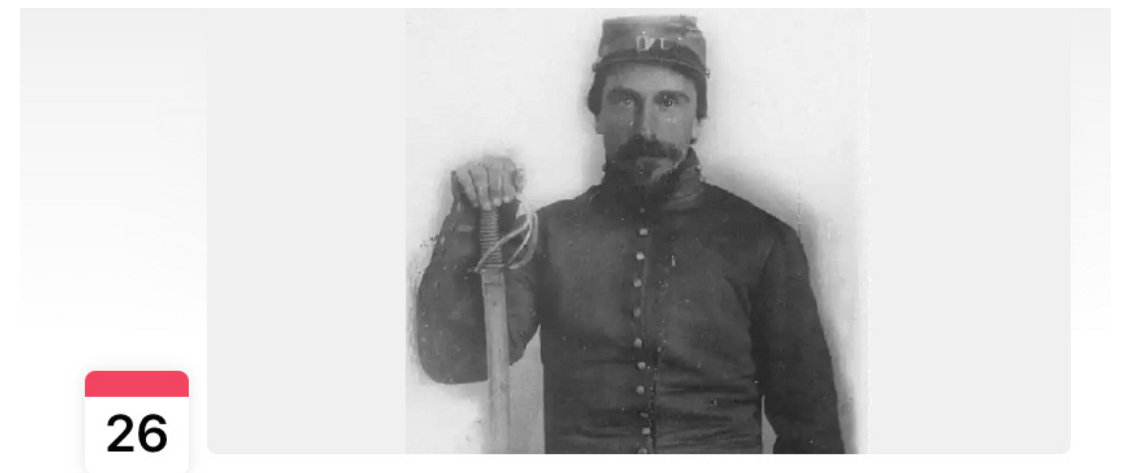
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NEW YEARS DAY	2 TRASH DAY		
5						11 DONATION PICKUP DAY
			8 TRASH DAY			
12						
			15 TRASH DAY	16 SLIME WORKSHOP		
19						
			22 TRASH DAY			
26		28 TACO TUESDAY				
			29 TRASH DAY			

January 1 - New Years Day (office closed)
 January 2 - Delayed Trash Day
 January 8 - Trash Day
 January 11 - Donation Pickup Day
 January 15 - Trash Day
 January 16 - Slime Workshop
 January 22 - Trash Day
 January 28 - Taco Tuesday Fiesta
 January 29 - Trash Day



15

Saturday, February 15, 2025 at 10:30 AM – 12:00 PM CST
History Brunch: A Contribution to Victory: Western University's Vocational Training Program for WWI
 100 Reynolds Ave, Fort Leavenworth, KS, United States, Kansas 66027



26

Wednesday, February 26, 2025 at 5:30 PM CST
Speaker Series: A Kansas Soldier at War
 100 Reynolds Ave, Fort Leavenworth, KS, United States, Kansas 66027

FORT LEAVENWORTH

NEW CDC DETOUR ROUTE

The previous CDC construction detour, from Iowa to Kansas Ave, has been modified to reroute traffic away from densely populated areas. The new detour (yellow trace), will route traffic northwest to 5th Artillery Rd and toward the cemetery and golf course.

CALL FOR PRESENTERS

The Frontier Army Museum is seeking presenters to speak on historical topics.

Interested in sharing your passion and knowledge of history with others?
 Contact Megan Hunter for details and scheduling:
 (913)684-3190 / megan.m.hunter4.civ@army.mil

CALL FOR VOLUNTEERS

The Frontier Army Museum is looking for a consistent, longterm volunteer to work in the collections.

Role: Assisting with inventory, minor artifact cleaning, mount making, and other collections related tasks.

Age Requirement: Must be 16 and older.

Interested? Please contact Megan Hunter
 megan.m.hunter4.civ@army.mil

MyArmyPost

Try the Army's Newest Mobile Application!
 FIND THE MY ARMY POST APP IN THE APP STORE

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

You are cordially invited to attend the
35th Division Artillery
 Change of Command and Change of Responsibility Ceremonies

Outgoing Commander: COG Rodney Seaba
 Incoming Commander: COG Shawn Miller
 Outgoing CSM: CSM Gerald Gibson
 Incoming CSM: CSM Darrian Campbell

8 a.m. Saturday, February 1, 2025
 35th ID Headquarters, 4 Wagon Wheel Way, Fort Leavenworth, KS 66027
 (785) 646-8016 or william.r.jost.mil@army.mil

WINTER DRIVING PREP

Prepare Your Car to Give Winter Mishaps the Cold Shoulder

WINTER SAFETY: BE AWARE, PREPARE, TAKE CARE!

- Test your battery.
- Check the engine cooling system.
- Have winter tires with a deeper, more flexible tread put on your car.
- If using all-season tires, check the tread and replace if less than 2/32 of an inch.
- Check the tire pressure – tire pressure drops as the temperature drops.
- Check your wiper blades.
- Add wiper fluid rated for -30 degrees.
- Keep your gas tank at least half full to avoid the gas line freezing up.

KEEP YOUR CAR'S EMERGENCY PREPAREDNESS KIT FULLY STOCKED, TOO!

U.S. ARMY | <https://safety.army.mil>

CHECK OUT THE USARMC ON SOCIAL MEDIA

5 P's OF COLD WEATHER PREPAREDNESS



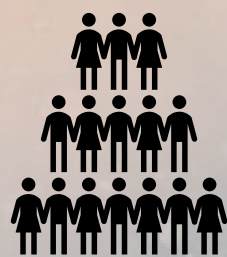
PROTECT PETS

Bring outdoors pets inside or provide them with a warm shelter.



PROTECT PLANTS

Cover cold-sensitive plants to protect them from dangerous temperatures.



PROTECT PEOPLE

Dress in warm layers, wear a hat, and gloves. Check on your neighbors and those in need.



PROTECT PIPES

Insulate pipes & allow faucets to drip slowly to prevent them from freezing & bursting.



PRACTICE FIRE SAFETY

Use safe heating sources indoors. Keep combustibles away from heat sources. Test smoke & carbon monoxide alarms.



