

THURSDAY
JANUARY 25, 2024



LAMP

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Sensory-focused programs offered for EFMP families, community

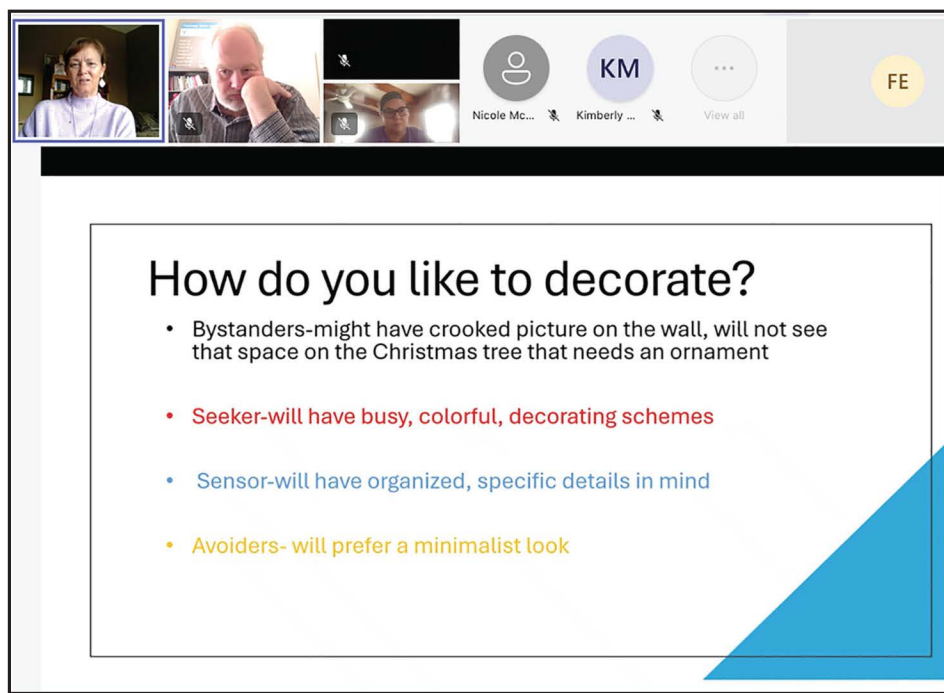
by Prudence Siebert/Editor

The Fort Leavenworth Exceptional Family Member Program, in coordination with other organizations, presented sensory-themed programs, including an educational online workshop and the first monthly Sensory Story Time at the Combined Arms Research Library, this past week, and offers additional programs coming up to provide education and support to EFMP families and other community members.

Lunch and Learn

About 30 people attended the Microsoft Teams-based "Understanding and Supporting Sensory Needs," part of the Empowering Families Lunch and Learn Workshop Series, presented Jan. 18 by the Kansas Center for Autism Research and Training (K-CART) at the University of Kansas and the Exceptional Family Member Programs at Fort Leavenworth, Fort Riley, Kan., and McConnell Air Force Base, Wichita, Kan.

Dr. Becky Nicholson, clinical assistant professor and Post Professional Doctoral Program director, Occupational Therapy Education Department at the University of Kansas, provided an overview of Dunn's Model of Sensory Processing — which includes bystander (people who don't notice sensory things), seeker (people who are always seeking more sensory input), sensor (people who notice things such as texture), and avoider (people who are uncom-



Screenshot

fortable with sensations and will avoid the stimulation) — and said everyone falls somewhere within the model's quadrants. She explained that understanding the model and where someone falls on it, helps to address a person's needs.

"Our goal with the sensory processing, Dunn's model, is not to change their sensory processing pattern but to help them to participate," Nicholson said. "We know certain diagnoses, (such as) people with attention deficit disorder, often have a very extreme sensory processing profile, that they will have extreme reactions to a lot of things, as well as children who are on the spectrum."

Nicholson described the model as a problem-solving tool.

"There's not a prescriptive measure, it's not an easy fix, there's not a magic wand that we can wave to

say "This is what they are and here's what we're going to do."

She said she tells students and parents that it is important to be aware of their own sensory processing needs to better understand how their needs might be interfering with others' needs or how they might be projecting their own sensory needs onto others with different sensory needs.

"As adults we have control over sensory exposure, and children don't, and that's why it is really important that we try to identify what their needs are and honor what their preferences are, we help them find strategies to cope."

Nicholson said she feels strongly that parents understanding their own sensory preferences and how sensory processing impacts daily life really helps them better understand their

children's sensory preferences.

"You are the expert on your kid, and you know way more than I will ever know about them, and so I'm hoping to give you some tools and maybe some discussion points for your team, too."

Sound

Nicholson offered examples to illustrate each quadrant of the model. She said bystanders are not bothered by sound and might have the television, radio and computer on at the same time. Noise can be a trigger for sensors, like autistic author, speaker and educator Temple Grandin, who said she was afraid of babies and telephones because she never knew when they would make noise. Seekers might create their own noise by whistling, humming or tapping if there

SEE SENSORY PROGRAMS | A5

AT A GLANCE

■ The TRANSITION ASSISTANCE PROGRAM HIRING EVENT is 11 a.m. to 1 p.m. Jan. 25 at the Army Corrections Brigade training building, 835 Sabalu Road. Call 913-684-2227 for more information.

■ The SCOUTS BSA PINWOOD DERBY starts at 8 a.m. Jan. 27 at the Frontier Conference Center. See page A4 for photos from tech night.

■ The URL for the FORT LEAVENWORTH GARRISON FACEBOOK page has changed to <https://www.facebook.com/US-AGLeavenworth/>.

■ Due to continued cold temperatures and the increased number of emergency calls, the Fort Leavenworth Frontier Heritage Communities Maintenance Team might contact residents to RESCHEDULE ROUTINE WORK ORDERS. For questions or concerns, call the FLFHC Maintenance Team at 913-651-3838 or the 24-hour emergency maintenance request line at 866-447-3434.

■ The local NATIONAL OPERATIONS SECURITY (OPSEC) AWARENESS POSTER CONTEST is open to all soldiers and Department of the Army civilian employees ages 18 and older. Deadline is Jan. 31. See page A7 for details.

■ The ARMED FORCES WELLNESS CENTER NEW YEAR CHALLENGE is now through March 31. Call 913-758-3403 or email patricia.g.allen9.ctr@health.mil for more information.

■ Fort Leavenworth Thrift Store COMMUNITY WELFARE GRANT APPLICATIONS are now available at the cashier's counter at the Thrift Shop from 9:30 a.m. to 2:30 p.m. Tuesdays, Wednesdays and Thursdays and the second Saturday of the month (Feb. 10) at 1025 Sheridan Drive. Deadline is Feb. 27.

■ Applications for the Poillon and other SCHOLARSHIPS are available at the Army Education Center, 120 Dickman Ave. Additional scholarships are available through local organizations. See page A2 for information on scholarship opportunities for family members of Command and General Staff College alumni.

All-around volunteer receives Corbin Award



Photos by Taylor Wead/Combined Arms Center Public Affairs Office

RIGHT: Veteran volunteer Angela Keeling makes remarks after being presented the Margaret C. Corbin Award Jan. 19 at Combined Arms Center Headquarters at Grand Hall.

Sergeant Audie Murphy Club and 3rd Battalion, 54th Infantry Regiment Command Sgt. Maj. Timothy Henry (with Keeling, above) presented Keeling with the award for serving within Fort Leavenworth and the area since July 2023 as a general volunteer with multiple community organizations. The Margaret C. Corbin Award is presented for demonstrating dedicated, exemplary volunteerism as an outstanding, totally committed military spouse working tirelessly to improve the quality of life for soldiers and their families.



SCHOLARSHIP

CGSC Foundation Scholarship Program

CGSC Foundation offers scholarships

CGSC Foundation Inc. News Release

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

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

The 2024 CGSC Foundation scholarship awards include five cash scholarships: one \$5,000, one \$1,000, and one \$500 scholarship to students who are beginning their

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

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

The Colonel Stephen E. "Brownie" Brown Scholarship is named in honor of a U.S. Marine officer who retired from active duty in February 2009 and became an instructor at the U.S. Army Command and General Staff College in 2010. Due to med-

ical complications from spinocerebellar ataxia, Brown retired from teaching at CGSC and currently lives in Stillwell, Kan. His network of lifelong friends approached the CGSC Foundation to establish the scholarship in Brown's name to honor his lifetime of service and their friendship.

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

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

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

nounce the winners in April.

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

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

Simons Center announces call for papers

by Simons Center press release

The Arthur D. Simons Center for Ethical Leadership and Interagency Cooperation announces a call for papers for the InterAgency Journal to be published in spring 2024.

The InterAgency Journal seeks thoughtful articles that provide insight and fresh thinking in advancing the knowledge, understanding and practice of ethical leadership, interagency coordination, cooperation and collaboration. The general focus of all submissions should be to stimulate professional discussion and further public understanding.

