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CDC construction, traffic rerouting discussed at village mayors' meeting



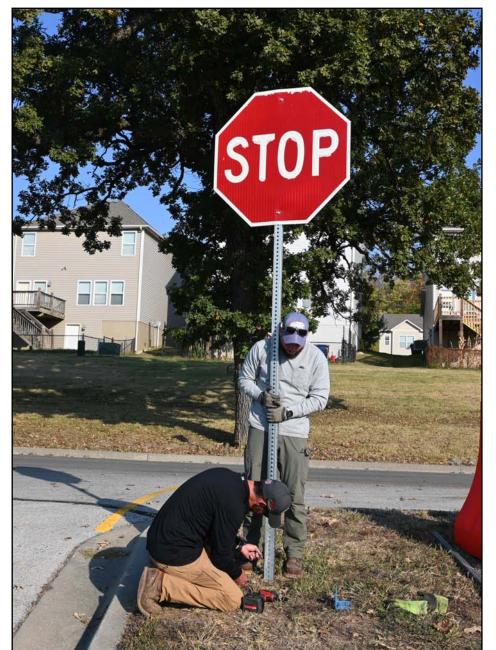
Photo by Prudence Siebert/Fort Leavenworth Lamp

Garrison Commander Col. Duane Mosier explains why traffic rerouting during the initial phase of the new Child Development Center on Hancock Avenue is necessary Oct. 16 at the village mayors meeting at the Frontier Conference Center.

Iowa-Hancock intersection closes Oct. 21, Hancock Gate to open Oct. 28

by Prudence Siebert/Editor

Changes to regular traffic patterns with the upcoming closure of the intersection at Iowa and Hancock avenues and the ter so that most people won't be outside riding bikes and being really disturbed by the closure of that intersection, in hopes of having it open in the spring and well before summer surge and the moving patterns of PCS and everything from the summer," Mosier said.



Directorate of Public Works workers Jason Land and Chantz Trapani implement traffic adjustments and stop sign realignments Oct. 10 to accommodate upcoming construction for the new Child Development Center construction at the intersection of Hancock Avenue, Sheridan Drive, and 5th Artillery Road.

temporary opening of Hancock Gate during the initial phase of the new Child Development Center construction were among the main topics briefed on and discussed at the monthly village mayors' meeting Oct. 16 at the Frontier Conference Center.

Garrison Commander Col. Duane Mosier explained why the traffic rerouting — that will happen as the path of Hancock Avenue is adjusted and the CDC footprint is created is necessary for the needs of the construction vehicles and the safety of the community.

"So they are going to do all of the road work first to get that out of the way and be done; (they are) planning to do that across winAfter that, the intersection will reopen as the CDC construction continues.

"They'll be able to concentrate on the grounds away from those roads for the rest of that project," Mosier said. "The front end is a little bit disruptive, but for the long-term good."

Mosier stressed that having the long-closed Hancock Gate open to accommodate construction and rerouted traffic is a very good thing.

"There will be a number of ways that traffic can get through the installation around that intersection,

SEE MAYORS' MEETING A5

The changes are as follows:

• Southbound traffic on Sheridan Drive will now stop at 5th Artillery Road.

• Northbound traffic on Hancock Avenue will now stop at the curve where 5th Artillery Road and Sheridan Drive intersect with Hancock Avenue.

The intersection of Hancock Avenue, Sheridan Drive and 5th Artillery Road will now allow for two-way traffic.
5th Artillery Road to Hancock Avenue is now the primary route.

Photo by Sean Bergosh/Fort Leavenworth Garrison Public Affairs Office

AT A GLANCE

■ 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.

■ To volunteer to help with the NATIONAL PUB-LIC LANDS DAY TREE PLANTING PROJECT at 9 a.m. Oct. 19, meeting at Merritt Lake parking lot, RSVP to michael.n. bass.civ@army.mil.

■ Munson Army Health Center's **TRUNK OR TREAT** event is 5-7 p.m. Oct. 24. See page B12 for more information.

■ The Family Advocacy Program's **BREAK THE SI-LENCE 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. The tours on Oct. 19 are sold out, but volunteers are still needed for the three tour dates. See page B2 for more information and the QR code to sign up.

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

FORT LEAVENWORTH LAMP



UBMISSION GUIDELINES

by Staff Report

The Fort Leavenworth Lamp is one of the primary ways to get information to the community.

Contact the Lamp with story and photo opportunities to allow the editor to cover or assign coverage. Story and photo submissions are appreciated when the editor is unable to cover. E-mail submitted materials to ftlvlampeditor@gmail.com.

Please consider the following when submitting any content for publication in the Lamp. All material sent to the Lamp is edited or rewritten for journalistic, local and Associated Press style, as well as clarity, grammar, spelling and length. Placement in the paper is determined by the Lamp staff.

Copyright: The sender of the submitted content should be the creator of the content. No copyrighted materials can run in the newspaper without permission from the copyright owner.

• Timely: Content should be submitted as soon as possible. The older it gets, the less likely it will run in the newspaper. Let the editor know when to expect the submission so space in the weekly layout can be budgeted.

• The 5Ws: Who, what, when, where and why/relevance should be included in every story and photo cutline.

• Photographs: Thumbnails that might appear OK on social media are generally not large enough for publication in the Lamp as they reproduce poorly. Full-size, original photo files that are 1 MB or larger in size are preferred. Files should not be altered in any way — leave any adjustments for exposure, cropping, etc. to the Lamp editor.