CWOC meets Thursdays at 9:00am in the Pioneer Chapel Activity Room

NEW

CWOC Evening Meeting
Thursdays, 6:00-8:00pm at
Pioneer Chapel, Room 142

LEARN MORE >>

Find our complete calendar on
Facebook 'CWOC Fort Leavenworth'



Join us monthly

DATE NIGHT

6-10 PM @ Frontier Chapel

Meals &
Childcare
provided

Sponsored by
Fort Leavenworth
Chapel Community
Supported by
cru
MILITARY

Invest in your marriage
this year!



05 SEP, 03 OCT, 07 NOV, 05 DEC, 09 JAN, 06 FEB, 06 MAR, 03 APR, 01 MAY

Each Date Night begins with a faith-based marriage enrichment presentation. Then couples are released to go out on a date and further discuss the topic together. Children will remain safely supervised by childcare professionals at Frontier Chapel (6-10 pm or pick up kids earlier)!

For more information and to register scan the QR code or call 913-680-7336

Fort Leavenworth Stray Facility

Second Saturday is Back!



Every second Saturday of the month

We're back to being open every 2nd Saturday of the month for visitation and adoption/fostering of the animals at the facility!

You can find all of our adoptable pets at:
www.petfinder.com Fort Leavenworth

fortleavenworthstrayfacility@gmail.com

913-684-4939

510 Organ Ave
Fort Leavenworth, KS
66027

SCHOLARSHIP

CGSC Foundation Scholarship Program

Applications due March 15.
Apply now!

Volunteer! Help Shelter Pets!

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.armyfamilyweboportal.com/>
Once registered, we will contact you and have you come in for a training with a team member.

Work with either our cats or dogs or both!



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 be accompanied by an adult the entire shift.



Fort Leavenworth Stray Facility
510 Organ Avenue
Fort Leavenworth, KS 66027

ARMY FAMILY
CHILD CARE (FCC)

Higher starting income!
Opportunities to increase your income!* Training included!

Earn a \$1k recruitment or relocation BONUS*, too!

Work at home - Start a great career -
Own your own business with FCC!



*Conditions apply

www.ArmyMWR.com/FCC



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


**Ft. Leavenworth
International Loan Closet**

Hours Vary, Check FB Page
Donations & Volunteers Welcome

Located in the alley off McClellan & Kearny

The CARL Newsletter

<https://carlsgc.libguides.com/Home>



LIBRARY CLOSURES
January 1
January 20

HOLIDAY HOURS
0900 - 1630
January 2 - 3
Regular hours resume January 4

RESOURCES
Public computers: Login procedures for the 1st floor computers have changed. Please go to the Circulation Desk to get a computer login.
Interlibrary loans: Request materials from other libraries. Fill out an ILL form [here](#).
Book displays: Know Your World: January will feature books and information on Pakistan in front of Reference Office.
Kansas Day will be featured in the Atrium Glass Display; come see memorabilia from the Wizard of Oz.



ACADEMIC NEWS
Chief of Staff Army Recommended Articles can be accessed [here](#).
Bases Clusters: Displace, Disperse, Defend to Survive. By Capt. Jonathan P. Davis
The article discusses the development and implementation of base cluster operations by the 325th Brigade Support Battalion to enhance survivability and operational effectiveness in contested environments...
Need research or archives assistance? Use our ["Ask a Librarian" form](#) or speak to a first-floor Reference Librarian.

(913) 758 - 3001
Follow us on Facebook for updates

Mon-Thurs: 0700 - 1900
Fri: 0700 - 1630
Sat: 0900 - 1630
Sun: Closed
Closed All Federal Holidays

Ike Skelton Combined Arms Research Library January 2025

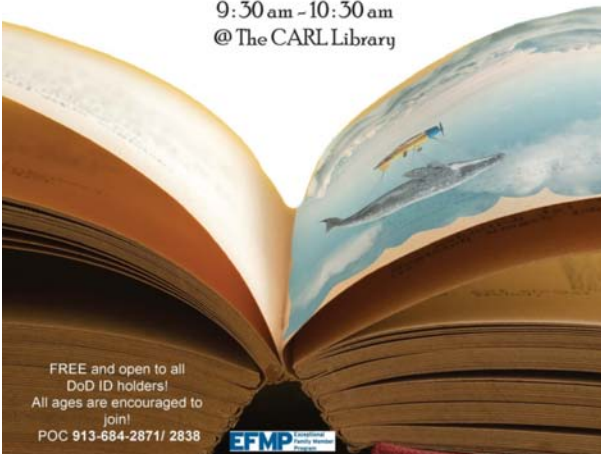
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Library Closed	Library Closed	Library Closed	1 Happy New Year Special Event: Regular hours resume	2 Special hours: 0900 - 1630	3 Special hours: 0900 - 1630	4 Regular Saturday hours resume 0900-1630
5	6 Regular hours resume (0700-1900)	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King Jr. Day	21	22	23	24	25
26	27	28	29	30	31	

EFMP presents:

SENSORY STORY TIME

Every 3rd Tuesday of the month
9:30 am - 10:30 am
@ The CARL Library



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

STORYTIME @ THE LIBRARY

Join us!

- Held in the Children's Room
- Every Tuesday @9:30a.m.
- Family Storytime (Open to all ages)
- Storytime with stay & play after

CARL LIBRARY



Need to talk?
We're here to help.
safehelpline.org

January



2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Closed</i>	2	3	4
5	6	7	8 OPEN PANTRY & HAPPY BOTTOMS 1100-1300	9	10	11
12	13	14	15 OPEN PANTRY & HAPPY BOTTOMS 1100-1300	16	17	18
19	20	21	22 OPEN PANTRY & HAPPY BOTTOMS 1100-1300	23	24	25
26	27	28	29 OPEN PANTRY & HAPPY BOTTOMS 1100-1300	30	31	

Stronghold: Happy Bottoms Program

Powered by: Rapid Response Charities



Free Monthly Diaper Distribution
Email: contact@strongholdfoodpantry.org



STRONGHOLD FOOD PANTRY
More than a food pantry.

