

T H E F O R T L E A V E N W O R T H
THURSDAY
JUNE 18, 2026



LAMP

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Army's 251st birthday celebrated with traditional cake cutting



Photo by Prudence Siebert/Fort Leavenworth Lamp

Representing Fort Leavenworth's oldest and youngest soldiers, Garrison Command Sgt. Maj. David Franks and Pfc. Gabriel McBride, a religious affairs specialist at her first duty station, cut cakes for the Army's 251st birthday June 12 at the Post Exchange. A birthday cake was also cut that afternoon at the U.S. Disciplinary Barracks for the Army's 251st anniversary, which fell on Sunday, June 14.

Emily Wise, inventory control associate; Allison Lassalle, stocker; and Marina Lemanua, store manager, cut and plate slices of cake to serve to Army birthday celebration attendees and customers June 12 at the Post Exchange. During the celebration, Leavenworth High School Junior ROTC cadets performed solo rifle exhibitions (see photos on page A4), and the PX offered coupons and grab bags to those who attended.

Photo by Prudence Siebert/
Fort Leavenworth Lamp



AT A GLANCE

■ The next **BLOOD DRIVE** is 9 a.m. to 2 p.m. June 25 at Frontier Chapel. Sign up at savealifenow.org/group and use group code BK. For more information, call 913-684-6161 or e-mail [felcia.m.wells3.mil@health.mil](mailto:felia.m.wells3.mil@health.mil).

■ The **BUFFALO BILL WILD WEST AND MILITARY HISTORY FESTIVAL** is June 26-27 in Leavenworth. Visit <https://leavenworthhistory.org/buffalo-bill-wild-west-military-history-festival/> for schedule and more information.

■ The Frontier Army Museum staff will be offer-

ing **GUIDED TOURS OF THE MUSEUM** at 10 a.m., noon and 2 p.m. June 27 in conjunction with the Buffalo Bill Wild West and Military History Festival.

■ The Combined Arms Research Library's **SUMMER READING PROGRAM** for all ages is underway. To register, visit <https://carl.beanstack.org>.

■ The **ARTS AND CRAFTS STUDIO OFFERS CLASSES** and activities for all ages, to include birthday and special event parties. Classes fill up fast, so call 913-684-3373 or drop by at 310 McPherson Ave. to register. See class calendars for June and July on page

B3 in the *Lamp's* Post Notes section.

■ **HANCOCK OUTDOOR POOL** is open for the season. For more information, visit <https://leavenworth.armymwr.com/view-event/outdoor-pool-info/7282639/89843>.

■ The *Fort Leavenworth Lamp* offers **SUMMER INTERNSHIPS** and welcomes unit and volunteer story and photo contributions. E-mail ftvlampeditor@gmail.com for more information.



Wellness Center moving to MAHC

by Christina Yager/Munson Army Health Center Public Affairs Officer

The Fort Leavenworth Armed Forces Wellness Center will temporarily close June 19 as the program relocates from Eisenhower Hall to a new space within Munson Army Health Center. The Armed Forces Wellness Center is scheduled to re-open June 29.

Officials say the move is designed to better integrate wellness services with patient care operations and improve collaboration between healthcare providers and wellness professionals supporting the Fort Leavenworth community.

"The relocation allows us to better connect health promotion and preventive services with the care patients are already receiving throughout the health center," said U.S. Army Capt. Lorie Santoy, physical therapist and Armed Forces Wellness Center officer in charge. "Our goal is to make wellness resources more accessible and continue empowering individuals with the tools and education needed to improve their long-term health."

The Armed Forces Wellness Center provides evidence-based programs focused on improving overall health, fitness and readiness. Services are available to active-duty service members, military retirees, Department of Defense civilians and family members ages 18 and older.

Among the center's services are metabolic assessments, body composition analysis using the Bod Pod system, cardiovascular fitness testing, stress management education, healthy sleep coaching, tobacco cessation support and individualized exercise prescriptions tailored to each participant's personal goals and current fitness level.

Santoy said the AFWC's personalized approach helps participants better understand how their bodies respond to exercise, nutrition and lifestyle habits.

"We are able to provide scientific data and individualized coaching that can help participants make informed decisions about their health," Santoy said. "Whether someone is preparing for military readiness requirements, trying to improve athletic performance, manage weight or simply build healthier habits, the AFWC offers support that is personalized to the individual."

The new location within Munson Army Health Center is also expected to create additional opportunities for collaboration and community wellness programming.

"We look forward to expanding our wellness education offerings and providing even more classes and engagement opportunities for our community," Santoy said. "This move supports our commitment to helping people achieve sustainable health and wellness goals."

Dog owners urged to provide proper care for their dogs this summer



File photo by Prudence Siebert/Fort Leavenworth Lamp

SAFETY MESSAGE

by Rhonda York/Certified Dog Trainer and Fort Leavenworth Human Animal Bond Director

With summer here, it is a good time to remind everyone about caring for your dog when it's hot. Dog owners need to think about and plan for the safety of their pets during this hot season.

Don't leave dogs in vehicles

First, please don't take your dogs in your vehicles if you plan to go into a place that doesn't allow dogs. Just leave the dog at home. It is not worth the risk to your dog. We all know how hot our vehicles get in a short amount of time. Imagine the awful death of your beloved dog because you decided to run into a store for a few minutes. Cracking the windows in the humid heat doesn't help.

If you do see a dog in a vehicle, please wait by the vehicle and even call for assistance if the owner doesn't show up soon.

Walk dogs in coolest part of the day

Second, walk your dogs in the early morning or late evening.

We cool ourselves through our skin by sweating. Dogs cool themselves by panting and through their paws. They cannot take their fur coats off.

Dogs with less hair like bully breeds and boxers have little or no insulation from the heat. Therefore, they are not able to tolerate the heat as well as other dogs.

Likewise, dogs who have squished in noses like bulldogs and shih tzus can't cool themselves as

well either due to their nose design.

Also, dogs have more trouble cooling down in humid climates like what we have here.

You should also be aware of how hot the sidewalks and streets are for their paws. That heat can burn the pads of their paws.

Make sure they have a chance to cool down after a walk by lying on a cool surface, getting water, and having a kiddie pool to put their paws in. Some dogs love lying in those pools!

Provide cool place, plenty of water

Third, if you have outside dogs, make sure they have a cool place to be and plenty of water. If the heat index gets too high, please consider bringing them inside for the hottest part of the day.

Keep coat in good condition

Fourth, don't necessarily get your dog shaved because you think it will make them cooler. Dogs have their coats for a reason and oftentimes it is for protection from the heat as well as the cold, such as double-coated breeds.

Keep the coat in good condition and allow it to do its job. Check with your vet or groomer about what is best for your dog.

Have fun this summer with your dog and stay safe in the heat.

Editor's note: This article originally posted on the Fort Leavenworth Human Animal Bond Facebook page and was used with permission.



PETS

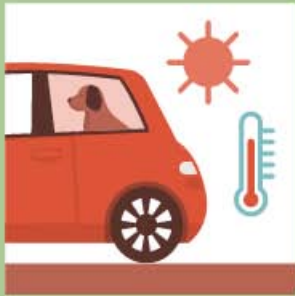
SAFETY TIPS

Hot Weather Rules For Pets





KEEP YOUR PET HYDRATED



DON'T LEAVE YOUR PET IN THE CAR



KEEP PAWS AWAY FROM HOT PAVEMENT



KNOW SIGNS OF OVERHEATING

FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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Patient feedback helps shape care at Munson Army Health Center

by Christina Yager/Munson Army Health Center Public Affairs Officer

Patients receiving care at Munson Army Health Center might be randomly selected to participate in the Joint Outpatient Experience Survey, commonly known as JOES, following their appointment.

Patients who have opted to receive text messages could receive the survey by text following a recent visit. Patients who have not opted in for text messaging may instead receive the survey by mail. The survey provides beneficiaries with an opportunity to share feedback about their healthcare experience.

MAHC officials encourage patients to take a few moments to complete the survey if selected.

During the Patient and Family Partnership Council meeting June 5, Munson Army Health Center Deputy to the Director for Quality and Safety and PFPC Chairman Tim Stevens discussed the JOES program with council members. Stevens reviewed recent survey trends and explained how MAHC leaders use patient feedback to improve the overall patient experience.

“Patient feedback is incredibly valuable because it helps us better understand what we are doing well and where we can continue im-

proving the patient experience,” Stevens said. “We appreciate every patient who takes the time to complete the survey and share their thoughts with our team.”

Stevens also explained that JOES responses are reported to the Defense Health Agency before they are received locally by MAHC, giving patients an opportunity to share their experiences directly with DHA and Defense Health Network West leaders.

The JOES survey is used across the Military Health System to evaluate outpatient healthcare experiences at military treatment facilities. Questions might focus on areas such as provider communication, appointment access, courtesy of staff and overall satisfaction with care received.

Feedback collected through the survey helps healthcare teams identify trends, recognize outstanding service and improve processes that support patient care and readiness.

Because surveys are distributed randomly, not every patient will receive one following an appointment.

Patients who receive a JOES survey are encouraged to provide honest and constructive feedback about their experience at Munson Army Health Center.

WE CARE WHAT YOU THINK

Take the
**JOINT
OUTPATIENT
EXPERIENCE
SURVEY**





Defense Health Agency graphic

Patients are asked to take a few minutes to fill out the Joint Outpatient Experience Survey when they receive it by mail or e-mail. JOES asks questions about patients’ military health care experience. It is secure and personal information will not be shared. Answers tell Munson Army Health Center what is being done right and what could be done better.



JUNE 26 - 27, 2026
LEAVENWORTH, KS

A COMMUNITY-WIDE CELEBRATION OF AMERICA 250!

FRIDAY – HAYMARKET SQUARE
From 5:00 to 10:00 PM

- ★ Wild West Jamboree
- ★ Live music by Bo & the Beards
- ★ Beard & Mustache Contest
- ★ Outhouse Races
- ★ Food & Beverage

Sponsored by the Leavenworth-Lansing Chamber, the Rotary Club and the Lions Club

FAMILY FUN FOR EVERYONE!

Saturday Only

FREE SHUTTLE
LV. HIGH SCHOOL TO DOWNTOWN
STARTING 10AM
EVERY 30 MIN. - RETURN BY 5:30PM

SATURDAY – DOWNTOWN LEAVENWORTH
10:00 AM to 5:00PM

- ★ Western Art Show @ Heritage Center
- ★ U.S. Military History Camp on 3rd and Delaware St.
- ★ WWII Boeing B75N1 Stearman Flyover
- ★ Sidewalk Sales & Scavenger Hunt in Downtown Leavenworth
- ★ Downtown Street Faire with 60+ Crafters and Vendors
- ★ Lil’ Buckaroos at Gazebo Park
- ★ U.S. Military Vehicle Display @ 4th and Seneca St.
- ★ “History on the River” at Riverfront Community Center
- ★ Free Covered Wagon Rides
- ★ 35th ID Army Band Concert @ Haymarket Square 3:30 pm–5:30 pm
- ★ Fort Leavenworth K-9 Warriors

JROTC cadets perform rifle exhibition for Army birthday celebration



Photo by Prudence Siebert/Fort Leavenworth Lamp

Leavenworth High School Junior ROTC Cadet Staff Sgt. Deiken Smith performs a solo rifle exhibition during the Army birthday celebration June 12 at the Post Exchange. Smith will be a junior when classes resume after summer break.