The deadline for submissions is March 29.

Rules for submission:

- Submit an unclassified, original paper examining any aspect, broad or specific, applicable to ethical leadership or interagency cooperation. Papers should be 3,500-5,000 words in length.

- Previously published papers, papers being consideration elsewhere for publication or papers submitted to other competitions still pending announced decisions are ineligible.

- Manuscripts should be single spaced in Microsoft Word format using Times New Roman, 12-point font. All graphs, charts and tables should be submitted as separate files in the format they were created.

- Submissions will receive blind peer review in accordance with standard professional academic journal practice. Submissions will be evaluated on the basis of originality, substance of argument, style and contribution to advancing the understanding and practice of ethical leadership or interagency cooperation.

- To facilitate review, include a cover sheet with full name, institutional affiliation, e-mail address, telephone number, mailing address and an author biography not to exceed 100 words. Do not, however, include identifying in-

formation on any other page of the manuscript.

- For more complete information on formatting and style, see the Simons Center Writer's Submission Guidelines at www.thesimonscenter.org/contribute-content.

- Along with the manuscript, writers must agree to the Simons Center copyright transfer agreement, which is detailed online at www.thesimonscenter.org/contribute-content.

- Manuscripts can be submitted on the Simons Center website at www.thesimonscenter.org/contribute-content or e-mailed to office@thesimonscenter.org.

The Simons Center is a major program of the CGSC Foundation, Inc. For more information contact the Simons Center at office@thesimonscenter.org or 913-651-0624. Information about the Simons Center's mission, organization and publications is available at www.thesimonscenter.org.

As the colder weather seems to have settled in, and with tomorrow's temperatures expected to drop below 32 degrees, we kindly request all residents to take a few minutes before the freeze sets in. This will help prevent water pipes from freezing and, in some cases, bursting.

The following precautions taken now can help to safeguard your home from a pipe freeze and the mess that it could leave behind:

- * Disconnect any hoses you may have outside
- * Ensure that your heat is set to at least 70 degrees and never set it below 70 degrees during extreme cold, even if you are not home
- * Open plumbing cabinet doors that are along exterior walls and set faucets to drip

*****In the event of a frozen water pipe, please promptly contact our maintenance request line at 913-651-3838. Never attempt to thaw a pipe using an open flame or torch, and exercise caution for the risk of electric shock in the presence of standing water if you encounter a leak.*****

BRING YOUR PETS INSIDE - THE FORECASTED BELOW FREEZING WIND CHILL IS TOO COLD FOR ANY CAT OR DOG

If you need assistance, please contact FLFHC Maintenance at 913-651-3838.

SLIPS TRIPS FALLS

a loss of traction between the shoe and the walking surface on inadvertent contact with a fixed object a slip, trip, or fall from height

for information on avoiding slips, trips and falls, go to <https://safety.army.mil/>

WATCH YOUR STEP

Slips, trips, and falls are a leading cause of Army accidents

<https://safety.army.mil>

FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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Army U adopts mass use of remote desktop

by Sarah Hauck/Army University Public Affairs Officer

Distance learning and virtual classrooms have become commonplace across education within the Army thanks to technology improvement and innovation.

In about six months' time, Army University's Academic Technology Support Directorate has successfully supported more than 1,000 students within the university's premiere course at the Command and General Staff College to begin using the Army's Azure Virtual Desktop.

AVD is the core platform that allows participants to use their own computers as part of the Army's larger initiative to support the use of personal devices to conduct government work. It allows users to access their Army.mil accounts and all Microsoft Office Suite applications to include Teams, which has become a staple component of education within Army University, with only internet access, a Common Access Card and any computer.

AVD meets students where they already are — on their personal devices, Maj. Robert Alsfelder, technical director for the ArmyU G6/ATSD explained.

"We learned from COVID, we need to be much more adaptable and agile," Alsfelder said. "Using AVD allows for all of our students, no matter where they are from, to have the same educational experience."

Like looking through a window, AVD allows users to see into their Army.mil accounts from anywhere — home, library, coffee shop.

In addition to added agility by eliminating the need for people to use government-issued devices, AVD is a two-fold win for the university.



U.S. Army photo by Dan Neal/Army University Public Affairs Office

Students at Army University's Command and General Staff College listen to instruction during a course at the Lewis and Clark Center.

With the recent increase in students using personal devices during their courses at Army University, networked computers within the classrooms would often go unused for a significant amount of time, causing frequent and time-consuming issues for the G6 team and prolonged outages for students.

"AVD offers a considerably faster response to cybersecurity vulnerabilities or patches," Alsfelder said. "Any new patch that comes out can be applied to every single AVD instance in a single action, rather than having to patch or update every single computer individually."

Like many advances in technology, there is often some hesitation about its capabilities and longevity. Alsfelder said it was no different for the students and faculty first introduced to AVD in August.

"Out of about 1,000 students, we only had a few indicate that they did not wish to bring a personal device, and many of those students have since made the switch once they saw the agility that their fellow classmates had," he said. "Many of our staff have found it offers a similar kind of agility by giving them a full NIPR desktop from anywhere in the world, from any device,

without having to haul around a government-furnished laptop that comes with a variety of physical security requirements (like not being able to leave it in a car while you run an errand, for instance)."

CGSC has a complex population that includes a large portion of students from other service branches, and other Department of Defense entities. AVD requires an Army.mil account to connect to the applications and enable collaboration within classes, which created a unique obstacle for the ATDS team. However, continued work with AVD has connected nearly 60 percent

of all sister service users to the program's capabilities.

CGSC also has the largest population of majors, the majority of whom are using AVD.

Alsfelder said AVD program representatives have been encouraged by Army University's use of the program and how its users have the potential to affect its use across the force.

"We believe at least some of the students will take this capability with them as they go to be S3s and XO's throughout the Army and act as AVD champions themselves for 1,000 different units come this summer," he said. "With any program like this, the

biggest hurdle is always user adoption, and the way to overcome that is with users who believe in and encourage others to use the program. What better population to capture than 1,000 Army majors who will go on to be influential staff officers all throughout the Army?"

For academic year 2024, Army University G6 is optimistic that 100 percent of new students will begin using AVD. In the near future, the team will continue to work through streamlining the process for non-Army entities to request and register for AVD, as well as work with AVD to allow users printing capabilities.

THE UNIVERSITY OF
KU KANSAS

**Local Classes.
Global Respect.**

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Pinewood Derby Tech Night

Cub Scouts
test-run
cars, make
weight
adjustments
to prepare
for big race



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Seven-year-old Scouts BSA Wolf Robbie Clarke watches a test run of his Pinewood Derby car during tech night Jan. 17 at Patch Community Center. Cub Scouts tested their cars for weight and speed and were helped by parents and volunteers to make adjustments, such as adding small weights or shaving off some extra wood if the car was too heavy. Robbie planned to shave a little bit off of his slightly overweight car, with help from his father, and add a lightning bolt to his design. The Scouts BSA Pinewood Derby starts at 8 a.m. Jan. 27 at the Frontier Conference Center.

LEFT: Gabriel Mesa, advancement chair and assistant Scouts BSA Bear den leader, makes a hole in a pinewood car to add a weight as Pinewood Derby competitor 6-year-old Patrick and his dad, Maj. Patrick DuBois, watch and other parents and volunteers help make adjustments to Scouts' cars at other work stations during tech night Jan. 17 at Patch Community Center.



ABOVE: Maj. Brian Weaver helps put wheels on 5-year-old Scouts BSA Lion Elliott Weaver's Pinewood Derby car during tech night Jan. 17 at Patch Community Center.

LEFT: Nine-year-old Scouts BSA Bear Mira LaValley, Assistant Cub Master Patrick Beaudry and 6-year-old Scouts BSA Tiger Micah Beaudry watch Mira and Micah's cars in a test run during tech night Jan. 17 at Patch Community Center. The annual Pinewood Derby, when Cub Scouts will race their cars for speed, as well as have the cars judged on design creativity, is at 8 a.m. Jan. 27 at the Frontier Conference Center.

Sensory programs (continued from Page A1)

isn't enough noise for them. Avoiders turn down music, cover their ears and use noise-cancelling headphones to eliminate whistles, bells and the conversations of others.

She said the difference between sensors and avoiders, which might seem similar, is that sensors react strongly no matter what and avoiders actively seek ways to get out of situations with noise.

"Think about your own sound — can you think of sounds that are really bothersome to you? Or think about what you need in different contexts, what do you do when you are in a certain situation? If you are working on something, people tend to need to have silence; however, there are people that are able to seek out quiet music or the sound of a fan, something that gives them some white noise that is going to be settling, because too much silence can be bothersome to them if they are a person who is a seeker."

Nicholson responded affirmatively to a question from a parent, whose child talks a lot but puts on headphones while others are talking, that people can definitely be a combination of the quadrants.