Images capturing authentic, candid moments are greatly preferred to posed images. Army regulations discourage publication of posed group photos, ribbon cuttings, cake cuttings, retirement, award or reenlistment photos. Photos should not contain uniform or safety violations, nor people smoking or drinking alcoholic beverages.

Include complete cutline/caption information by identifying everyone in the photo by first and last names, as well as rank, unit assigned to and/or title, as relevant. The date and location the photo was taken, action depicted and the name of the photographer need to also be included.

• Editorials/commentaries: Readers are welcome to share their opinions with the Lamp's audience. Letters to the editor and commentaries are welcome. Letters must be signed and include a daytime telephone number. Names may be withheld from publication, if requested.

A letter to the editor is also a great way to provide an event summation and thank organizations and individuals who helped ensure the event's success.

• Focus on Fort Leavenworth: The Lamp has a limited scope and is targeted at the internal Fort Leavenworth audience, not the general public. The internal audience includes military members, family members, civilian employees and retirees. Articles should be relevant to a substantial portion of this audience and are generally limited to on-post events and the people who live or work on post. Off-post events are only covered if there is significant effect on Fort Leavenworth personnel, if the event is given special command emphasis, or if there is significant command-authorized participation by military personnel. · Post-approved organizations: Coverage and free event promotion (notices and flyers in the At a Glance and Post Notes sections) are primarily limited to post-approved organizations, as the Lamp staff has no resources to screen nonprofit organizations or charity events conducted by private individuals or businesses. FMWR maintains a list of private organizations that are authorized to conduct business and have meetings and events on post. Contact FMWR for the requirements for registering private organizations. · Advertising vs. editorial content: Publication of the Lamp is governed by the rules and regulations of the Department of Defense, the Army and the command. There are limitations on what can and cannot be published. The Lamp does not publish free notices for businesses offering discounts or freebies for "military appreciation." The discounts are marketing promotions, and any material promoting a particular business or product cannot be published as it could be construed as endorsement. Army newspapers must be very careful to separate reporting from promotion. Businesses have advertising budgets and can buy ad space in the Lamp. To advertise in the Lamp, contact 913-684-1702 or mary.f. manago.naf@army.mil.

COMMENTARY

by Prudence Siebert Fort Leavenworth Lamp Editor

Lamp celebrates 1st anniversary as FMWR activity

This October marks one year since the Fort Leavenworth Lamp Army community newspaper transitioned from a longtime civilian enterprise no-cost-to-the-government contract publication (October 2000 to Sept. 30, 2023) to a Family and Morale, Welfare and Recreation activity, which is still overseen by the Fort Leavenworth Garrison Public Affairs Office.

What was once a mixed civiliansoldier-contractor staff — consisting of an editor, photographer, multiple reporters and a production assistant - has been reduced to just me, the lone "Lampie," and thus I am now responsible for all of those roles.

As much as I would like to be able to be everywhere, it just isn't possible, and so coverage of the community has required the assistance of public affairs professionals and volunteers.

THANK YOU to all of the contributors who have submitted photographs, stories and commentaries for publication in the Lamp over this past year. Your assistance in helping tell Fort Leavenworth's story is greatly appreciated!

All-Stars

• The Fort Leavenworth Garrison Public Affairs Staff

Garrison Public Affairs Officer Scott Gibson, Operations Chief George Marcec, Department of the Army Photographer Stephanie Mahone and Social Media/Public Affairs Specialist Sean Bergosh are a wonderful team to work with. I appreciate their willingness to jump in to help cover events, to share content, and be the wonderful co-workers/friends that they are every day. · Army University Public Affairs Officer Sarah Hauck and Munson Army Health Center Public Affairs Officer Maria Christina Yager Hauck and Yager are talented and dedicated public affairs professionals who contribute content to the Lamp nearly every week, including this week's issue. They are always helpful and come through for me when I need help covering assignments at the Command and General Staff College and MAHC, and they often contribute high quality content without any prompting as well.

Mission Command Center of Excellence Public Affairs; Tisha Swart-Entwistle, Combined Arms Center -Training Public Affairs; Taylor Wead, Combined Arms Center Public Affairs; and Mark Wiggins, Command and General Staff College Foundation.

Volunteers

Lamp coverage has also been assisted by a few volunteers, including Dani Lander, who offered to help write while she lived at Fort Leavenworth and has continued to write occasional Lamp articles since her family PCSd to Germany a few months ago; Pfc. Kalisber Ortega Santiago, who has been shadowing and volunteering as a photographer and reporter to gain some on-the-job training to hone her journalism skills; and Colbie Fairley, 2024 summer intern in the Fort Leavenworth Garrison Public Affairs Office.

To volunteer to assist with event coverage and other tasks, apply for the "Fort Leavenworth Garrison Public Affairs Assistant" position on the Volunteer Management Information System at https://vmis.armyfamilyweb portal.com/volunteer/opportunities.