Hunger Buster Pack

POWERED BY: FTLV THRIFT STORE

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

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



STRONGHOLD FOOD PANTRY
More than a food pantry.

FAMILY ADVOCACY PROGRAM



Mon- Fri 8:00 a.m.-4:00 p.m. with limited hours Thur 1-4:00 p.m. | 913-684-HELP (4357) / 2800

DECEMBER Resiliency Center, 600 Thomas Ave, Building 198 ***ACS is closed for lunch from 1130-12:30pm daily**

ACS WILL BE CLOSED JAN 1 & JAN 20

NEW PARENT SUPPORT PROGRAM
There will be **no NPSP events** Jan 1-2

**Call 913-297-3212/ 9704 to register for all NPSP classes & events.

Toddler Time Wednesdays, 9:00am Resiliency Center Playroom

Story Time Wednesdays, 10:00am Resiliency Center, Room 157

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

Childbirth Class Jan. 6, 13 & 27, 5:00-7:00pm Resiliency Center, Room 157

Dad's Night Out Jan. 22, 6:00-8:00pm Restaurant TBD

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



Goodbye
2024
hello
2025

FAMILY ADVOCACY PROGRAM

**Registration Required for all FAP events. Classes at Resiliency Center, Room 145

Co-Parenting Workshop
Jan. 6, 13 & 27
12:00 - 1:00pm
virtual options available

Anger Management 8 Week Session
Jan. 9, 16, 23 & 30
1:30 - 3:00pm

5 Love Languages (Couples)
Jan. 29, 1:00 - 2:30pm

Positive Parenting Series
Jan. 10, 17, 24 & 31,
1:30-3:00pm
via Microsoft Teams

Stress Management Class
Jan. 16, 11:30am - 1:00pm

Crocheting Club
Jan. 31, 1:00-3:00pm



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

<https://leavenworth.armymwr.com/>

<facebook.com/FortLeavenworthACS>

<facebook.com/FortLeavenworthFMWR>

<https://home.army.mil/leavenworth/>

ACS FAP Presents: A Parents Roadmap to Healthy and Unhealthy Relationships



Feb 5 2025, 11 am - 12:30 pm

Do you have a teen at home? If so, this class is for YOU!

We know parenting a teen can be hard, so join ACS and the Family Advocacy Program for this workshop to help you navigate teen dating!

There are 2 options to join, virtual and in-person.

Virtual will be via teams and the link will be sent after registration.

In-person will be held at the Resiliency Center, 600 Thomas Ave, room 157.

Info: (913) 683-2537

ACS Presents: Volunteer Basics



Feb 7 2025, 12 pm

Do you want to make a difference in our community? If so, then be sure to check out Volunteer Basics. Learn about volunteer opportunities on Fort Leavenworth and in the community. Participants will learn the benefits of volunteering and how to properly log hours into the Volunteer Management Information System (VMIS).

Classes are held in the ACS Classroom - 600 Thomas Ave.

Info: (913) 684-2835

2025 January ACS Events

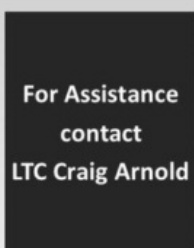
New Parent Support Program Toddler Time Wednesdays, 9am Story Time Wednesdays, 10am Play Mornings, Thursdays 9-10am & 10-11am Childbirth Class Jan. 6, 13 & 27, 5-7pm Dad's Night Out Jan. 24, 6-8pm Mom's Night Out Jan. 31, 6-8pm	Financial Readiness Program Debt Management Workshop Jan. 14, 3-4pm Thrift Savings Plan Workshop Jan. 28, 3-4pm
Family Advocacy Program Co-Parenting Workshop Jan. 6, 13, 20 & 27, 12-1pm Anger Management Jan. 9, 16, 23 & 30, 1:30-3pm 5 Love Languages for Couples Jan. 10, 1-2:30pm Positive Parenting Series Jan. 10, 17, 23 & 31, 1:30-3pm Stress Management Jan. 16, 11:30am-1pm Crocheting Club Jan. 31, 1-3pm	Exceptional Family Member Program EFMP Recreational Bowling Jan. 4, 12:00-2:00pm @ Strike Zone Bowling Center EFMP Sensory Story Time Jan. 21, 9:30-10:30am @ CARL Library
Army Volunteer Corps Volunteer Basics Jan. 17, 12-1pm	Relocation Readiness Program In-processing Brief Tuesdays, 9-10am OCONUS Levy Brief Tuesdays, 10-11am Hearts Apart/Waiting Families Bowling Jan. 4, 12:00-2:00pm
	Employment Readiness Program Federal Employment Jan. 15, 12-2pm Interview Skills & Professionalism Jan. 22, 12-2pm



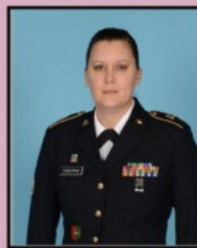
UNITED STATES ARMY COMBINED ARMS CENTER AND FORT LEAVENWORTH SEXUAL HARASSMENT AND SEXUAL ASSAULT RESPONSE WORKFORCE



Ms. Amanda Bonseigneur
Lead SARC
Amanda.bonseigneur.civ@army.mil
Office: 913-684-2810
Cell: 913-704-9620
Bldg 197, 632 McClellan Ave



For Assistance contact
LTC Craig Arnold
Hiring Underway
Supervisory SARC



SFC Jerri Osborne
Team 1 SARC
jerri.l.osborne.mil@army.mil
Office: 913-684-1698
Cell: 913-565-0741
Bldg 77, Room J209,
290 Grant Ave



LTC Craig Arnold
Interim Supervisory SARC
Team 2 SARC
craig.d.arnold.mil@army.mil
Office: 913-684-2818
Teams: 520-692-8849
Cell: 913-704-9604
Bldg 197, 632 McClellan Ave