"I am a seeker of colors and visual things and textures and things like that, but I am overwhelmed by noise," Nicholson said. "Some people are seekers of movement, they engage in very busy sports. You can have seeking in one type of sensory processing, but not in another. It depends on what you are doing, where you are doing it, and what the other demands in the environment could be."

Touch

Nicholson continued to offer examples how people fall in different, and multiple, areas of the model.

She said bystanders don't notice if their clothing is fitting properly and they bump into people. Seekers want to touch others, especially when they are talking to them, and might use items like a fidget spinner. A sensor can become startled when they are touched unexpectedly, and avoiders stay at arms-length from people.

"Touch has both stimulating properties and calming, so if it's a firm touch, if it's a deep touch, we know that that tends to calm and can have a calming effect, whereas

the lighter touch will tend to make people more alert, so touch tends to have a very extreme response for some of our kiddos that are on the spectrum."

Movement

Nicholson described how movement requirements could factor into a person's sensory preferences.

"The bystanders of the world will have no idea how they got scrapes or bruises or how that happened, they don't notice. Seekers will seek out rough play, they want to be in constant movement, they like amusement rides, they want to participate in those risky sports. A sensor will want to be in control, they want to drive the car, they want to be in control of how much movement they have. Avoiders are those kiddos, adults too, that prefer to have sedentary kind of activities, they don't want to have a lot of movement," she said.

"I think movement is one of those kind of tricky things to look at because kiddos that seek movement, they do need movement, and the reason this is important is that they need to have the right sensory input in order to be available for learning. ... We've got to get the right balance of what they need so they are at optimum levels to take in information and be able to participate in what we need and want for them to do."

She said finding appropriate ways to meet movement needs could include being allowed to stand up, change positions, walk around, and on the flip side, making sure those who do not need movement are not disrupted by walking around too much or not being in control of their movement.

"There are people who believe you can desensitize someone — the evidence doesn't support that. Your sensory preferences remain pretty stable throughout your life, so we don't try to change preferences, and the only exception to that is when a child (has) extreme limits in what they will eat, that's a different situation."

Nicholson said a sensory profile, completed by someone who knows the child well, can help care givers and teachers help accommodate a child's sensory needs. School occupational therapists can provide a sensory profile, which is also available at

SCHOOL

**Empowering Families
Lunch & Learn
Workshop Series**
12 - 1 pm via Microsoft Teams

September 21
Help, My Child is Struggling in School

October 19
Let's Talk IEPs

November 16
Challenging Behavior? Tips for Home and School

January 18
Understanding & Supporting Sensory Needs

February 15
Step Ahead at Age Three

March 21
Movin' On: Preparing for Your Next Move

April 18
Strategies for Supporting Your Child with Autism

For more information or to register, contact
913-684-2838 and 913-684-2871.

MWR ACS EFMP

<https://pearsonassessments.com/store/us-assessments/en/Store/Professional-Assessments/Motro-Sensory/Sensory-Profile-2/p/100000822.html>.

"The majority of kids that I've worked with that have ADHD or are on the (autism) spectrum or anybody that we could tell were having sensory reactions to things, we have usually given them the sensory profile," Nicholson said.

"Sensory processing is a complex situation, and even though I've spent my lifetime studying about it and learning about it

and learning from experts, I still learn something every day from children and families, and it is the part of my job that I like the most."

The Lunch and Learn Workshop Series programs are noon to 1 p.m. via Microsoft Teams. Upcoming programs include "Step Ahead at Age Three" Feb. 15, "Movin' On: Preparing for Your Next Move" March 21, and "Strategies for Supporting Your Child With Autism" April 18.

For more information or to register, call 913-684-2838/2871.

Sensory Story Time now offered at CARL



Photo by Prudence Siebert/Fort Leavenworth Lamp

Sierra Hochstatter, head circulation department librarian at the Combined Arms Research Library, reads "Kitty and Cat: Opposites Attract" by Mirka Hokkanen during Sensory Story Time — attended by Arika Lowe with 2-year-old Elliott, Shana Lilley with 4-year-old Jackson and 22-month-old Charlotte, Caitlin McFadden with 21-month-old Patrick, and Lauren Day and 1.5-year-old Mia — Jan. 19 at the Combined Arms Research Library.

by Prudence Siebert/Editor

Several toddlers and their moms attended the first monthly Sensory Story Time Jan. 19 at the Combined Arms Research Library, co-sponsored by the Exceptional Family Member Program. Sensory Story Time, offered in addition to regular story times, is at 10 a.m. the third Friday of each month and incorporates the use

of texture, sound and movement into the stories and playtime and tries to accommodate the sensory needs of those who attend. All community members, not just EFMP members, are invited to participate.

Sierra Hochstatter, head circulation department librarian at the Combined Arms Research Library, said the use of movement, talking and listening all help chil-

dren learn important skills while keeping in mind that some of them might prefer those things done minimally or in abundance.

"If we need to be quieter, being mindful of what our kids need, we can keep singing, (but) we can be quieter about it," Hochstatter said. "Just knowing what our patrons need, we're going to be more flexible in these story times."

For the inaugural Sensory

Story Time, Hochstatter read two books about opposites and incorporated soft, colorful scarves into the related singing and movement activities.

"I made sure we had the kids touch the scarves, feel how soft they were. They moved them up and down and felt how they felt across their skin. They saw the different colors of the scarves," she said. "(For) the book, we chose a

short one with opposites so that we could talk and do the motions of the opposites during the story, so if we were seeing a big cat on the book, we were getting big with our bodies, and then if we saw a small one, we got small with our bodies, and we reinforced that with our activities."

Sensory Story Time (continued from Page A5)

Hochstatter said that staying after the story time to play is encouraged.

"We make sure the toys are cloth toys, that are one, easy to wash, but two, if play got a little rough, obviously we'd stop it, but it's not going to hurt. But (the blocks are) also interesting to touch, and they are all different colors, so it's something we can talk about while we play," she said. "And we have our puppets in the room, and they are all different textures, we have puppets of people with different skin tones, we've got different hair colors on our puppets, we've got all different animals, soft and kind of scruffy."

She said the alligator puppet is always a favorite.

"It has clapping teeth so it makes a sound, so when we do our play, we talk about the clapping, that sensory part of the clap, and then the kids always want (the alligator) to eat the blocks," she said, adding, "the alligator has good manners, the alligator always asks if they may eat the blocks before they eat the blocks."

Army Community Service EFMP manager Charise Risper attended the story time and encouraged families to check out EFMP's different programs, ranging from an upcoming sleep-over for stuffed animals at

the library, bowling the first Saturday of the month, popsicles in the park when the weather gets warmer and other offerings, including the Refreshing Conversations group that meets the first Thursday of each month.

"We are here to help you," Risper said. "If you have any questions within the school system, transition to another installation ... if it's just resources, recreational, we have that (for you.)"

For more information about EFMP offerings and procedures, see page B5.

Sensory Story Time is at 10 a.m. the third Friday of each month. The story time is open to all families with children of all ages, not just EFMP families. Call 913-684-2871/2838 for more information.



ABOVE: Two-year-old Jack Weaver flips through a book as he and his mother, Rebecca Weaver, listen to Sierra Hochstatter, head circulation department librarian, read "Polar Opposites" by Erik Brooks about a big polar bear and a small penguin who live on opposite sides of the world during Sensory Story Time Jan. 19 at the Combined Arms Research Library.

LEFT: Sierra Hochstatter, circulation librarian and story time presenter, celebrates a successful stacking job by 2-year-old Jack Weaver during stay-and-play time after Sensory Story Time Jan. 19 at the Combined Arms Research Library. Sensory Story Time is at 10 a.m. the third Friday of each month.

Photos by Prudence Siebert/Fort Leavenworth Lamp

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
@ the ACS classroom
In The Resiliency Center
10:00 am - 11:00 am

Oct 5
Nov 2
Dec 7
Jan 4
Feb 1
Mar 7
Apr 4
May 2
Jun 6

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

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

EFMP info from MAHC

by Munson Army Health Center

Do you have a family member who is enrolled in the Exceptional Family Member Program?

Medical and/or educational documentation must be kept current as the condition changes or every three years, whichever comes first.

Updates can be completed every 90 days.

The Exceptional Family Member is enrolled permanently in the program unless medical and/or educational needs warrant case closure or the sponsor is separated from the military.

The expiration date for EFMP can be found by logging into efmp.army.mil.

To complete a Family Member Travel Screening, register on the Enterprise –

website at <https://efmp.army.mil/EnterpriseEfmp/> using Google Chrome.

If you have been identified educationally or medically to be enrolled in EFMP, register on the Enterprise – EFMP website at <https://efmp.army.mil/EnterpriseEfmp/> using Google Chrome.

Visit <https://myaccess.dmdc.osd.mil/identityman->

agement/app/login to create a DS Logon if you don't have one already.