Additional contributors

Other community members who have earned a byline by contributing content (excluding command messages, press releases, wire news and file photos/stories, which are also appreciated but not listed here) have included the family of Sharon Adams, Dr. Patrick Armistead-Jehle, Lt. Col. Craig Arnold, Shannon Arnold, the family of Lois Arter, Neil Bass, Monica Bassett, Judy Bauer, Jeanne Boetig, Melissa Bower, David Bornn, Sgt. 1st Class Dakotah Bradley, Jessica Brushwood, Christopher Burnett, Sgt. Steven Casselman Jr., James Castle, Matthew Dixon, First Judicial District CASA Association with Dan Billquist, Katrin Fuller, Madison Fuller, Mike Fuller, Karly Gadell, Ruie Gibson, Lt. Col. Joshua Goldfarb, Thomas Gonzales, Maj. Christopher Hart, Willis Heck, Elizabeth Helm-Frazier with Carlton Philpot, Deb Henley, Tiffany Herring, Megan Hunter, Brittney Jackson, Merideth Kendall, Karen Kirk, Henry Knudsvig, Tristen Lang, Marina Lemanua, Ricarda Lowe, Melanie Marcec, Joel Marquardt, Macy Marxman, Loren Mayr, Tracy McClung, Staff Sgt. Robert Navaarrizon, Samantha Odle, Mark R.W. Orders-Woempner, Pin-Ups For Vets with Shane Karns, Maj. Ben Pimpl, Matthew Price, Marisa Ranney, Philip Reynolds, the family of retired Chaplain (Col.) Gary "Sam" Sanford, Cathy Schrankel, Zak Schulte, Katie Skrmetta, Staff Sgt.

Joshua Stiles, Janet Walther, Chaplain (Col.) Sean Wead, Alex Wiley, Ken Wilson, Rhonda York, Tiffany Zink and Taylor Zumbusch.

In addition to all of these contributors, I am grateful for my "go-to people" at the various organizations across post and in the area, who are consistently helpful, let me know about upcoming events, and respond quickly to my requests for information.

I am also grateful to the members of this community who candidly share their stories each week. I am blessed to be part of this community.

Recent Lamp history

The Fort Leavenworth Lamp celebrated 50 years of publication in 2021. The Frontier Army Museum staff marked the occasion with the exhibit "News at Fort Leavenworth," viewable online at https://frontierarmymuseum. stqry.app/en/story/152326.

After having already reduced the number of printed pages due to decreased advertising sales during the pandemic, the last print issue of the Fort Leavenworth Lamp rolled off the presses on May 26, 2022, and the first fully digital version was posted online the next week on June 2, 2022.

I thought it important to provide an archivable product each week, rather than just posting stories at web links that disappear as soon as a content management system is updated or other changes are made, and so I have continued to produce "old school" newspaper layouts that are archivable, downloadable, printable and easy to read in an "e-zine" format. The latest issue of the Lamp is available at https://home.army.mil/ leavenworth/about/news, where an archive of the past year's issues can also be found. New issues post at the link on Thursday mornings, and a direct link to the latest issue of the Lamp is also posted on the Fort Leavenworth Garrison Facebook page each Thursday.

Regular contributors

Additional contributors who have shared multiple photos and/or stories over the past year include Jason Bortz, Combined Arms Center Public Affairs; Peter Grande, U.S. Disciplinary Barracks historian; Melissa Kreitzer, Army spouse; Dan Neal, Army University Public Affairs; Randi Stenson,

The Lamp can also be delivered directly via e-mail by sending a request to usarmy.leavenworth.id-training. mbx.pao-inbox@army.mil to be included in the weekly distribution.

Send event information for promotion and potential coverage, as well as any story ideas and questions to ftlvlampeditor@gmail.com.

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FORT LEAVENWORTH LAMP

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The Fort Leavenworth Lamp editorial office is in Room 221G, 290 Grant Ave., Fort Leavenworth, Kan., phone number 913-684-LAMP/526. For submission information, contact the command information officer at 913-684-1718, or e-mail the editor at ftlvlampeditor@gmail.com.

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Fort Leavenworth Fire Department hosts Fire Prevention Week Open House

Fort Leavenworth Fire **Department Firefighter** Luis Fuentes helps 7year-old Piper Carpenter, second-grader at MacArthur Elementary School, extinguish the fire in the live-fire trainer during the Fort Leavenworth Fire and Emergency Services open house during Fire Prevention Week Oct. 10 at Station No. 2. The annual event, which corresponds with Fire Prevention Week, offered attendees tips on fire safety, food and beverages, the opportunity to play in a bounce house and climb in a fire truck, and information from post organizations including Army Community Service and the **Army Substance Abuse** Program.

> Photos by Prudence Siebert/Fort Leavenworth Lamp







to drive the dual-purpose "Squad 1" hazmat/rescue truck during the open house

old Daniel Mercer during the Fort Leavenworth Fire and Emergency Services open house Oct. 10 at Fire Station No. 2. The annual event, which corresponds with Fire portunity to play in a bounce house and climb in a fire truck, and information

Fort Leavenworth Fire and Emergency Services personnel and Fort Leavenworth community members pause for Retreat during the annual Fire Prevention Week open house Oct. 10 at Fire Station No. 2. The Directorate of Emergency Services estimated that more than 350 families attended the open house.

Local AUSA Family Forum Watch Party



Army Community Service staff members and others present for the Warfighter and Family Forum III "Army Senior Leader Fireside Chat" watch party use their phones to scan the screen for the Mentimeter App QR code for real-time feedback as the forum begins, broadcast Oct. 15 from the Association of the U.S. Army's annual meeting in Washington, D.C., to the ballroom of the Frontier Conference Center at Fort Leavenworth. Local viewers were also able to text questions for the panelists to Melissa Kreitzer, Henry Leavenworth AUSA Chapter vice president for family programs and Fort Leavenworth Army spouse, who attended the AUSA forum in Washington, D.C.