Photos by Prudence Siebert/Fort Leavenworth Lamp



ABOVE: Leavenworth High School Junior ROTC Cadet 1st Lt. Garrett Prayne salutes his father, Deputy Chief of Police Maj. Thomas Prayne, whom he reported into before beginning the routine as he would during competition, as he completes his solo rifle exhibition during the Army birthday celebration June 12 at the Post Exchange. Prayne will be a senior and serves as commander of the JROTC Pioneer Guard.

ABOVE: Deputy Chief of Police Maj. Thomas Prayne watches his son, Leavenworth High School Junior ROTC Cadet 1st Lt. Garrett Prayne, perform his solo rifle exhibition as part of the Army birthday celebration June 12 at the Post Exchange.

RIGHT: Leavenworth High School Junior ROTC Cadet Staff Sgt. Deiken Smith catches his rifle behind his back during his solo rifle exhibition June 12 at the Post Exchange. Smith anchored the demonstration, which also included solo rifle exhibitions by his twin brother, Cadet Sgt. 1st Class Roman Smith, and Pioneer Guard Commander Cadet 1st Lt. Garrett Prayne.



Photo by Prudence Siebert/
Fort Leavenworth Lamp



Leavenworth High School Junior ROTC Cadet Sgt. 1st Class Roman Smith performs a solo rifle exhibition for the Army birthday celebration June 12 at the Post Exchange.

The JROTC demonstration followed a traditional cake cutting to celebration the Army's 251st anniversary.

Photo by Prudence Siebert/Fort Leavenworth Lamp

Water Balloon Fight!

IHG staff culminates Celebrate Service Week with ‘Dream Team’ vs. ‘Team Extreme’ summertime battle



Photo by Prudence Siebert/Fort Leavenworth Lamp

“Dream Team” members Spencer Kellerman, maintenance; Jo Cline, group reservations coordinator; and Phillip Wedeman, maintenance, load up on water balloons and take aim at “Team Extreme” members Ed Martinez, maintenance supervisor; Caeley Kruse, housekeeper; Carlota Hendrick, breakfast supervisor; and Jessica Sur-ratt, housekeeper, during a water balloon fight behind the IHG Army Hotels’ Holiday Inn Express Hoge Hall June 12. The water balloon fight wrapped up IHG’s Celebrate Service Week, which honored employees with a weeklong tour of the world, featuring different countries and corresponding treats and educational information. Featured countries included Korea, the Philippines, India, Poland, Italy and France to represent IHG employees from those countries.

Caeley Kruse, housekeeper at IHG Army Hotels’ Holiday Inn Express Hoge Hall, runs with her arms full of water balloons, stolen from the opposing team, during a water balloon fight with fellow IHG employees June 12 behind the hotel.

The water balloon fight was the culminating event of IHG’s Celebrate Service Week to recognize hotel staff for their hard work.

Photo by Prudence Siebert/
Fort Leavenworth Lamp



Photo by Prudence Siebert/Fort Leavenworth Lamp

“Dream Team” members Jo Cline, group reservations coordinator; Phillip Wedeman, maintenance; and Spencer Kellerman, maintenance, throw water balloons toward “Team Extreme” members during a water balloon fight behind the IHG Army Hotels’ Holiday Inn Express Hoge Hall June 12.

The water balloon fight wrapped up IHG’s Celebrate Service Week, which honored employees with a weeklong tour of the world, featuring different countries and corresponding treats and educational information. Featured countries included Korea, the Philippines, India, Poland, Italy and France to represent IHG employees from those countries.



ABOVE: Carlota Hendrick, breakfast supervisor at IHG Army Hotels’ Holiday Inn Express Hoge Hall, lobbs water balloons in the air toward opposing team members during a water balloon fight with other IHG employees June 12 behind the hotel off 4th Street.

LEFT: Jo Cline, group reservations coordinator at IHG Army Hotels’ Holiday Inn Express Hoge Hall, ducks as water balloons are thrown toward her during a water balloon fight with other IHG employees June 12 behind the hotel. The water balloon fight was the culminating event of Celebrate Service Week, which honors IHG employees.

Photos by Prudence Siebert/
Fort Leavenworth Lamp

New orders, new schools, new beginnings: Managing stress during PCS season

by Jessie Hudson/Martin Army Community Hospital, Fort Benning

FORT BENNING, Georgia — For many military families, summer means more than vacations and time away from school. It marks the beginning of PCS season, when soldiers and their families prepare to leave familiar communities and establish new routines at a new duty station. New orders often bring new opportunities, new friendships and new experiences. But they can also bring uncertainty, stress and a long list of responsibilities that seem to grow by the day.

"PCS season is one of the most significant transitions military families will experience," said Lt. Col. Rebekah Broady, chief of the Department of Mental Health at Martin Army Community Hospital. "Even positive change can create stress. It's normal to feel excited, anxious, overwhelmed and hopeful all at the same time." While children may be saying goodbye to friends, teachers, coaches and familiar routines, parents are often balancing housing decisions, travel arrangements, employment considerations and the logistics of relocating an entire household. According to Broady, stress often appears in ways people do not immediately recognize. Difficulty sleeping, irritability, fatigue, trouble concentrating, changes in appetite and withdrawing from family or friends can all be signs that stress is beginning to take a toll. "Many people assume they simply have to push through



Screenshot from <https://www.militaryonesource.mil/moving-pcs/plan-to-move/pcs-and-military-moves/>

stress because it comes with military life," Broady said. "But recognizing stress early and taking steps to manage it can make a tremendous difference for both individual well-being and family readiness." Army mental health professionals encourage families to focus on what they can control during periods of transition. Maintaining healthy routines, staying physically active and making time for meaningful connections can help create stability when many other aspects of life feel uncertain. One tool mental health professionals frequently recommend is mindfulness, the practice of focusing attention on the present moment rather than becoming overwhelmed by everything that still needs to be done. Broady said mindfulness does

not have to be complicated. Something as simple as taking a few slow, deep breaths before moving on to the next task can help reduce stress and improve resilience. To help manage stress during PCS season, Army mental health professionals recommend:

- Maintaining a regular sleep schedule.
- Staying physically active.
- Breaking large tasks into smaller, manageable goals.
- Talking openly with family members about concerns and expectations.
- Staying connected to friends, family and support networks.
- Scheduling time to rest and recharge during the moving process.
- Seeking help early when stress begins affecting daily life.

Military families often spend

weeks preparing for a move while simultaneously saying goodbye to friends, co-workers and support systems. For children, the transition can be particularly challenging as they leave familiar schools and communities behind. Broady encouraged parents to pay attention to changes in behavior, mood and routines, noting that children often express stress differently than adults. "Military families are incredibly resilient, but resilience does not mean facing challenges alone," Broady said. "Whether you're arriving at a new installation or preparing to depart, there are resources available to support your mental health and well-being." Broady said even though every duty station is different, one thing remains the same. "The Army takes care of its

people. Wherever the mission takes you, don't hesitate to reach out for support when you need it." For military families preparing for their next move, the message is simple: Take care of yourself, stay connected and remember that support is available every step of the way. For immediate support or to learn more about available resources, military families can contact Military OneSource at 800-342-9647 or visit <https://www.militaryonesource.mil/moving-pcs/>. The Department of War's Personal Property Activity has also launched a new website at <https://www.ppa.mil/> to assist with ensuring a seamless PCS process.

Army reduces PCS moves to boost readiness, family stability

by Col. Angela N. Chipman/Army Public Affairs

WASHINGTON — The Army is significantly reducing scheduled permanent-change-of-station moves — cutting more than 12,000 relocations in fiscal year 2026 and more than 13,600 in FY27. Driven by targeted Human Resource Continuous Transformation initiatives, this shift will keep warfighting formations intact longer. By stabilizing these units, the Army aims to build more lethal, cohesive teams, boost overall readiness and provide much-needed predictability for soldiers and their families. "Our intentions with the HR Continuous Transformation initiative are to change the system to be for a more adaptive and agile approach to HR. This includes introducing incentives for stabilization to reduce unnecessary moves that ultimately increases our warfighting capabilities," said

Brig. Gen. Gregory Johnson, director of Military Personnel Management, Headquarters Department of the Army G1. Soldiers are presented with two options to assist their decision to stabilize. The Stabilization Retention Option, which enabled approximately 6,200 soldiers to remain at their duty station in fiscal year 2025, gives soldiers more control over their careers. The Army is also prioritizing family needs with its popular High School Stabilization program. Having benefited approximately 4,000 soldiers in the past year, this program allows families to stay at one duty station through a child's senior year. Human Resource Continuous Transformation is an effort to review all processes to include the systems that have traditionally required frequent PCS moves. The Army is undertaking a broad review of professional military education including the Captains

Career Course and Intermediate Level Education to find ways to reduce PCS requirements. The effort emphasizes expanding distance learning options and using temporary duty and return attendance models so soldiers can complete these courses without having to relocate. This shift is extending to other training programs as well. By stabilizing soldiers for two years while they attend these courses, the Army has already avoided more than 5,000 school related PCS moves in fiscal year 2025. Pilot plans like the Armor Crewman MOS (19K) stabilization at Fort Riley, Kansas, and Fort Bliss, Texas, offer bonuses for tankers to remain at their current location. Programs for company-grade officers, like the Company Grade Retention Incentive Program and warrant officers through their Warrant Officer Retention and Excellence Program provide similar options to

reduce mid-tour churn. "The goal of our strategy is to solve one of the biggest challenges to readiness and retention, which is instability," said Sgt. Maj. Enrique Rose, senior Army career counselor, Army G-1. "The efforts focus on empowering soldiers to choose what is best for their families while not compromising readiness." By eliminating some PCS moves to facilitate stability, team development and readiness, the Army is signaling a clear commitment to its people without compromising lethality. This is more than a cost-saving measure, it is a direct investment in the well-being of the force. The Army is building a more modern, people-focused personnel system where soldiers can build expertise, and families can plant deeper roots.



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Explore heartland’s best trails in Kansas, Missouri, Iowa

by Lawrence Brooks/U.S. Army Corps of Engineers, Kansas City District

KANSAS CITY, Missouri — For America’s outdoor enthusiast or the communities surrounding the Kansas City District’s 18 lake projects spread across Kansas, Missouri, Iowa and Nebraska, there are several dozen trails tucked inside the natural habitats surrounding the lakes.

These hidden gems offer recreational opportunities such as running, hiking, biking, ATV and equestrian trails.

According to Perry Lake Park Ranger Benjamin Johnson, who also helps manage the grounds of Clinton and Hillsdale lakes, the trails provide great outdoor opportunities not only for Kansans, but for anyone who comes to visit the federally managed lakes of eastern Kansas.

“The state of Kansas does not have large swaths of public lands like other states. So, our trails offer a unique and vital resource,” he said. “The diversity of trails found on our properties offers a recreational opportunity for all types of user groups, including people with disabilities (since) some are ADA accessible.”

