

THURSDAY  
OCTOBER 10, 2024



# LAMP

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

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Photo by Prudence Siebert/Fort Leavenworth Lamp

**Kathrine Pohl, victim advocate coordinator for the Family Advocacy Program, presents information about domestic/intimate partner abuse during the Workshop and Workout session Oct. 5 at the Resiliency Center. Sessions are offered for free at 11 a.m. every Saturday in October and combine education with yoga. Call or text 913-683-2537 if interested in attending.**

## Workshop & Workout combines yoga with education

### Free sessions offered every Saturday in October

by Prudence Siebert/Editor

The Family Advocacy Program is mixing education with yoga to encourage overall wellness during the month of October.

Kathrine Pohl, victim advocate coordinator for the Family Advocacy Program, is partnering with yoga instructor Kristin DeSouza for collaborative Workshop and Workout sessions each Saturday in October during Domestic/Intimate Partner Violence Awareness Month.

At 11 a.m. each Saturday, Pohl offers domestic abuse/violence education, followed by a free yoga session led by DeSouza.

"I started yoga years ago, and I knew I wanted it to be able to help me through the mental health issues, it was such a release, and so I always knew I wanted to be able to give back somehow with it," DeSouza said, noting that the partnership with FAP for the Workshop and Workout sessions is a perfect opportunity for her to be able to help others take care of themselves.

Pohl said the Workshop and Workout offering was designed to help make everyone in the community more aware of the facts about domestic abuse/violence and to provide options for victims, as well as assist those who want to help their friends, family and neighbors who might be experiencing domestic violence.

"We really wanted to bring people in the community together," Pohl said. "I work primarily with victims of intimate partner violence, but we wanted to expand beyond that and provide more education to anybody in the community."

Pohl said the FAP curriculum focuses on healthy relationships, how to identify abusive personalities, stress management, overall wellness and what to do if someone might need help.

"In order to kind of wrap everything together, it's really about learning more about maybe some things that are happening in your life, or happening in the lives of your friends or family, and how to take care of yourself, and so that's why we wanted to incorporate yoga as a time for the participants to take time for themselves."

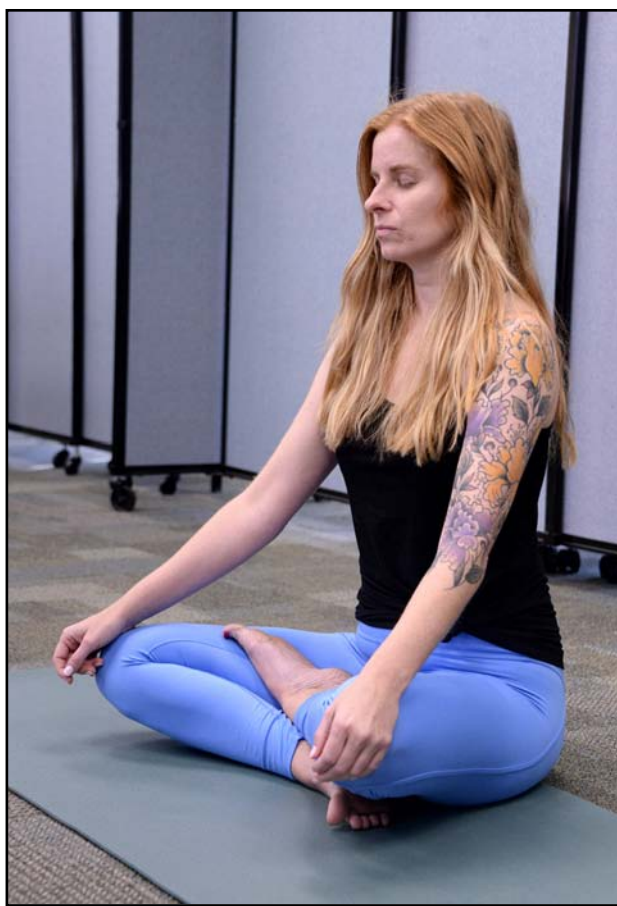
Pohl said the Workshop and Workout sessions are a great way to decompress and start the weekend off well. She said the October sessions can be attended once or every Saturday, as the educational topics work alone but also build on the past session.

DeSouza stressed that the yoga portion is meant to be

SEE **WORKSHOP & WORKOUT** | A5



**Signs and purple ribbons line Grant Avenue for Domestic/Intimate Partner Violence Awareness Month.**



Photos by Prudence Siebert/Fort Leavenworth Lamp

**Yoga instructor Kristin DeSouza begins a yoga sessions with Workshop and Workout participants Oct. 5 at the Resiliency Center. The free Workshop and Workout sessions pair yoga with domestic violence education at 11 a.m. every Saturday in October. Call or text 913-683-2537 if interested in attending.**

**DOMESTIC VIOLENCE AWARENESS MONTH**

**WORKSHOP & WORKOUT!**

Join the Family Advocacy Program for a **WEEKLY Workshop & Workout** for Domestic Violence Awareness Month!

**11:00a.m.-12:30p.m.**  
**Every Saturday in October!**

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

600 Thomas Ave.  
Bldg. 198  
Room 157

## AT A GLANCE

■ The Fort Leavenworth Fire and Emergency Services **FIRE PREVENTION WEEK OPEN HOUSE** is 3:30-7 p.m. Oct. 10 at Fire Station No. 2, 295 Biddle Boulevard.

■ Free **PUMPKIN CARVING** is the next Fort Leavenworth Multicultural Families **FRI-DAY FUN DAY** activity from 9:30-11 a.m. Oct. 11 in room 106 of the Resiliency Center, 600 Thomas Ave. Call 913-684-2830 for more information.

■ As part of its itinerary, a **VINTAGE MILITARY VEHICLE CONVOY** will stop from 2-4 p.m. Oct. 11 at the parking lot across from the Frontier Army Museum. See page A3 for more information.

■ To volunteer to help with the **NATIONAL PUBLIC LANDS DAY TREE PLANTING PROJECT**, RSVP to michael.n.bass.civ@army.mil. Work days are Oct. 12 and 19. Meet at the Merritt Lake parking lot at 9 a.m. to plant trees until around 11 a.m. Come dressed appropriately. Bring a shovel or one will be provided.

■ The **TRAILS OF TERROR CHILI SCRAMBLE** has a shotgun start at 10 a.m. Oct. 12 at Trails West Golf Course. Call 913-651-7176 for more information.

■ The **FRONTIER FREEDOM 5K/10K** is at 9 a.m. Oct. 13 at the Frontier Army Museum. See page B1 for more information.

■ Entries in the **RETIREE APPRECIATION DAY COLORING/DRAWING CONTEST** for students in grades pre-kindergarten through fifth-grade are due by noon Oct. 15. See page B2 for contest details.

■ The monthly **BETTER OPPORTUNITIES FOR SINGLE SOLDIERS (BOSS) MEETING** is at 11:30 a.m. Oct. 16 in room 200 of the Resiliency Center. Call 913-684-4849 for more information.

■ Munson Army Health Center is offering **WALK-IN FLU SHOT CLINICS** for TRICARE beneficiaries ages 6 months old and older from 8 a.m. to 2 p.m. Oct. 17, noon to 4 p.m. Nov. 1, 9 a.m. to 6 p.m. Nov. 6 and noon to 4 p.m. Nov. 15 at the Frontier Conference Center. DoD ID cards are required for patients 10 years old and up.

■ The players' meeting for the **ADULT SPORTS DOUBLES PICKLEBALL LEAGUE** is at 5:30 p.m. Oct. 23 at Gruber Fitness Center. Call 913-684-3224/5136 for more information.

■ Munson Army Health Center's **TRUNK OR TREAT** event is 5-7 p.m. Oct. 24. See page B13 for more information.

■ The Family Advocacy Program's **BREAK THE SILENCE GLOW WALK**, with trick-or-treating, is at 6:30 p.m. Oct. 24 starting at the Resiliency Center. Call 913-683-2537 for more information about the free event.

■ The free **FORT LEAVENWORTH HAUNTED TOURS**, presented by Family and Morale, Welfare and Recreation and the Friends of the Frontier Army Museum, start at 6 p.m. Oct. 25 and Oct. 26 at the Old U.S. Disciplinary Barracks. See page B2 for more information and the QR code to sign up.

■ **READ AND TREAT STORYTIME** is at 10 a.m. Oct. 31 at the Combined Arms Research Library. Participants are encouraged to come in costume to trick-or-treat in the library after storytime.

■ Submit **ARMY FAMILY ACTION PLAN ISSUES** through Oct. 31 for the Nov. 14 AFAP Conference. Visit <https://leavenworth.armymwr.com/happenings/army-family-action-plan-afap>.

■ See the **POST NOTES** (B section) for more notices and upcoming events.

# Leaders urge safety over holiday weekend

## SENIOR LEADERS' MESSAGE

by Fort Leavenworth Garrison Commander Col. Duane Mosier and Fort Leavenworth Garrison Command Sgt. Maj. Vanessa Sun

Columbus Day was unofficially celebrated in several cities and states as early as the 18th century, but did not become a federal holiday until 1937.

This day of celebration commemorates the landing in the Americas in 1492 and honors Christopher Columbus' achievements.

Many will use this long weekend to travel. If traveling during the Columbus Day weekend, be mindful of the impending seasonal changes and potential travel risks, which can affect your journey.

- Prepare for temperature and time changes.
- Weather-check your route through to your destination.
- Have a backup plan in place should weather delays prevent a scheduled arrival.
- Know that moisture or leaves on roadways can create traction issues, and the best defense is to slow down.
- Remain alert for deer and other wildlife crossing roadways.

Most off-duty injuries and fatalities involve human error. During FY24, there were 110 Army class A accidents, and 97 fatalities. Seventy-five of those fatalities were off-duty related involving motorcycle and car/truck usage.

- Make it your mission to know and control the common causes leading to off-duty injuries and fatalities.
- Drink responsibly, and never drink and drive.
- Designate a safe, sober driver before going out drinking.

**NATIONAL SAFETY MONTH ROADWAY SAFETY**

**Be Wise, Stay Alive!**

- Establish a zero tolerance for texting and driving.
- For motorcycles, use the right PPE, wear it correctly, and dress appropriately.
- Know the traffic laws and follow them — arrive alive, don't drink and drive.
- Leaders promote positive safe driving, on and off duty.

Logos: U.S. ARMY, https://safety.army.mil, nsc National Safety Council, and social media icons.

- Don't ride with a driver who has been drinking — call a taxi or a friend, use Uber or Lyft, or stay where you are until you are sober.
- Understand and avoid the dangers associated with binge drinking.
- Monitor friends who have been drinking — intervene when one has had too many.

Safety must always be top priority. Every member of the U.S. Army Garrison Fort Leavenworth family is a precious resource — without them, our mission cannot be accomplished.

Set the example by looking out for your "buddies," whether they are friends, family or colleagues. Have a great holiday!

# All encouraged to attend AUSA forum watch party Oct. 15

by Melissa Kreitzer/Army Spouse and Henry Leavenworth AUSA Chapter Vice President for Family Programs

The Fort Leavenworth Garrison will host an in-person watch party at 1:30 p.m. Oct. 15 at the Frontier Conference Center to hear directly from our Army senior leaders about the latest priorities and initiatives in support of your Army Family.

The Warfighter and Family Forum III: "Army Senior Leader Fireside Chat" will be broadcast live in the main ballroom at the FCC.

"Transforming for a Complex World!" is the theme of the Association of the United States Army's annual meeting. The Army's top leaders, along with others, update personnel on the steps they are taking to improve soldiers' family lives. Health care, housing, permanent-change-of-station moves, child care and spouse employment were noted as some of the top concerns of Army personnel and family members ahead of the annual meeting.

This is a unique opportunity to participate in a candid discussion with the Army and Fort Leavenworth senior leaders. There will also be quality-of-life subject matter experts on hand to address questions from the audience.

The Mentimeter App, an interactive app, that will be available to the watch party attendees during the

**WARFIGHTER AND FAMILY FORUM III: ARMY SENIOR LEADER FIRESIDE CHAT**

Please join us for a Watch Party to hear directly from our Army Senior Leaders about the latest priorities and initiatives in support of your Army Family.

**Panelists: The Honorable Christine E. Wormuth, Secretary of the Army, GEN Randy A. George, Chief of Staff of the Army, and SMA Michael R. Weimer, Sergeant Major of the Army.**

**WHEN: Tuesday, 15 October 1:30-4:00**  
**WHERE: Frontier Conference Center**  
**350 Biddle Blvd., Fort Leavenworth, KS**

## COMMENTARY

forum. Attendees will have the opportunity give real-time feedback on quality-of-life topics.