Photos by Prudence Siebert/Fort Leavenworth Lamp

Garrison Command Sgt. Maj. Vanessa Sun, Garrison Commander Col. Duane Mosier and Special Troops Battalion Commander Lt. Col. Michael Johnson listen to panelists Secretary of the Army Hon. Christine Wormuth, Chief of Staff of the Army Gen. Randy George and Sergeant Major of the Army Michael Weimer during the Warfighter and Family Forum III "Army Senior Leader Fireside Chat" watch party Oct. 15 at the Frontier Conference Center.

CSA recognizes top articles of year at AUSA Annual Meeting, Exhibition

by Sarah Hauck/Army University Public Affairs

WASHINGTON — Chief of Staff of the Army Gen. Randy George has recommended more than 30 articles to the force over the last year.

Three of those were recognized at the 2024 AUSA Annual Meeting and Exposition Oct. 14 as exemplary pieces in support of the Harding Project.

The authors shared their experience with professional writing, co-authoring and motivating soldiers to write.

George thanked each of the authors and representatives of the writers helping strengthen the profession with their articles, reemphasizing the need to continue sharing lessons learned to inspire transformational change.

"Sharing the lessons learned with your peers and subordinates (is one) of the many amazing things we have going on around our Army," he said. "I also think about how tough it is for things to stay up to date, especially with how fast the world is evolving. I know we can do that when we're sharing lessons back and forth among professionals. That's a really important thing." "Techcraft on Display in Ukraine" by Command Sgt. Maj. Dennis A. Doyle, Command Sgt. Maj. Brian Hester and Capt. Ronan A. Sefton was originally published in War on the Rocks.

ogy for battlefield advantage, which, according to George, is a key lesson as the Army continues to transform.

Lessons learned from the Ukraine-Russian conflict and Ukraine's ability to use resources and technology at their disposal to find battlefield success sparked the idea for the article, Doyle explained.

"There is innovation happening across the force, and we want to generate conversation around that," he said. "We talk about leading change across the Army. This is about actually breaking through that barrier and making change happen in an organization."

Laying out guidelines for creating organization change, the article generates the "fight now" mentality and how to use technology to win the next and near battle.

"Enabling Maneuver in Large-Scale Combat Oper-



U.S. Army photo by Staff Sqt. Derek Hamilton

Writers who penned articles of the year for the Harding Project speak to the audience during the "Strengthening the Profession Through Writing: CSA's Recognized Articles of the Year" panel event Oct. 14 at the annual AUSA meeting in Washington, D.C.

tually influence commanders and their movements," Kirk said.

He explained how a more intensive use of lessons learned and practical understanding of Signals' role in combat can make Signal leaders more effective. Getting back to the basics at the core of Signal was also emphasized throughout Short's piece. fice after hours and increased use of technology.

The article highlights how informal online membership can enhance professional development, especially in today's interconnected world. "Good units have formal professional development programs but great units have informal ones," Frazier explained. retired Lt. Col. Joe Byerly, founder of From the Green Notebook website. Panelists shared how to destroy common barriers to writing, specifically among the enlisted, importance of patience and time for writing, and overall how the Harding Project is improving the sharing of ideas and innovation to make purposeful change within the Army. Read the articles of the year at https://www.armyupress.army.mil /Resources/CSA-Recommended-Articles/.

The article demonstrates how soldiers are adapting to technol-

ations" by Sgt. Maj. Shane Short was published in the *Army Communicator*. Capt. Vincent Kirk, Harding fellow at the *Army Communicator*, assisted Short in the publishing process of this CSA's top article of the year.

The article underscores the importance of communications in warfare and need for signal soldiers to think beyond technology and integrate maneuver elements.

"(Short) wanted to emphasize that Signal leaders are not prepared by doctrine and training to step into the tactical world and ac-

"Drink, Think, Link: Guiding Online Mentorship" by Lt. Col. Erik Davis and Lt. Col. Nicholas Frazier, was published as a *Military Review* online exclusive article.

Mentorship in the Army has changed with a dampening of alcohol use, lower desire to spend time even in the vicinity of the ofClassic mess calls have all but disappeared; however, the desire for mentorship has not.

Mentorship and development doesn't have to be formal, Frazier said. Using conversations over a map in the field or on an airplane is all that is needed to build connection.

The panel was moderated by

Watch the full panel discussion at https://www.dvidshub.net/ video/940161/ausa-2024strengthening-professionthrough-writing-csas-recognizedarticles-year.

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Mayors' meeting (continued from Page A1)

but the most important piece of what we are doing is that because of that closure, and because we were looking at the routes of the dump trucks ... and vehicles that have to travel in that area to do work, we decided to strike a deal with tenant units on the installation to give us, the Garrison organization, borrowed military manpower," Mosier said, referring to soldiers who will be temporarily helping man Hancock Gate for the next six to eight months.

The re-closure or continued use of Hancock Gate will be re-evaluated at that time, with assessments of traffic and manpower needs and options.

Beginning probably the week of Oct. 28, Hancock Gate will be open 7 a.m. to 5 p.m. Monday through Friday during the initial stage of the CDC construction. The Iowa-Hancock intersection will be fenced off starting Oct. 21 as construction equipment begins to arrive.

Unified School District 207 Director of Military Support Amanda Nonnemaker said the traffic rerouting will also affect some bus routes, but once those new bus routes are established, they will continue for the rest of the school year, barring any other changes. She urged the community to be mindful of speed limits and pedestrians, including children walking to and from school, around those work zones.