These trails vary in length and elevation, which gives more opportunity for backpackers with binoculars to get a glimpse of both regional and migrating wildlife in their natural habitats, said Long Branch Lake Natural Resource Management Specialist Ryan Spry.

“Visitors could observe a variety of species in aquatic and forested habitats, including white-tailed deer, wild turkeys, squirrels, bald eagles, pelicans, seagulls, Canadian geese, waterfowl, woodpeckers, osprey, coyotes, foxes, snakes, turtles, numerous small bird species and the occasional bobcat sighting,” he said.

For a comprehensive list of trails at some of the district’s lake projects to roam on a road or camping trip, visit <https://americanhiking.org/national-trails-day/>.

KANSAS
Clinton Lake
<https://www.nwk.usace.army.mil/Locations/District-Lakes/Clinton-Lake/>

Clinton Lake is in the heart of Jayhawk country in Lawrence, Kansas. With approximately 15,000 acres of federal and state-managed land surrounding the lake, there are nearly 75 miles of trails within its footprint.

Some of its most prominent pathways include:

- North Shore Hiking/Mountain Biking Trail

The North Shore Trail has more than 21 miles of hiking and mountain biking trail, which begins in the Overlook Park and runs to the Coon Creek arm of the lake.

- South Shore/Rock Haven Hiking and Equestrian Trail

The South Shore Trail is multi-use and contains more than 30 miles of horseback riding and hiking trails, spanning from the south end of the dam into the Rock Creek arm of the lake. The main trailhead is in Rock Haven Park, but it can also be accessed at the south end of the dam or in the Rock Creek area. Rock Haven Park is the only area where campers with horses or mules are allowed to camp overnight.

- George Latham Hiking/Backpacking Trail

The George Latham Trail is in Woodridge Park on the northwest side of the lake. This 4.5-mile trail offers excellent hiking opportunities as well as overnight camping along the trail, if desired.

- Backwoods and Discovery Nature Interpretive Hiking Trails

Two self-guided nature trails are located behind the USACE Information Center, near the north end of Clinton Lake dam. Both trails are for hiking only. The Backwoods Trail is 0.7-miles in length, and is self-guided with a pamphlet, which is available at the Information Center. The Discovery Trail is 0.5-miles and is self-guided and uses signage placed along the trail.

- Sanders Mound Hiking/Cycling Trail

Sanders Mound is a 1.2-mile, out-and-back trail that leads to the top of a grassy knoll overlooking Clinton Lake. The trail is mostly paved until the final descent. A bench awaits hikers at the end of the trail who wish to relax and enjoy the views.

- South Lawrence Trafficway Hiking/Biking Trail

The most recent addition to trails at Clinton Lake is the South Lawrence Traf-



Photo by Lawrence Brooks/U.S. Army Corps of Engineers, Kansas City District

The entrance to the Hidden Spring Nature Trail at Hillsdale Lake. Other amenities the trail offers are exercise machines and interpretive signs to learn about the flora and fauna of the area.

ficway Hike and Bike Path. This concrete-paved trail travels parallel to the new K-10 bypass road. The path travels about 8.5 miles and crosses Clinton Lake property as it passes through the spillway area and is well suited for cyclists, rollerbladers, walkers and joggers.

Perry Lake
<https://www.nwk.usace.army.mil/Locations/District-Lakes/Perry-Lake/>

Perry Lake is about 25 miles northeast of Lawrence, Kansas, and is located on the Delaware River in Jefferson County. With 160 miles of shoreline and more than 39,000 acres of land managed by the district and the Kansas Department of Wildlife, there are 14 trails across its sprawling footprint.

Here are some details on some of its most popular locations:

- Perry Lake ATV and Motorcycle Trail

The 155-acre area has 140 acres dedicated to two- and four-wheel vehicles, with terrain ratings from easy to difficult. Recognized as a ride area in 1988, the iconic trail also highlights the district’s partnership with Kansas All-Terrain Vehicle Association, an organization that helps manage the lengthy trail. It also has a parking area with loading and unloading ramps, restrooms, a perimeter fence and road for maintenance and emergencies, a sediment control structure, a service area, a children’s ride area, park benches and a picnic shelter.

- Thunder Ridge Trail

Thunder Ridge Trail is an interpretive hiking trail located in Slough Creek Park. The trail offers visitors a self-guided hike with thirty stations around its 2.5-miles of trail. Thunder Ridge boasts a variety of ecosystems and wildlife habitats to view on the trail. Trail spurs offer easy access to several of the camping loops within Slough Creek Park.

- Delaware Marsh Off-the-Leash Dog and Hiking Trail

Perry Lake Project Office staff constructed the Delaware Marsh in cooperation with the U.S. Fish and Wildlife Service and the Natural Resources Conservation Service. The mowed trail is self-guided and offers 1.75-miles of trial that loops through fields and wooded areas so hikers can enjoy scenic views through a wetland ecosystem.

- Perry Lake Equestrian Trail

Consisting of two trailheads, the Perry Lake Equestrian Trail is 34 miles in length that takes riders through a winding upland forest habitat —traversing through Horse Trail Campground (Perry State Park) Rock Creek Park (USACE managed).

- Perry Lake Hiking/Backpacking Trail

Developed in 1978 under the guidance of the Kansas Trails Council, it is 29 miles in



Photo by Lawrence Brooks/U.S. Army Corps of Engineers, Kansas City District

A view from the Marais des Cynges River Interpretive Nature Trail and its signs about native plants and animals to educate the public about the region along the way.

length. Here, visitors can get panoramic views of the Delaware Valley with its rolling hills and oak hickory woodlands where local wildlife thrives. The varied topography has given this area the nickname “Little Ozarks.”

- Perry Lake Mountain Bike Trail

The trail is approximately 22 miles in length with moderate to difficult terrain that rolls through Perry State Park and USACE-managed land.

Hillsdale Lake
<https://www.nwk.usace.army.mil/Locations/District-Lakes/Hillsdale-Lake/>

Hillsdale Lake is in Miami County, Kansas, and has more than 12,000-acres of land surrounding the 4,580 water acres of the lake. Although the Kansas Department of Wildlife, Parks and Tourism manage all recreation today, there are miles of natural and paved trails on its grounds to take advantage of on the next trip to the lake.

- Hidden Spring Nature Trail

The 1.5-mile multi-use trail is for both hikers and mountain bikers, with benches along the path that are ideal for observing wildlife in their natural habitat.

- Saddle Ridge Equestrian Trail

The trail network is 48 miles of marked trails and is multi-use so hikers and cyclists can get in on the action, too. It also contains the Saddle Ridge Equestrian Camp area, which provides horse pens and other amenities since the camp is a regional hub for seasoned horse riders and their organizations.

- Hillsdale Lake Loop Trail

The 3.1-mile trail loop takes hikers along a portion of the southeast shoreline and is open to the public all year round. It is arguably the most popular trail on the

grounds since it is open to campers, hikers, dogs with leashes and horses.

Melvorn Lake
<https://www.nwk.usace.army.mil/Locations/District-Lakes/Melvorn-Lake/>

Melvorn Lake is located within the heart of the Flint Hills of east-central Kansas, with more than 13,000 acres of federal and state-managed land that houses more than 40 miles of trails. The sprawling area is home to natural and paved trails for public exploration of the native habitats associated with the area.

- Marais des Cynges River Interpretive Nature Trail

The self-guided paved hiking and biking trail is approximately one mile long and is located along the original Marais des Cynges River channel within Outlet Park. There is also a playground that is surrounded by camping facilities.

- River Bottom Nature Trail

Also located in Outlet Parks northeast corridor, the primitive trail is .75 miles long and is in a hardwood forested river bottom that is ideal for wildlife observation.

- River Pond Trail

The 1.5-mile trail traverses along the perimeter of most of the Outlet Park River Pond and can be used for casual exercise, running and biking.

- The Tallgrass Heritage Trail

About 4.25 miles, the new trail stretches from the Arrow Rock Park campground and extends east to Coeur d' Alene Park — with scenic views of the Melvorn Lake Shoreline, ephemeral streams and tall grass prairie for hikers and bikers.

- Scooter Trail

Heartland’s best trails (continued from Page A5)

The trail is in Eisenhower State Park and is open from 10 a.m. to 6 p.m. The multi-use path is used by hikers, cyclists and motorized scooter riders if they are 50cc and under.

- Five Star Multi-use Trail

Nearly 5 miles long, it also travels through Eisenhower State Park, with a two-mile section of trail that contains 20 targets set at different ranges and difficulty levels for the archery enthusiast in the region.

Milford Lake

<https://www.nwk.usace.army.mil/Locations/District-Lakes/Milford-Lake/>

Milford Lake has 163 miles of shoreline — making it the largest of the nine USACE-managed lakes in Kansas — and is located near the iconic Konza Prairie. With roughly 33,000 acres of federal and state-managed land, there are 13 trails for the public to take advantage of.

Here are a few of the most popular:

- Off-Road Vehicle Trails

The School Creek ORV area consists of approximately 287 acres of trails with 118 feet of elevation gain. It’s restricted to vehicles that are 50 inches wide or less and no side-by-side vehicles are allowed.

- Outlet Park/Old River Bluff Trail

A 1.25-mile route connecting the Riverwalk Trail to the Milford State Park Eagle Ridge Equestrian Trail, creating more than 14 miles of equestrian trails.

- Riverwalk Trail

A 4.8-mile route along the Republican River between Outlet Park at Milford Lake and Fort Riley, Kansas. The trail is open to hikers, bicycles, equestrian use and snowmobiles when appropriate.

- Wildlife Viewing Tower and Trail

The tower is accessed from a wrap-around staircase, which rises 21 feet to the top platform, where excellent wildlife viewing is made available using nearby food plots. The best time to visit is near dusk or dawn when most animals are active. Stargazing is excellent on clear nights.

MISSOURI

Harry S. Truman Lake

<https://www.nwk.usace.army.mil/Locations/District-Lakes/Harry-S-Truman-Lake/>

Harry S. Truman Lake is the largest reservoir in Missouri, with approximately 100,000 acres of land surrounding the reservoir and 20 parks. Scattered throughout its vast footprint in Ozark Country are several trail networks the public can readily access.

Here are a few favorites that can help the people on their journey to reengage with nature or to scratch their recreational itch:

- Cooper Creek ATV trail

The trail is free of charge, covering nearly 400 acres of hills and other obstacles for ATV and dirt bike riders, with riding areas being guided by fences of signage.

- Berry Bend Horse Trail

Open all-year round for equestrian campers, the trail is connected to the Berry Bend Equestrian Campground that has amenities such as showers, electrical hook-ups, laundry services and a children’s playground. With 25 miles of winding trails that go both east and west along the north shoreline, great views of the Osage Arm of the lake can be seen by both hikers and horse riders.

- Visitor’s Center Trail

The short nature trail is about 1.2 miles and is located adjacent to the Harry S. Truman Visitor Center. The trail runs roughly parallel to the shoreline and ends on a wooded point. There is an option to take the trail across the peninsula or take an alternate route back to the visitor center area, making the trail a loop. There are park benches located along the trail for the public to take a rest while basking in some iconic views of the lake.