Forum panelists include the Secretary of the Army Hon. Christine E. Wormuth, Chief of Staff of the Army Gen. Randy A. George, Sgt. Maj. of the Army Michael R. Weimer.

The combination of Army life and family life brings a unique set of circumstances. The Army helps navigate these challenges and opportunities with networks and pro-

grams to create a balance.

People are the Army's greatest strength and most valuable asset. Behind every strong soldier is an even stronger family. We want you to know that the Fort Leavenworth community is behind you. Your family is our priority!

Bring your family or a battle buddy. All ID card holders are welcome and encouraged to attend.

SEE **AUSA FORUM WATCH PARTY** | A3

**AUSA**  
ASSOCIATION OF THE UNITED STATES ARMY

Mentimeter App

Interactive app will allow attendees to submit feedback in real time.

AUSA Family Readiness Team Graphic

# FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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

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Lt. Gen. Milford H. Beagle Jr. Commanding General  
 Col. Duane Mosier Garrison Commander  
 Scott Gibson Public Affairs Officer  
 George Marcecc Command Information Officer

**Fort Leavenworth Lamp Staff**  
 Prudence Siebert Editor  
 ftvlampeditor@gmail.com

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

# Vintage military vehicle convoy to stop at Fort Leavenworth Oct. 11

by National World War I Museum and Memorial Press Release

KANSAS CITY, MO. — The Military Vehicle Preservation Association (MVPA), in cooperation with the Jefferson Highway Association, will conduct its eighth transcontinental convoy Oct. 1-31, 2024, retracing the historic 1918 Jefferson Highway route from the Minnesota border to New Orleans, Louisiana.

As part of its itinerary, the vintage military vehicle convoy will stop from 2-4 p.m. Oct. 11 at the parking lot across from the Frontier Army Museum on Fort Leavenworth and from 10 a.m. to 2 p.m. Oct. 12 on the southeast lawn of the National World War I Museum and Memorial in Kansas City, Missouri. For more information, visit [https://www.theworldwar.org/events/2024-mvpa-jefferson-highway-historic-military-vehicle-convoy?fbclid=IwZXh0bgNhZW0CMTAAR0wpUUxZ3\\_DNujwJxSd-SkrmZj2QANYejtENGz2Sgn\\_aCQqvulJaj8uuz0\\_aem\\_VmjoBPasIkCmK142\\_PgvA](https://www.theworldwar.org/events/2024-mvpa-jefferson-highway-historic-military-vehicle-convoy?fbclid=IwZXh0bgNhZW0CMTAAR0wpUUxZ3_DNujwJxSd-SkrmZj2QANYejtENGz2Sgn_aCQqvulJaj8uuz0_aem_VmjoBPasIkCmK142_PgvA).

Other upcoming events at the museum include a 1924 time capsule unveiling, “War Toys: Ukraine” exhibition and a J.R.R. Tolkien trivia night.

The National WWI Museum and Memorial will unveil the contents of the 1924 Time Capsule at 10:30 a.m. Oct. 16. A century ago, while the Liberty Memorial was still under construction, Kansas Citians laid a time capsule —

with great fanfare — within its walls. Guests can tune in live to the unveiling to find out what surprises are unearthed. For more information, visit <https://theworldwar.org/events/1924-time-capsule-unveiling>.

A reception and lecture about the new traveling exhibition War Toys: Ukraine features photographer Brian McCarty at 5:30 p.m. Oct. 16. McCarty retells children’s firsthand accounts of war with toy figures, documenting today’s conflicts that can be traced to WWI’s enduring impact on the last century. This event is free with RSVP and registration is required. To register, visit <https://theworldwar.org/exhibitions/war-toys-ukraine>.

Guests are invited to join Trivia Night: Tolkien Edition at 6:30 p.m. Oct. 25 at the National WWI Museum and Memorial. Guests can indulge in Shire-inspired refreshments and test their knowledge of the life and works of WWI veteran J.R.R. Tolkien to win prizes. Teams and solo players are welcome. The event is hosted in partnership with the Tolkien Society of Kansas City and is \$25 per person. For more information, visit <https://theworldwar.org/events/trivia-night-tolkien-edition-oct-2024>.

The annual outdoor program Living the Great War Weekend is Oct. 26 and 27. Guests can view artifacts up close and participate in a variety of activities with the Living History Volunteer Corps. This event is free to the public. For more information, visit <https://theworldwar.org/>

events/living-great-war-weekend-oct-2024.

October is Homeschool Month at the Museum and Memorial. Homeschool students are eligible for \$6 admission tickets all month long (age 18 and under). Tickets can be purchased only in-person at the Ticketing Counter. For more information, visit <https://theworldwar.org/events/homeschool-month-oct-2024>.

The National WWI Museum and Memorial is America’s leading institution dedicated to remembering, interpreting and understanding the Great War and its enduring impact on the global community. The Museum and Memorial holds the most comprehensive collection of World War I objects and documents in the world and is the second-oldest public museum dedicated to preserving the objects, history and experiences of the war. The Museum and Memorial takes visitors of all ages on an epic journey through a transformative period and shares deeply personal stories of courage, honor, patriotism and sacrifice. Designated by Congress as America’s official World War I Museum and Memorial and located in downtown Kansas City, Missouri, the National WWI Museum and Memorial inspires thought, dialogue and learning to make the experiences of the Great War era meaningful and relevant for present and future generations. To learn more, visit [theworldwar.org](http://theworldwar.org).

## AUSA Forum Watch Party (continued from Page A2)

### Event Agenda:

- 1:30 p.m. Welcome and Mentimeter app download
  - 1:35 p.m. AUSA representatives and swag table at entry
  - 1:45 p.m. Garrison Command Team opening remarks
  - 2 p.m. Warfighter and Family Forum III: “Army Senior Leader Fireside Chat”
  - 3:30 p.m. Question-and-answer session with Fort Leavenworth quality-of-life subject matter experts and Garrison commander’s closing remarks
- This event and many other Fort Leavenworth activities are supported by the Henry Leavenworth AUSA Chapter. For more information, visit <https://www.ausa.org/chapters/henry-leavenworth-chapter>.

**Other Warfighter and Family Forums that are taking place during the week with virtual viewing options include:**

- **1:30 p.m. Oct. 14**  
AUSA Warfighter and Family Forum IA: Education and Employment Readiness for Soldiers and Families  
<https://www.facebook.com/events/1081582310374989>  
Readiness starts from day one. You won’t want to miss Warfighter and Family Forum IA: Education/Employment Readiness for Sol-

Warfighter and Family Forum III



**AUSA 2024**  
ANNUAL MEETING & EXPOSITION  
14-16 OCTOBER · WASHINGTON, DC  
A PROFESSIONAL DEVELOPMENT FORUM  
TRANSFORMING FOR A COMPLEX WORLD

**Moderator**  
SFC Leyton Summerlin  
Deputy Director, Harding Project  
Special Assistant to the Chief of Staff of the Army



**Honorable Christine E. Wormuth**  
Secretary of the Army



**General Randy A. George**  
Chief of Staff of the Army



**SMA Michael R. Weimer**  
Sergeant Major of the Army

### Army Senior Leader Fireside Chat



**#AUSA2024**

AUSA Family Readiness Team Graphic

diers and Families. The panelists will discuss how the Army, Department of Defense and other agencies are supporting soldiers and families in continuing education and employment opportunities. Learn about programs, resources and initiatives that enable soldiers and families to thrive in Army life and succeed as they become soldiers for Life.

- **2:30 p.m. Oct. 14**  
AUSA Warfighter and Family Forum IB: Educat-

ing Army Dependents Pre-K Through Grade 12

<https://www.facebook.com/events/464226783430636>

You won’t want to miss Warfighter and Family Forum IB: Educating Army Dependents Pre-K Through Grade 12 with this great lineup of panelists for a discussion on the unique needs of military-connected children and how the Army, DoD, and national, state and local education systems are transforming and col-

laborating to support them.

- **8:30 a.m. Oct. 15**  
AUSA Warfighter and Family Forum II: Transforming Combat Ready Care  
<https://www.facebook.com/events/2011823679250741>

Good health is a cornerstone of Army readiness. You won’t want to miss Warfighter and Family Forum II: Transforming Combat Ready Care, featuring panelists from the Defense Health Agency, U.S.

Army Medical Command and Uniformed Services University of the Health Sciences, for a discussion on how the DoD and Army are focusing on innovation and modern solutions to deliver person-centric, cutting-edge health care to the 9.6 million beneficiaries.

The annual three-day AUSA meeting is the largest land power exposition and professional development forum in North America designed to deliver the Army’s message by high-

lighting the capabilities of organizations and presenting a wide range of industry products and services. AUSA provides informative and relevant presentations on the state of the Army, panel discussions and seminars on pertinent military and national security subjects, and a variety of valuable networking events available to all that attend.


For more information on AUSA and the annual meeting, visit <https://www.ausa.org>.



## Local Classes. Global Respect.


leavenworth.ku.edu




## ARMY FAMILY ACTION PLAN

Change begins with you



AFAP is a process that invites members of the Army Family to be agents of change. Establish and improve programs and services, develop and change policies and regulations, create legislation and amend laws.

SUBMIT YOUR AFAP ISSUE




Since 1983, over 700 issues have been raised at the Department of the Army level — and those have resulted in over 500 improvements for Soldiers, Families, and Army communities.

Fort Leavenworth’s AFAP Conference

November 14, 2024  
8:30AM - 3:30PM  
Frontier Conference Center

Last day to submit issues:  
October 31, 2024



ArmyMWR.com/AFAP

# FLFD shares fire safety with students



Photo by Sean Bergosh/Fort Leavenworth Garrison Public Affairs Office

Kindergartner Mason Nadeau practices the "stop, drop and roll" technique to reinforce fire safety lessons learned during a Fire Prevention Week event Oct. 7 at Eisenhower Elementary School.



Photos by Sean Bergosh/Fort Leavenworth Garrison Public Affairs Office

ABOVE: Fort Leavenworth Fire and Emergency Services Capt. Christopher Coughlin and Firefighter Jeffrey Cook demonstrate firefighting equipment capabilities to kindergartners Oct. 7 at Eisenhower Elementary School. Fort Leavenworth Fire Department personnel shared fire safety tips with post elementary and pre-school students during Fire Prevention Week.

LEFT: Eisenhower Elementary School kindergarten students swarm Sparky, mascot of the National Fire Protection Association portrayed by Fort Leavenworth Fire and Emergency Services Fire Inspector Aaron Dennis, during a Fire Prevention Week visit Oct. 7 to the school.



Photo by Sean Bergosh/Fort Leavenworth Garrison Public Affairs Office

Amy Jo Moore's kindergarten class, under the supervision of paraprofessionals Rylee Wood and Amber Foley and substitute teacher Sally Chavous, listen to Fort Leavenworth Fire and Emergency Services Assistant Chief of Training Derek Elrod explain the importance of smoke detectors in an inflatable "fire house" during a Fire Prevention Week visit to Eisenhower Elementary School Oct. 7.

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# Workshop & Workout (continued from Page A1)

welcoming, not intimidating. She encouraged participants at the Oct. 5 session to not worry about perfection, but to just try it.

“The whole point of yoga is to be able to move your body and checking in,” she said. “...If you fall down, just do it again, nobody cares.”

Pohl said the combined education-workout sessions are a chance to share information about healthy vs. unhealthy relationships with community members, whom she said will often bypass the FAP informational tables at events because it is a hard topic that people don't want to talk about.

“They don't want to recognize that domestic violence and domestic abuse are happening in their community,” she said.

Those concerned for their loved ones or neighbors might not know how they can approach them without pushing them away or causing them to hide even more, she said.

“That conversation, when you are identifying that your friend might be going through something really tough, is a delicate conversation because they may not be ready to face that.”

During the Oct. 5 session, Pohl offered examples of behaviors that can help indicate when someone is not a safe person to be around. She gave the DoD definitions of domestic abuse and domestic violence, but noted that while “domestic” refers to sharing a home with someone, even a short-term dating experience can fall under domestic partnership.

“When we are talking about it with clients and when we are talking about it with law enforcement, it's really those dangerous things that are happening that aren't OK in a relationship,” Pohl said. “They are emotionally abusive or they are threatening things like ‘if you leave me, I will kill myself,’ or ‘if you leave me, there will be repercussions, just wait,’ and that is abuse because it makes people fearful for reaching out for help. Maybe it isn't actual physical violence, but the fear of it is still there.”

Every relationship is different, and thus, Pohl said it can be difficult to identify what abuse is if someone is trying to match it up to the definitions.

“It is a social problem; it is rooted in social values that place importance on people having power over others,” she said, “so it's not an anger management issue ... it's about power and control in a relationship.”