Also, make sure Milconnect account is updated; see <https://milconnect.dmdc.osd.mil/milconnect/>.

For EFMP medical questions and concerns, e-mail usarmy.leavenworth.medcom-mahc.mbx.efmp@health.mil.

Plan for exceptional family members before PCS moves

Editor's note: This is an update to the original story written by Lamp reporter Katie Peterson in 2021 and has since appeared in multiple issues of the Fort Leavenworth Lamp. Call 913-684-6770 for the most up-to-date information regarding EFMP requirements.

With permanent-change-of-station season getting closer, service members and their families are encouraged to be proactive in their summer transition preparation.

The Munson Army Health Center EFMP and Family Member Travel Screening Office can help families prepare needed medical information.

Families who are staying in the United States are not required to go through screenings unless their service member is with the Air Force and has an exceptional family member. In that case, only the exceptional family member needs to be screened.

John Sprecher, MAHC EFMP case coordinator, said he encourages families with exceptional family members to keep up their enrollment in the program, which expires every three years. For fam-

ilies with an EFMP member, no travel decision will be made within six months of enrollment expiration.

Families traveling outside the continental United States, whether they have an EFMP member or not, are required to be screened before they travel.

Once service members receive their request for orders, Sprecher said they should call the EFMP and Family Member Travel Screening Office at 913-684-6770 to get started.

Before screenings can be scheduled, there are forms that must be filled out, with different forms for each branch of service.

Army families must have a completed DA Form 5888 signed by the soldier's unit S1, as well as a DA Form 7246. The forms can be found at <https://efmp.amedd.army.mil/forms.html>.

Completed forms must be turned in to the EFMP and Family Member Travel Screening office in MAHC. All actions require an appointment. Call 913-684-6770 to schedule with EFMP.

Additionally, if any children listed on the orders have an individualized education plan or an

individualized family service plan with his or her school, a DD 2792-1 must be completed and submitted with a copy of the plan.

The same forms are required for the Navy and the Marine Corps. Service members will receive a packet from their service with web orders. Completed packets go to the gaining installation for suitability screening. Forms needed include a DD 2792, DD 2792-1 for school-age children, one DD 2807-1 per person on orders, one NAVMED 1300/1 per person on orders that must be filled out by the primary care provider and dental; one NAVMED 1300/2 per person on the orders, and NAVPERS 1300/16.

Air Force service members will receive a packet with their Report on Individual Personnel. Completed packets go to the EFMP office at Whiteman Air Force Base, Mo., for processing and EFMP if required. To contact the Whiteman AFB EFMP, call 660-687-6032. Forms needed include one DD 2792 per person, a DD 2792-1 for school-age children, an AF 1466, one AF 1466D per person that has been filled out by dental;

a DD 2005, and an AF 2523.

Once all questions are answered and all forms are filled out, the screening process begins.

"(In a screening), we look for current physicals, we look for any unused referrals, we look for anything that could be EFMP enrollable, and we do that for every family member," Sprecher said.

Dependents with open medical referrals cannot be screened until referrals are completed. Once the EFMP office completes the initial screening, each family member has a one-on-one in-person screening with the EFMP doctor.

"The doctor will dig a little deeper," Sprecher said. "Once all that is complete, the doctor signs the form and I stamp it, (and) I forward it to (the adjutant general) for orders. AG then sends it to the gaining installation for command sponsorship."

Travel screenings, depending on the number of appointments required, can take 30-45 days to be completed. Final travel screenings will only be done virtually.

Changes to the family dynamic that can affect travel screening, including pregnancy, dual military, new dependents and changes in

custody, must be shared with the MAHC EFMP office as soon as possible.

An EFMP family member must be approved by the gaining installation, which can take an additional 30 days or more. Once the exceptional family member is approved, AG can produce orders.

If a family is denied by the gaining installation, Sprecher said there are three options. Reasons for denial could include services required for the exceptional family member are not available at the gaining installation.

"If they get denied, they can request a reconsideration, they can go unaccompanied or they can ask for a new assignment," Sprecher said. "I will tell this to soldiers on a case-by-case basis, but if they get a denial sometimes it is not worth fighting it. We sit down and we do advisement to help them figure out what they should do."

The EFMP and Family Member Travel Screening office is on the second floor of MAHC. Hours are 8-10:40 a.m. Monday through Friday, except Tuesday, by appointment only. Call 913-684-6770 to schedule with EFMP.

Local OPSEC poster contest deadline Jan. 31

by Directorate of Plans, Training, Mobilization and Security

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

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

The following must be adhered to for submission:

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

5. Themes and designs should be suitable for public display across Army facilities and platforms.

6. Include your name, rank, unit and contact information.

7. Submissions will be judged on message, design, and creativity.

8. Participants must sign a Copyright Assignment Form assigning all right, title and interest in and to the works to the Directorate of Plans, Training, Mobilization and Security.

Participants may use the following resources to aid in their artwork: <https://www.dni.gov/index.php/ncsc-what-we-do/operations-security>, <https://www.cdse.edu/>, <https://securityawareness.usalearning.gov/> and AR 530-1, Operations Security.

Send submissions to Installation OPSEC Manager Penny Votaw at penny.a.votaw.civ@army.mil or Michael Boulanger at michael.r.boulanger2.civ@army.mil using the subject line "OPSEC Awareness Poster Contest."

All submissions must be received by 4 p.m. Jan. 31, 2024.

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

OPSEC POSTER COMPETITION

Poster theme is OPSEC Awareness Month.

COMPETITION RULES :

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



PRIZES:

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

Thank you
FOR YOUR SUPPORT

Happiest of Holidays!

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

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

Thank You Again!
Mary Manago



THE FORT LEAVENWORTH LAMP

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

Military history is something that we learn from. It involves our Founding Fathers and those that made sacrifices for our freedom. Fort Leavenworth history is a significant part of our Military history. We are the oldest continually operating Army post west of the Mississippi River. Founded in 1827, originally to protect the western frontier. By the 1840's movement had begun to California and Oregon and thousands of wagons would come through.

While small in size, the impact and significance of Fort Leavenworth rivals any large Military Installation in the World. As the years have passed post has transformed and adapted and remains relevant and renowned for the missions it serves. Currently known as the "Think Tank" for the Military, The Command and General Staff College (CGSC) trains all of the future leaders of the Army. Additionally, we house the United States Disciplinary Barracks (USDB) and the Soldiers, Military Police, that run that facility.

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

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

FORT LEAVENWORTH LAMP ADVERTISING	LAMP HEROES OPPORTUNITIES LIMITED OPPORTUNITIES
BUSINESS CARD AD (558 X 315) \$75/ ONE PUBLICATION \$225/FOUR PUBLICATIONS	LAMP HERO ANNUAL SPONSOR—\$12,000 SPONSOR QUARTERLY OR 6 MONTHS—\$5,000 SPONSOR ONE MONTH—\$500
1/2 PAGE AD (558 X 760) \$150/ONE PUBLICATION \$450/FOUR PUBLICATIONS	LOGO AND RECOGNITION ON TOP OF MAIN PAGE AD INCLUDED IN EACH PUBLICATION

INTERESTED - CALL 913-684-1702 OR 913-684-1658 EMAIL MARY.F.MANAGO.NAF@ARMY.MIL



WORTH

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NORTH

9400 NW Prairie View Rd
816-420-9000
www.worthharley-davidson.com

Pet of the Week

Ambrosia is 5-year-old adult female tortoiseshell cat currently available for adoption at the Fort Leavenworth Stray Facility. She has already been spayed, vaccinated and microchipped, which are included in her \$75 adoption fee. Read the Dec. 15, 2023, post at <https://www.facebook.com/FortLeavenworthStrayFacility/> for her back story.

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. The facility is also open the second Saturday of each month (Feb. 10) from 9 a.m. to noon.

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

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

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



Photo by Prudence Siebert/Fort Leavenworth Lamp

100 percent of Army housing to be inspected

by Fort Leavenworth Frontier Heritage Communities

Congress has mandated the inspection of 100 percent of all family housing on Army installations by a third-party contractor appointed by the Department of the Army.

On behalf of the Army Housing Office, Fort Leavenworth Frontier Heritage Communities is sharing the "Family Housing Letter," at right, from the Department of the Army.

Residents should have received a door hanger last week, prompting them to scan the barcode in order to schedule an appointment for an upcoming housing inspection in their home.

The inspection period will begin Feb. 6 and extend throughout the month, concluding on or around Feb. 29.

These inspections aim to gather information on the current state of privatized housing inventory, and residents can anticipate inspections in their homes lasting approximately 60-90 minutes.

Certified inspectors, independent of Fort Leavenworth Frontier Heritage Communities, the housing project owner, and Fort Leavenworth Government, will conduct these inspections. They will assess home interiors, building systems, common areas, property exteriors and drainage from the homes, and

landscaping to identify and address any potential life, health and safety issues.