"For our students who ride a bike or walk to school, please emphasize the importance of practicing caution and avoiding areas impacted by the construction site. We must also be mindful of changes to stop sign orientation at the intersections of Iowa Avenue/5th Artillery (near the entrance to MacArthur Elementary School) and Artillery Road/Sheridan 5th Drive/Hancock Avenue (near Hancock Pool)," Nonnemaker wrote in an email message following the meeting. "New bus routes began on Oct. 14 for (Leavenworth High School) students and Oct. 15 for USD 207 students. At this time, we intend for these routes to remain as such for the remainder of the 2024-25 school year. We appreciate your patience as we continue to discover the full impacts and new traffic patterns."

Munson Army Health Center

Medical Department Activity Commander and Munson Army Health Center Director Col. Jolanda L.J. Walker briefed the village mayors on the recent uptick in strep cases, urging everyone to wash their hands and practice other good hygiene safety measures. She gave dates and details about upcoming walk-in flu shot clinics (see At a Glance notice on page A1 and clinic flyer on page B12), including the option for beneficiaries to attend the flu shot clinic during Retiree Appreciation Day Oct. 28, if needed, (see RAD flyer on page B1). Walker reminded the mayors that Dec. 2 is the deadline for children registered with Child and Youth Services to receive their flu shots. She told them of the availability of free COVID tests by mail (see page B12), noting that MAHC does not yet have COVID vaccinations available, and that the MAHC Pharmacy has ready-made cold packs available for the upcoming

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).

Fort Leavenworth Garrison Public Affairs Graphic

season that beneficiaries can pick up. and Housing Soc

Zac Lay, installation emergency manager, said that one of the big issues with old housing and cold weather is freezing pipes. Residents are asked to check the pipes in their homes often to avoid damage caused by freezing and bursting pipes, and they should leave their heat on when away to help avoid the problem. Outside hoses should be removed to avoid freezing issues as well Leigh Brown, assistant community director for Fort Leavenworth Frontier Heritage Communities, said notices of guidebook violations are being distributed, and that those residents who receive them have three attempts to remedy the problem before more serious action is taken.

and Leavenworth County Humane Society.

Brown said dogs running loose in housing areas has been a recurring issue. If anyone feels threatened, by animal or human, Military Police should be contacted. If residents know who the dog belongs to, FLFHC should be notified to connect with the owner and/or make other arrange ments to deal with the dog, if needed. Additional briefings included upcoming USD 207 events; AAFES holiday hours (9 a.m. to 6 p.m. up to Dec. 24), open positions, and lobby vendor opportunities; many upcoming Army Community Service events and initiatives (see the Post Notes "B" section of the Lamp), and some winter weather information, including that Fort Leavenworth doesn't close because of snow, but there could be a determination made for maximum teleworking and the closure of snow gates to temporarily eliminate use of slick roads.



Brown said the FLFHC offices will be closed Oct. 17 for a day of service so that employees can volunteer with the Leavenworth Mission Food Pantry



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Garrison Command Sgt. Maj. Vanessa Sun, Garrison Commander Col. Duane Mosier and Family and Morale, Welfare and Recreation Director Glenn Hewitt listen to briefings by post organizations and discuss topics including the upcoming construction of a new Child Development Center on Hancock Avenue during the village mayors' meeting Oct. 16 at the Frontier Conference Center.

LEFT: Zac Lay, installation emergency manager, talks with village mayors about winter weather procedures for clearing roads, school closures and more and stressed the importance of checking pipes in post housing during cold weather to reduce the risk of frozen pipes and to discover burst pipes, should that occur, before a lot of damage is done during the monthly mayors' meeting Oct. 16 at the FCC.

In anticipation of winter weather, Unified School District 207 will be sending out a test of the Skylert messaging system, along with the district's winter weather policy, to ensure all families are receiving alerts before winter weather hits.

MAHC, local university strengthen partnership

by Maria Christina Yager/Munson Army Health Center Public Affairs Officer

Leaders from Munson Army Health Center visited nearby University of Saint Mary Oct. 4 to discuss existing partnerships and future opportunities.

"We have a training agreement between Munson Army Health Center and the University of Saint Mary, Division of Nursing. The training agreement includes clinic training opportunities for students pursing the master of science in nursing family nurse practitioner degree," said Tim Stevens, MAHC's deputy to the commander for quality and safety.

Military spouses living on post are among the nursing division's student population, so supporting a rotation at MAHC is a convenient option that helps grow the profession and supports military families.

"The feedback we got was great, and our students had nothing but praise for the experience at Munson," said Karen Kidder, Nursing Division director at the university.

During the visit, MAHC team members were invited to the university's medical simulation lab. The lab features six high-fidelity training manikins that can closely mimic human body functions. These devices, like those used by the Army, are controlled remotely by an instructor to simulate real life medical scenarios.

"We used similar devices at the (Military Simulation Training Center) at Fort Cavazos," said Lt. Col. Gwendolyn O'Keefe, MAHC's deputy commander for nursing. "During training events, soldiers were evaluated on their ability to provide life-saving care in a high-stress, simulated combat environment. These scenarios help them build the muscle memory and confidence to perform these skills downrange."

MAHC recently stood up its own simulation lab, which is used to provide required combat medical training for soldiers, and CPR, first aid and AED training for units on post. "We can provide most requirements locally for our medics and (licensed practical nurses), but we are always looking at ways to complete the circle without sending our medics to other posts if we don't have to," said Capt. Andrew Ingalls, Medical Company commander. Munson Army Health Center supports Fort Leavenworth and the Combined Arms Center through readiness, wellness and healthcare for service members, retirees and their families.