Pohl stressed that the issue is not caused by poor anger management or stress, nor drugs or alcohol or mental illness, not even being provoked.

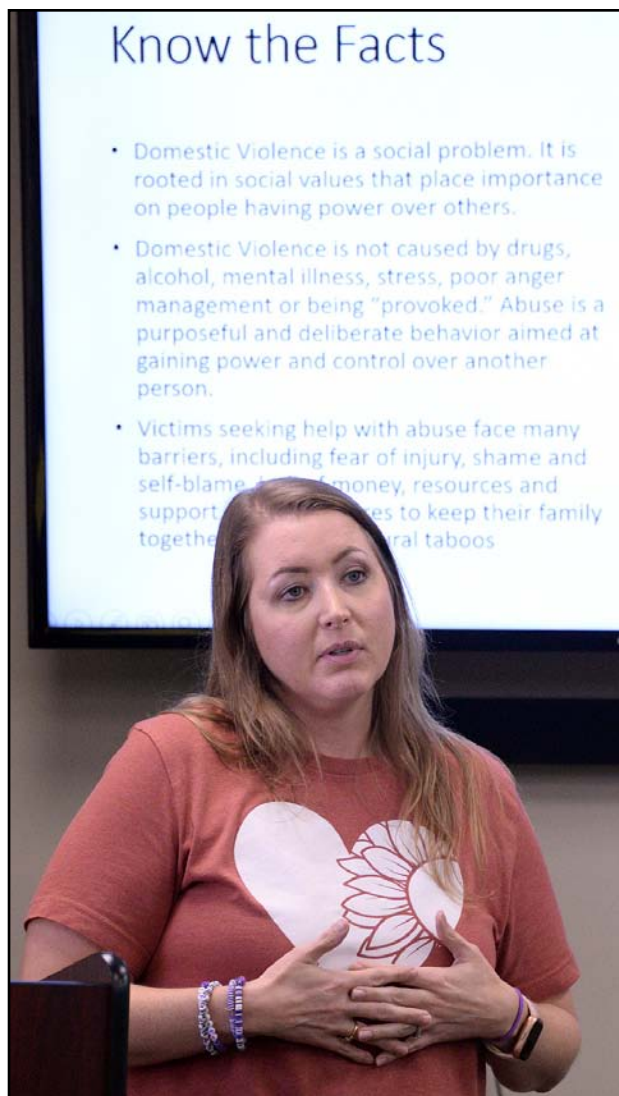


Photo by Prudence Siebert/Fort Leavenworth Lamp

**Kathrine Pohl, victim advocate coordinator for the Family Advocacy Program, shares information about domestic/intimate partner abuse during the Workshop and Workout session Oct. 5 at the Resiliency Center. Sessions are offered for free at 11 a.m. every Saturday in October and combine education with yoga. Call or text 913-683-2537 to attend.**

“Abuse is purposeful, deliberate behavior. It's aimed at a specific person to gain power over that specific person.”

She said abuse victims seeking help can face many barriers, including fear of being physically injured, but they also deal with resource issues, such as lack of money. Pohl said when she educates commanders and law enforcement officers about the cycle of violence, she stresses that money can be a huge barrier — it is often one of the reasons why victims go back to their abusers or won't leave their abusers. On top of those barriers, she said victims often have a lot of self-blame.

“When I work with victims and they are finally putting boundaries down and saying (things) like ‘No more, I'm going to go to the cops, I'm going to report this,’ we have so many conversations of ‘If I would have just done this differently or if I would have just made more money or been more supportive toward them or had the house clean when they came home, this would be fine’ ... They should not be abused because of that.”

After Pohl's educational portion, DeSouza asked participants to relax into elongated inhales and exhales as they sat on yoga mats.

“You notice when we close down the body and find stillness, our mind will take over — so without being hard on ourselves, without judging, when those thoughts arrive of ‘what I have to do later today,’ to ac-



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Yoga instructor Kristin DeSouza leads Workshop and Workout participants in a yoga session Oct. 5 at the Resiliency Center. Workshop and Workout sessions pair yoga with domestic violence education at 11 a.m. every Saturday in October. Call or text 913-683-2537 if interested in attending.**

knowledge the thought and return to breath, return to present moment,” she told them. “If it is part of your practice to set an intention, I invite you to take these few moments to do so — so that can be an emotion, it can be just a word, it can be a full sentence, but what arrives to the front of your mind and what can we return back to throughout this practice.”

DeSouza led participants through a series of movements and poses, offering descriptions to help them know how to position their bodies and recognize the benefits received.

Near the end of the yoga session, DeSouza read an excerpt from Rebecca Campbell's “Rise Sister Rise” and led participants in a pose involving their arms wrapped around themselves, encouraging them to give themselves the same compassion, love and kindness that they show others.

“It is your humanness that inspires me — your ability to choose to rise, fall after fall,” she read from Campbell's book. “It is your humanness that inspires me — the time you chose the light when it was darker than ever before. It is your humanness that inspires me — how you found the courage

to let the life you had so consciously created crumble and fall. It is your humanness that inspires me — when you share your heart, cracks and all. It is your humanness that inspires me — that you tell the truth about how hard life got and how you're different from before. It is your humanness that inspires me — the day you let your old self die, in order for who you were becoming to be born. It is your humanness that inspires me — how no matter how many times you doubted it, you never stopped answering the call.”

The next Workshop and Workout session is at 11 a.m. Oct. 12 in room 157 of the Resiliency Center, 600 Thomas Ave. To reserve a spot, call or text 913-683-2537.

For more information on the Family Advocacy Program, call 913-684-2808 or visit <https://leavenworth.armymwr.com/programs/acs/family-advocacy>.

Additional information, resources and referrals can be found at Military OneSource, with related articles on domestic abuse, pet safety, abuse/neglect prevention, types of abuse, and more at <https://www.militaryonesource.mil/search?s=Domestic+Abuse+Articles>.

October						
DOMESTIC VIOLENCE AWARENESS MONTH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Wear Purple Tuesdays!	Scream Free Marriage Class 600 Thomas Ave. DVAM Proclamation Signing 1:30pm 600 Thomas Ave.	DVAM Fact Domestic Violence Occurs Every 9 Seconds	Couples Activity! Go For a Walk With Your Partner	Workshop & Workout 11:00-12:30PM 600 Thomas Ave.
	Domestic Violence Awareness Table at PX & Commissary					
6	7	8	9	10	11	12
DVAM Fact 1 in 3 Women Have Been in an Abusive Relationship	Anger Management Class 10-11:30am 600 Thomas ave. Rm. 145	Wear Purple Tuesdays!	5 Love Languages for Couples 1-2:30pm 600 Thomas ave. Rm. 145	DVAM Fact 1 in 4 Men Have Been in an Abusive Relationship	Couples Activity! Read 5 Love Languages with Your Partner	Workshop & Workout 11:00-12:30PM 600 Thomas Ave.
	Domestic Violence Awareness Table at PX & Commissary					
13	14	15	16	17	18	19
DVAM Fact Intimate Partner Violence accounts for 15% of all Violent Crimes	Co-Parenting Workshop 12-1:00pm 600 Thomas ave.	Wear Purple Tuesdays!	Co-Parenting Workshop 12-1:00pm 600 Thomas ave.	Anger Management Class 10-11:30am 600 Thomas ave. Rm. 145	Couples Activity! Movie Night With Your Partner	Workshop & Workout 11:00-12:30PM 600 Thomas Ave.
	Domestic Violence Awareness Table at PX & Commissary					
20	21	22	23	24	25	26
DVAM Fact Animal Abuse Increases Lethality in Relationships Where Abuse is Present	Co-Parenting Workshop 12-1:00pm 600 Thomas ave.	Wear Purple Tuesdays!	Co-Parenting Workshop 12-1:00pm 600 Thomas ave.	Break the Silence Glow Walk & Trick-or-Treat 6:00-7:30pm Resiliency Center 600 Thomas ave.	Couples Activity! Cook a Meal With Your Partner	Workshop & Workout 11:00-12:30PM 600 Thomas Ave.
	Domestic Violence Awareness Table at PX & Commissary					
27	28	29	30	31		
DV Resource: National Hotline 1.800.799.7233 Local DV hotline 913-683-2537	Co-Parenting Workshop 12-1:00pm 600 Thomas ave.	Wear Purple Tuesdays!	Co-Parenting Workshop 12-1:00pm 600 Thomas ave.	Family Activity! Trick-or-Treating! Happy Halloween!		
	Domestic Violence Awareness Table at PX & Commissary					
Contact the Family Advocacy Program to Register for all classes listed above 913-684-2800						

- Family Advocacy Program -

## Victim Advocacy Program

1 in 3 women and 1 in 4 men have experienced some form of domestic violence by an intimate partner in their lifetime.

If you or someone you know is experiencing violence by an intimate partner, please reach out to the victim advocacy program at 913.683.2537

Safety Planning

Victim Advocacy Services

Education & Support Group

**Did you know...**

**Help Break the Silence of Domestic Violence. If you see someone in need, report or offer assistance.**

**DV 24-hour Crisis Line: 913-683-2537**

### DOMESTIC VIOLENCE EDUCATION AND SUPPORT GROUP

When: November 7th and 21st  
December 5th & 19th  
January 2nd, 16th & 30th  
February 13th & 27th  
1:00PM-2:30PM

THIS GROUP IS: SAFE, RELATABLE, EDUCATIONAL, RELEVANT, CONFIDENTIAL

Where: Resiliency Center 600 Thomas Ave Room 145

FOR QUESTIONS CALL 913.683.2537

# Pets of the Week



Photo by Prudence Siebert/Fort Leavenworth Lamp

Eight-week-old littermates Bowen and Sarina are among several kittens available for adoption, or soon to be available for adoption upon the completion of veterinary care, at the Fort Leavenworth Stray Facility. Spay/neuter, vaccinations to date and microchipping are included in their adoption fees. Visit [www.FLSF.petfinder.com](http://www.FLSF.petfinder.com) for pet profiles, e-mail [fortleavenworthstrayfacility@gmail.com](mailto:fortleavenworthstrayfacility@gmail.com) for an adoption application, and call 913-684-4939 for more information. The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday, and by appointment for pre-approved adopters. Call 913-684-4939 to schedule an appointment. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility.

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

Fort Leavenworth Stray Facility

## Second Saturday is Back!



Every second Saturday of the month

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

You can find all of our adoptable pets at: [www.petfinder.com](http://www.petfinder.com) Fort Leavenworth

[fortleavenworthstrayfacility@gmail.com](mailto:fortleavenworthstrayfacility@gmail.com)

913-684-4939

510 Organ Ave  
Fort Leavenworth, KS  
66027



## HOWL-O-WEEN PET COSTUME PHOTO CONTEST



DRESS YOUR PET IN THEIR FAVORITE HALLOWEEN COSTUME FOR A CHANCE TO WIN UP TO \$500

**2** GRAND PRIZE WINNERS  
RECEIVE A \$500 EXCHANGE GIFT CARD.  
**8** RUNNER UP WINNERS  
RECEIVE A \$250 EXCHANGE GIFT CARD.



ROYAL CANIN

2023 GRAND PRIZE WINNERS

Steven S. Fairchild AFB



Galadriel O. Ramstein AFB



Enter October 1 - 31, 2024  
at [shopmyexchange.com/sweepstakes](http://shopmyexchange.com/sweepstakes)



# WORTH

Harley-Davidson  
MOTOR HARLEY-DAVIDSON CYCLES  
NORTH

9400 NW Prairie View Rd  
816-420-9000

[www.worthharley-davidson.com](http://www.worthharley-davidson.com)

THURSDAY  
OCTOBER 10, 2024



# Post Notes

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

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

B1

**THURSDAY  
OCTOBER 10**

**Arts & Crafts Studio:**

**Color Me Happy Art**  
11AM • Parents & Child

Info: (913) 684-3373

**FRIDAY  
OCTOBER 11**

• **Arts & Crafts Studio:**

**Paint & Sip: Day of the Dead**

• **BOSS Movie Post Theater:**

**Adams Family Values (PG)**  
7PM

**SATURDAY  
OCTOBER 12**

**Trails of Terror Chili Scramble**

**Trails West Golf Club**

**10AM Shotgun Start**

(913) 651-7176

## DOMESTIC VIOLENCE AWARENESS MONTH

### WORKSHOP & WORKOUT!

Join the Family Advocacy Program for a WEEKLY Workshop & Workout for Domestic Violence Awareness Month!

**11:00a.m.-12:30p.m.**  
Every Saturday in October!

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

600 Thomas Ave.  
Bldg. 198  
Room 157

## BOSS presents HAUNTED CLASSICS!

### 4 FREE movies for October Hallows!

Post Theater/ Grant Ave  
Movies start at 7pm  
Must show your DoD ID at the door!