SFC Jacob Roach
Team 3 SARC
jacob.w.roach.mil@army.mil
Office: 913-684-0956
Cell: 913-547-5075
835 Sabalu Rd

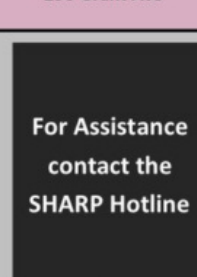


Mr. Josh Belle
Team 4 SARC
joshua.p.belle.civ@army.mil
Office: 913-684-5230
Cell: 913-680-5699
Bldg 58, 614 Custer Rd



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

Contact the team at usarmy.leavenworth.cac.mbx.cac-sharp@army.mil

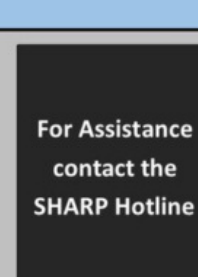


For Assistance contact the
SHARP Hotline

Hiring Underway
Victim Advocate

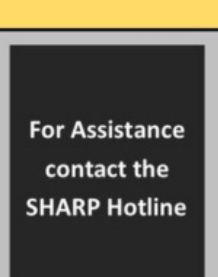


Ms. Nicole Hernandez
Victim Advocate
Maureennicole.n.hernandez.civ@army.mil
Office: 913-684-5230
Cell: 913-544-9243
Bldg 58, 614 Custer Rd



For Assistance contact the
SHARP Hotline

Hiring Underway
Victim Advocate



For Assistance contact the
SHARP Hotline

Hiring Underway
Victim Advocate

We Have Realigned Under a New Installation Model

- Team 1** AAFES, ACS, AFC, ARI, CDID, Cemetery, CID, CPAC, DeCA, DES, DLA, DMPA, FMWR, LRC, MCCoE, MICC, Museum, NEC, PAO, RCI Housing, TDS/SJA, TRAC, USAFMSA, USAG HQ, USASMD, USD 207, and US STAG CMD.
- Team 2** CAC HQ, CAC-T HQ, MCTP, NSC, STB, TMD, 505th CCW and 500th/67th MP
- Team 3** ACB, MWJRCF, USDB
- Team 4** Army U, CGSC, Dental, DLI, MAHC staff, Patients, SAMS, SOF, TRADOC, Veterinarian, and Other Service Staff tenant personnel

Fort Leavenworth 24/7 SHARP Hotline
913-683-1443
DoD Safe Help Line
877-955-5247

Sexual Harassment Complaint Reporting Option
Formal | Informal | Anonymous
Sexual Assault Reporting Option
Restricted | Unrestricted
Retaliation Reporting Options
Command | IG | SARC | DoD Safe Helpline

Find us on Facebook



WeCare App



GET IT ON Google Play



#NotInOurArmy
Current as of 17 November 2024

ARMY COMMUNITY SERVICE



Mon- Fri 8:00 a.m.-4:00 p.m. with limited hours Thur 1-4:00 p.m. | 913-684-HELP (4357) / 2800

DECEMBER

Resiliency Center, 600 Thomas Ave, Building 198 ***ACS is closed for lunch from 1130-12:30pm daily**

ACS WILL BE CLOSED JAN 1 & JAN 20

RELOCATION READINESS PROGRAM

In-Processing Brief
Tuesdays, 9:00-10:00am

OCONUS Levy Brief
Tuesdays, 10:00-11:00am

Hearts Apart Bowling for Families of Deployed Service Members
Jan. 4, 12:00-2:00pm
Strike Zone Bowling Center
**Registration Required*

Lending Closet
Are you In/Out-Processing and need essentials? ACS has short-term basic items to help you get by.

- kitchenware
- cookware
- small appliances



EMPLOYMENT READINESS PROGRAM

Federal Employment
Jan. 15, 12:00-2:00pm

Interview Skills & Professionalism
Jan. 22, 12:00-2:00pm

Visit us on FB @Fort Leavenworth ERP for job postings.

FINANCIAL READINESS PROGRAM

Debt Management Workshop
Jan. 14, 3 - 4pm

Thrift Savings Plan Workshop
Jan. 28, 3 - 4pm

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

**Registration Required for EFMP events*

EFMP Recreational Bowling for EFMP Families
Jan 4, 12:00-2:00pm
Strike Zone Bowling Center

EFMP Sensory Story Time
Jan 21, 9:30-10:30am
CARL Library

ARMY EMERGENCY RELIEF (AER) provides emergency assistance to active duty service members, their families, and retired service members.

For emergency financial assistance during normal duty hours, call the ACS main line, and after hours, weekend or holiday, call the American Red Cross Call Center at 1-877-272- 7337.

Command & Troop training is also available upon request.




SURVIVOR OUTREACH SERVICES provides long-term support to surviving Families of fallen Soldiers. Our goal is to reassure survivors that they remain valued members of the Army Family. Follow us @ https://www.facebook.com/FortLeavenworthSurvivorOutreachServices/

<https://leavenworth.armymwr.com/>

<facebook.com/FortLeavenworthACS>

<facebook.com/FortLeavenworthFMWR>

<https://home.army.mil/leavenworth/>




ACS Employment Readiness Program Menu of Services

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

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

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



ACS AND FAP PRESENTS: POSITIVE PARENTING VIA MICROSOFT TEAMS • 1:30PM - 3PM

ROUND 1: OCTOBER 18, OCT 25, NOV 1, AND NOV 8
ROUND 2: NOV 22, DEC 6, DEC 13, AND DEC 20
ROUND 3: JAN 10, JAN 17, JAN 24, JAN 31
ROUND 4: FEB 7, FEB 14, FEB 21, FEB 28
ROUND 5: MAR 7, MAR 14, MAR 21, MAR 28

THIS FOUR-WEEK COURSE IS DESIGNED TO HELP PARENTS DEVELOP NON-PHYSICAL DISCIPLINE STRATEGIES, BUILD STRONG RELATIONSHIPS, AND MEET THE NEEDS OF CHILDREN OF ALL AGES.

FREE AND OPEN TO DOD ID CARD HOLDERS 18+.