- Shawnee Bend Trail

The trail is 2.4 miles and offers a scenic hike with views of the Osage River. As it winds through wooded areas and bluffs, the public can find great overlooks of the lake and surrounding landscape. With mostly flat terrain and a few gentle inclines, it’s accessible for hikers of all levels.

Stockton Lake

<https://www.nwk.usace.army.mil/Locations/District-Lakes/Stockton-Lake/>

Stockton Lake is situated between the Ozark Plateau and the prairie of western Missouri, with 61,000 acres of land and water resources managed by the district. There are 11 trails spread across the property.

Here are a few for the outdoor enthusiasts and nature lovers to plan their next excursion:

- Ceder Gap Trail

The 3.1-mile trail has 78 feet of elevation gain and offers a scenic walk through rolling woodlands filled with oak and cedar trees, as well as sites to learn about some native history of the area.



Photo by Lawrence Brooks/U.S. Army Corps of Engineers, Kansas City District

The signage at the entrance to Crabtree Cove, one of the most popular trails at Stockton Lake.

- Crabtree Cove Trail

The shaded trail is 3.3 miles in length with scenic views of Stockton Lake and the Crabtree Cove from the overlook loop. It also offers some versatility with paved and gravel paths, as well as optional trail pathways such as Quarry Loop and Overlook Loop, which can add distance and variety to a hike. With restrooms at both ends and benches to take breaks, it’s a great trail for both families and senior citizens. Over the years, the trail has become a top location for the region’s nature photographers, since visitors may encounter bald eagles, blue herons, wild turkeys and diverse plant life.

- Rutledge Bluff Overlook Trail

The challenging point-to-point trail has more than 1,200 feet in elevation gain over its 18-mile meandering path through woods that closely follow the Stockton Lake shoreline. It is also multi-use for hikers, bikers, horseback riders and boaters to enjoy since there are USACE boat access ramps along the route.

- Old Mill/Fishing Pond Trail

This family-friendly trail is less than one mile, with two fishing docks on the pond, a baseball field, sculptures, artwork and other paths to walk or bike. The pond is stocked with fish such as catfish, hybrid bluegill, and largemouth bass.

Smithville Lake

<https://www.nwk.usace.army.mil/Locations/District-Lakes/Smithville-Lake/>

Smithville Lake is the largest reservoir in the Kansas City metropolitan area with around 175 miles of shoreline and more than 10 trails that all vary in difficulty. Like other federal lakes near Kansas City (Longview and Blue Springs), Smithville Lake is managed by the county it resides in, which is Clay County, Missouri.

Here are a few trails on the grounds for the public to enjoy when out on the lake or simply getting some exercise:

- Equestrian Trails

There are three primitive trails for horseback riding and hiking, which are the Crow’s Nest, Jack Rabbit Bend and Crow’s Creek Campground. There are several access points to the trails throughout its 32-mile path, with parking areas, picnic shelters, showers, laundry services and restrooms.

- Anita B. Gorman Trail

The paved trail is 8.8 miles long and is popular for birdwatchers, campers and fisherman. Dogs are welcome if they’re on a leash and their waste is properly disposed of.

- Eagle’s View Trail

The 1.8-mile trail is short in length with a completion time under an hour. For nature enthusiasts, the best time to visit is January through October if you want to get a glimpse of the iconic bald eagles that call Smithville Lake home.

- Litton Center Trail

The scenic trail meanders past the Jerry Litton Visitors Center, where the public can view gardens and prairie plots under a shaded tree line. It is 3.6 miles in length with a gently rolling terrain through cultivated and native landscapes. There are also



Photo by Lawrence Brooks/U.S. Army Corps of Engineers, Kansas City District

A view of the entrance to Anita B. Gorman Trail at Smithville Lake in Clay County, Missouri.

interpretive signage and agricultural features that add educational elements to the route.

Long Branch Lake

<https://www.nwk.usace.army.mil/Locations/District-Lakes/Long-Branch-Lake/>

Long Branch Lake is in Macon County, Missouri, with an operational visitor’s center on the east end of the dam. It offers highly regarded trails managed by USACE and state agencies for campers and the local community to enjoy.

- Long Branch Dam Trail

This 1.7-mile loop offers a safe, off-road environment for walkers and runners to enjoy away from vehicle traffic with stunning views of the lake.

- Admin Nature Trail

This quarter-mile, gravel-surfaced path is fully shaded by a diverse hardwood canopy. To enhance visitor engagement, the trail incorporates numbered signage at specific tree locations, supporting an interactive tree identification activity by using our clipboards provided inside the Visitor Center.

- The Dam Crest Trail

The trail spans 1.7 miles and encircles the north and south sides of the Dam Crest Road. Currently, it’s a mix of manicured grass, gravel and pavement while providing critical connectivity to the state park trail system and the lake. The northern segment of the trail offers scenic waterfront views.

- Bee Trace Trail

The 7.3-mile trek is a looped trail on the state park side of the property that gives hikers the opportunity to experience several different landscapes such as prairies, woodlands and savannahs.

IOWA

Rathbun Lake

<https://www.nwk.usace.army.mil/Locations/District-Lakes/Rathbun-Lake/>

Rathbun Lake is in Centerville, Iowa, in Appanoose County, but with 155 miles of shoreline at full capacity, it crosses into portions of Lucas, Wayne and Monroe counties to the west. With 23,000 acres of land resources managed by federal and state agencies, it is home to several popular trails in southeastern portion of the Hawkeye State.

- Gene Paris Snowmobile Trail

As one of the only winter trails in the district, the 47-mile trail circles Rathbun Lake and is maintained by the Rathbun Snow Riders Snowmobile Club, highlighting USACE partnerships with local organizations to provide recreation for the

public. The trail is currently closed except for the North Shore Trail section from Honey Creek Resort to Prairie Ridge Campground.

- North Shore Trail

Completed in April 2012, the Rathbun North Shore Trail consists of an 8.2-mile surfaced trail. The trail connects Prairie Ridge Park to Honey Creek Resort State Park and is designed for hiking, biking and snowmobiling. It also offers vistas of the lake and tours through the southern Iowa prairie and woodlands.

- Rathbun Water Trail

The Rathbun Water Trail has more than 20 miles of water trails mapped for self-guided paddling from beginner- to expert-level enthusiasts. Users can plan a short outing to an overnight camping trip at one of the park campgrounds. Appanoose County Trails Inc. maintains the trail.

- Off-Highway Vehicle Trail

Rathbun Lake has southern Iowa’s only OHV Park. Located on the south bank of the South Fork Chariton River, the area encompasses nearly 125 acres in an abandoned rock quarry on government land. The Rathbun OHV Park is maintained by the volunteers of the South-Central Dirt Riders ATV Club, and the Iowa Department of Natural Resources provides financial support through the disbursement of ATV registration fees to the club. The area is open to the public year-round and vehicles are limited to motorcycles, ATVs and UTVs. Full-size vehicles are prohibited on the trails.

Volunteering

<https://www.volunteer.gov/s/global-search/FILTERUSACE>

Maintaining the district’s extensive trail system would not be possible without the support of volunteers and partner organizations, Johnson said.

“At Perry Lake, our trail partners include the Boy Scouts of America, Kansas Trails Council, Audubon Society, Backcountry Horsemen of Kansas and dedicated volunteers,” Johnson said. “They provide essential maintenance such as mowing, trimming, clearing fallen trees and building trail amenities like bridges and benches.”

Those interested in helping keep district trails and other areas on the lake project grounds safe, accessible and enjoyable for current and future generations, contact the nearest lake project office or visit <https://www.volunteer.gov/s/global-search/FILTERUSACE> to learn more about volunteer opportunities.

Free Sunflower Music Festival features orchestra, chamber music, jazz June 19-27

by Washburn University Press Release

TOPEKA, Kansas – Orchestra, chamber music and jazz will once again fill White Concert Hall on the Washburn University campus June 19-27 as internationally renowned musicians gather in Topeka for the annual Sunflower Music Festival. All performances are free and open to the public.

“The Sunflower Music Festival brings some of the world’s best musicians to the Midwest each year,” said Charles Stegeman, concertmaster of the Pittsburgh Opera, Pittsburgh Ballet Theatre and Andrea Bocelli’s West Coast tours, and concertmaster and artistic director of the Sunflower Music Festival. “It’s a one-of-a-kind experience and a gift of love to music lovers across northeast Kansas. We love our craft, sharing it with audiences and teaching the next generation through the Blanche Bryden Institute. The festival also gives us, as artists, a unique opportunity to collaborate.”

Learn more about the Sunflower Music Festival by visiting sunflowermusicfestival.org.

2026 Program

Opening Celebration — Chamber Orchestra 7:30 p.m. June 19 at White Concert Hall

Guest conductor Antony Walker will lead opening night performances of works by Bach, Grieg and Haydn, including “Brandenburg Concerto No. 1 in F Major, BWV 1046” by Johann Sebastian Bach, “Piano Concerto in A Minor, Op. 16” by Edvard Grieg featuring a solo by Cynthia Raim, piano, and “Symphony No. 104 in D Major (‘London’)” by Franz Joseph Haydn.

Chamber Ensembles

7:30 p.m. June 20 at White Concert Hall

Saturday’s program features chamber ensembles performing “Trio for Oboe, Bassoon and Piano FP 43” by Francis Poulenc, “String Quartet in C Minor, Op. 18, No. 5” by Ludwig van Beethoven and “Horn Trio in E-flat major, Op. 40” by Johannes Brahms.

Jazz Night — Kansas City Jazz Orchestra presents “Songs in the Key of KC”

7:30 p.m. June 22 at White Concert Hall

The Kansas City Jazz Orchestra will explore the legacy and evolution of Kansas City jazz. From Bennie Moten through Count Basie and Bobby Watson, nothing swings like KC.

Chamber Ensembles

7:30 p.m. June 23 at White Concert Hall

Tuesday offers another opportunity to enjoy chamber ensembles, including “Divertimento in E-flat major, K. 252/240a” by Wolfgang Amadeus Mozart, “String Quartet in C Major, Op. 76, No. 3 (‘Emperor’)” by Franz Joseph Haydn, “Serenade in C Major for String Trio, Op. 10” by Erno Dohnanyi and “String Sextet in A Major, Op. 48, B. 80” by Antonín Dvorák.

Chamber Orchestra

7:30 p.m. June 24 at White Concert Hall

Guest conductor Antony Walker will lead the orchestra as it performs “Brandenburg Concerto No. 2 in F Major, BWV 1047” by Johann Sebastian Bach, “Horn Concerto No. 4 in E-flat Major, K. 495” featuring a solo by James Thatcher, horn, and “Symphony No. 40 in G Minor, K. 550” by Wolfgang Amadeus Mozart.