It's spooky season! Creepy cinema classics abound!

	<b>Oct 4</b> <b>Beetlejuice</b> PG 90min Starting off with everyone's favorite wise guy, Beetlejuice will bring you back to 1988! Strap in, grab a zagnut, it's showtime!
	<b>Oct 11</b> <b>Adams Family Values</b> PG 94min Calling all Morticias and Gomez! Snap your fingers along with this kooky classic from 1993!
	<b>Oct 18</b> <b>Scooby-doo Zombie Island</b> G 77min "Ruh-roh Raggy! Zombies!" Jump into the Mystery Machine and travel back to 1998 to solve a mystery with Scooby and the gang!
	<b>Oct 25</b> <b>Hocus Pocus</b> PG 96min Run amok, amok, amok with the Sanderson sisters in this 1993 cult classic!

Prepackaged snacks and drinks can be purchased at the snack bar. No outside food or drink are authorized. The snack bar is OPEN ONLY for all movie children 12 and under MUST be accompanied by an adult. For more info call 913-684-3376

## FORT LEAVENWORTH CONSTRUCTION UPDATE

Starting Oct. 21, construction on the new CDC will close Hancock Ave. from the construction site at 190 Hancock Ave., through the intersection of Hancock and Iowa Aves. Northbound Hancock traffic will detour east or west at Kansas Ave. Traffic to the Housing Office/Community Center will enter from Iowa Ave.

Starting on or about Oct. 28, heavy equipment traffic will begin servicing the construction site. To ensure the safe, orderly influx of this increased construction traffic, Hancock Gate will be open temporarily for all inbound and outbound traffic, M-F, 7 a.m. – 5 p.m.

Motorists will encounter changes in stop sign orientation at the intersections of Iowa Ave./5th Artillery Rd.; and 5th Artillery Rd./Sheridan Dr./Hancock Ave. (circled on map).

## FRONTIER FREEDOM 5K/10K

### OCT. 13 • 9 A.M. START/FINISH AT THE FRONTIER ARMY MUSEUM

HOSTED BY

## Fort Leavenworth Multicultural Families FRIDAY FUN DAY

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

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

### 2024 - 2025 FRIDAY FUN DAY CALENDAR

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

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

## NOTICES & UPCOMING EVENTS

■ Anyone with DEBTS OWED TO OR BY THE ESTATE OF CHIEF WARRANT OFFICER 4 WILLIAM D. DICKINSON must contact Maj. Matthew Schenaker at 913-684-9452, 540-623-6040, or matthew.w.schenaker.mil@army.mil. CW4 Dickinson passed away Sept. 20.

■ SMITH LAKE HAS BEING DRAINED again to allow for a repair to the outlet structure that was leaking. The repair should be completed in a few weeks, the structure closed, and with rain or snow, filled again in December or January.

■ The DISCOVERY EXPEDITION OF ST. CHARLES REPLICA LEWIS AND CLARK KEELBOAT is journeying on the Missouri River and will dock Oct. 10-13 in Atchison, Kansas. Reenactors dressed in buckskins and uniforms will bring the expedition to life, demonstrating skills such as firing flintlock muskets, cooking over open campfires, and sleeping in canvas tents, offering a glimpse into the daily lives of the explorers. They will be moored in Veteran's Memorial Park. The boat will move downriver from Atchison Oct. 13 to the historic Lewis and Clark Riverfront Park at

Kaw Point in Kansas City, Kansas. The start time for the public to visit is 5 p.m.; they will remain at Kaw Point and available to the public until noon Oct. 14. Kaw Point is the area where the Lewis and Clark explorers camped from June 26-29, 1804, at the confluence of the Missouri and Kaw rivers.

■ SIDEWALK REPAIRS in housing areas are underway. For more information, visit the Fort Leavenworth Garrison Facebook page or contact the Frontier Heritage Communities Maintenance Team at 913- 651-3838.

■ Phase 1 construction of the GRANT PARK IMPROVEMENT PROJECT has begun. Phase 1 includes a concrete walking path with park benches, four pickleball courts with a covered area between the courts with picnic tables, a tennis court, a soccer field, lighting and barbecue grills. Construction is anticipated to be complete by May 2025. See the Sept. 19, 2024, issue of the Fort Leavenworth Lamp for more information. Archives and the latest issue are available at <https://home.army.mil/leavenworth/about/news>.

■ Munson Army Health Center is offering WALK-IN FLU SHOT CLINICS for TRICARE beneficiaries ages 6 months old and older from 8 a.m. to 2 p.m. Oct. 17, noon to 4 p.m. Nov. 1, 9 a.m. to 6 p.m. Nov. 6 and noon to 4 p.m. Nov. 15 at the Frontier Conference Center. DoD ID cards are required for patients 10 years old and up.

■ Munson Army Health Center is looking for volunteers to join the PATIENT AND FAMILY PARTNERSHIP COUNCIL. Volunteers can be active-duty, active-duty family members, retirees or retiree family members. The PFPC meets quarterly. If interested, call 913-684-6211/6127. See page B12 or more MAHC news and notices.

■ Leavenworth Unified School District 453 has created a form at <https://www.usd453.org/saysomething/WHEN SUSPICIOUS ACTIVITY CAN BE REPORTED> for review/investigation by district administrators. Ensuring public safety is a shared responsibility. Report suspicious activity to local law enforcement or a trusted authority.

### FORT LEAVENWORTH MWR SPOOKTACULAR OCTOBER CALENDAR

**MONDAY  
OCTOBER 14**

Don't forget to sign your little ghouls or goblins for Youth Sports Winter Sports all month LONG!

**TUESDAY  
OCTOBER 15**

Arts & Crafts Studio:  
**Acrylic Basics Class**  
6PM - 8PM  
Info: (913) 684-3373

**WEDNESDAY  
OCTOBER 16**

ACS & FAP: Teens can be scary but we can help you navigate  
1PM - 2:30PM • 600 Thomas  
Info: (913) 684-2811/2808

**THURSDAY  
OCTOBER 17**

Arts & Crafts Studio:  
**Kids Mess Monster Art**  
11AM - 12PM  
Info: (913) 684-3373

**FRIDAY  
OCTOBER 18**

• BOSS Movie Post Theater:  
**Scooby-do Zombie Island**  
**Haunted Classic (PG)**  
7PM

**SATURDAY  
OCTOBER 19**

• Haunted Homes Tour  
6PM • Post wide  
• Little Weenie Pumpkin Fun Shoot • 9AM  
Brunner Range


## FORT LEAVENWORTH HAUNTED TOUR

**Oct 25 & 26**

Starting at **6:00pm**  
**Old USDB**  
**310 McPherson**

Tours are approximately an hour and thirty minutes long and cover 1.35 miles.  
Be prepared to walk!  
Tour groups are limited to 30 people or less. Groups will be spaced 15 minutes apart.  
Open to the general public ages 13 and up.  
Non DoD ID card holders must have a Visitor's Pass to gain access to Ft. Leavenworth.

**FREE EVENT!**  
Please do not provide billing information



## TRICK or TREAT

Ages 12 and under

**18 OCT 5-7 PM**

History • Fun • Candy

Frontier Army Museum  
100 Reynolds Ave, Fort Leavenworth

Let us know you're coming



## YOUTH SPORTS & FITNESS Halloween FUN RUN

**SATURDAY, OCT 26**

Registration 8:00am - 8:45am  
Run Begins 9:00am

The Resiliency Center  
600 Thomas Ave

Participants under 12 will receive a Participation Medal, a Free Treat Bag, and entry into the Child and Youth Center Trick or Treat Zone!

Participants under 8 years old must run/walk with an adult 18+. Participants may run or walk the 1k or 3k event.

**FREE!**  
VOLUNTEERS ENCOURAGED

CALL 913-684-7525/7526 FOR MORE INFO

## RETIREE APPRECIATION DAY

### COLORING/DRAWING CONTEST

FOR USD 207 STUDENTS IN GRADES PRE-K THROUGH 5

Theme: "Thanking our Military Retirees"

**Requirements:**

- Entries must be on 8.5" x 11" piece of white paper
- Hand-drawn and hand-colored at home
- Represent the theme "Thanking our Military Retirees"
- Entries must be turned in to the school office by 12:00 PM (Noon) on Tuesday, October 15, 2024.

**Entry Categories:**

- PreK3 - PreK4
- 2nd - 3rd Grade
- Kinder - 1st Grade
- 4th - 5th Grade

**INCLUDE ON BACK OF ENTRY**  
Student's Full Name  
Teacher  
Grade Level  
School

Selected drawings will be displayed at the PX.

## VOLUNTEER

Trick or Treat at Frontier Army Museum  
Friday, October 18 | 1700-1900

Sign up to be a Candy Stop in the museum

Each stop will have a few lines to share about the history in the nearby exhibits

### TRICK & TREAT

### HARROLD YOUTH CENTER New After School Classes OCTOBER 2024

**MONDAY**  
ZUMBA  
HARROLD YOUTH CENTER GYM  
4:00-4:50  
October 7, 21 & 28th

**TUESDAY**  
Weight Lifting and Strength Training  
Gruber Fitness Center / 9th-12th Graders / Transportation Provided  
4:00-4:50  
Oct 8, 15, 22, & 29

**WEDNESDAY**  
Guitar Lessons with Mr Ron  
4:00-4:50 at Harrold Youth Center  
Oct 2, 16, 23, 30

**THURSDAY**  
AUTO CRAFT  
Learn to change a tire, change the oil and other basic maintenance  
Auto Craft Center/ 9th-12th Graders / Transportation Provided  
4:00-4:50  
Oct 3, 10 & 24

The following classes are **FREE** for registered members  
For more information call 913-684-5118

## FORT LEAVENWORTH 2024 RETIREE APPRECIATION DAY & HEALTH FAIR



**SATURDAY 26 OCTOBER 2024**  
**LEWIS & CLARK CENTER**  
REGISTRATION STARTS AT **0800**  
OPENING PROGRAM STARTS AT **0900**  
VENDORS/ID CARDS OPENS AT **1000**

MUNSON ARMY HEALTH CLINIC WILL HOST A HEALTH FAIR  
FLU SHOTS (IF AVAILABLE) FOR TRICARE BENEFICIARIES  
HANCOCK LODGE - CANCER SCREENING

THE POST EXCHANGE AND COMMISSARY WILL HAVE SPECIALS DURING THE DAY.

SUPPORTING OUR MILITARY RETIREE COMMUNITY IS OUR HONOR AND TOP PRIORITY. STAY INFORMED OF ALL BENEFITS FOR RETIREES BY GOING TO:

TRICARE.MIL • SOLDIERFORLIFE.ARMY.COM • DFAS.MIL

**WE WELCOME YOU TO THIS YEAR'S EVENT!**

<https://home.army.mil/leavenworth/index.php/fort/all-services/retirement-services-office>



**\*\*60 YEARS OF HONORING RETIREES\*\***

## FORT LEAVENWORTH HAUNTED TOUR 19 OCTOBER 2024

# VOLUNTEER

- Storytellers
  - You are the tour! Help bring history to life
- Tour Guide
  - Keep tour groups moving along in a timely manner
- Tour Tails
  - Keep tour groups together
- Misc Tour Assistance
  - Check-in, parking, set up, clean up

OCTOBER 18-20  
FLINTHILLSMILITARY.COM

## FLINT HILLS MILITARY HISTORY SYMPOSIUM 2024

WAR & TECHNOLOGY



Fort Riley Museums



## Fort Leavenworth Exchange

### Columbus Day Holiday Hours of Operation Monday, October 14, 2024

Main Store	1000-1700
Military Clothing Express	CLOSED
Starbucks	0830-1600
Charleys	1100-1600
Qdoba	CLOSED
Burger King	1030-1700
Barber Shop	1000-1600
GNC	1000-1600
DOCS Dental	1000-1600
Dry Cleaners	1000-1600
Alterations	CLOSED
AT&T Kiosk	1000-1600
U.S. Patriot	1000-1600

Lewis & Clark locations: Barber Shop, Bookstore and Food Court will be CLOSED

## SOLDIER SHOWDOWN 6 FINALS

WATCH SOLDIERS COMPETE FOR GRAND PRIZING AT  
[TWITCH.TV/ARMYENTERTAINMENT](https://www.twitch.tv/armyentertainment)

**OCTOBER 11-12** 12 PM - 6 PM CST



## Trunk or Treat

Friday - October 25th  
5 pm - 7 pm  
Post Exchange Parking Lot

Come visit the Commissary's booth for your goodies!