REGISTRATION IS REQUIRED AND MUST BE DONE THE DAY BEFORE THE FIRST DAY OF TRAINING.

PARTICIPANTS MUST ATTEND EACH DATE IN THE ROUND OF THEIR CHOICE.

INFO AND REGISTRATION: (913) 684-2808/2822




Financial Readiness Milestone Training

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

Some of the topics we will discuss:

- Pre-Deployment
- Post-Deployment
- PCS
- Marriage
- Divorce
- Vesting in TSP
- Promotion
- First Child
- Continuation Pay
- Disabling sickness/injury/condition

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




Anger Management Course
The Resiliency Center Room 145

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 real world scenarios, instant feedback, and an opportunity to apply each newly acquired skill in a group setting.

Feeling lost in the storm? We can help.

Round 1: 1:30pm - 3:00pm
October 3, 10, 17, 24
November 7, 14, 21
December 5

Round 2: 1:30pm - 3:00pm
January 9, 16, 23, 30
February 6, 13, 20, 27

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 913-684-2808/ 2822 for more info



5 Love Languages of Teenagers

Do you ever feel like you and your teen are speaking another language?

The "5 Love Languages of Teenagers" class is geared toward caregivers that want to communicate with their teens in a way that everyone feels heard, understood, and most importantly loved.

ACS Classroom 145
Feb 12, May 14, Aug 13, Nov 12
1-2:30pm
FREE

Open to all DOD civilians, active duty, and retired military that are caregivers raising teens
Call to register (deadline is day before class)
913-684-2822 / 2808

Don't let another day go by without planning for your future!

Join ACS for the **THRIFT SAVINGS PLAN WORKSHOP**

Learn how to grow your retirement!
FREE
Jan 28 3pm - 4pm
ACS classroom

What is a TSP?

The Thrift Savings Plan (TSP) is a Service Member's retirement investment account and an excellent way to make your money work for you!

Our workshop will discuss the benefits of the TSP, and investment options for long-term financial security and success!

For more info call: 913-684-2800
No registration required




BE PREPARED FOR WINTER TRAVEL

- Fill gas tank and check vehicle fluids, battery, tires, wiper blades, etc.
- Pack a winter emergency kit for your vehicle: blankets, first aid kit, shovel/ice scraper, jumper cables, tow rope, bottled water, non-perishable snacks, etc.
- Stay weather aware and share your travel plans with others.
- Check KanDrive.gov and download the app for current weather and road conditions.

Kansas Department of Transportation
KanDrive



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

Victim Advocate Hotline: (913) 684-2537
Child Abuse Hotline: (913) 684-2111
SHARP Hotline: (913) 683-1443
Chaplain: (913) 683-1443
AER Assistance After Hours:
American Red Cross at (877) 272-7337



MISS CHRIS
HEALTH & NUTRITION COACH

ABOUT ME
Hi, I'm Miss Chris. I am a retired Army Veteran who has worked in the medical field as a Physician Associate (PA) since 2008. I am a mountain climber, world traveler, dog mom, and wife. I am passionate about health and fitness and provide nutrition coaching for those who struggle to balance health and wellness and living life to the fullest.

PRICE LIST
1 month: \$185
Includes initial consult at Gruber Fitness Center, weekly check-in and access to tracking app.
3 month: \$495 (\$165 per month)
Includes initial consult at Gruber Fitness Center, weekly check-in and access to tracking app.
Consult: \$50
Includes 30 minute nutrition discussion.

CONTACT INFO
913-297-9407

VOLUNTEER NOW to become a Youth Basketball Head Coach!

SWOOSH!

Winter Basketball
Jan 8 - March 1

Practices are Wednesdays or Thursdays* with Games on Saturdays
*Coaches pick their evening one hour practice time

Age Groups : Kinder, 1st and 2nd grade, 3rd and 4th grade

When you volunteer with Youth Sports and Fitness, it's nothing but net!
Required Volunteer Background Check
Required Volunteer Coaches Training
Call for more info: 913-684-7625 or 913-684-7626

Intramural Volleyball League Registration

CO-ED VOLLEYBALL LEAGUE

Jan 15 2025 - Mar 26 2025

Get your teams together because our Intramural Volleyball League starts April 1st!
Games will be every Tues and Thurs from 5:30PM - 8:30PM at the Harney Sports Complex.
This is a co-ed league!
Coaches meeting: Thurs, March 12th at 5:30PM at Gruber Fitness Center.
Team rosters and or letters of intent due by COB Wed, March 26.
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.
For more info, (913) 684-3224/5136

Discover Fort Leavenworth's Fitness Facilities

Harney Sports Complex and Aquatics Center
185 Fourth St
913-684-2190
M-F 0500-1800
Sat-Sun 0800-1700

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

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

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

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

WE OFFER 24/7 Gym Access (After registration)

LET'S GO!

DECIDE TO COMMIT TO SUCCESS

913 WEIGHTLIFTING

FUNCTIONAL FITNESS CLASSES

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

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

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

CONTACT
For more info: 949-291-0386

LET'S PLAY!

NEW FOR 2024! ADULT SPORTS Doubles Pickleball League

Player's Meeting
Wednesday Oct 23
5:30pm @ Gruber Fitness Center
Letters of Intent due COB Wednesday Oct 30

Harney Sports Complex
New to Pickleball?
That's okay! This fast growing sport is described as a hybrid of tennis, badminton, and ping pong. It's played on a badminton sized court with a net, hard paddles and perforated plastic balls. There may be less running than tennis, but don't let that fool you! Players can burn serious calories during just 30 minutes of play!