Congressional oversight mandates that these inspections are not optional.

Residents will be contacted by the third-party inspectors, if an appointment is not scheduled in advance.

The Department of the Army initiative aligns with several National Defense Authorization Act mandates aimed at enhancing privatized military housing programs. Ensuring safe housing for service members and their families is a top priority for the Army, as well as for Fort Leavenworth Frontier Heritage Communities.

Fort Leavenworth Frontier Heritage Communities appreciate residents' advance support and cooperation with this Congressionally mandated requirement.

Call Army Housing at 913-684-5681 with questions or concerns with scheduling.

It is important to note that this initiative does not interfere with the normal operating hours of Fort Leavenworth Frontier Heritage Communities. The FLFHC Community Management office and Maintenance office will remain available for all housing and maintenance questions and work order requests during and after the inspection process.



AMIM-LVP-PWH

DEPARTMENT OF THE ARMY
INSTALLATION MANAGEMENT COMMAND
HEADQUARTERS, UNITED STATES ARMY GARRISON, FORT LEAVENWORTH
DIRECTORATE OF PUBLIC WORKS
820 McClellan Ave
FORT LEAVENWORTH, KANSAS 66027-1314

17 January 2024

MEMORANDUM FOR Fort Leavenworth Family Housing Residents

SUBJECT: Family Housing Inspections

Congress has mandated that 100% of all Family housing on Army installations will be inspected by an independent, third-party contractor retained by the Department of the Army. The contract lead, RER Solutions and Jones Lang Lasalle (RER / JLL), have no connection to the private company who manages the housing.


The inspections will begin on 06 February 2024 and conclude on or about 29 February 2024 and consist of a visual survey of the property exterior, HVAC, plumbing, electrical and elements that are easily visible and readily accessible. No furniture or appliances will be moved. The inspectors will be inside your home for approximately 60 - 90 minutes. They will also spend additional time inspecting aspects of the exterior of the home such as drainage, landscaping, etc. The inspection time is an approximation and may run beyond the allotted time in order to achieve the goal of a comprehensive and quality review. The inspection team will notify the Garrison Housing Staff immediately of any required repairs that are necessary to correct life, health, and safety concerns.

The inspector will be clearly identified as an Army Housing Inspection Team member and will, if you request, wear a mask and shoe covers for the inspection. This inspection will require an adult in your household, over the age of 18, to be home and allow full access to the house during the scheduled inspection time period.

RER / JLL implemented a web-based self-scheduling tool which will allow tenants to schedule or reschedule their inspection at their greatest convenience in addition to shortening time waiting for an assessor as inspections are scheduled in two-hour blocks. The self-scheduling tool link (<https://assetcalc.net/?redirect=army>) is open and available for scheduling. The link will be sent to all residents and posted to the housing social media site. In addition, the installation housing office placed door hanger notification tags on every home that provides a QR code that can be scanned to begin the scheduling process.

The Army fully understands the inconvenience these inspections may cause but the benefits gained, by both current and future Residents, from an independent assessment of our entire housing inventory cannot be overstated. The Garrison Commander and Housing Office will receive daily updates on home inspections schedule and completed, and the Army is committed to complete an inspection of every home on the installation, without exception.

Please contact the Army Housing Office at 913-684-5681 with any questions. Thank you in advance for your cooperation.


LINDSAY R. ASPINWALL
Chief, Army Housing Division


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 **FORT LEAVENWORTH FMWR**

CHILD AND YOUTH SERVICES

Parent Central and Outreach Services (913) 684-5138

Youth Sports and Fitness (913) 684-7525

SKIESUnlimited (913) 684-3207

ARMY COMMUNITY SERVICE

(913) 684-2800

EFMP, FAP, ERP, AER, MFLC
And much more!


RECREATION

Haney Sports Complex (913) 684-2190	Brunner Range (913) 651-8132	Hunt Lodge (913) 684-1830
Gruber Gym (913) 684-5120	Auto Crafts (913) 684-3395	Stables and Horses (913) 684-1703
Outdoor Equipment Rental (913) 684-3395	Rod & Gun Club (913) 684-2035	Stray Facility (913) 684-4934

BUSINESS OPERATIONS

Strike Zone (913) 651-2195	12th Brick Grille (913) 684-2293
Trails West Golf Course (913) 651-7176	RV Storage & POV Lot (913) 651-7176
Frontier Conference Center (913) 684-3825	Clean Paws Pet Wash (913) 651-7176

Connect with Us!
Facebook: Fort Leavenworth FMWR
Online: leavenworth.armymwr.com



THURSDAY
JANUARY 25, 2024



LAMP

Post Notes

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

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

B1

HIRING EVENT

JANUARY 25TH, 11:00 - 1:00PM
ARMY CORRECTIONS BRIGADE TRAINING BUILDING, 835 SABALU ROAD, FORT LEAVENWORTH

VENDORS FOR THIS EVENT INCLUDE

- UNION PACIFIC
- KANSAS CITY MISSOURI, POLICE DEPARTMENT
- SOCIAL SECURITY ADMINISTRATION
- KANSAS HIGHWAY PATROL
- FEMA
- IRS/IRS - CRIMINAL INVESTIGATION
- NORTHROP GRUMMAN
- U.S. BORDER PATROL
- KANSAS CITY NATIONAL SECURITY CAMPUS
- U.S. CITIZENSHIP AND IMMIGRATION SERVICES
- FBI
- KANSAS CITY KANSAS POLICE DEPARTMENT
- DEPARTMENT OF THE ARMY SECURITY GUARDS
- VA EASTERN KS HEALTH SYSTEM
- U.S. DEPARTMENT OF VA POLICE

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

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



JANUARY 1ST- MARCH 31ST

AFWC NEW YEAR

Challenge

3 WAYS TO WIN

- MOST IMPROVED BODY COMPOSITION
- MOST WEIGHT LOSS
- MOST POINTS ACCUMULATED

2024

OPEN TO ALL FORT LEAVENWORTH

(913)758-3403

patricia.g.allen9.ctr@health.mil

DAV RECRUIT MILITARY

MILITARY COMMUNITY VIRTUAL HIRING EVENT

TUESDAY, FEB 6, 2024 | 11AM - 3PM ET

TRANSITIONING ARMY & SPOUSES

CAREER OPPORTUNITIES

Project Management | Human Resources
Transportation / Logistics | Healthcare
Management / Supervision | Information
Technology | Government & more...



SCAN ME

For more details, visit rmvets.com/ARMYVCF0224



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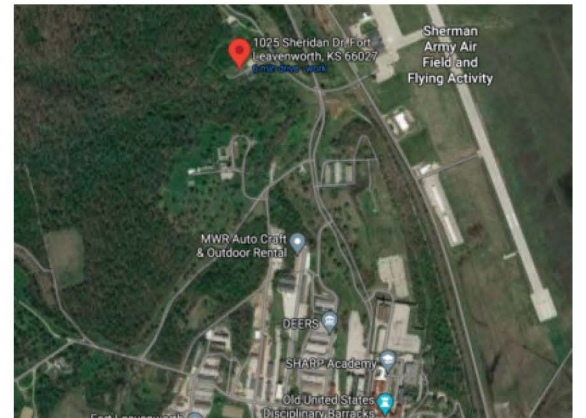
JANUARY 2024

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

OPEN SATURDAY Feb. 10

Fort Leavenworth Thrift Store

- ❖ Location: 1025 Sheridan Drive, Building 1049
- ❖ OPEN: 9am - 2:30pm
- ❖ Phone: 913-651-6768



FORT LEAVENWORTH THRIFT SHOP COMMUNITY ASSISTANCE GRANTS

Applications available at the Thrift Shop
1025 Sheridan Drive, Building 1049

Hours of Operation:
Tuesday, Wednesday, Thursday
from 9:30 AM - 2:30 PM

GRANTS ARE AVAILABLE FOR ELIGIBLE ORGANIZATIONS, NOT INDIVIDUALS

APPLICATIONS MUST BE COMPLETED AND RETURNED TO THE THRIFT SHOP BY FEBRUARY 27TH

JANUARY 26, 2024

PATTON NON-SCHOOL DAY

Harrold Youth Center will be providing an afternoon field trip to

SKY ZONE

Must complete the online waiver to attend
skyzone.com Kansas City, KS location

\$25 Per Person

6th-12th grade

Must be registered with CYS/HYC
1230-1600

Be at HYC no later than 1220

Registration and payment due by 1600, 1/25/2024

For more information please call
913-684-5118



BOSS PRESENTS MOVIE NIGHT

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

January 12

January 26



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

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

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

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

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



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



ACS New Parent Support Prenatal Classes

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

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



ACS New Parent Support Potty Training

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

Are you ready?