## Fort Leavenworth BOSS Meeting!

**Better Opportunities for Single Soldiers**

- MWR BOSS Community Leadership
- MWR BOSS Monthly Meeting
- MWR Resiliency Center, Rm 207  
600 Thomas Avenue  
Fort Leavenworth, 66027
- WHEN: 16 October @ 11:30-13:00
- WHY: BOSS Monthly Meetings allow us to go over BOSS store events as well as give us an idea for what soldiers are wanting to see from us!
- HOW: Meet in person to enhance the Morale and Welfare of Single Soldiers, Single Parents, and Geo-Separated by being the collective voice of Single Soldiers
- BOSS events and meetings are primarily to support the Soldier's Four Pillars, which create the BOSS Core Components:
  - Retention and Welfare
  - Community Service
  - Life Skills

BOSS President: 107 West, Angleton  
Angleton@armymwr.com  
BOSS Vice President: 107 West, Angleton  
107 West, Angleton  
107 West, Angleton





# Soldier and DoD Civilian Political Activity

## do's

- ✓ Register to vote. Visit [fvap.gov](http://fvap.gov) for more information.
- ✓ Vote in person or via absentee ballot.
- ✓ Use voting assistance office for help and information.
- ✓ Like a Facebook page or follow a social media account of a political party or candidate.

## don'ts

- ✓ Wear uniform at political campaign or election event.
- ✓ Post or make direct links on social media to a political party, candidate, campaign, group or cause.
- ✓ Suggest others like, friend or follow a political party, candidate, campaign, group or cause.

Please note this list is not comprehensive. For complete guidance, see <https://dodsoco.ogc.osd.mil//ETHICS-TOPICS/Political-Activities/>

## AUSA DAY 1 LIVESTREAM SCHEDULE

OCTOBER 14, 2024  
EASTERN STANDARD TIME

- 9:30-11:15 AM  
OPENING CEREMONY  
KEYNOTE SPEAKER: HON Christine Wormuth, Secretary of the Army
- 12:30-2:30 PM  
BEST SQUAD, NCO OF THE YEAR, SOLDIER OF THE YEAR RECOGNITION LUNCHEON
- 3:30-4:30 PM  
STRENGTHENING THE PROFESSION THROUGH WRITING

U.S. ARMY

## AUSA DAY 2 LIVESTREAM SCHEDULE

OCTOBER 15, 2024  
EASTERN STANDARD TIME

- 7:30-11:30 AM  
WARRANT OFFICER PROFESSIONAL DEVELOPMENT FORUM I
- 9:30-11:30 AM  
WARFIGHTER & FAMILY FORUM: "TRANSFORMING COMBAT READY CARE"
- 11:00 AM-12:15 PM  
CONTEMPORARY MILITARY FORUM: HOLISTIC HEALTH & FITNESS PANEL  
REMARKS BY: GEN James Minguo, VCSA, LTG David Francis, DCG, TRADOC and CG, CIMT; Dr. Jennifer Triuk, Professor of University of SC School of Medicine Greenville, Director of Lifecycle Medicine Programs
- 12:30-2:30 PM  
EISENHOWER LUNCHEON  
CSA & SMA to recognize Drill Sergeants, Recruiters, and Career Counselors of the Year

U.S. ARMY

## AUSA DAY 3 LIVESTREAM SCHEDULE

OCTOBER 16, 2024  
EASTERN STANDARD TIME

- 11:45 AM-12:25 PM  
WARRIORS CORNER: RENEWING PROFESSIONAL WRITING
- 1:00-2:30 PM  
CONTEMPORARY MILITARY FORUM: "OUR ARMY PROFESSION"  
REMARKS BY: GEN Gary Brito, CG, TRADOC; SFC Leyton Summerlin, 2022 MSCoE DSOY and Harding Project; Ms. Corie Weathers, Author, Military Culture Shift
- 1:00-5:00 PM  
WARRANT OFFICER PROFESSIONAL DEVELOPMENT FORUM II

U.S. ARMY

**Blood Drive**

**Fort Leavenworth**  
Wednesday, Nov. 6<sup>th</sup>  
9:00 AM - 3:00 PM  
Frontier Chapel  
625 Thomas Avenue

### Prepare to donate

- ✓ Eat well and hydrate
- ✓ Bring a photo ID
- ✓ Feel good and symptom free
- ✓ 17+
- ✓ Meet minimum weight requirements

For full eligibility requirements and COVID-19 information, visit [www.savealifenow.org/eligibility](http://www.savealifenow.org/eligibility)



877.468.6844 - [savealifenow.org](http://savealifenow.org)

**Fort Leavenworth**  
**Career & Education Fair**  
5 November, 10 am to 2 pm  
Frontier Conference Center

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

Government, Law Enforcement, Contracting, Manufacturing, Sales, Logistics, Retail, Service, Technical, Educational, and Many Other Opportunities Available

For information call the Transition Assistance Program at 913-684-2227 or email [usarmy.TAP.leavenworth@army.mil](mailto:usarmy.TAP.leavenworth@army.mil)

Hosted by: Transition Assistance Program & the Family and Morale, Welfare and Recreation Directorate

Scan our QR codes & follow us on Facebook & LinkedIn for upcoming events & information

COMBINED ARMS RESEARCH LIBRARY

# READ & TREAT STORYTIME

OCTOBER 31ST (W) 10AM

IN THE LIBRARY ATRIUM BY THE MAIN STAIRCASE

PLEASE COME DRESSED UP, THERE WILL BE A TRICK-OR-TREATING OPORTUNITY AFTER STORYTIME!

MWR HARROLD YOUTH CENTER

# MANSION OF CHILLS

ENTER IF YOU DARE

**\$5 PER PERSON**  
**\$15 PER FAMILY**

RECOMMENDED FOR AGES 10 AND OLDER  
Use Parental discretion for younger Children.

HAUNTED HOUSE

45 BIDDLE BLVD  
OCT 31  
6PM - 8PM

For more information call 913-684-5118

Integrity.  
Dedicated Service.  
Financial Solutions.  
Anytime, Anywhere.

[frontierccu.org](http://frontierccu.org) (913) 651-6575

Frontier Community Credit Union

Federally Insured by NCUA

## INSTALLATION FALL CLEAN-UP

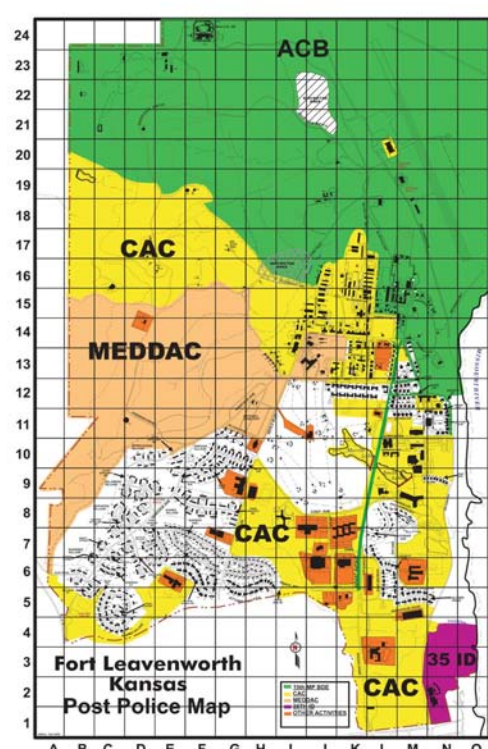
Community partners, civilians, and family members residing on Fort Leavenworth are requested to participate in an installation-wide clean-up to free the post of debris, waste, and environmental hazards. The CAC Subordinate Organizations, Garrison and Tenants are required to support.

**OCT. 28 - NOV. 15**

SINGLE SOLDIER QUARTERS AND ALL INSTALLATION OFFICES: **OCT. 28 - NOV. 1**  
HOUSING AREAS: **NOV. 4-8**  
UNIT AORS (MAP): **NOV. 12-15**

FEEL FREE TO JOIN!

Contact us for more information:  
matthew.l.gill.civ@army.mil  
913-684-0051



## TRAILS WEST GOLF COURSE

Come Experience TRAILS WEST GOLF COURSE

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

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

306 Cody Rd Ft. Leavenworth 913-651-7176

Join us monthly

# DATE NIGHT

6-10 PM @ Frontier Chapel

Meals & Childcare provided

Sponsored by Fort Leavenworth Chapel Community

Supported by

**Invest in your marriage this year!**

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

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

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

*Catholic Women of the Chapel*

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

**NEW**

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

LEARN MORE >>

Find our complete calendar on Facebook 'CWOC Fort Leavenworth'

## Combined Arms Research Library

# STORYWALK®

StoryWalk® was created by Anne Ferguson of Montpelier, VT and has developed with the help of Rachel Senechal, Kellogg-Hubbard Library

### New story out each Monday

Read the Story

Take a Nice Walk

Enter into the book drawings

Thank you to the CGSC Foundation for sponsoring this event!

MWR

EFMP presents:

# SENSORY STORY TIME

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

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

## STORYTIME @ THE LIBRARY

Join us!

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

CARL LIBRARY

October 2024

The CARL's Community Events Calendar

The Ike Skelton Combined Arms Research Library  
913-758-3001  
follow us on Facebook: @CombinedArmsResearchLibrary  
\*Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	StoryWalks(R)	Storytime@0930				
6	7 StoryWalks(R)	8 Storytime@0930	9	10	11	12
13	14 CLOSED FOR COLUMBUS DAY StoryWalks(R)	15 Sensory Storytime @ 9:30am	16	17	18	19
20	21 StoryWalks(R)	22 Storytime@0930	23	24	25	26
27	28 StoryWalks(R)	29 Storytime@0930	30	31 Read & Treat Storytime @ 1000		

30

Wednesday, October 30, 2024 at 5:30 PM CDT

Speaker Series: "Contribution to Victory: Western University and its role in World War I"

100 Reynolds Ave, Fort Leavenworth, KS, United States, Kansas 66027

## The Department of Military History

presents

### A Confused Heap of Facts

Craving more history content? Long drive on a 3-day weekend and need a break from true crime? Lawn needs to be mowed (again) and your gym playlist isn't the right vibe?

**A Confused Heap of Facts** might be just what you need! It is a podcast hosted by the CGSS Dept. of Military History, where your professors discuss topics in military history, ranging from antiquity to the present.

With over 90 episodes, covering a broad variety of topics and time periods, there's sure to be some something to scratch that history itch from the comfort of your couch, car, or lawnmower; no book required! Available at Apple with the QR codes above, or wherever you get your podcasts.

### Broad-Gauge Gossips

**Broad-Gauge Gossips** podcast interviews DMH professors, allowing you to learn more about their research interests.

## Dental Assistant Training Program

American Red Cross Fort Leavenworth Dental Clinic Command

INTERESTED IN THE DENTAL ASSISTANT TRAINING PROGRAM?

The Dental Assistant Program is a combination of classroom and hands-on basic education and clinical skills. The program is designed to provide the skills necessary for volunteers to become employed at a Dental Treatment Facility (DTF). Please note, employment is not guaranteed.

This is a valuable training opportunity where dental trainees MUST commit to a six (6) month period required for completion. First 2 weeks in lectures then rest of the 22 weeks in clinic hands-on experience.

Training day is from 0720-1600 Monday - Friday

- Must have valid DoD sponsored ID card
- Retiree or family member of active/guard/reserve retired with regular post access privileges.
- Must be 18 years old or older prior to start of program.
- High School Graduate or GED.
- Candidates must have or be willing to complete BLS training and vaccination requirements prior to start of program.
- There is no cost for those accepted.
- Candidates will be chosen based on application, essay, and individual interviews.
- Applications accepted, and interviews conducted now through 15 Dec 24
- Training begins on 3 Feb 25
- Contact American Red Cross today for an application packet!

START HERE FOR A GREAT OPPORTUNITY

American Red Cross  
Jason.Ramlow@redcross.org  
Phone: (816) 536-0108

ODYD needs Donations!

- \*Formal & Cocktail Dresses
- \*Mens Formal Wear
- \*Shoes, Jewelry, Handbags

ODYDfisc@gmail.com

ARMY FAMILY CHILD CARE (FCC)

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

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

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

www.ArmyMWR.com/FCC

## Free Dental Assistant Training

- Brought to you by the American Red Cross & the Ft. Leavenworth Dental Clinic Command
- 2 weeks lectures and 22 weeks chairside on the job clinical training (1000 hours total). All done as a volunteer.
- Must be military ID holder, HS grad, and age 18+ to apply.
- Training will be at Smith Dental Clinic, 520 Pope Ave.
- Applications available now and interviews held now through 15 Dec 24. Training begins on Monday, Feb. 3<sup>rd</sup>, 2025.
- Call the Red Cross at 816-536-0108 or email: [Jason.Ramlow@redcross.org](mailto:Jason.Ramlow@redcross.org) for an application.



**STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS**

By Appointment Only

[www.strongholdfoodpantry.org](http://www.strongholdfoodpantry.org)

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Open Pantry & Happy Bottoms 11:00 - 1:00	3	4	5
6	7 DONATIONS 12:00-2:00	8 Open Pantry & Happy Bottoms 11:00 - 1:00	9 CLOSED	10	11	12
13	14 CLOSED	15	16 Open Pantry & Happy Bottoms 11:00 - 1:00	17 Volunteer Orientation TBD	18	19
20	21 DONATIONS 12:00-2:00	22	23 Open Pantry & Happy Bottoms 11:00 - 1:00	24	25	26
27 Back to the Basics Cooking Series	28 DONATIONS 12:00-2:00	29 Volunteer Orientation TBD	30 Open Pantry & Happy Bottoms 11:00 - 1:00	31		

### Stronghold Christmas Depot

- ★ Register a family in need
- ★ Donors & Sponsors Needed
- ★ Volunteer to Help

[www.strongholdfoodpantry.org](http://www.strongholdfoodpantry.org)

### Become a Sponsor

Businesses, organizations, and individuals can sponsor a child (1) or a family (multiple children) to shop Stronghold's Christmas Depot.

Too busy to shop? You can provide a financial gift that allows Stronghold to purchase toys and clothing for military children on behalf of you, the sponsor.

All donations are tax deductible as allowed by law.

[www.strongholdfoodpantry.org](http://www.strongholdfoodpantry.org)

### Hunger Buster Pack

POWERED BY: FTLV THRIFT STORE

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

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

**STRONGHOLD FOOD PANTRY**  
More than a food pantry.

### Make a donation

Donate new toys, books, art supplies, or clothing. These gifts will be carefully wrapped and gifted to military children.

If you are unsure of what to give, you can opt for a monetary donation that allows Stronghold to purchase gifts and items needed for military families.

All donations are tax deductible as allowed by law.

[www.strongholdfoodpantry.org](http://www.strongholdfoodpantry.org)

### Register a Family

Families, in need of additional support, can register to participate in this year's Stronghold Christmas Depot.

Families will have the ability to shop for their child's gifts with dignity and care. Limited availability (kids 18 and under).

ALL information shared will be kept confidential.

[www.strongholdfoodpantry.org](http://www.strongholdfoodpantry.org)

### Stronghold: Happy Bottoms Program

Powered by: Rapid Response Charities

Free Monthly Diaper Distribution

Email: [contact@strongholdfoodpantry.org](mailto:contact@strongholdfoodpantry.org)

**STRONGHOLD FOOD PANTRY**  
More than a food pantry.

## Ft. Leavenworth International Loan Closet

Located in the alley off McClellan & Kearny  
Hours Vary, Check FB Page

**Donations & Volunteers Welcome**



# FAMILY ADVOCACY PROGRAM



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

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

### NEW PARENT SUPPORT PROGRAM

\*Call 913-297-3212/9704 to register for NPSP events

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

**Toddler Time**  
Wednesdays, 9:00am Resiliency Center Playroom

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

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

**Breastfeeding Class**  
Oct. 7, 5:00pm - 7:00pm Resiliency Center, Room 157

**Newborn Care Class**  
Oct. 21, 5:00pm - 7:00pm Resiliency Center, Room 157

**Dad's Night Out**  
Oct. 23, 6:00pm - 8:00pm Restaurant TBD

**Potty Training Class**  
Oct. 28, 5:00pm - 7:00pm Resiliency Center, Room 157

**Mom's Night Out**  
Oct. 30, 6:00pm - 8:00pm Restaurant TBD

## Domestic Violence Awareness Month



**FAMILY ADVOCACY PROGRAM**  
\*Registration Required for all FAP events

**Scream Free Parenting**  
Oct. 2, 1:00-2:30pm Resiliency Center, Room 145

**Anger Management Series**  
Oct. 3, 10, 17, 24, 1:30-3:00pm Resiliency Center, Room 145

**Mom & Me Crocheting**  
Oct. 4, 1:00-3:00pm Resiliency Center, Room 145

**Workshop & Workout**  
Oct. 5, 12, 19, 26, 11:00am-12:30pm Resiliency Center, Room 157

**Co-Parenting Workshop**  
October 7, 14, 21, 28, 12:00-1:00pm Resiliency Center, Room 145 virtual options available

**5 Love Languages**  
Oct. 9, 1:00pm- 2:30pm Resiliency Center, Room 145

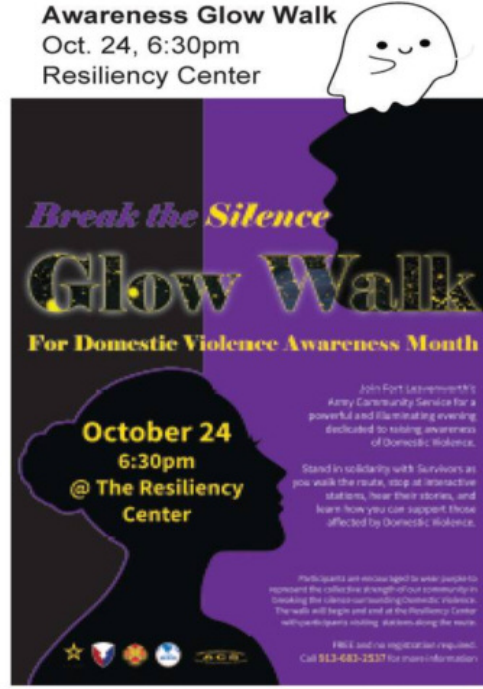
**Navigating the Teen Years**  
October 16, 1:00-12:30pm Resiliency Center, Room 145

**Anger Management**  
Oct. 17, 11:30am-1:00pm Resiliency Center, Room 145

**Positive Parenting**  
Oct. 18 & 25, Microsoft Teams

**Domestic Violence Awareness Glow Walk**  
Oct. 24, 6:30pm Resiliency Center

### Wear Purple on Tuesdays in Support of Domestic Violence Survivors!

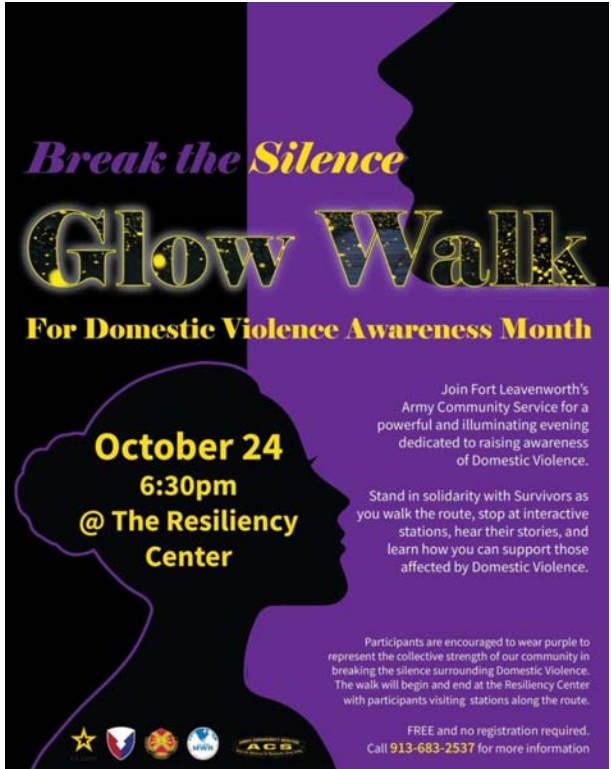


<https://leavenworth.armymwr.com/>

<facebook.com/FortLeavenworthACS>

<facebook.com/FortLeavenworthFMWR>

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



Join the Family Advocacy Program for the "Break the Silence Glow Walk and Trick-or-Treat," a powerful evening dedicated to raising awareness about domestic violence and standing in solidarity with survivors.

This event is a key part of Domestic Violence Awareness Month, bringing our community together to illuminate the path toward safety, support and change. Participants will walk a designated route, wearing purple, symbolizing hope and the collective strength of our community in breaking the silence around domestic violence.

The walk will feature interactive stations to trick-or-treat at along the route, also providing community resources, stories of survival, and opportunities to learn how to support those affected by domestic violence.

## If you experienced sexual trauma during your military service, VA can help.

### Free Services

The Department of Veterans Affairs (VA) offers free health care and other benefits for current and former Service members who experienced sexual assault, harassment or abuse during military service, also known as military sexual trauma (MST).

### For Current Service Members

Current Service members (including current National Guard and Reserve members) can access confidential MST-related counseling at VA's Vet Centers without a referral and care at VA medical facilities with a Department of Defense referral.

### No Report or Evidence of MST Needed to Receive Care

No report to authorities or other documentation of the MST experience is needed to receive health care services.



For more information, scan the QR code, download the Beyond MST mobile app, or visit/call:

CLEARED [www.mentalhealth.va.gov/mst](http://www.mentalhealth.va.gov/mst)  
For Open Publication [www.va.gov/find-locations](http://www.va.gov/find-locations)  
Jul 25, 2024 1-800-698-2411



Department of Defense OFFICE OF PREPUBLICATION AND SECURITY REVIEW

24-P-0880

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

 <b>Ms. Amanda Bonseigneur</b> Lead SARC Amanda.bonseigneur.civ@army.mil Office: 913-684-2810 Cell: 913-704-9620 Bldg 197, 632 McClellan Ave	<b>For Assistance contact</b> <b>LTC Craig Arnold</b> Hiring Underway Supervisory SARC	 <b>SFC Jerri Osborne</b> Team 1 SARC jerri.Losborne.mil@army.mil Office: 913-684-1698 Cell: 913-565-0741 Bldg 77, Room 1209, 290 Grant Ave	 <b>LTC Craig Arnold</b> Interim Supervisory SARC Team 2 SARC craig.d.arnold.mil@army.mil Office: 913-684-2818 Cell: 913-544-9243 Bldg 197, 632 McClellan Ave	 <b>SFC Jacob Roach</b> Team 3 SARC jacob.w.roach.mil@army.mil Office: 913-684-0956 Cell: 913-547-5075 835 Sabalu Rd	<b>For Assistance contact</b> <b>LTC Craig Arnold</b> Hiring Underway Team 4 SARC
 <b>Ft Leavenworth SHARP Resource Center</b> Building 197, 632 McClellan Ave Fort Leavenworth, KS 66027 Contact the team at <a href="mailto:usarmyleavenworthcac.mbx.cac-sharp@army.mil">usarmyleavenworthcac.mbx.cac-sharp@army.mil</a>					
<b>We Have Realigned Under a New Installation Model</b>					
<b>Team 1</b> AAFES, ACS, AFC, ARI, CDID, Cemetery, CID, CPAC, DeCA, DES, DLA/DMPA, FMWR, LRC, MCCoE, MCCC, Museum, NEC, PAO, RCI Housing, TDS/SJA, TRAC, USAFMSA, USAG HQ, USASMD, USD 207, and US STAG CMD.					
<b>Team 2</b> CAC HQ, CAC-T HQ, MCTR, NSC, STB, TMD, 505th CCW and 500th/67th MP					
<b>Team 3</b> ACB, MWJRCF, USDB					
<b>Team 4</b> Army U, CGSC, Dental, DLI, MAHC staff, Patients, SAMS, SOF, TRADOC, Veterinarian, and Other Service Staff tenant personnel					
<b>Fort Leavenworth 24/7 SHARP Hotline</b> 913-683-1443 <b>DoD Safe Help Line</b> 877-955-5247					
<b>Sexual Harassment Complaint Reporting Option</b> Formal   Informal   Anonymous <b>Sexual Assault Reporting Option</b> Restricted   Unrestricted <b>Retaliation Reporting Options</b> Command   IG   SARC   DoD Safe Helpline					
Find us on Facebook WeCare App #NotInOurArmy As of 13 August 2024					

### DOMESTIC VIOLENCE EDUCATION AND SUPPORT GROUP

**When:**  
 November 7th and 21st  
 December 5th & 19th  
 January 2nd, 16th & 30th  
 February 13th & 27th  
 1:00PM-2:30PM

**Where:**  
 Resiliency Center  
 600 Thomas Ave  
 Room 145

**THIS GROUP IS:**  
 - SAFE  
 - RELATABLE  
 - EDUCATIONAL  
 - RELEVANT  
 - CONFIDENTIAL

**FOR QUESTIONS CALL 913-683-2537**

### 105th Leavenworth County Veterans Day Parade

Monday, November 11, 2024  
 Downtown Leavenworth, KS  
 Lineup starts at 9 am  
 Parade begins at 10:30 am

**"Serving Our Nation - Yesterday, Today, Tomorrow"**

REGIONAL SITE designation by US. Dept of Veterans Affairs (Kansas, Missouri, Iowa, Nebraska, Colorado, Oklahoma)

# ARMY COMMUNITY SERVICE



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

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

**EMPLOYMENT READINESS PROGRAM** Offers job search assistance, job referrals, resume review and employment resources. Call to schedule one-on-one or register for classes.