Blanche Bryden Performance — Collegiate Strings

7:30 p.m. June 25 at White Concert Hall

The evening opens with a performance of “String Quartet No. 2 in G Major, Op. 18, No. 2” by Ludwig van Beethoven. Students Nathan Thomeer, violin; Josef Mueller, violin; Krystian Pawlow, viola; and Evan Ream, cello, will perform “String Quartet No. 6 in F minor, Op. 80” by Felix Mendelssohn. Thomeer, Mueller, Pawlow and Ream will be joined by Grace Nieh, piano, to perform “Piano Quintet No. 2 in A Major, Op. 81” by Antonín Dvorák to conclude the evening.

Chamber Ensembles

7:30 p.m. June 26 at White Concert Hall

The chamber ensembles will conclude their festival performances with “Sonata IV in D Minor” and “Sonata III in D Major” by Georg Frederic Telemann, “Woodwind Quintet No. 1” by Jean Françaix and “Piano Quintet in F Minor, Op. 14” by César Franck.



SUNFLOWER MUSIC FESTIVAL

~ Celebrating 39 Years of Musical Excellence ~

June 19-27, 2026 | White Concert Hall
On the campus of Washburn University

Doors open at 6:30 pm | Concerts start at 7:30 pm

FEATURING:

Brandenburg Concerto No. 1
Grieg Piano Concerto in A minor
 Cynthia Raim, soloist

Haydn Symphony No. 104 in D major

Brandenburg Concerto No. 2
Mozart Horn Concerto No. 4 in E-Flat major
 James Thatcher, soloist

Mozart Symphony No. 40 in G minor

Brandenburg Concerto No. 3
Mozart Clarinet Concerto in A major
 Jonathan Gunn, soloist

Beethoven Symphony No. 7 in A major

ALSO FEATURING:
Jazz Night
The Blanche Bryden Institute
www.sunflowermusicfestival.org




venmo

Blanche Bryden Performance — High School Student Ensembles

3 p.m. June 27 at White Concert Hall, followed by a reception in the lobby

Held annually since 1993, the Sunflower Music Festival Blanche Bryden Chamber Music Institute brings together professional orchestra musicians and Washburn University faculty to teach students throughout the week. This year, the institute runs June 21-27. Participating students are selected through auditions submitted online to form chamber ensembles: string quartets and woodwind quintets. These students participate in master classes, independent study, group rehearsals, observe festival rehearsals and interact with professional musicians throughout the week. Their experience culminates in a concert at the end of the week that is open to the community.

Festival Finale: Chamber Orchestra

7:30 p.m. June 27 at White Concert Hall

Guest conductor Antony Walker will lead the festival's final program, featuring works by Bach, Mozart and Beethoven, including “Brandenburg Concerto No. 3 in G Major, BWV 1048” by Johann Sebastian Bach, “Clarinet Concerto in A Major, K. 622” by Wolfgang Amadeus Mozart featuring a solo by Jonathan Gunn, clarinet, and “Symphony No. 7 in A Major, Op. 92” by Ludwig van Beethoven.

2026 featured artist, silent auction and T-shirt sales

As a tribute to its name and Kansas roots, the Sunflower Music Festival features sunflower-themed artwork each year. This year's featured artist is local artist Kim Scott, whose original sunflower design is a painting on silk.

To help keep the festival free, the Sunflower Music Festival board hosts a silent auction and T-shirt sales throughout the festival. Visit sunflowermusicfestival.org to view the artwork and learn more about Scott.

The silent auction winner will be announced after intermission at the last concert.

Enduring legacy and support

Major sponsors make free admission to the Sunflower Music Festival possible. Those sponsors include Washburn University and the Blanche Bryden Foundation.

“The Sunflower Music Festival began with a conversation in 1987 between Russell Patterson, then-conductor of the Kansas City Lyric Opera, our spouses and me about bringing world-class music to the Midwest,” Stegeman said. “Thirty-nine years later, the festival remains true to that vision by presenting an annual series of free concerts each June and making exceptional music accessible to all.”

Adoptable

Pet of the Week: Hunter

Hunter is an adult male tabby available for adoption at the Fort Leavenworth Stray Facility. He has already been neutered, microchipped and vaccinated.

The fee to adopt a cat is \$100. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility.

E-mail fortleavenworthstrayfacility@gmail.com for an adoption application or submit an adoption application online at <https://new.shelterluv.com/matchme/adopt/FLSF/Cat>.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open noon to 3 p.m. Tuesday and Thursday and by appointment.

Call 913-335-0788 for an appointment or more information. Visit <https://www.petfinder.com/member/us/ks/fort-leavenworth/fort-leavenworth-stray-facility-ks174/> for adoptable pet profiles.



Photo by Prudence Siebert/ Fort Leavenworth Lamp



ARMED FORCES WELLNESS CENTER

AFWC

WE'RE

MOVING

The AFWC is closing June 19 and will reopen at Munson Army Health Center



FORT LEAVENWORTH
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of the Chapel

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at the
Playground!

JOIN US FOR A SWEET TIME OF FUN,
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18 JUNE, 2026	FHCC Playground	0930-1100
2 JULY, 2026	FHCC Playground	0930-1100
23 JULY, 2026	EFMP Playground	0930-1100
6 AUGUST, 2026	EFMP Playground	0930-1100

All are welcome! ❤️ Bring a friend! ❤️ Let's make summer sweet!



Outdoor Pool
Opens May 22nd!

Join us during our special opening day
after school hours! 3 pm - 7 pm



Make it a summer
to remember at
Fort Leavenworth's Pools!

Please check the Fort Leavenworth MWR FB page or call the aquatics center
at 913-684-2190 for weather updates and pool closures before you go!

scan here for more info 

Fort Leavenworth
2026 Pool Season

Hancock Pool
Open 7 days a week /
when school is not in session
10 am - 7 pm Family Swim
Open on Training Days and Holidays

Bernstein Memorial Pool
Indoor
5 am - 6 pm Adult Lap Swim / M - F
8 am - 1pm Adult Lap Swim / Sat & Sun
Closed on Training Days and Holidays

Outdoor Pool Passes
Passes must be purchased at Harney
\$5 daily admission (cash only at the door)
\$120 Family Season Pass for 4
(\$20 each additional member)
\$60 for half pass May 22 - July 8 or
July 1 - Sept 7
\$40 for Individual Season pass



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Come Join Us For Breakfast

Put On By The VFW Riders

**Serving Pancakes, French Toast, Sausage,
Bacon, Scrambled Eggs, and Biscuits and
Gravy**



SATURDAY, 20 JUNE 2026
0730 - NOON

(We Accept CASH Goodwill Donations)



"Make a difference in the life of a Veteran – volunteer with VFW Post 56"

 VFW Veterans of Foreign Wars Post 56  <http://www.vfw56.org/>

FORT LEAVENWORTH HUNT

Summer Rides

Save the dates

June 3, 17 ☺
July 1, 15 ☺, 29
August 12 ☺, 26
☺ confidence ride

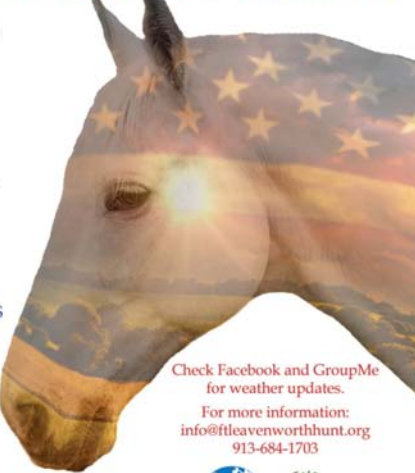
Wainwright
Riding Complex
265 McPherson Ave
Fort Leavenworth, KS

Rides start at 5pm
with a potluck to
follow. Bring a
dish to share!

Check Facebook and GroupMe
for weather updates.
For more information:
info@ftleavenworthhunt.org
913-684-1703



Important information: Riders must sign a Hold Harmless agreement before the ride. Riders must wear boots with a heel and an ASTM helmet. Minors must be able to ride their own horse and be accompanied by an adult for the duration of the ride. This is a FREE event and open to anyone with Post access. Must be at least an "experienced beginner". If a rider is in need of a horse, there are limited mounts available. Please reach out ahead of time to the Fort Leavenworth Hunt.





Celebrate the 250th Anniversary of our Nation
with Fort Leavenworth!

FOURTH
OF JULY

AMERICA

250

4th of July Festivities Located at : Merritt Lake

Music, Food Trucks, & More! The fun starts @ 6pm
Salute to the Union @ 8pm
Spectacular Fireworks Show begins @ Dusk

**YOU WON'T WANT TO MISS OUR
BIGGEST FIREWORKS DISPLAY YET!**

For more info: 913-684-1674

Important Information: Grant Gate is the public access point for our 4th of July event. Visitors will be vetted at the Grant Gate before entering the installation. All visitors will be required to show a REAL ID form of identification. This does not apply to Service Members, Installation Personnel, Dependents or Retirees who already possess a Military ID, Military Dependent ID, a Common Access Card (CAC), or a Federal Government-issued PIV Card. Visitors without REAL ID will need a secondary identification. List of acceptable secondary IDs at www.tsa.gov/travel/security-screening/identification. Prohibited (per CAC & FT LVN Reg. 420-2): Privately-owned fireworks, including sparklers, smoke bombs, personal grills.

Thank you to
our Sponsors!



Sponsoring does not imply endorsement

Leavenworth Animal Welfare Society

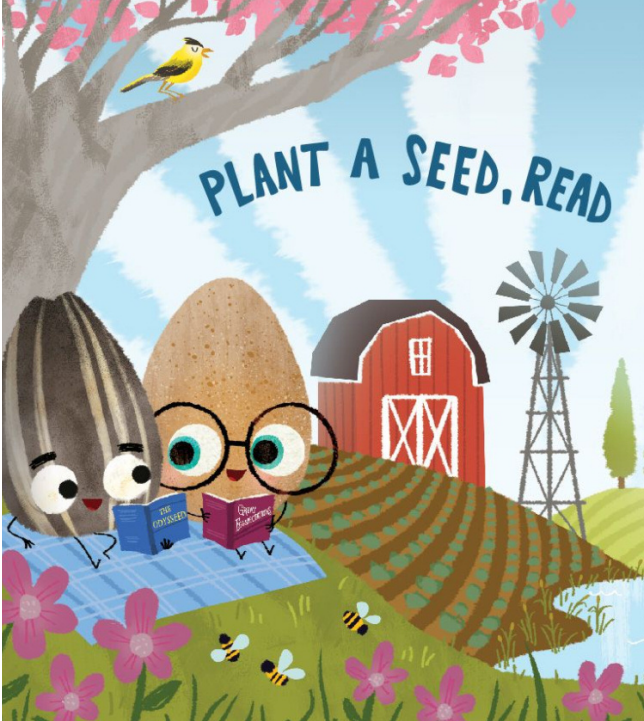
Spay-Ghetti Dinner

Saturday, June 20th
5pm-7:30pm

at
Eagles Lodge
300 S. 20th Street, Leavenworth, Kansas



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Community
Blood Center

Blood Drive

Fort Leavenworth

Thursday, June 25th
9:00 AM - 2:00 PM

Fellowship Hall
Frontier Chapel, 625 Thomas Avenue

Prepare to donate



For full eligibility requirements and COVID-19 information, visit savealifenow.org/eligibility.