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



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

Interview Skills & Professionalism:
Feb 21* • May 22*
July 24* • Aug 21*

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



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




STRESS MANAGEMENT

Thursdays: Jan 18, Mar 14, May 16, July 18
1130 - 1300 brown bag lunch class.
ACS Conference Room 145

Registration Required must register by the day before the class you want to attend.
Classes are for 18 and over

This one-session FREE class helps attendees identify stressors and symptoms of stress as well as how to select and implement stress management skills to overcome stressors of any kind. Learn how to take control of yourself by learning to control your stress, instead of allowing the stress to control you. End the class with a structured relaxation exercise.

To register or for more information, call (913) 684-2800/2800



ANGER MANAGEMENT

ACS Family Advocacy Program Presents:

December 14 • February 15 • April 18
Thursdays from 11:30AM - 1PM
ACS Conference Room, Room 145

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

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

Childcare not provided.

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

For more info or to register call, (913) 684-2808/4357



ACS Family Advocacy New Parent 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
www.facebook.com/acs.fortleavenworth



BOSS soldiers

here's what's happening

"let your voice be heard"

updated monthly

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





Teen Parenting Can Be Tough. Join The Family Advocacy Program For An Online Training About Safe Dating For Teens

A Parents Roadmap to Teen Dating

Register Here:

When: Monday, February 12, 2024, 12:00-1:00PM

AVAILABLE NOW!

on **MILITARY** CHILDCARE dot com

WINTER CAMP offers have started! Do you need care?

Limited space... Make requests NOW!

School Out & Seasonal Camp Care Options
Camp Dates are based on the USD 207 School Calendar & Federal Holiday closures.

Winter Break Week 1 Mon. - Fri. 18 - 22 DEC 2023	Winter Break Week 2 Tues. - Fri. 26 - 29 DEC 2023	Spring Break Mon. - Fri. 11 - 15 MARCH 2024
---	--	--

A separate Request For Care must be submitted for each week for the KG or 1st-5th Grade option

Requests for these camp weeks are NOT needed for children enrolled in the SY23-24 Before and/or After School Program at Osage.

Contact CYS Parent Central Office for more information: 913-684-5138 or 4956



Starting Monday January 8th, 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)			
0900	(0915) Zumba (Lydia)		(0915) Zumba (Lydia)		Zumba (Stephanie)	Zumba (Lydia)
1630	30/30 Split (Kim)		Power Cycling (Kim)			

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



<https://leavenworth.armymwr.com>

913 WEIGHTLIFTING



FUNCTIONAL FITNESS CLASSES

CLASSES

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

ABOUT

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

PRICING

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

CONTACT

For more info:
949-291-0386



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

FUN SHOOT

Brunner Range 1st Saturday of the Month

Jan 6 - Dec 7 2024

Feb 3, Mar 2, Apr 6, May 4, Jun 1, Jul 6, Aug 3, Sep 7, Oct 5, Nov 2

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

Space is limited so register early.

Rental guns and shells are available or bring your own.

Prizes and awards distributed at the end of each shoot.

Info: (913) 651-8132
701 Sheridan Drive



Brunner Range

2024

LEAGUE SCHEDULE

Winter Combo

4 January - 7 March

Spring Combo

21 March - 23 May

Summer Warm-up

6 June - 11 July

18 July - 22 August

Fall Combo

5 September - 7 November

Winter Warm-up

14 November - 19 December

Each league has a one-time payment of \$25

Payment is held for prizes at the end of each league.

Combo leagues shoot on Thursday evenings. Teams consist of 5(+/-) shooters.

All teams take turns supplying an evening meal at approximately 5:30 pm with shooting commencing at 6:00 pm. Summer and Winter Warm-up leagues are individual with the same fee but no food.

Contact Brunner Range for more information

(913) 651-8132



YOUTH SPORTS & FITNESS WINTER 2024

YOUTH WRESTLING
JANUARY 9 - FEBRUARY 29
REGISTRATION: OCT. 10 - NOV. 20
AGES 5 - 12 YEARS OLD • \$45

WRESTLING BASKETBALL

YOUTH BASKETBALL
JANUARY 8 - MARCH 2
REGISTRATION: OCT. 10 - NOV. 20
AGES 5 - 12 OR GRADES KINDER - 6TH • \$45

START SMART BASKETBALL
JANUARY 8 - FEBRUARY 12
REGISTRATION: OCT. 10 - NOV. 20
AGES 3 - 4 YEARS WITH PARENT • \$25 (OPTIONAL START SMART KIT \$30)

FOR MORE INFORMATION, CALL 913-684-7525/7526

MUST HAVE SPORTS PHYSICAL ON FILE

IF FULLY REGISTERED WITH PYS, YOU CAN REGISTER AT ANY PYS LOCATION WITH TRANSFER ENROLLMENTS. YOU ONLY USE PYS WITH A CURRENT YOUTH SPORTS PHYSICAL.

Volunteer Coaches Needed!

Join us for January in the Carolinas
Courtesy of Trails West Golf Course Simulator League

Participate in our January 2024 Golf Simulator League!
Play two of the finest golf courses in the Carolinas without ever leaving Post!



Jan 7 - Feb 3

\$40 per player
2 person Scramble
Flexible tee times
Weekly Prizes
Championship Winner

- Week 1 - Pinehurst No. 2 (Front 9)**
Jan 7 - 13
 - Week 2 - Pinehurst No. 2 (Back 9)**
Jan 14 - 20
 - Week 3 - Harbour Town (Front 9)**
Jan 21 - 27
 - Week 4 - Harbour Town (Back 9)**
Jan 28 - Feb 3
- Teams choose their days and times to play

Contact TWGC to sign up today!
913-651-7176



WEST COAST SWING Golf Simulator League
2 person Scramble 9 Holes



- WEEK 1: SPANISH BAY**
FEB 11-17
- WEEK 2: SPYGLASS HILL**
FEB 18-24
- WEEK 3: TORREY PINES**
FEB 25-MAR 2
- WEEK 4: PEBBLE BEACH**
MAR 3-9

**\$40 PER PLAYER/
\$80 PER TEAM**

FLEXIBLE TEE TIMES, WEEKLY PRIZES,
OVERALL CHAMPIONSHIP WINNER,
WIN FREE SIMULATOR SESSIONS!

CONTACT TWGC TO SIGN UP TODAY
913-651-7176



Saturday Morning Youth League

Meeting Jan 6, 2024 @ 10:00am
Starts Jan 13, 2024 @ 9:45am
12 Week Handicap League
Jan 13 - April 6

Little Rollers - Ages 3-5

(2 games per week w/bumpers - \$8 a week)

Dragons - Ages 6-9

(3 games per week w/optional bumpers - \$11 a week)

Explorers - Ages 10-18

(3 games per week no bumpers - \$11 a week)



COME WORK WITH CYS

NOW HIRING

- Medical, Dental, Vision & Life Insurance Benefits*
- Retirement & 401K
- Flexible Work Hours
- Paid Time Off (Vacation & Sick)
- Career Progression & Paid Training
- Tuition Reimbursement Possibilities
- Priority Child Care Placement and Employee Child Care discounts
- Tax-free Shopping Privileges at AAFES
- Job transfer program worldwide through Civilian Employment Assignment Tool

APPLY NOW!
ArmyMWR.com/cyscareers

* Conditions apply



SCAN TO LEARN MORE

Strike Zone Bowling Center's

GOOD GRADES SPECIAL

Noon - 7 pm

October 21, January 6, March 23 & May 25

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

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



Clean Paws Pet Wash

Open 24 hours a day!
Merritt Lake Parking Lot
Cash, Coin and Card



Info: (913) 651-7176

Cosmic Bowling at the Strike Zone

Every Saturday Night

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

Info: (913) 651-2195

leavenworth.armymwr.com



Come see what's new at the Studio!

Craft Workshops 2024



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

Acrylic

\$35 per class

Acrylic Pour
Tuesday
Jan 16
10:30pm - 12:30pm

Acrylic Painting (Winter Snow Scene)
Wednesday
Jan 24
12:30pm - 2:30pm

Acrylic Painting (Cute Cupcake)
Wednesday
Feb 14
12:30pm - 2:30pm

Acrylic Pour
Wednesday
Feb 28
12:30pm - 2:30pm

Crafts

\$30 per class

Intro to Framing
Must pre-register
Saturday
Jan 20
10am - 1pm

Valentine's Day Craft
Wednesday
Jan 31
12:30pm - 2:30pm

Wooden Growth Chart
Wednesday
Feb 7
10:30am - 12:30pm

Intro to Framing
Must pre-register
Saturday
Feb 24
10am - 1pm



Call now to register!
913-684-3373

Paint & Sip

\$35

Must be 21 years or older. BYOB



Northern Lights Night Sky
Friday
Jan 19
6pm - 8pm

Daydreaming Fox
Friday
Feb 9
6pm - 8pm



Actual paintings will differ from images

Cost includes all supplies!