Photos by Maria Christina Yager/Munson Army Health Center Public Affairs

Capt. Andrew Ingalls, Medical Company commander at Munson Army Health Center; Lt. Col. Gwendolyn O'Keefe, MAHC deputy commander for nursing; Karen Kidder, Nursing Division director at the University of Saint Mary; and Tim Stevens, MAHC deputy commander for quality and safety, speak in the university's medical simulation lab Oct 4 in Leavenworth.



LEFT: Officials from Munson Army Health Center visit with University of Saint Mary representatives to discuss existing and potential partnership opportunities Oct. 4 in Leavenworth. MAHC currently provides clinic training opportunities for university students pursing a master of science in nursing family nurse practitioner degree.

BELOW: Capt. Andrew In-Munson Army galls. Health Center, Medical Company commander, shows Tim Stevens, deputy com-MAHC mander for quality and safety, a class photo from Ingalls' nursing school graduation from the University of Saint Mary dur-

A6

ing a visit to the university Oct. 4 in Leavenworth.



Karen Kidder, Nursing Division director at the University of Saint Mary, speaks with Medical Company Commander Capt. Andrew Ingalls, Munson Army Health Center Deputy Commander for Quality and Safety Tim Stevens and MAHC Deputy Commander for Nursing Lt. Col. Gwendolyn O'Keefe Oct. 4 at the university in Leavenworth. Officials from MAHC visited the nearby university to discuss existing and potential partnership opportunities.



Have the Fort Leavenworth Lamp delivered to your inbox!

Sign up to receive a reminder when a new issue of the *Fort Leavenworth Lamp* is posted by e-mailing usarmy.leavenworth.id-training.mbx.pao-inbox@army.mil.

Frontier Freedom 5K/10K draws record participation

by Mark H. Wiggins/CGSC Foundation

More than 180 people participated in the Command and General Staff College Foundation's third annual Frontier Freedom 5K/10K Run/Walk Oct. 13 on Fort Leavenworth.

As in each previous year, the race started and finished in the loop of the Frontier Army Museum, but this year the event included both a five-kilometer and a 10-kilometer race.

• In the 5K race, Roj Abdi from Fort Leavenworth won the top overall male prize with a time of 20 minutes, eight seconds.

• Lisa Jewell from Shawnee, Kansas, took the top female finish in the 5K with a time of 21:49. • In the 10K race, Zach Valentine from Avon Lake, Ohio, seized the top place overall and first in the men's division with a time of 39:44.

• Amanda Dopson from Overland Park, Kansas, took the top female prize in the 10K with a time of 48:04. She finished in 10th place overall.

The wound race through the streets of Fort Leavenworth, along the bluffs overlooking the Missouri River, past many of the historic homes and buildings, and back to the museum. The 10K race route included a loop inside the Old U.S. Discipli-Barracks narv and continued on the road toward the new confinement facility to a turn-around point. The 10K route drew many comments about the challenge of the hills along the way.

The race participants hailed from 15 different states and included some family groups pushing



Photo by Mark H. Wiggins/CGSC Foundation

Runners push off from the starting line at 9 a.m. for the Command and General Staff College Foundation's third annual Frontier Freedom 5K/10K Run/Walk Oct. 13 outside the Frontier Army Museum.

strollers and others running with their dogs. The CGSC Foundation designed the Frontier Freedom 5K/10K as a family-oriented event so participants can be serious competitors or just out as a fun time with family and friends getting some exercise.

"As always, we want to thank our sponsors for

helping make this event possible," said CGSC Foundation President/CEO Lora Morgan. "We set the bar even higher this year with more than 200 registrations. This is a great event that draws participation both from on-post and the greater Kansas City area."

Morgan added that the annual race has helped

build awareness for not only the CGSC Foundation, but also for CGSC and Fort Leavenworth. The museum was open throughout the event to welcome the runners and their families and provide them an opportunity to learn about the rich history of Fort Leavenworth.

Morgan thanked all the

volunteers who helped make the race a success, especially Ralph Erwin and Tom Gray, both former instructors at CGSC.

Funds raised from the Frontier Freedom 5K/10K will support the education and welfare of U.S. and international students, staff and faculty at CGSC.

For full results of the

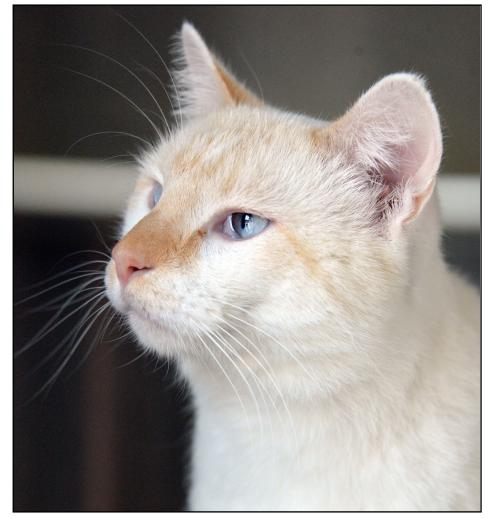
race, visit https://runsignup.com/FrontierFreedom and click on the "Results" menu item.