Games
Mondays & Wednesday
5:30pm - 8:30pm
Harney Sports Complex

Open to Active Duty, DOD Civilians, Retirees, Dependents, and Contractors working on Fort Leavenworth that are 18+
Call 913-684-3224/ 5136 for more information

Starting August 19th, 2024

Fort Leavenworth Group Fitness Classes

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0930		Zumba (Lydia)		Zumba (Lydia)		
1200						
1630	Hot Yoga (Kim)	Zumba (Lydia)	Power Cycling (Kim)	Zumba (Lydia)		
1730			Power Yoga (30min) (Kim)			

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

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

*Power Cut classes are held in the Bubble Gym

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

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 Beginner 1830-1930	Brazilian Jiu-Jitsu Beginner 1830-1930	Brazilian Jiu-Jitsu Beginner 1830-1930	
	Advanced 1940-2040	Advanced 1940-2040	Advanced 1940-2040	

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

Harney Sports Complex

Monday	Tuesday	Wednesday	Thursday	Friday
Olympic Lifting 0900-1015	Resistance Training 0900-1015	Olympic Lifting 0900-1015	Resistance Training 0900-1015	Olympic Lifting 0900-1015
Kids Olympic Lifting 1600-1700 Bubble Gym		Kids Olympic Lifting 1600-1700 Bubble Gym		

Olympic Lifting - \$75 (3 days) \$70 (2 days) \$10 (drop in)
Resistance Training - \$70 (2 days) \$10 (drop in)
Kids Olympic Lifting - \$75 (NO drop in)
First class is FREE! Olympic Lifting and Resistance Training 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

WEIGHTLIFTING

First Class is Free!

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

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

FOR MORE INFO, (913) 684-2190

Cosmic Bowling at the Strike Zone

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

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

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

The Strike Zone
165 Fourth St
913-684-BOWL

January & February

Workshops

Watercolor

\$30 per workshop

Watercolor (Basic Techniques)
Tuesday, Jan 21
11am - 1pm

Watercolor (Landscapes)
Tuesday, Feb 18
6pm - 8pm

Watercolor (Color Theory)
Tuesday, Jan 28
11am - 1pm

Watercolor (Florals)
Tuesday, Feb 25
6pm - 8pm

Watercolor (Valentine Cards)
Tuesday, Feb 4
11am - 1pm



scan for more info

Call now to register!
913-684-3373

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

OPEN STUDIO

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

Multi-Craft Room

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

Painting Studio

Provided watercolor and acrylic supplies to create your own masterpiece.

Framing Studio

Must take Intro to Framing before using DIY Framing Studio.

Pottery Studio (Coming Soon!)

Modern Calligraphy

Basics

\$20 per class

Tuesday
Jan 21
6:30pm - 8pm

Intermediate

\$20 per class

Tuesday
Jan 28
6:30pm - 8pm

Special Projects

Valentine Cards

Tuesday
Feb 4
6:30pm - 8pm



Reoccurring Classes

MUST PRE-REGISTER

Intro to Framing

\$40 per class
Every 2nd Thurs & 4th Sat of the month
10am - 2pm

Paint & Sip

\$35 per session
Every 2nd Friday of the month
6pm - 8pm

Must be 21 years or older.
BYOB

Come see what's new at the Studio!

leavenworth.armymwr.com



January & February

Workshops

Acrylic

\$35 per class

Acrylic Pour
Wednesday, Jan 29
11am - 1pm

Acrylic Pour
Wednesday, Feb 26
11am - 1pm



Framing

\$40 per class

Intro to Framing
Must pre-register

Thursdays
Jan 9, Feb 13
10am - 2pm

Saturdays
Jan 25, Feb 22
10am - 2pm

Crafts

\$30 per class

Valentine Wreath
Thursday, Jan 30
11am - 1pm

Macrame Plant Holder
Friday, Feb 28
11am - 1pm



Call now to register!
913-684-3373

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

Paint & Sip

\$35

Must be 21 years or older.
BYOB



Dragons Friday
January 10
6pm - 8pm

Couples Koi Fish
Friday, February 14
6pm - 8pm



Cost includes all supplies!

Kids Arts & Crafts

Messy Art

\$12 per class (ages 7+)

Thursday, Jan 16
11am - 12pm

Thursday, Feb 6
11am - 12pm

Thursday, Feb 20
11am - 12pm

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

Thursday, Jan 9
10:30am - 11:30am

Thursday, Jan 23
10:30am - 11:30am

Thursday, Feb 13
10:30am - 11:30am

Thursday, Feb 27
10:30am - 11:30am

Art History

\$15 per class (ages 7+)

Popcorn & Pollock

Wednesday, Jan 22
1pm - 3pm

Thursday, Jan 23
4pm - 6pm

Muffins & Michelangelo

Wednesday, Feb 19
1pm - 3pm

Thursday, Feb 20
4pm - 6pm



Come see what's new at the Studio!

leavenworth.armymwr.com



The Fort Leavenworth Frame Studio



Custom Framing & DIY Studio
Tuesday - Friday
10am - 5pm

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

Call to register or stop by the studio!



Come see us!
Arts & Crafts Studio
310 McPherson Ave
(913) 684-3373

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

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

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

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

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

Deadline to register is the day before class.
Ages 15+

HARROLD YOUTH CENTER ACTIVITIES

JANUARY 2025

Monday 6 January 2025

Non-School Day Field Trip

Sky Zone / 12:00-4:30 / COST: \$20

Lunch will not be provided

Please eat before the field trip and bring extra money for snacks

call 913-684-5118 for more information

MST Party

17 January 2025

7:00-9:00

Cost: \$5 if you pre-pay or \$8 at the door

Martin Luther King Jr Day

20 January 2025

YOUTH CENTER

CLOSED

Friday 31 January 2025

Non-School Day Field Trip

The Rush Funplex / 12:00-4:30 / COST: \$20

Lunch will not be provided

Please eat before the field trip and bring extra money for snacks

call 913-684-5118 for more information





Join Our Team

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

- Special Education Para Educators
- Food Service Manager
- Food Service Cook
- Full-Time & Daily Substitute Teachers
- Full-Time Bus Aide
- Full-Time Bus Driver
- Special Education Teacher K-5
- Special Education Teacher 6-9
- Early Childhood Pre-School Special Education Teacher