**Federal Employment**  
Oct. 9, 9:00am - 11:00am  
Resiliency Center, Room 157

Follow us @Fort Leavenworth ERP on FB to find job announcements.

**ARMY VOLUNTEER CORPS (AVC)**

To register for a volunteer account or find volunteer opportunities visit:  
<https://vmis.armyfamilywebportal.com/>



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

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



**SURVIVOR OUTREACH SERVICES**

Follow us on FB to find job announcements.  
<https://www.facebook.com/FortLeavenworthSurvivorOutreachServices>

**EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)**  
\*Registration Required for EFMP events

**EFMP Refreshing Conversations**  
Oct. 3, 10:00am -11:00am,  
Resiliency Center

**EFMP Playground Palooza**  
Oct. 8, 10:00am -11:00am  
EFMP Playground

**EFMP Recreational Bowling**  
for EFMP Families  
Oct. 5, 12:00pm-2:00pm  
Strike Zone Bowling Center

**RELOCATION READINESS PROGRAM**

**In-Processing Brief** Tuesdays,  
9:00am - 10:00am Resiliency Center, Room 157

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

**Multi-Cultural Families Friday Fun Day- Pumpkin Carving**  
Oct 11, 9:30am - 11:00am  
Resiliency Center, Room 106

**Hearts Apart Bowling for Families of Deployed Service Members**  
Oct. 5, 12:00pm-2:00pm Strike Zone Bowling Center

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

- kitchenware
- cookware
- small appliances



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

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

Command/Troop Training is also available upon request.



**FINANCIAL READINESS PROGRAM** Offers appointments & classes by request on TSP, BRS/Continuation Pay, financial counseling, budgeting, retirement, major life events (marriage, divorce, new child, illness & more).

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

[facebook.com/FortLeavenworthACS](https://facebook.com/FortLeavenworthACS)

[facebook.com/FortLeavenworthFMWR](https://facebook.com/FortLeavenworthFMWR)

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

**Employment Readiness Program Classes**

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



**Resume Writing:**  
Mar 20\* • June 19\* • July 17\*  
Aug 14\* • Sept 25\*  
**Evening Classes:**  
May 22 • Aug 14 - 5PM - 7PM  
Registration required for evening classes



**Federal Employment:**  
Jan 17\* • Mar 6\* • April 10\*  
May 8\* • June 5\* • July 10\*  
Aug 7\* • Sept 11\* • Oct 9\* • Nov 6\*  
**Evening Classes:**  
May 15 • Aug 7 - 5PM - 7PM  
Registration required for evening classes

Scan QR Code for more info!

\*Classes are from 12PM - 2PM\*  
Registration is required for evening classes only.  
Open to DoD ID card holders.

For more info call:  
(913) 684-2800



**Every 2nd Tuesday from 9am - 10am @ The EFMP Playground**  
(through the month of October 2024)

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

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

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

**EFMP** Exceptional Family Member Program

**ACS Employment Readiness Program Menu of Services**

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

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

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

**EFMP RECREATIONAL BOWLING**

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

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

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

Pre-registration is required the Wednesday before the event.  
Call 913-684-2800 for more info or to register

Need to talk to someone who "gets it"?  
Come join your fellow EFMP Spouses for

**"Refreshing Conversations"**

Let's talk about the topics that impact our EFMP community!

Every first Thursday of the month in the ACS classroom @ The Resiliency Center  
10:00 am - 11:00 am

TEAMS calls will be available starting August 1 from 1:00pm - 2:00pm

**Aug 1  
Sep 5  
Oct 3  
Nov 7  
Dec 5**

Enjoy light refreshments, a delicious drink of the month, and great conversation!

Please register by calling 913-684-2800 or 913-684-2871

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

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

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

FREE AND OPEN TO DOD ID CARD HOLDERS IN-REGISTRATION IS REQUIRED AND MUST BE DONE THE DAY BEFORE THE FIRST DAY OF TRAINING. PARTICIPANTS MUST ATTEND EACH DATE IN THE ROUND OF THEIR CHOICE.

INFO REGISTRATION: (913) 684-2800/2832

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

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

**VOLUNTEER BASICS**

JAN 10 • MARCH 15 • MAY 15 • JUNE 26 • AUG 26 • SEPT 4  
ACS CLASSROOM • 600 THOMAS AVE.  
TIME: 12PM - 1PM

DO YOU WANT TO MAKE A DIFFERENCE IN OUR COMMUNITY? IF SO, THEN BE SURE TO CHECK OUT VOLUNTEER BASICS. LEARN ABOUT VOLUNTEER OPPORTUNITIES ON FORT LEAVENWORTH AND IN THE COMMUNITY. PARTICIPANTS WILL LEARN THE BENEFITS OF VOLUNTEERING AND HOW TO PROPERLY LOG MOVIES INTO THE VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VIMS).

REGISTRATION IS NOT REQUIRED. JUST SHOW UP.

INFO: (913) 684-2835

**ACS New Parent Support Prenatal Classes**

**Childbirth Classes:**  
Series of three classes  
January 8th, 22nd, 29th  
March 4th, 11th, 18th  
May 6th, 13th, 20th  
July 15th, 22nd, 29th  
September 16th, 23rd, 30th  
November 4th, 18th, 25th

**Newborn Care Classes:**  
February 12th  
April 15th  
June 10th  
August 12th  
October 21st  
December 9th

**Breastfeeding Classes:**  
February 5th  
April 8th  
June 3rd  
August 5th  
October 7th  
December 2nd

Free for Expectant Parents!

600 Thomas Ave  
Room 157  
All classes are from 5 pm - 7 pm

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

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

**ACS New Parent Support Potty Training**

Are you ready?

Time to lose the diapers?

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

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

**Stroller Walk & Talk**

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

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

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

POC 913-297-3212

**MOM'S NIGHT OUT**

This NEW event is offered by ACS New Parent Support Program for Moms of young children to be able to get out of the house without the kids and meet other Moms at a restaurant. The focus of this event is to improve social connections and to learn about different parts of the town.

Jan 31 • Feb 28 • March 27 • April 24  
May 29 • June 26 • July 31 • Aug 28  
Sept 25 • Oct 30 • Nov 20 • Dec 11

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Moms with children 0-3 years old.

Info: (913) 297-3212 or (913) 684-2800

**DAD'S NIGHT OUT**

Dad's Night Out is offered by ACS New Parent Support Program for Dads of children 0-3 years of age to get out of the house without the kids and meet at a restaurant. The focus of this event is to improve social connections and get to learn different parts of town.

Jan 24 • Feb 21 • March 20 • April 17  
May 22 • June 12 • July 24 • Aug 21  
Sept 18 • Oct 23 • Nov 13 • Dec 4

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Dads with children 0-3 years old.

For more info: (913) 297-3212 or (913) 684-2800

**SCREAM FREE Parenting**

ACS Conference Room 145  
600 Thomas Ave  
From 1:00 - 2:30pm  
June 5, July 10, Aug 7,  
Sept 4, Oct 2, Nov 6  
Dec 4

Feeling frustrated? Overwhelmed? Let us help you focus on staying both calm and connected with your loved ones. We'll work together to find the tools to revolutionize your relationships with your children.

This class is recommended for parents with children aged 5+.

FREE  
Open to all DOD ID holders 18+  
leavenworth.armymwr.com

Call to register (deadline is day before training)  
913-684-2811 / 2808

ACS Family Advocacy New Parents Support Program Presents

**Toddler Time Playgroup**

- Free toddler play group.
- Open to ages 2-3 years old with adult.
- Offers an introduction to preschool routines, explores educational concepts, and builds social skills through hands on experiences and activities.

**Wednesdays @ 9:00am**

Located at the Army Community Service Resiliency Center  
600 Thomas Ave. Fort Leavenworth, Kansas

Registration required call or text 913-297-3212 or 913-297-9704

ACS Family Advocacy New Parents Support Program

**Play Morning**  
Thursdays from 9-11:00 a.m.  
Ages 3 months - 3 years with Guardian • Resiliency Center

Free play group for ages 3 months - 3 years and their parents/guardians.

Enjoy a large play area with interactive activities, toys and crafts to develop gross and fine motor skills. Play with other kids, meet other parents and learn about healthy childhood development.

Army Community Service | Resiliency Center | 600 Thomas Ave. | Fort Leavenworth, Kansas  
Registration required, cut off is day before event (913) 297-3212 or (913) 684-2800

**5 Love Languages of Teenagers**

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

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

ACS Classroom 145  
Feb 14, May 8, Aug 14, Nov 13  
1-2:30pm  
FREE

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

ACS Family Advocacy New Parents Support Program Presents

**Storytime!**

Free  
Open to ages 3 months - 3 years old with adult.

Join us for storytime to use our imagination and develop a love of books

Storytime fosters early literacy skills, language development, and social growth.

**Every Wednesday @ 10:00 am**

Located at the Army Community Service Resiliency Center  
600 Thomas Ave. Fort Leavenworth, Kansas

Registration required call or text 913-297-3212 or 913-297-9704

**5 Love Languages of Teenagers**

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

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Call to register (deadline is day before class)  
913-684-2822 / 2808

**Financial Readiness Milestone Training**

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

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

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

INFO: 913-684-2852 / 2800

**Anger Management Course**  
The Resiliency Center Room 145

Our 8 week Anger Management Course will teach you a new tool every week to stay cool and collected in even the most difficult of settings.

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

Feeling lost in the storm? We can help.

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

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

FREE and open to all DOD ID card holders 18+  
Deadline to register is the day before the first day of training. Participants must attend each day in the round.  
Virtual Attendance is available through TEAMS.  
Call 913-684-2808 / 2822 for more info

ACS FAP Presents:  
**5 Love Languages for Couples**

January 10 • July 10 • October 9 // 1:00PM-2:30PM  
ACS Classroom 145

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

Deadline to register is day before each class.  
FREE and open to DoD ID card holders 18+.  
For more info: (913) 684-2811/2808

Scan the QR Code for more info about FAP.

## TRAILS OF TERROR CHILI SCRAMBLE

Trails West Golf Course // 306 Cody Road  
**SATURDAY, OCTOBER 12TH**  
**10AM SHOTGUN START**

Chili proudly sponsored by Wendy's! Thank you for 33 years!

\$50 Members // \$60 Non-Members  
 Last day to sign up is October 10th!  
 Fee includes, tournament, greens, cart, range, food & beverage, flight and hole prizes.

This 4-person scramble is nothing like you've seen before! There will be riddles that need to be solved along the way, but don't worry there are no tricks only treats, delicious chili will be served at the end of the round!

Info: (913) 651-7176

## Garrison Open 2-Person Scramble

October 11 // 12 P.M Shotgun start

Practice facilities and lunch open at 11AM  
 Trails West Golf Course // 306 Cody Rd

\$50 Members // \$60 Non-Members  
 Last day to register is October 9th.

Fee includes, Player Tee Gift, Tournament Fee, Greens Fee, Cart Fee, Range, Lunch, Beverages, Hole and Overall Flight Prizes

Info: (913) 651-7176

## NEW FOR 2024! ADULT SPORTS Doubles Pickleball League

LET'S PLAY!

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

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

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

Open to Active Duty, BOB Civilians, Retirees, Dependents, and Contractors working on Fort Leavenworth that are 18+

Call 913-684-3224/ 5136 for more information

**League play starts**  
 Wednesday Nov 6 - TBD

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

## HALLOWEEN COSMIC BOWLING

**Oct 26**  
**6pm - 9pm**  
**\$10**

Come out and have a fantastic time at the Strike Zone! This special is so ghoul-d, it's scary!

Enter the costume contest to win fa-BOO-lous prizes!