Kids Crafts 2024

Color me Happy

\$10 per class (Parent & Toddler)

Thursday
Jan 18
10:30am - 11:30am

Thursday
Feb 8
10:30am - 11:30am

Thursday
Feb 22
10:30am - 11:30am

Kids Messy Art

\$12

Thursday (ages 7+)
Jan 25
10:30am - 11:30am

Friday (ages 4 - 6)
Feb 9
10:30am - 11:30am
12:30pm - 1:30pm

Thursday (ages 7+)
Feb 15
10:30am - 11:30am

Art History

\$15 per class (ages 7+)

Oreos & O'Keeffe
Wednesday
Jan 17
12:30pm - 2:30pm
Thursday
Jan 18
4pm - 6pm

Strawberries & Seurat
Wednesday
Feb 21
12:30pm - 2:30pm
Thursday
Feb 22
4pm - 6pm



leavenworth.armymwr.com

Come see what's new at the Studio!

Watercolor Courses & Workshops 2024



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

Courses

\$175 = 5 classes

Watercolor 101 (Beginning Course)
Every Tuesday
Jan 23 - Feb 21
10am - 12pm

Watercolor 301 (Advanced Landscapes)
Every Thursday
Jan 18 - Feb 15
12:30pm - 2:30pm

Workshops

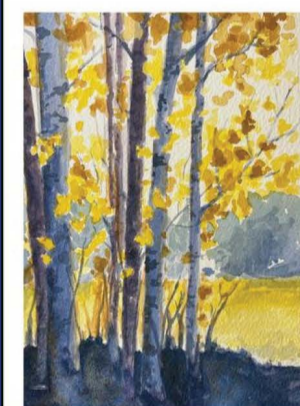
\$25 per workshop

Watercolor (Basic Techniques)
Thursday
Jan 18
6:30pm - 8pm

Watercolor (Color Theory)
Thursday
Jan 25
6:30pm - 8pm

Watercolor (Valentine's Day Florals)
Thursday
Feb 1
6:30pm - 8pm

Watercolor (Landscapes)
Thursday
Feb 15
6:30pm - 8pm



Call now to register!
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!)

Cost includes all supplies!

Calligraphy Workshops 2024

Basics

\$20 per class

Tuesday
Jan 16
1pm - 2:30pm

Friday
Feb 16
10:30am - 12pm



Intermediate

\$20 per class

Tuesday
Jan 23
1pm - 2:30pm

Friday
Feb 23
10:30am - 12pm

Valentine's Day Cards
Tuesday
Jan 30
1pm - 2:30pm

Birthday Cards
Friday
March 1
10:30am - 12pm

Reoccurring Classes

MUST PRE-REGISTER

Intro to Framing
\$30 per class

Every 4th Saturday of the month 10am - 1pm

Paint & Sip
\$35 per session

Every 2nd Friday of the month
6pm - 8pm
Must be 21 years or older. BYOB



leavenworth.armymwr.com



FUN & RELAXATION

Explore new hobbies in your free time with on-post events & recreation activities in the Digital Garrison App!



29 January, 2024
1330 @ Ban Thai Restaurant
First Command
Support for ROCKS INC.

Hosted by

Mr. Olson

First Command is committed to coaching our Nation's military families in their pursuit of financial security

https://advisor.firstcommand.com/us/ks/leavenworth

January 2024



Event Schedule

New Parent Support Program

*Registration Required for NPSP events

Play Morning

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

Childbirth Classes

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

Dad's Night Out

Jan. 24, 6:00pm - 8:00pm
Restaurant is TBD

Mom's Night Out

Jan. 31, 6:00pm - 8:00pm
Restaurant is TBD

Financial Readiness Program

Financial Readiness Milestone Training

Jan. 11, 25, 1:30pm - 3:30pm
Resiliency Center, Room 157

Survivor Outreach Services

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

Family Advocacy

*Registration Required for FAP events

Scream Free Marriage & Parenting

Jan. 3, 1:00pm - 2:30pm
Resiliency Center, Room 145

Co-Parenting Workshop

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

5 Love Languages for Couples

Jan. 10, 1:00pm - 2:30pm
Resiliency Center, Room 145

Navigating the Teen Years

Jan. 16, 1:00pm - 2:30pm
Resiliency Center, Room 145

Stress Management

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

Domestic Violence Education & Support Group

Jan. 2, 16, 30, 1:00pm - 2:30pm
Resiliency Center, Room 145

Exceptional Family Member Program (EFMP)

*Registration Required for EFMP events

EFMP Recreational Bowling (free) for EFMP Members and their Families

Jan. 6, 10:30am - 12:30pm
Strike Zone Bowling Center

Empowering Families Lunch & Learn Workshop

Jan. 18, 12:00pm - 1:00pm,
Microsoft Teams

Sensory Storytime

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

Employment Readiness Program

Federal Employment

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

Army Volunteer Corps

Volunteer Basics

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

Relocation Readiness

In-Processing Brief

Tuesdays, 9:00am - 10:00am
Resiliency Center, Room 157

OCONUS Levy Brief

Tuesdays, 10:00am - 11:00am
Resiliency Center, Room 157

Resiliency Center, 600 Thomas Ave, Building 198

913-684-2800 // 913-684-HELP(4357)

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

Thursday, 1:00pm - 4:30pm

Follow us on Facebook! @FortLeavenworthACS

Follow us on Twitter! @LeavenworthACS

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



Handicap access at the front of Building 198



VOLUNTEER BASICS

JAN 10 • MARCH 13 • MAY 15 • JUNE 26 • AUG 28 • 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 HOURS INTO THE VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS).

REGISTRATION IS NOT REQUIRED. JUST SHOW UP.

INFO: (913) 684-2835

Update As of: 19 October

ACS WILL BE CLOSED THURSDAYS FROM 0800-1300 FOR STAFF TRAINING.

FOR IMMEDIATE ASSISTANCE: 913-684-1669
FOR VICTIM ADVOCATE: 913-683-2537

We are sorry for the inconvenience.

GET YOUR TICKETS NOW AT FORT LEAVENWORTH LEISURE TRAVEL SERVICES!

310 McPherson Ave, Bldg 464
913-684-2141

Saturday 6 APRIL @ 2PM
\$36 or \$56

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

Disney ON ICE INTO THE MAGIC

Get Your Tickets Now @ Fort Leavenworth Leisure Travel Services

310 McPherson Ave, Bldg 464
913-684-2580

Saturday 27 JAN @ 11AM - \$39
Saturday 27 JAN @ 7PM - \$26
Sunday 28 JAN @ 3PM - \$39

Tickets Must Be Ordered By 17 January

MONSTER JAM

GET TICKETS NOW @ FORT LEAVENWORTH LEISURE TRAVEL SERVICES!

310 McPherson Ave, Bldg 464
Or call @ 913-684-2580

Saturday 13 JAN @ 1 PM
Ticket - \$30
PIT PASS - \$25

Sunday 14 JAN @ 1 PM
Ticket - \$30
PIT PASS - \$25

Event Location: T Mobile Center
Tickets Must Be Ordered By 03 Jan

FORT LEAVENWORTH LEISURE TRAVEL SERVICES TOP TICKETS

Disneyland Military Salute Offer 2024:
3 DAY Park Hopper
Our Price \$268.50 W/Genie \$357.75
4 DAY Park Hopper
Our Price \$314.25 W/Genie \$433.00

Disney World Military Salute Offer 2024:
4 DAY Park Hopper
Our Price \$365.00...W/Water Park and Sports Center \$395.00
5 DAY Park Hopper
Our Price \$385.00...W/Water Park and Sports Center \$415.00
6 DAY Park Hopper
Our Price \$399.75...W/Water Park and Sports Center \$435.00

Universal Orlando Military Freedom Offer 2024:
2 Park Freedom Pass
Adult \$210.00 and Child age 3-9 \$205.00
3 Park Freedom Pass
Adult \$245.00 and Child age 3-9 \$240.00

Universal Hollywood:
1 Day General Admission
Adult and Child 3+ \$112.00

Go City Go Card:
Sightsee and save with a Go Card! Discover the best attractions, tours and experiences, all on one pass.
Worldwide: Austria-Vienna, UAE-Dubai, Mexico-Cancun, and Italy-Rome
State side: Orlando, Miami, Chicago Los Angeles, San Francisco, Oahu, New Orleans, Boston, Las Vegas, New York, and much more!

Leisure Travel Services
310 McPherson, Bldg 464
(913) 684-2580
leavenworth.armymwr.com

COMING THIS WINTER

Changes to Libby

Make sure you have transitioned to the new DoD authentication in Libby as the web log-in and PIN are going away. Questions? Contact us and we can help.