APPLY NOW



www.usd207.org - 913-651-7373

2024-2025 School Calendar

July 2024							January 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6		5	6	7	8	9	10	11
7	8	9	10	11	12	13	12	13	14	15	16	17	18
14	15	16	17	18	19	20	19	20	21	22	23	24	25
21	22	23	24	25	26	27	26	27	28	29	30	31	
28	29	30	31										

August 2024							February 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
				1	2	3	2	3	4	5	6	7	8
4	5	6	7	8	9	10	9	10	11	12	13	14	15
11	12	13	14	15	16	17	16	17	18	19	20	21	22
18	19	20	21	22	23	24	23	24	25	26	27	28	
25	26	27	28	29	30	31							

September 2024							March 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6	7	2	3	4	5	6	7	8
8	9	10	11	12	13	14	9	10	11	12	13	14	15
15	16	17	18	19	20	21	16	17	18	19	20	21	22
22	23	24	25	26	27	28	23	24	25	26	27	28	29
29	30						30	31					

October 2024							April 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
						1	1	2	3	4	5	6	
6	7	8	9	10	11	12	6	7	8	9	10	11	12
13	14	15	16	17	18	19	13	14	15	16	17	18	19
20	21	22	23	24	25	26	20	21	22	23	24	25	26
27	28	29	30	31			27	28	29	30			

November 2024							May 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
						1	1	2	3	4	5	6	
3	4	5	6	7	8	9	4	5	6	7	8	9	10
10	11	12	13	14	15	16	11	12	13	14	15	16	17
17	18	19	20	21	22	23	18	19	20	21	22	23	24
24	25	26	27	28	29	30	25	26	27	28	29	30	31

December 2024						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Holiday/No School		Parent/Teacher Conf.	
July 23	Patton New Parent Meeting - 5:00 PM	Jan 6	Staff PD Day - No School
July 24	Elem. & Patton Enrollment A-L 8:30 AM - 3:00 PM	Jan 7	First Day Back for Students
July 25	Elem. & Patton Enrollment M-Z 8:30 AM - 3:00 PM	Jan 20	Martin Luther King Jr. Day - No School/No Staff
Aug 8	Elementary New Parent Meeting - 3:00 PM	Jan 31	Parent/Teacher Conf - 8:00 AM - 3:30 PM - No School
Aug 12	Patton Parent Know Your School - 9:30 AM - 12:00 PM	Feb 17	Presidents' Day - No School/No Staff
Aug 12	Elementary Parent Know Your School - 1:00 PM - 3:30 PM	Mar 14	Half Day PD/Half Day Grading - No School
Aug 13	First Day of School	Mar 17-21	Spring Break - No School/No Staff
Aug 13-22	Kindergarten Half Days	Apr 18	No School/No Staff
Aug 23	Parent/Teacher Conferences - 8:00 AM - 3:30 PM - No School	May 15	PJH 9th Grade Graduation
Aug 26	Kindergarten Full Day Schedule Starts	May 16	Half Day PD/Half Day Grading - No School
Aug 30	Staff PD Day - No School	May 23	Last Day for Students - 1/2 Day of School - No Preschool
Sept 2	Labor Day - No School/No Staff		
Oct 11	Half Day PD/Half Day Grading - No School		
Oct 14	Columbus Day - No School/No Staff		
Oct 17	Parent/Teacher Conferences - 8:00 AM - 7:00 PM - No School		
Oct 18	Parent/Teacher Conferences - 8:00 AM - 12:00 PM - No School		
Oct 11	Veterans Day - No School/No Staff		
Nov 27-29	Thanksgiving Break - No School/No Staff		
Dec 19	Half Day of School/Half Day Grading - No Preschool		
Dec 20 - Jan 3	Winter Break - No School		

School Hours	
Elementary School:	8:00 AM - 3:20 PM
Patton Junior High:	7:40 AM - 3:00 PM
Preschool - AM Class:	8:00 AM - 11:00 AM
Preschool - PM Class:	12:20 PM - 3:20 PM

Early Dismissal/Release Times	
Elementary School:	1:30 PM
Patton Junior High:	1:00 PM
Preschool - AM Class:	10:00 AM
Preschool - PM Class:	2:20 PM

Fort Leavenworth USD 207 Board Approved: 2/26/2024

Hungry for a new career?

CYS

HAS THE RECIPE FOR SUCCESS!

CYS Fort Leavenworth is hiring NOW for a NA-8 RPT Cook

- Starting pay is \$22.87 per hour
- Includes a recruitment/retention incentive of \$2000
- Priority childcare and 50% childcare discount on 1st child
- Commissary privileges
- Guaranteed 20 hours per week
- Benefits that include health, dental, life insurance
- Earned annual and sick leave

Scan here to apply!

LEAVENWORTH.ARMYMWR.COM

CYS is Hiring

Great Pay! Amazing benefits! What are you waiting for? Apply to Fort Leavenworth Child and Youth Services today!

up? Get paid to play!

to level

Ready

Medical, Dental, Vision, & Life Insurance Benefits*
Retirement & 401K
Regular Full-Time/ Part-Time and FLEX Hours Available
Paid Leave and Paid Federal Holidays for Full-Time & Part-Time
Career Progression & Paid Training
Priority Child Care Placement & Employee Child Care Discounts
Access to Commissary & AAFES Shopping Privileges & MWR Facilities
Job Transfer Program Worldwide Through Civilian Employment Assignment Tool
*Conditions Apply

Scan here to apply!
ArmyMWR.com/cyscareers

Ready for your career to take off?

CYS IS HIRING

Join our Fort Leavenworth Team as a **Lead Child and Youth Program Assistant!**

Pay starts at **\$24.06 per hour**

Career Progression & Paid Training
Retirement & 401K
Priority Childcare Placement & Employee Childcare Discounts
Medical, Dental, Vision, & Life Insurance Benefits *
Full-Time Positions with Paid Leave, & Paid Federal Holidays
Access to Commissary & AAFES Shopping Privileges & MWR Facilities
Job Transfer Program Worldwide Through Civilian Employment Assignment Tool
*Conditions Apply

Scan here to apply!
ArmyMWR.com/cyscareers

BREAKING DOCTRINE

Episode 62

Stewarding the Profession: THE HARDING PROJECT

LTC Zach Griffiths, Dr. Trent Lythgoe, and COL(R) Rich Creed join our host LTC Lisa Becker to talk about The Harding Project. They discuss how Army Professionals advance the Profession of Arms through professional writing and discourse. They examine myths of writing, tips to get better at writing, and writing initiatives within The Harding Project.