- Kids Category
- Adult Category
- Overall Wackiest

For more information call 913-651-2195

## TURKEY TROT SK

2024

**16 NOVEMBER 2024 - 0800**  
**HARNEY SPORTS COMPLEX**

INDIVIDUAL \$20 - FAMILY OF 3 \$60  
 REGISTER BY NOV 1st TO GUARANTEE A T-SHIRT

REGISTER AT THE RESILIENCY CENTER  
 \*600 THOMAS AVE, BLDG 106 - ROOM 221\*  
 OR AT HARNEY OR GRUBER GYMS

SAME DAY REGISTRATION BEGINS AT 0800 AT HARNEY SPORTS COMPLEX

**1<sup>ST</sup> PLACE IN EACH AGE DIVISION WINS A TURKEY!**

**MEDALS: 1<sup>st</sup>-3<sup>rd</sup> in each age division (male & female)**  
 Ages 8-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60+

## OCTOBER Learn-to-Swim Lessons

Open for Enrollment September 23rd  
 Tuesdays and Thursdays 8 October - 31 October  
 ~Sign up at Harney Sports Complex Front Desk~  
 Cost per session \$64.00

- Preschool 1**  
 4:10 pm - 4:40 pm  
 Ages: 4 years-5.99 years
- Preschool 2**  
 4:50 pm - 5:20 pm  
 Ages: 4 years - 5.99 years

Prerequisites: Child is comfortable submerging their head in the water and blowing bubbles, child can enter the water using steps or ladder and move 5 feet along the wall, child is able to float on back with support and roll from front to back with support.

- Parent and Child**  
 5:30 pm - 6:00 pm  
 Ages: 6 months - 3.99 years

U.S. ARMY SPORTS • FITNESS • AQUATICS

## A WOMEN'S ONLY FREE JIU-JITSU SEMINAR

WITH COACH DON CASTRO

REGISTRATION IS LIMITED  
 SIGN UP EARLY  
 POC: 254-346-7156

CLOTHING:  
 Appropriate Gym Attire  
 Gi / No Gi Attire recommended

NOVEMBER 2<sup>ND</sup> (Saturday)  
 Beginner / Advanced Women  
 FREE JIU-JITSU SEMINAR  
 1130 - 1230  
 GRUBER FITNESS CENTER

U.S. ARMY MWR U.S. ARMY SPORTS • FITNESS • AQUATICS

Starting August 19th, 2024

## Fort Leavenworth Group Fitness Classes

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

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

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

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

\*Power Cut classes are held in the Bubble Gym

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

U.S. ARMY MWR 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 Beginner 1830-1930	Brazilian Jiu-Jitsu Beginner 1830-1930	Brazilian Jiu-Jitsu Beginner 1830-1930	
	Advanced 1940-2040	Advanced 1940-2040	Advanced 1940-2040	

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

**Harney Sports Complex**

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

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

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

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

**BRAZILIAN JIU-JITSU CLASSES**  
With Coach Don Castro

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

GRUBER FITNESS CENTER  
220 REYNOLDS AVENUE  
FORT LEAVENWORTH, KANSAS 66027  
POC: 294-436-7156

**Discover Fort Leavenworth's Fitness Facilities**

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

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

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

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

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

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

**DECIDE TO COMMIT TO SUCCESS**

leavenworth.armymwr.com

**October - December Workshops**

Watercolor	Acrylic
<b>\$30 per workshop</b>	Cost includes all supplies!
<b>Watercolor (Basic Techniques)</b> Wednesday, Oct 9 11am - 1pm Tuesday, Nov 5 6pm - 8pm	<b>Acrylic (Basic Techniques)</b> Tuesday, Oct 15 6pm - 8pm
<b>Watercolor (Color Theory)</b> Wednesday, Oct 16 11am - 1pm Tuesday, Nov 12 6pm - 8pm	<b>Acrylic (Intermediate)</b> *Must sign up for both Tuesday, Oct 22 6pm - 8pm Tuesday, Oct 29 6pm - 8pm
<b>Watercolor (Simple Landscapes)</b> Wednesday, Oct 23 11am - 1pm	  
<b>Watercolor (Holiday Cards)</b> Tuesday, Nov 19 6pm - 8pm	
<b>Watercolor (Holiday Wreaths)</b> Tuesday, Dec 3 6pm - 8pm	
<b>Call now to register!</b> 913-684-3373	scan for more info

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

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

**Multi-Craft Room**  
Come use our provided supplies to craft with the whole family!

**Painting Studio**  
Provided watercolor and acrylic supplies to create your own masterpiece.

**Framing Studio**  
Must take Intro to Framing before using DIY Framing Studio.

**Pottery Studio (Coming Soon!)**

**Modern Calligraphy**

Basics	Intermediate
<b>\$20 per class</b>	<b>\$20 per class</b>
Wednesday Oct 30 11:30am - 1pm	Wednesday Nov 6 11:30am - 1pm
<b>Special Projects</b>	
<b>Holiday Cards</b> Wednesday Nov 13 11:30am - 1pm	
<b>Holiday Cards</b> Wednesday Dec 4 11:30am - 1pm	
<b>Reoccurring Classes</b> MUST PRE-REGISTER	
<b>Intro to Framing</b> \$40 per class Every 2nd Thursday & 4th Saturday of the month 10am - 2pm	
<b>Paint &amp; Sip</b> \$35 per session Every 2nd Friday of the month 6pm - 8pm Must be 21 years or older. BYOB	

Come see what's new at the Studio!



leavenworth.armymwr.com

**October - December Workshops**

Acrylic	Crafts
<b>\$35 per class</b>	<b>\$35 per class</b>
<b>Acrylic Pour</b> Tuesday, Oct 29 11am - 1pm	<b>Sweater Pumpkins</b> Friday, Oct 25 11am - 1pm
	<b>Grateful Pie Garland</b> Friday, Nov 22 11am - 1pm
	<b>Holiday Ornaments</b> Tuesday, Dec 10 11am - 1pm
<b>Framing</b>	
<b>\$40 per class</b>	
<b>Intro to Framing</b> *Must pre-register*	
Thursdays Oct 10, Nov 14, Dec 12 10am - 2pm	
Saturdays Oct 26, Nov 23 10am - 2pm	
<b>Call now to register!</b> 913-684-3373	

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

**Paint & Sip**  
\$35  
Must be 21 years or older.  
BYOB

**Day of the Dead Pumpkin**  
Friday  
October 11  
6pm - 8pm

**Festive Gnome**  
Friday  
November 8  
6pm - 8pm

**Red Scarf Raccoon**  
Friday  
December 13  
6pm - 8pm

Cost includes all supplies!

**Kids Arts & Crafts**

Messy Art	Art History
<b>\$12 per class (ages 7+)</b>	<b>\$15 per class (ages 7+)</b>
Thursday, Oct 3 11am - 12pm	<b>Pumpkins &amp; Picasso</b> Wednesday, Oct 23 1pm - 3pm Thursday, Oct 24 4pm - 6pm
Thursday, Oct 17 11am - 12pm	<b>Macrons &amp; Matisse</b> Wednesday, Nov 20 1pm - 3pm Thursday, Nov 21 4pm - 6pm
Thursday, Nov 14 11am - 12pm	
Thursday, Dec 5 11am - 12pm	<b>Waffles &amp; Warhol</b> Wednesday, Dec 11 1pm - 3pm Thursday, Dec 12 4pm - 6pm
<b>Color Me Happy (Parent &amp; Toddler)</b> \$10 per class	
Thursday, Oct 10, 24 10:30am - 11:30am	
Thursday, Nov 7, 21, 10:30am - 11:30am	
Thursday, Dec 12 10:30am - 11:30am	

Come see what's new at the Studio!



leavenworth.armymwr.com





# WE ARE HIRING

JOIN OUR TEAM

## ELA 8th & 9th Grade Teacher for the 24-25 School Year

APPLY NOW AT [WWW.USD207.ORG](http://WWW.USD207.ORG)  
» JOB OPPORTUNITIES

CONTACT US  
[ALAWLESS@USD207.ORG](mailto:ALAWLESS@USD207.ORG)



### We're Hiring NOW!

Join our Team as a **Child and Youth Program Assistant** at Fort Leavenworth!  
Pay starts at **\$18.35** per hour

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



Scan here to apply!  
[ArmyMWR.com/cyscareers](http://ArmyMWR.com/cyscareers)



## 2024-2025 School Calendar

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

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

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

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

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

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

School Hours						
Elementary School: 8:00 AM - 3:20 PM						
Patton Junior High: 7:40 AM - 3:00 PM						
Preschool - AM Class: 8:00 AM - 11:00 AM						
Preschool - PM Class: 12:20 PM - 3:20 PM						
Early Dismissal/Release Times						
Elementary School - 1:30 PM						
Patton Junior High - 1:00 PM						
Preschool - AM Class: 10:00 AM						
Preschool - PM Class: 2:20 PM						

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

**Episode 62**  
**Stewarding the Profession: THE HARDING PROJECT**

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

Now available on...

**NCO JOURNAL**

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

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

<https://www.facebook.com/NCOJournal>  
<https://twitter.com/NCOJournal>

**Leadership Perspectives**  
with special guest, Mr. Paul Landauer **Ep 68**

Mr. David Howey, Host, AMSC  
Mr. Paul Landauer, J8, AFRICOM

YOUTUBE.COM  
Leadership Perspectives with Mr. Paul Landauer  
Episode 68 - Leadership Perspectives with Paul Landauer/AMSC...

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

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

**MILITARY CHILDCARE.COM**

Families can use MCC to make requests for SAC programs, which include Before/After School care and Fall, Winter, Spring, and Summer Camps, all year round. The online system allows you to search for and submit unlimited SAC requests at any time of the year without waiting for a specific registration time to begin. As soon as school dates are known, all SAC programs will be made available to you so you can submit your requests.

Please Note: Spaces are offered via email based on the sponsor's priority and request for care (RFC) date.

**MILITARY CHILDCARE.COM**

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

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

It's that easy!

To get started, visit **MilitaryChildCare.com**  
For questions/support call: 855.696.297

suicide prevention month

**988**  
**Suicide/Crisis Lifeline**

Pay attention to the signs, your life matters!

DoD  
**Safe Helpline**  
Sexual Assault Support for the DoD Community

[safehelpline.org](http://safehelpline.org) | 877-995-5247

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

# MUNSON NOTES

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

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

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

■ Call 913-684-6250 to schedule a **WELL-WOMAN EXAM** at Munson Army Health Center.

## WALK-IN! FLU SHOTS



### Frontier Conference Center

350 Biddle Blvd., Fort Leavenworth

Thursday, Oct. 17	8 a.m. - 2 p.m.
Friday, Nov. 1	Noon - 4 p.m.
Wednesday, Nov. 6	9 a.m. - 6 p.m.
Friday, Nov. 15	Noon - 4 p.m.





**TRICARE Beneficiaries aged 6 months and up**  
DoD ID card required for aged 10 years and up

[MUNSON.TRICARE.MIL](https://munson.tricare.mil)

Text "Get in Line" to 1-833-851-1505 and then follow the prompt to activate new prescriptions

**MUNSON ARMY HEALTH CENTER**



Prescription  
Activation  
Service

Get in line



**MUNSON ARMY HEALTH CENTER**

## TRUNK or TREAT

5-7 P.M., THURS., OCT. 24

Haunted House - Bounce House  
Indoor Trick or Treat Area




Volunteers/Candy Donations Welcome

Email [geteria.n.hunter.mil@health.mil](mailto:geteria.n.hunter.mil@health.mil) to sign-up a trunk!

## Prescription options

There are several options to get your prescription refills from Munson Army Health Center.

- **Automated Refill Line:** 913-684-6500 or 1-888-745-6435 (on the prescription label).
- **Pharmacy Call-In Line:** 913-684-6250 (Option 2) and follow the prompts to refill your prescription.
- **Online Refill Activation:** On the MHS GENESIS Patient Portal, use the RX REFILL option next to MEDICATIONS on the top menu. You can see which medications are available for renewal, select multiple items, and send them to any MTF in the Department of Defense. To request your prescription at MAHC, select Kansas, then Fort Leavenworth MTF. Choose to pick up at the Pharmacy or the ScriptCenter locker.

Refills require a two-business day turnaround for pick-up. Plan accordingly for weekends and holidays.

- Controlled, refrigerated and oversized medications are not available from ScriptCenter.
- Most non-controlled medications can be refilled once 75 percent of the medication is gone.

- Controlled substances can be refilled no sooner than three days before the due date.
- Refills are returned to stock after 10 business days. If you cannot pick up your medication within this timeframe, contact the pharmacy to make alternative arrangements.
- Federal law prohibits dispensing prescriptions that expire before they are picked up.

To learn more about Munson Pharmacy Services visit <https://munson.tricare.mil/Health-Services/Pharmacy>.

Munson Army Health Center

## Retiree Appreciation Day Health Fair

- ✓ TRICARE Brief
- ✓ Seasonal Influenza Vaccines for eligible beneficiaries
- ✓ Health Screenings

📅 Saturday, October 26, 2024

🕒 8:00 am - 1:00 pm

📍 100 Stimson Ave., Ft Leavenworth





[www.munson.tricare.mil](https://www.munson.tricare.mil)

Visit <https://www.facebook.com/munsonhealth/> for updates and information.