Visit the CGSC Foundation Flickr album for prerace and race photos at https://flic.kr/s/aH-BqjBNb6M and division winner photos at https://flic.kr/s/aHBqjBNfqS.

Pet of the Week

Photo by Prudence Siebert/Fort Leavenworth Lamp

Adult male apricot-point Siamese cat Goku is currently available for adoption at the Fort Leavenworth Stray Facility. Neuter surgery, microchipping and vaccinations are included in his adoption fee.



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Visit www.FLSF.petfinder.com for pet profiles, e-mail 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/.

Photo by Prudence Siebert/Fort Leavenworth Lamp





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

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

В.



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!

Jo Reserve Your Spot Call or Jext 913-683-2537



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 EVENTI



https://home.arm

60 YEARS OF HONORING RETIREES

HAUNTED CLASSICS!

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

It's spooky season! Creepy cinema classics abound!



Beetlededes

Beetlejuice 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!

Oct 1

Addams Family Values PG 94min Calling all Morticias and Gomezs! Snap your fingers along with this kooky classic from 1993!

Oct 18



Scooby-doo Zombie Island 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!

Oct 2

Hocus Pocus PG 96min Run amok, amok, amok with the Sanderson sisters in this 1993 cult classic

trepackaged anads and drinks can be purchased at the stack bar. No outside load or drink are authorized. The stack have in GMN ONLY for all movies children 12 and andre PHDT be azzampanied by an adult. For non-sin dru R H1AAAA7216



VOLUNTEER

nt-services-office

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



NOTICES

Anyone with **DEBTS OWED TO OR BY THE ES-TATE 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.

■ 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 IM-PROVEMENT 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.

■ Leavenworth Unified School District 453 has created a form at https://www.usd453.org/saysomething/ WHERE SUSPICIOUS ACTIVITY CAN BE RE-PORTED 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 LAMP







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

Tour on Oct. 19 is SOLD OUT but volunteers are needed!



Trunk or Treat Friday - October 25th 5 pm – 7 pm **Post Exchange Parking Lot** Come visit the Commissary's booth for your goodies!



Soldier and DoD Civilian **Political Activity**

do's

- Register to vote. Visit 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/









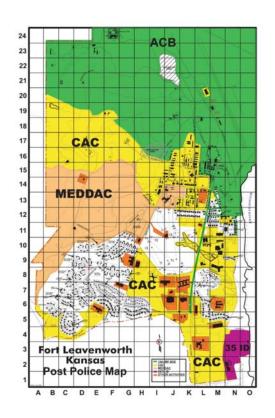
ECUADOR 19 FEBRUARY 2025

26 MARCH 2025

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



ANGOLA



Appointments are preferred. Book your appointment today at savealifenow.org/group, enter Group Code: BK or scan the QR code at right. For additional details, please contact Wendy Eisele at weisele@cbckc.org or 816-351-1128. Medical eligibility questio

Frontier Chapel

625 Thomas Avenue

877.468.6844 · savealifenow.org



Feel pood and complete free

17+ Must be 17+ o

Meet mini

LEAVENWORTH COUNTY VETERANS DAY PARADE November 11, 2024

10:30 am Downtown Leavenworth, KS Staging begins at 9 am



Dedica Financial Solu Anytime, Anywhere

frontierccu.org (913) 651-6575







FORT LEAVENWORTH LAMP



6	ose	7 StoryWalks (R)	8 Storytime@0930	9	10	11	12
13	dSu	14 CLOSED FOR COLUMBUS DAY StoryWalks(R)	15 Sensory Storytime @ 9:30am	16	17	18	19
20	ndau	21 StoryWalks (R)	22 Storytime@0930		24	25	26
27	S	28 StoryWalks (R)	29 Storytime@0930	30	31 Read & Treat Storytime @ 1000		



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



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.







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 Are, Fort Leavenworth, KS, United States, Kansas 66027

Dental Assistant Training Program





Fort Leavenworth Dental Clinic Command

Must have valid DoD sponsored ID care

retired with regular post access privileges. Must be 18 years old or older prior to start

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

Retiree or family member of active/guard/r

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 suraranteed.

This is a valuable training opportunity where lental trainees MUST commit to a six (6) month eriod required for completion. First 2 weeks in actures then rest of the 22 weeks in clinic hands n experience.

Training day is from 0720-1600 Monday – Friday

- Applications accepted, and interview conducted now through 15 Dec 24
 Training begins on 3 Feb 25
- Contact American Red Cross today for

application, essay, and individual interviews.

an application packet!

START HERE FOR A GREAT OPPORTUNITY

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



- 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. 3rd, 2025.
- Call the Red Cross at 816-536-0108 or email:
- Jason.Ramlow@redcross.org for an application.









STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS

By Appointment Only 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: Happy Bottoms Program

Make a donation

2 J

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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.strongoldfoodpantry.org



Ft. Leavenworth International Loan Closet

Located in the alley off McClellan & Kearny

Hours Vary, Check FB Page

Donations & Volunteers Welcome

MILY ADVOCACY PROGRA ×

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***

Domestic Violence Awareness Month

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



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

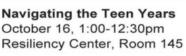
Mom & Me Crocheting Oct. 4, 1:00-3:00pm Resiliency Center, Room 145

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

facebook.com/FortLeavenworthACS



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**

Break the <mark>Silen</mark>o

October 24

6:30pm @ The Resiliency

Center

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SILENCE HIDES VIOLEN	GE		Octobe			Not the second sec			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
		1	2	3	4	5			
8-		Wear Purple Tuesdaysl	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 DVAM Fact	7	8	9	10	11 Couples Activity!	12			
1 in 3 Women Have Been in an Ibusive 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	Read 5 Love Languages with Your Partner	Workshop & Workout 11:00-12:30PM 600 Thomas Ave.			
		Domestic Violen	ce 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	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.			