 Sign up at savealifenow.org/group and use group code BK.
For additional details, contact Felicia Wells at (913) 684-6161 or felicia.m.wells3.mil@health.mil.

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**BUFFALO BILL
WILD WEST &
MILITARY HISTORY
FESTIVAL**

**JUNE 26 - 27, 2026
LEAVENWORTH, KS**

FRIDAY - HAYMARKET SQUARE

From 5:00 to 10:00 PM

- ★ Wild West Jamboree
- ★ Live music by Bo & the Beards
- ★ Beard & Mustache Contest
- ★ Outhouse Races
- ★ Food & Beverage

Sponsored by the Leavenworth-Lansing Chamber, the Rotary Club and the Lions Club

SATURDAY - DOWNTOWN LEAVENWORTH

10:00 AM to 5:00 PM

- ★ Western Art Show @ Heritage Center
- ★ U.S. Military History Camp on 3rd and Delaware St.
- ★ WWII Boeing B75N1 Stearman Flyover
- ★ Sidewalk Sales & Scavenger Hunt in Downtown Leavenworth
- ★ Downtown Street Faire with 60+ Crafters and Vendors
- ★ Lil' Buckaroos at Gazebo Park
- ★ U.S. Military Vehicle Display @ 4th and Seneca St.
- ★ "History on the River" at Riverfront Community Center (9:00 AM to 4:00 PM)
- ★ Free Covered Wagon Rides (10:00 AM to 2:00 PM)
- ★ 35th ID Army Band Concert @ Haymarket Square 3:30 PM - 5:30 PM

And more!

A COMMUNITY-WIDE CELEBRATION OF AMERICA 250!



**FAMILY
FUN FOR
EVERYONE!**



**BUFFALO BILL
WILD WEST &
MILITARY HISTORY
FESTIVAL**

35ID ARMY BAND

LIVE PERFORMANCE



SATURDAY, 27 JUNE 2026

3:30 PM TO 5:30 PM

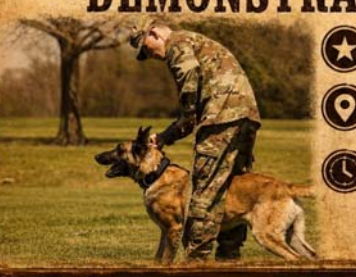
**HAYMARKET SQUARE,
CHEROKEE STREET**

**BYOC
BRING YOUR
OWN CHAIR**



**BUFFALO BILL
WILD WEST &
MILITARY HISTORY
FESTIVAL**

**67TH MWD DETACHMENT
DEMONSTRATIONS**



27 JUNE

**HAYMARKET SQUARE,
CHEROKEE STREET**

**TIMES:
1:30-2:00 PM
2:30-3:00 PM**

**BRING A CHAIR AND
ENJOY THE DEMONSTRATION**

**BYOC
BRING YOUR
OWN CHAIR**



**FRIDAY, JUNE 26
5PM TO 10PM**

**BYOC
BRING YOUR OWN SEATING**

WILD WEST JAMBOREE @ HAYMARKET SQUARE

FREE CONCERT BY BO & THE BEARDS STARTS AT 5:00 PM

COOK-OUT 5:00 PM

"WHISKERS OF THE WEST"

BEARD & MUSTACHE CONTEST

6:00 PM (6-45PM AWARDS)

OUTHOUSE RACES 7:00 PM (AWARDS 8:15PM)

**FOOD, ALCOHOL
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BO AND THE BEARDS

A Community-Wide Celebration of America 250!

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**BUFFALO BILL
WILD WEST &
MILITARY HISTORY
FESTIVAL**

**JUNE 20-27, 2026
Leavenworth, Kansas**

Saturday, June 20

VFW Post 56 "Pre-250" Year Anniversary Breakfast

Monday, June 22

City of Leavenworth
Trivia Night at Ten Penny Bar & Grill

Friday, June 26

Wild West Jamboree at Haymarket Square

Cook-Out

Hosted by Leavenworth Rotary Clubs

Outhouse Races

Hosted by Leavenworth Lions Clubs

"Whiskers of the West" Beard & Mustache Contest

Music by Bo & the Beards

Hosted by Leavenworth Lansing Chamber

Saturday, June 27

Western Art Show, Hosted by LCAA at Heritage Event & Arts Center

U.S. Military History Camp WWII Boeing B75N1 Stearman Flyover

Sidewalk Sales and Scavenger Hunt, Hosted by Leavenworth Main Street

Downtown Street Faire with 60+ Crafters and Vendors

"History on the River" at Riverfront Community Center

Lil' Buckaroos at Gazebo Park, free Covered Wagon Rides and more!

U.S. Military Vehicle Display - Salute to our Military

35th ID Army Band Concert at Haymarket Square

Buffalo Bill Wild West Dinner & Bingo

Hosted by Eagles Aerie #55 - 300 S. 20th Street

Ft. Leavenworth (self guided tours) & Frontier Army Museum

A Community-Wide Celebration of America 250!

**KANSAS
TOURISM**

**NAVY FEDERAL
Credit Union**



Scan for Full Event Details and Sponsors



Scan to Follow us on Facebook!



**Buffalo Bill Wild West
Military History Encampment**

➤ Part of the city-wide Buffalo Bill Wild West Festival

➤ Historic military displays in downtown Leavenworth

➤ High public turnout expected - share your love and knowledge of history with others!

➤ Do your part in commemorating America's 250th!

June 27th, 2026

3rd and Delaware, Leavenworth, KS 66045

Camp Coordinator: Jonathon Krisko
jonathon.krisko@gmail.com / 610-349-2750

Event link: <https://www.facebook.com/share/1KBLWTiLJ9/>



**OUTHOUSE
RACE!**

FRIDAY, JUNE 26, 2026

REGISTRATION STARTS AT 5:30PM

RACE STARTS AT 7:00PM

Haymarket Square

649 Cherokee St, Leavenworth

FOR MORE INFORMATION: 913-306-1130

**Sponsored by Leavenworth
Lions Club**



**LEAVENWORTH-LANSING AREA
CHAMBER OF COMMERCE**

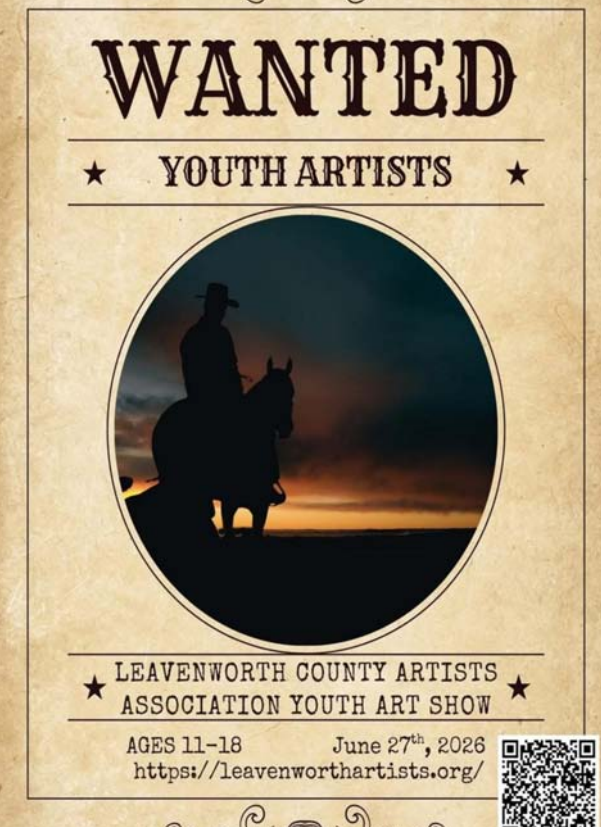
**WHISKERS
OF THE
WEST**

**BEARD
MUSTACHE
CONTEST**

**June 26th 2026
6:00 PM**

HAYMARKET SQUARE

**7th & Cherokee Street
Leavenworth KS 66048**



WANTED

★ YOUTH ARTISTS ★

**LEAVENWORTH COUNTY ARTISTS
ASSOCIATION YOUTH ART SHOW**

AGES 11-18

June 27th, 2026

<https://leavenworthartists.org/>





LEAVENWORTH COUNTY ARTISTS ASSOCIATION PRESENTS

**WESTERN ART
SHOW & SALE**

June 27

10:00 AM - 5:00 PM

HERITAGE EVENT & ARTS CENTER

109 DELAWARE STREET LEAVENWORTH, KS

free admission



**BUFFALO BILL
WILD WEST &
MILITARY HISTORY
FESTIVAL**

FREE SHUTTLE

LV. HIGH SCHOOL TO DOWNTOWN

STARTING 10AM

EVERY 30 MIN. - RETURN BY 5:30PM



**SHARE THE
NUMBER**

**SPREAD
THE WORD**

CALL OR TEXT

988

CHAT

988LIFELINE.ORG

There is hope.

**988 SUICIDE & CRISIS
LIFELINE**



Connect with MWR

Find events, classes,
phone numbers
and much more!

MWR

Facebook:
Fort Leavenworth FMIWA

Online:
leavenworth.armymwr.com

June - July

Workshops

Watercolor

\$30 per workshop

Watercolor (Basic Techniques)
Tuesday, July 7
9:30am - 11:30am

Watercolor (Color Theory)
Tuesday, July 14
9:30am - 11:30am

Watercolor (Landscapes Part 1)
Tuesday, July 21
9:30am - 11:30am

Watercolor (Landscapes Part 2)
Tuesday, July 28
9:30am - 11:30am

Calligraphy

\$20 per workshop

Modern Calligraphy (Basic Techniques)
Friday, July 17
10am - 11:30am

Modern Calligraphy (Intermediate)
Friday, July 24
10am - 11:30am

Modern Calligraphy
Friday, July 31
10am - 11:30am

Ft. Leavenworth

Arts & Crafts Studio

Paint & Sip

\$35

Must be 21 years or older. BYOB

Surf's Up

Friday
June 5

6pm - 8pm

Jellyfish

Friday
July 10

6pm - 8pm

Wheel Throwing (Basics) \$45 per class

Part 2 Tues, June 2
6pm - 8:30pm

Part 1 Tues, June 16
11am - 1:30am

Part 2 Tues, June 23
11am - 1:30pm

Part 1 Fri, June 26
9am - 11:30am

Part 2 Fri, July 10
9am - 11:30am

Part 1 Sat, June 27
10am - 12:30pm

Part 2 Sat, July 25
10am - 12:30pm

Wheel Throwing (Mugs) \$45

Tues, June 23
6pm - 8:30pm

Tues, June 30
6pm - 8:30pm

Wheel Throwing (Berry Bowls) \$45

Tues, July 28
6pm - 8:30pm

Hand Building (Mugs) \$35

Tues, June 9
9am - 11am

Thurs, June 18
2pm - 4pm

Thurs, July 16
1pm - 3pm

Hand Building (Charcuterie Board) \$50 per class

Fri, June 5
9am - 11am

Thurs, June 25
2pm - 4pm

Thurs, July 9
10am - 12pm

Tues, July 21
1pm - 3pm

Pre-registration required for all classes. Cost includes all supplies!