2024 Worlds of Fun/Oceans of Fun Gold Season Pass

Available Now @ Fort Leavenworth Leisure Travel Services

\$94.50

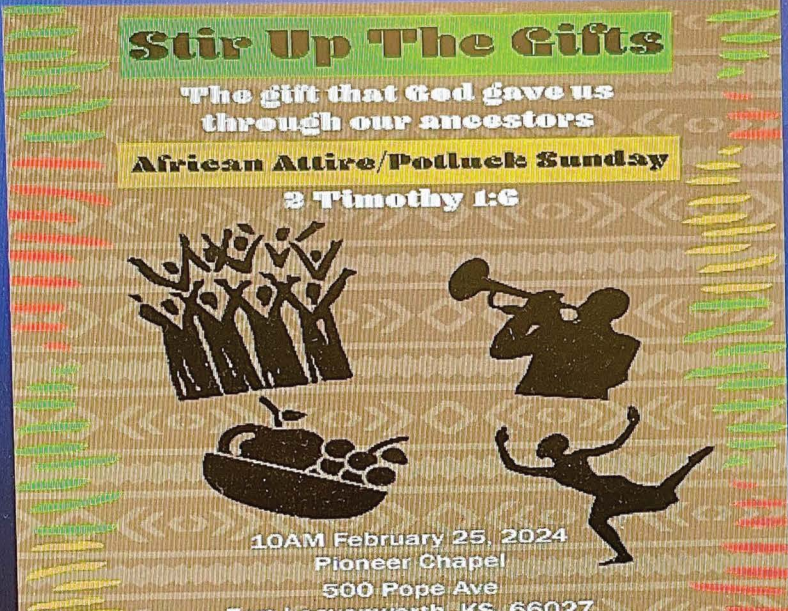
310 McPherson Ave BLDG 464, Fort Leavenworth 913-684-2580 Business Hours Tue/Thu/Fri @ 10a-5p

ARMY MWR LIBRARY ONLINE RESOURCES ON THE MOVE

AS OF OCTOBER 1, 2023

Find all of your favorite online resources on our new website:
<https://army.dodmwrlibraries.org>

FORT LEAVENWORTH MULTICULTURAL GOSPEL SERVICE



Stir Up The Gifts
The gift that God gave us through our ancestors
African Attire/Pottuek Sunday
2 Timothy 1:6

10AM February 25, 2024
Pioneer Chapel
500 Pope Ave
Fort Leavenworth, KS. 66027



LEAVENWORTH COMMUNITY SERVICE ORGANIZATION
12TH ANNUAL

BLACK HISTORY MONTH CELEBRATION

AFRICAN AMERICANS AND THE ARTS

SAVE THE DATE

SATURDAY, FEBRUARY 3, 2024, 5PM
RIVERFRONT COMMUNITY CENTER
123 ESPLANADE, LEAVENWORTH KS

Tickets
Adults \$50 Youth \$25



WARRIOR WELLNESS COLLECTION

AT EAZZZ

FEATURING: SLEEP, MINDFULNESS, AND STRESS RELIEF

Why We Sleep
UNLOCKING THE POWER OF SLEEP AND DREAMS
Matthew Walker, PhD

DOWNLOAD NOW USE QR CODE








www.ArmyMWR.com

MILITARY POLICE CORPS

Excellence in Education

MPRA scholarship

APPLY NOW!

Application deadline: March 31, 2024





Munson Notes





MUNSON ARMY HEALTH CENTER

Volume 7, Issue 12
Special Holiday Edition
December 2023 January 2024

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


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





SCAN ME

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





Munson Website
www.Munson.TRICARE.mil

Information updated weekly!
Check us out!

913-684-6000
Information Desk



EFMP

EXCEPTIONAL FAMILY MEMBER PROGRAM
NOVEMBER 2023

The Exceptional Family Member Program is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational and medical services to families with special needs. Additionally, these special needs are considered when the Army assigns them a new post.

WHO IS CONSIDERED AN EXCEPTIONAL FAMILY MEMBER

An Exceptional Family member is someone with any physical, emotional, developmental or intellectual disorder that requires special treatment, therapy, education, training or counseling, and meets the eligibility criteria:

- Someone that has a potentially life-threatening condition(s) and/or chronic medical/physical condition, a current and/or chronic mental health condition, a diagnosis of asthma or another respiratory-related diagnosis, a diagnosis of attention deficit disorder and/or attention deficit hyperactivity disorder.
- A Family member that requires adaptive equipment, assistive technology devices, and/or architectural considerations.
- A Family member that requires special education and related services.

If someone in your Family fits into the above criteria, you should make an appointment at your local Medical Treatment Facility EFMP office for a family medical screening and enrollment.

Enrollment in the EFMP also ensures that Family members' documented medical and educational needs receive consideration during assignment coordination. The program has three components: identification and enrollment of a family member with special medical or educational needs; assignment coordination to determine the availability of services at a Soldier's projected duty station; and support to help Families identify and access programs and services.

Enrollment for Soldiers is mandatory. Although Department of the Army civilian employees are not required to enroll in the program, they must identify dependent children with special education and medically related service needs and family members with medical needs each time they process for an assignment to a location outside the U.S. where Family member travel is authorized at government expense.

DID YOU KNOW?

Enterprise EFMP (E-EFMP) is more than a system of record for EFMP enrollment and associated requirements. It also connects EFMP families to a network of resources providing valuable information, tools, and community support ensuring families stay well and thrive. Visit <https://efmp.army.mil> to learn more.

EFMP TIPS OF THE MONTH

Parents can "Meaningfully Participate" in Individualized Education Program and 504 Plan meetings by utilizing the 5 W Questions to help guide the conversations:

- Who: Who will be responsible for providing the services and supports.
- What: What actions, proposals and/or recommendations the school is requesting you to consent to.
- When: Inquire as to time and frequency of proposed actions.
- Where: Where will the services and supports take place (i.e., general education classroom, resource classroom, school environment etc).
- Why: Why a particular proposal, action and/or recommendation is needed.
- How: What type of support, service or personnel will be used to implement the action, proposal and/or recommendation.

CONTACT US

Your concerns, suggestions, and compliments are important to improving the EFMP and the E-EFMP system. Drop us a note at usarmy.pertagon@hhs.gov or efmp@army.mil.

SENIOR LEADER DASHBOARD ACCESS

Garrison Commanders and CSMs now have access to the E-EFMP senior leader dashboard. The dashboard allows Garrison Commanders and CSMs to have a macro view of pending/approved EFMP enrollments and overseas Family Member Travel Screenings (FMTS) packets at any Army command/installation. <https://efmp.army.mil> (The dashboard does not include HIPAA or PII information).

All this time dashboard access is limited to Garrison Commanders and CSMs. To request access to the dashboard, Commanders and CSMs submit their name, rank, position, and DOD ID# to the EFMP mailbox at: usarmy.pertagon@hhs.gov or efmp@army.mil.


THIS IS OUR ARMY. www.armyresilience.army.mil @ArmyResilience

EFMP


EXCEPTIONAL FAMILY MEMBER PROGRAM
NOVEMBER 2023

NEWS HIGHLIGHTS

Bringing the Experts to the Soldiers and Family Members: H2GA-G9 EFMP Central Office hosts online training sessions for Soldiers and Family Members. Topics include Special Education and how to Navigate the Enterprise EFMP system. These interactive sessions allow the Soldiers and Family Members access to the subject matter experts.



EFMP Training



Education

To join the sessions cut and paste the training link into your browser. Training videos and education resources are also available on the E-EFMP site at <https://efmp.army.mil>. OS Logon is not required to access the training.

OCTOBER 2023

S	M	T	W	T	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				

NOVEMBER

S	M	T	W	T	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					

JANUARY 2024

S	M	T	W	T	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				

FEBRUARY

S	M	T	W	T	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					

Join E-EFMP Soldier and Family Member Training

Join E-EFMP Training on Tuesdays
7:00-8:30 a.m. ET [E-EFMP Training Link](https://efmp.army.mil) and 3:00-4:00 p.m. ET [E-EFMP Training Link](https://efmp.army.mil)

Join E-EFMP Training on Thursdays
9:00-10:30 a.m. ET [E-EFMP Training Link](https://efmp.army.mil) and 2:00-3:30 p.m. ET [E-EFMP Training Link](https://efmp.army.mil)

EFMP Central Office and West Point EFMP Family Support and School Liaison Program presents:

15 Nov 23-19:00 a.m. ET: When Does a Child Qualify for Special Education: A Roadmap for Parents

16 Nov 23-19:00 a.m. ET: When Does a Child Qualify for Special Education: A Roadmap for Professionals

Education training meeting link: [West Point Collaboration](https://efmp.army.mil)

EFMP Central Office, Stuttgart Law Center and School Liaison Program presents:

17 Nov 23-7:00 a.m. ET: (Open Germany and Italy, Open Korea and Japan)
How to navigate an EFM meeting: Understanding Your Parent Rights in the Special Education Process - The Co of Special Education

Education training meeting link: [Stuttgart Collaboration](https://efmp.army.mil)

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