Now available on...

Apple Podcast Audible.com Spotify

https://podcasts.apple.com/us/podcast/episode-62-stewarding-the-profession-in-the-harding-project/id1522392251?i=1000563116512

NCO JOURNAL

CHECK OUT THE NCO JOURNAL PODCAST WHERE WE DISCUSS RECENTLY PUBLISHED ARTICLES WITH AUTHORS, TO PROVIDE AN OPEN EXCHANGE OF IDEAS AND INFORMATION.

https://www.armypress.army.mil/journals/nco-journal/nco-journal-podcasts/

https://www.facebook.com/NCOjournal
https://twitter.com/NCOjournal

Fort Leavenworth Care Options Available for Summer 2024 & School Year 2024-2025

Request Before/After School Care & SAC Camps all year round

MILITARY CHILDCARE.COM

Using MilitaryChildCare.com, you can find comprehensive information on child care programs worldwide, conduct a customized search for the care you need, and submit a request for care at any time and from any location. Follow these four steps!

- STEP 1 CREATE ACCOUNT**
Go to MilitaryChildCare.com to create an account containing information about your family, or to login using an existing username and password.
- STEP 2 SEARCH and REQUEST CARE**
Search the system for the child care options that best fit your needs and submit your requests for care.
- STEP 3 MANAGE MY REQUESTS**
You can manage your requests for care from anywhere in the world.
- STEP 4 UPDATE MY PROFILE**
Keep your My Profile page up-to-date with important information.

It's that easy!

To get started, visit: MilitaryChildCare.com
For questions/support, call: 855.696.2934

Make sure you are requesting the best Care Option(s) for your childcare needs...
Go to our **CYS Facebook** page or **FMWR-CYS website** to review the:
Fort Leavenworth CYS Care Options & Waitlist Guide

MUNSON NOTES

MEDICAL APPOINTMENT CHECK-IN:

Please arrive 15 minutes prior to your appointment to complete any required paperwork and bring the following items: DoD ID card; list of current medications including over-the-counter meds, vitamins, and supplements; any relevant paperwork or forms; and a list of questions or concerns. If you are not able to make your scheduled appointment, call the appointment line at (913) 684-6250 to cancel.

Munson Army Health Center is looking for volunteers to join the **PATIENT AND FAMILY PARTNERSHIP COUNCIL**. Volunteers can be active-duty, active-duty family members, retirees or retiree family members. The PFPC meets quarterly. If interested, call 913-684-6211/6127.

Munson Army Health Center Pharmacy offers patients a variety of **OVER-THE-COUNTER MEDICATIONS AT NO COST** to service members, retirees and family members. These items are available without a prescription or medical appointment. These self-care items are comparable to those available for purchase from retail stores and include pain relievers, cough medicine, allergy medication, antibiotic ointment, lice treatment and much more. Visit <https://munson.tricare.mil/Health-Services/Pharmacy> and scroll down to the Over-the-Counter Medication Program for details.

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/8wtflf>.



Seasonal Affective Disorder

Signs and Symptoms

Not everyone with SAD has the same symptoms, but they can include:

- Sad, anxious, or "empty" feelings
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Loss of interest or pleasure in activities you used to enjoy
- Fatigue and decreased energy
- Difficulty concentrating, remembering details, and making decisions
- Thoughts of death or suicide
- Oversleeping
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like "hibernating")
- Difficulty sleeping
- Lack of appetite
- Irritability and agitation

Seasonal Affective Disorder (SAD) is a condition in which some people experience a significant mood change when the seasons change. SAD is not considered a separate disorder but is a type of depression.

samhsa.gov/mental-health/seasonal-affective-disorder

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org. To learn how to get support for mental health, drug, and alcohol issues, visit FindSupport.gov.



Free COVID tests

Order Today!

COVID-19 Rapid Tests

Easy. Free. Fast.
Delivered Directly to You.

COVIDTests.gov



Every home in the United States is eligible to order four free at-home COVID tests. Visit COVIDTests.gov or order over the phone at 1-800-232-0233 (TTY 1-888-720-7489).

Speak up! Your voice matters

Volunteer to become a patient and family advisor on our patient and family partnership council

The Patient and Family Partnership Council captures the voices and insights of patients and families to improve the care experience.

Is being a patient and family advisor right for you?

We are looking for volunteers who can:

- Partner with other patients and staff to help improve care
- Represent the interests of all patients cared for by the military treatment facility
- Work well in teams and have fun!



Learn more about the Patient and Family Partnership Council!

For more information, contact:

Munson Army Health Center Patient Advocates at 913-684-6211/6127



Wash your hands at key times throughout the day, especially after using the bathroom and before eating.

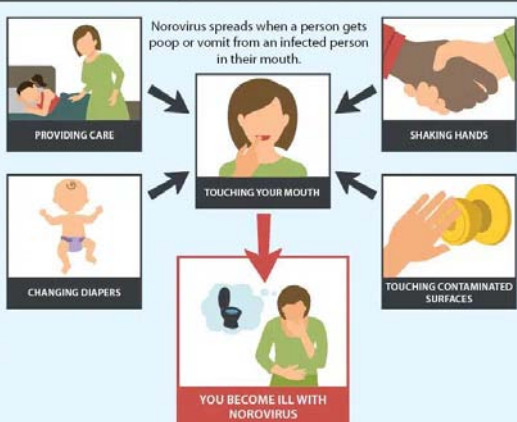
#KeepHandsClean

www.cdc.gov/handwashing



CS333665-A

How You Get Norovirus From People or Surfaces



For more information, visit www.cdc.gov/norovirus

CS252158

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