Tues & Thurs 9am - 7pm, Wed & Fri 9am - 4pm
4th Sat of the month 9am - 2pm
Call now to register: (913) 684 - 3373

310 McPherson (the old DB) Ft. Leavenworth, KS

leavenworth.armymwr.com

artsandcraftsfortleavenworth@gmail.com

June - July

Workshops

Framing

\$40 per class

Intro to Framing

Friday, June 12
Saturday, June 27
10am - 2pm

Friday, July 10
Saturday, July 25
10am - 2pm

Crafts

\$25 per class

Jewelry Making (Birthday Cards)
Wednesday, June 17
9:30am - 11am

Tuesday, June 23
5pm - 6:30pm

Birthday Banner
Wednesday, July 22
10am - 12pm

Ft. Leavenworth

Arts & Crafts Studio

OPEN STUDIO

Ask about our Hourly Fees

Multi-Craft Studio

Great for the whole family with supplies for any craft, personalized gift, or project you have in mind!

Painting Studio

Provided watercolor and acrylic supplies to create your own masterpiece.

Framing Studio

Assemble your own custom frames in our DIY Studio! Must take Intro to Framing before using DIY Studio.

Pottery/Ceramic Studio

We have all of the supplies you need for hand building and wheel throwing. We also offer a variety of customizable bisque pieces ready for you to glaze!

Kids Classes

NEW! Pottery

\$20 per class (ages 7+)

Kids Hand Building

Wednesday, June 10
2pm - 3:30pm

Wednesday, June 24
2pm - 3:30pm

Wednesday, July 8
2pm - 3:30pm

Wednesday, July 22
2pm - 3:30pm

Color Me Happy

\$10 per class

Parent & Toddlers

Thursdays
June 4 & 18
10am - 11am

Thursdays
July 2, 16, 30
10am - 11am

Art History

\$20 per class (ages 7+)

Rocket Pops & Ross

Wednesday, June 17
1pm - 3pm

Strawberries & Seurat

Wednesday, July 15
1pm - 3pm

310 McPherson Ave (the Old DB), Ft. Leavenworth, KS

leavenworth.armymwr.com

artsandcraftsfortleavenworth@gmail.com

HARROLD

YOUTH CENTER'S

SUMMER ADVENTURE

12 WEEKS OF FUN AND FRIENDSHIP!!!

CAMP STARTS MAY 26TH

Join other 6th - 12th graders for a memorable summer of water play, sports games, scavenger hunts, obstacle courses, cooking, team challenges, STEM, swimming and awesome FIELD TRIPS!

SPACE IS LIMITED

SIGN UP NOW TO ENSURE YOUR SPOT FOR MORE INFORMATION CALL OR STOP BY THE YOUTH CENTER

(913) 684-5118

45 BIDDLE BLVD

WORLD OF FUN & OCEANS OF FUN

Harrold Youth Center / 45 Biddle Blvd / Ft. Leavenworth, KS / 913-684-5115

TEEN SUMMER TRIPS

2026 Dates:

- Friday June 12
- Friday July 10
- Wednesday July 15
- Friday July 24
- Friday August 7

Leaving from HYC at 10am, returning at 7pm
Bring your swimsuit, sunblock, and a towel.

\$45 for each session or \$10 with a season pass (season passes can be purchased from Leisure Travel Services) includes a sack lunch, transportation, and supervision. Trips are for 6th - 12th graders who are eligible to attend the Youth Center. Registration is at HYC two days before trip.

Summer 2026 Youth Sponsorship

TEEN MEET & GREETs

New home? New friends?
New awesome memories!
5pm - 7pm @ HYC

12 June: Games, snacks, and music
17 June: Music, snacks, and games
30 June: Water balloon games, snacks, and a movie
10 July: Bowling and pizza
22 July: Games, snacks, and music
31 July: 4pm - 7pm
Dashboard Tour, Tour of Ft. Leavenworth, DJ, BBQ, games

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

FREE! Open to 6th - 12 graders who are eligible to attend the Youth Center.

leavenworth.armymwr.com

The Fort Leavenworth

Frame Studio

Custom Framing & DIY Studio

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

Call to register or stop by the studio!

STUDIO HOURS
Tuesday & Thursday
9am - 7pm
Wednesday & Friday
9am - 4pm
Every 4th Saturday
9am - 2pm

Come see us!

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

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

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

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

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

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

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

We have KC Royals Tickets for the 2026 season!

Exclusive Military Rates for tickets and parking. Ticket prices are based on tiers and vary depending on opponent.

For more info call: (913) 684-2580
Visit Leisure Travel Services:
310 McPherson Ave (located inside the old USB)

Or check out our website: leavenworth.armymwr.com

STRONGHOLD FOOD PANTRY

STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS

By Appointment Only | strongholdfoodpantry.org

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Open Pantry & Donations 1100-1300	4	5	6
7	8	9	10 CLOSED	11	12	13
14	15	16 Donations & Volunteer Training 1300 - 1500	17 Open Pantry & Donations 1100-1300	18	19	20
21	22 Open Pantry & Donations 1100-1300	23	24 CLOSED	25	26	27
28	29	30				

STRONGHOLD FOOD PANTRY

OUR MISSION

Serving military families facing food insecurity — with care, dignity & resources whenever & wherever they're needed.

Stronger Together

Help us support our community — donate today

MOST NEEDED ITEMS

JELLY

CANNED CHICKEN

PASTA SAUCE

CANNED FRUIT

PANCAKE MIX

SYRUP

OATMEAL

DOOR PICKUP AVAILABLE

FORT LEAVENWORTH · LEAVENWORTH · LANSING — WE COME TO YOU!

HOURS

Every Wednesday
10:30 am - 1:00 pm
Personal appts available upon request

LOCATION

655 Biddle Blvd
Ft. Leavenworth, KS 66027

CONTACT US

strongholdfoodpantry.org
contact@strongholdfoodpantry.org

BUILDING STRONGER COMMUNITIES — TOGETHER

Scouting America

MILITARY
FAMILY FEE
WAIVER

Scouting America is committed to expanding access to Scouting for military-connected youth.

OVERVIEW

Scouting America is waiving the **\$85 national youth registration fee** for eligible military families through a verification and code process during online registration.

- Youth members only
- New and renewing online registrations
- Funded nationally through philanthropic efforts

ELIGIBILITY

Youth in families with current service in:

- Active Duty
- Reserve
- National Guard

FEE COVERAGE

- \$85 National Registration Fee — Waived**

Reduced to \$0 after verification and code application. Applies only to the national fee.

HOW IT WORKS

- National fee reduced to \$0
- Select **"Get Military Discount Code"**
- Complete verification process
- Receive code
- Enter code at checkout
- National fee reduced to \$0**

ADDITIONAL COSTS

Local council, unit, optional add-on (e.g., *Scout Life* magazine), and processing fees may still apply.

Effective June 1, 2026



FREQUENTLY ASKED QUESTIONS

WHO QUALIFIES?

Eligible youth in Active Duty, Reserve, or National Guard families.

WHY DOES THE \$85 FEE APPEAR?

The national fee appears at checkout and is removed after the verification code is applied.

WHAT FEES DOES THE WAIVER COVER?

The waiver applies only to the national youth registration fee. Other local, unit, optional, and processing fees may still apply.

IS THIS AVAILABLE FOR ALL REGISTRATIONS?

No—this waiver is available for online registrations only.



FURNITURE
DISPOSAL &
DONATION
GUIDE

Scan the QR code to view important information regarding furniture disposal and donations at Fort Leavenworth.



FORT LEAVENWORTH
UPPER KANSA DEMOLITION



Coming soon, more quality family housing in Fort Leavenworth!

Demolition of the Upper Kansa housing area is projected to start soon and will necessitate the closure of a small portion of Hancock Ave. Fencing will begin being installed as soon as next week from the intersection of Walker and Hancock Avenues to just before the pool parking lot (yellow section). Hancock Pool Trail/Parking Lot and 5th Artillery Rd. sidewalks will remain open.

Currently the road is expected to be closed through the summer. DPW and post leadership will monitor and evaluate the need for road closure as the project progresses.

When complete, the new Upper Kansa housing area will provide 9 townhome units serving 48 future families.

Chaplain Family Life Center

100% Confidential & Faith Informed
Pastoral Counseling Services

(Individual, Couple, & Family)

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

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



To book an appointment
scan here:





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

PWOC
SUMMER EVENTS!

POPSICLES
AT THE
EMFP PARK

June 23 & 30
July 7 & 14
August 4 & 11
9:30-11:00am



Kicking off the week of
May 25th in different
neighborhoods on different
days. Sign up on Facebook!

COMMUNITY
GROUPS

SUMMER
SESSIONS
AT THE
CHAPEL

July 21 & 28
9-11am
Child care provided



Join us for Fall Kick-off!
August 25th, 8:45-11am
Frontier Chapel

PWOC
KICK-OFF!!!

U.S. ARMY

Mission: To provide Religious Support to all Soldiers, Family members, DA civilians, contractors, and retirees.



Pioneer Chapel
500 Pope Avenue

PROTESTANT

Traditional Worship – 0830
(Children's Church – K-5th grade)

Sunday School – 0945

MULTI-CULTURAL GOSPEL

Sunday Worship – 1000

CATHOLIC MASS

Tuesday-Friday – 1200-1230

Sunday Religious ED - 0810



Frontier Chapel
625 Thomas Avenue

CATHOLIC MASS

Sunday – 0930

Sunday Religious ED - 0810

PROTESTANT

Sunday School – 0945

Contemporary Worship – 1100
(Children's Church – K-5th grade)



Memorial Chapel
626 Scott Avenue

LITURGICAL

Sunday Worship – 0930

ISLAMIC, JEWISH, and other
Religions: please email CH (MAJ)
Chris Weinrich
Christopher.w.weinrich.mil@army.mil
or call 913-684-2210

Be All You Can Be

WE ARE THE ARMY'S HOME



Looking for Community?
Join Campus Life Military



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

Samantha Odle
(805) 569-3820 / sodle@yfc.net



Students 16 and older

These Volunteer
Opportunities are for you!

Be a part of assisting our Military Families

- Share your interests and skills
- Choose what schedule works for you
- Get volunteer credit!

Contact Charise at 520-692-6363
charise.m.risper.civ@army.mil

For more info scan the QR code!





SKIES

Instructional Catalog for Classes

Summer 2026

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

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

Patch Community Center
320 Pope Ave
Fort Leavenworth, KS

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

We're on the way!



ART & ILLUSTRATION

Do you have an inspiring artist / insatiable doodler at home?

Need an outlet for all of that creative energy?

SKIES Art & Illustration classes focus on improving drawing techniques, developing original characters and helping to curate individual style.

Each class session will build on a project such as a mini comic book, realistic self-portrait, animal drawings, shoebox theaters or flip books.

SKIESunlimited

Tuesdays at Patch Community Center
320 Pope Ave
Fort Leavenworth, KS
Ages 6 - 9
4:15 - 5:15
Ages 10 - 17.99
5:30 - 6:30

\$12 a lesson, at least three lessons per monthly project.
Stand-alone classes are also available.
Bring your favorite pencil! The rest of the supplies will be provided.
Must be currently registered with CYS to enroll.
For more information call 913-684-3207

Family Advocacy Program Brief

POST THEATER | 375 GRANT AVE | FT. LEAVENWORTH

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

Have big questions?
We have answers.

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

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

2026 TRAINING DATES:
From 1300 - 1500

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

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



Co-Parenting Workshop

Round 1: March 9, 16, 23, 30
Round 2: June 8, 15, 22, 29
Round 3: August 10, 17, 24, 31
Round 4: December 7, 14, 21, 28
@ 1:00pm - 2:30pm
ACS Classroom 145
600 Thomas Ave

Learning to co-parent after a divorce can feel like being on opposite ends of a chasm.

Our four week workshop will show you how to build a bridge that will enhance parenting skills, enrich positive co-parenting, learn to develop and use boundaries, and establish a joint plan for managing expectations about your children's growth, development, and behavior.

FREE and open to all DoD ID holders 18+
Register by calling 520-692-6378/ 6323
Deadline to register is day before class.
Participants are encouraged to attend every class as each session will be different. Ask about virtual options!



Now offering new classes at SKIES!

Come get a kick out of Tae Kwon Do!
Brand new, fun, and physical classes taught by a certified black belt in Tae Kwon Do.
ENROLLMENT IS OPEN NOW!

TAE KWON DO!

Mondays & Wednesdays
Ages 5 - 7 at 4pm

Tuesdays & Thursdays
Ages 6 - 12 at 4pm

Ages 6 - 12 at 5pm
Advanced Class*

\$11 a class session (multiplied by number of classes offered in a month) limited space
*Must be recommended for advanced class by instructor.

Gruber Fitness Center
Martial Arts Room
200 Reynolds Ave
Ft. Leavenworth, KS

Must be registered at Parent Central to attend.
Classes will remain open until full.
Call for more info: 913-684-3207



Leavenworth.armymwr.com

Join ACS/ New Parent Support for Toddler Time

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



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

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

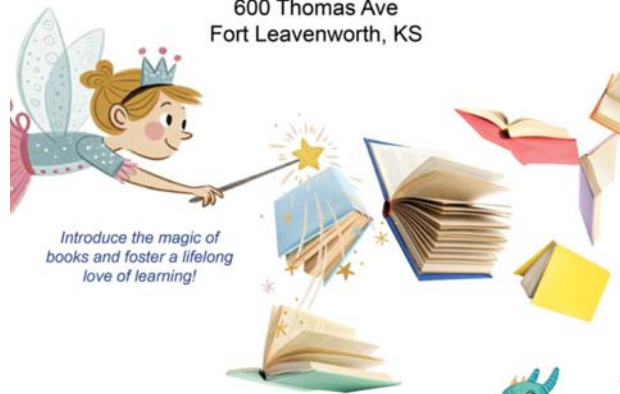
Please call or text by the close of business day on the Tuesday before Toddler Time.
913-297-3212



Join ACS/ New Parent Support for

STORY TIME

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



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

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

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



EFMP/ Waiting Families RECREATIONAL BOWLING

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

Meet other EFMP families!
EFMP Recreational Bowling is a fun way to socialize, and sharpen fine motor skills.

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

Pre-registration is required the Wednesday before the event.
Fort Leavenworth Waiting Families, call ACS to reserve your spot!
Call **913-684-2800** for more info or to register



WIGGLES & GIGGLES

Fridays
10am - 11am
ACS Playroom
600 Thomas Ave

FREE
Ages 3-12 months
Register by COB
Thursday



We wanna go...

Get their wiggles out and join in some baby giggles!
Take a moment to connect with other parents!
Babies learn through play! So let's get on the floor and explore!

For more info or to register call **913-297-3212**



HUNGRY?

Fort Leavenworth MWR has AMAZING food options!

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



LEAVENWORTH.ARMYMWR.COM



EFMP & Waiting Families Presents ZUMBA

Get ready to Move!
Get ready to Groove!
Every second Tuesday
9am - 10am
Gruber Fitness Center
200 Reynolds Ave
Fort Leavenworth, KS

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



Leavenworth.armymwr.com

Playground Palooza!

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

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

Registration is required the Friday before the event.
Call 520-692-6363 for more info

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



Starting March 9th, 2026

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		Slow Flow (Leslie)		Slow Flow (Leslie)		
0900			Body Pump (Tara)		Body Pump (Tara)	
1000						Power Yoga (Kim)
1300	Body Pump (Tara)					
1630			Power Cycling (Kim)	Yin Yoga (Brandie)		
1700	Power Yoga (Kim)					

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

Mon-Fri: 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

U.S. ARMY
MWR

Single Ticket For \$5.00

10 Tickets For \$45.00

20 Tickets For \$80.00

U.S. ARMY
SPORTS • FITNESS • AQUATICS

<https://leavenworth.armymwr.com>

Independent Instructor
Class Schedule

Gruber Fitness Center

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

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

Harney Sports Complex

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

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

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

MWR

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

MWR

MWR

MWR

INDEPENDENCE DAY
RED, WHITE, & BLUE SCRAMBLE

MWR

MWR

SATURDAY, JULY 4TH
8am shotgun start

\$40 MEMBERS - \$50 NON MEMBERS - \$25 YOUTH 17 & UNDER REGISTRATION CLOSES 7/2

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

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

MWR

MWR

MWR

Sponsorship does not imply federal endorsement

TRAILS WEST GOLF COURSE 913.651.7176

AMERICA 250

MWR

YOUTH SPORTS & FITNESS

COURTESY SERVICES

Summer
Golf Program



Fort Leavenworth
Trails West
Golf Course
306 Cody Rd
Ft. Leavenworth, KS

Register between
April 13 - June 9

Tuesdays and
Thursdays
4pm - 7pm
June 9 - July 30



leavenworth.armymwr.com

Open to boys and girls ages 8 - 17 yrs
\$65 for first child and \$55.25 for each additional child.
First time golfers are recommended to go through the SKIES Instructional Golf Clinic prior to starting the Youth Golf League. This is a parent participation program. A parent must be present with their child on the golf course. Enrollments can be done through any CYS location or online Webtrac if centrally registered with CYS and there is an updated sports physical on file.

For more info call: 913-684-7525/ 7526

NONO

YOUTH Sports & Fitness Camps

Registration starts April 13!

FITNESS
June 8 - 11
Cost \$40

Age Groups	Time
5 - 8 yrs	0900-1000
9 - 14 yrs	1000-1100

CHALLENGER SPORTS
SOCCER CAMP
Camps run Monday - Friday
June 1 - 5 / July 6 - 10 / July 27 - July 31

Age Groups	Time	Cost
3 - 4 yrs	0900-1000	\$110
5 - 6 yrs	1030-1200	\$125
7 - 9 yrs	0900-1200	\$165
10 - 14	0900-1200	\$165

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

Call 913-684-7525 / 7526 for more information



MWR

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BASEBALL
July 13 - 16
Cost \$40

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

BASKETBALL
July 20 - 23
Cost \$40

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

leavenworth.armymwr.com

ADULT SPORTS

Softball
LEAGUE

LEAGUE PLAY STARTS THURSDAY, JUNE 4TH

GAMES TUES & THURS @ 5:30, 6:30, 7:30 P.M.
DONIPHAN FIELD #1

Coaches Meeting: Tuesday, May 26th
5:30 pm @ Gruber Fitness Center
Letters of intent due by COB May 27th

League awards will be given for regular season champions and 1st and 2nd place tournament champions.
Open to Active Duty, DoD, Retirees and Contractors working at Fort Leavenworth ages 18 & older.
For more info call: 913-684-3224/ 5136

MWR



FUN SHOOT

Brunner Range
1st Saturday of the Month

Jan 3 - Dec 5 2026
Feb 7, Mar 7, Apr 4, May 2, Jun 6, Jul 4 or 11, Aug 1, Sep 5, Oct 3, Nov 7,

Registration is required and can be done the day of the event from 9AM-10:30AM.

Rental guns and shells are available or bring your own.

Prizes and awards distributed at the end of each shoot.

Info: (913) 651-8132
701 Sheridan Drive

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BRUNNER RANGE 2026

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SPECIAL FUN SHOOT

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

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

MWR

Couples
League

Are you looking for some good old-fashioned fun?

Grab your spouse or partner and come on out to Trails West Golf Course! Featuring fun formats and end of season prizes!

1st and 3rd Thursday of every month at 5pm
Trails West Golf Course
306 Cody Rd
Fort Leavenworth

Annual pass holders : Free
Non-pass holders: \$35 per person \$70 per team Weekly: \$5 per person

Registration opens February 23! Call for more info 913-651-7176



Scan here to follow Ft. Leavenworth MWR on FB

For more information: leavenworth.armymwr.com

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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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Brunner Range
2026
LEAGUE SCHEDULE

Winter Combo
8 January - 12 March

Spring Combo
26 March - 28 May

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

Fall Combo
3 September - 5 November

Winter Warm-up
12 November - 17 December



Combo leagues shoot on Thursday evenings. Teams consist of 5(+/-) shooters. All teams take turns supplying an evening meal at approximately 5:30 pm with shooting commencing at 6:00 pm. Summer and Winter Warm-up leagues are individual with the same fee but no food.

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

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MUNSON NOTES

MUNSON NOTICES

■ The Fort Leavenworth **ARMED FORCES WELLNESS CENTER WILL TEMPORARILY CLOSE** June 19 as the program relocates from Eisenhower Hall to a new space within Munson Army Health Center. The Armed Forces Wellness Center is scheduled to reopen June 29.

■ 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 after June 29 at Munson Army Health Center 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/8wtlff>.

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

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

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

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

■ After hours and on federal holidays, beneficiaries can call the **MHS NURSE ADVICE LINE** at 1-800-TRICARE (874-2273). Nursing staff who support the NAL phone lines can assist beneficiaries with non-life-threatening medical concerns and provide further guidance. Beneficiaries experiencing a **MEDICAL EMERGENCY**, such as severe shortness of breath or difficulty breathing, should call 911.

■ Your health is our priority. Talk to your provider at Munson Army Health Center about the **HPV VACCINE** and the best **CERVICAL CANCER SCREENING** plan for you. You can schedule an appointment by calling the appointment line at 913-684-6250.

Practicing severe weather response



Photo by Christina Yager/Munson Army Health Center Public Affairs

Munson Army Health Center Combat Medic Specialist Sgt. Joshua Kuliszewski holds the door as patients and staff file into the health center's basement during the installation's full-scale exercise June 10. As part of the exercise, staff safely escorted patients to the designated tornado shelter in the health center's basement following notification of a simulated tornado warning. Teams also practiced accountability procedures to ensure all patients, visitors and staff were safely accounted for during the scenario. Training like this helps strengthen patient safety, emergency coordination and continuity of care during unexpected events.

Time To Travel

Access your healthcare on the go!

MHS NURSE ADVICE LINE

1-800-TRICARE

mhsnurseadvice.com

Munson Army Health Center

BOOK NOW!

Pre-K & Kindergarten School Physicals