EDUCATION AN SUPPORT GROUP

DOMESTIC VIOLENCE





Oct 4, Nov 1, Dec 6 1pm - 3pm Room 145 600 Thomas Ave

Come on out and learn a new skill, or perfect an existing one! An instructor will be available to teach the basics.

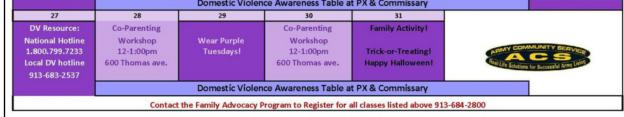
"Stitch" together and bond with your kids! Supplies and snacks will be provided! Have a favorite yarn? You're welcome to bring it!

> Please RSVP one day prior to class

FREE! Ages 8+



MWF





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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 oneon-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/





SURVIVOR OUTREACH SERVICES

Follow us on FB to find job announcements. https://www.facebook.com/ FortLeavenworthSurvivorOutreac hServices

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 EFPM Playground

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

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

https://leavenworth.armymwr.con

facebook.com/FortLeavenworthACS

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



facebook.com/FortLeavenworthFMWR

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 Traning is also available upon request.



FINANCIAL READINESS

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

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

Scan QR Code for more info!

Classes are from 12PM - 2PM Registration is required for Interview Skills & Professionalism: Feb 21 * • May 22* July 24* • Aug 21*

Jan 17* • Mar 6* • April 10* May 8* • June 5* • July 10* 37* • Sept 11* • Oct 9* • Nov 64 Evening Classes: May 15 • Aug 7 - 5PM - 7PM istration required for evening classes







ACS Employment Readiness Program Menu of Services

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

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

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



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

ROUND 1: OCTOBER 15, OCT 25, NOV 1, JAHD NOV ROUND 2: NOV 22, DEC 6, DEC 15, AND DEC 20 ROUND 3: JAH 10, JAH 17, JAH 24, JAH 31 ROUND 3: FEB 7, FEB 14, FEB 21, FEB 28 ROUND 5: MAR 7, MAR 14, MAR 21, MAR 28

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

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

INFO 📼 REGISTERITION: (915) 684-2808/2822



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@ The Ermir 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



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!







Time to lose the

diapers?

FREE For Darents of Children aged 0-4 years *Pre-registration Required* Deadline is Friday before class

Contact 913-297-3212

Are you

ready?

600 Thomas Ave

Room 157

2/26, 4/22, 6/17, 8/19,

10/28, 12/16

5 pm - 7 pm

orn Care Classes: February 12th April 15th June 10th August 12th October 21st December 9th **Breastfeeding Classes:** February 5th April 8th 600 Thomas Ave June 3rd August 5th All classes are from October 7th December 2nd

eptember 16th, 23rd, 30th

November 4th, 18th, 25th

Contact 913-297-3212



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.

Free

for

Expectant

Parents!

Room 157

5 pm - 7 pm

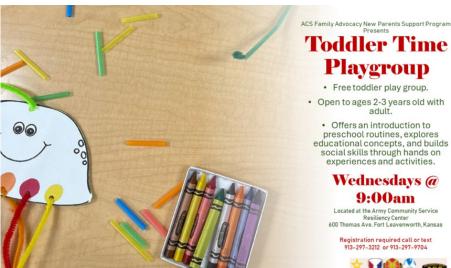
Jan 31 • Feb 28 • March 27 • April 24 May 29 • June 26 • July 31 • Aug 28 Sept 25 • Oct 30 • Nov 20 • Dec 11

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

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Toddler Time Playgroup

 Freetoddler 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





not provided.

ACS

MWR

Jan 24• Feb 21 • March 20 • April 17

May 22 • June 12 • July 24 • Aug 21

For Dads with children 0-3 years old.

Sept 18• Oct 23 • Nov 13 • Dec 4

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are

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



Morning Thursdays from 9-11:00 a.m.

Ages 3 months - 3 years with Guardian • Resiliency Center

ACID

5 A MWR

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.

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





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



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. 公司目 nmended for parents with children aged 5+. This class is re FREE Open to all DOD ID holders 18+ Call to regis 部編 (deadline is day before training) 913-684-2811 / 2808

ACS Family Advocacy New Parents Support Program Presents



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?

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 2) 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 orth.armymwr.

Financial Readiness Milestone Training

MWR

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

e topice we will discuse: Pre-Deployment

Post-Deployme PCS Marriage Divorce Vesting in TSP Promotion First Child Contin on Pay s/injury/con

ACS

NFO: 913 - 684 - 2852 / 28

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

Anger Management Course The Resiliency Center **Room 145** Our 8 week Anger Management Course will teach you a new tool every week to stay cool and collected in even the most difficult of settings Each week will have real world scenarios, instant feedback, and an opportunity to apply each newly acquired skill in a group setting. ling lost in Round 1: Round 2: 1:30pm - 3:00pm

1:30pm - 3:00pm October 3, 10, 17, 24 January 9, 16, 23, 30

February 6, 13, 20, 27 November 7,14,21 December

🖄 🔰 🧶 📉

8/ 2822

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.

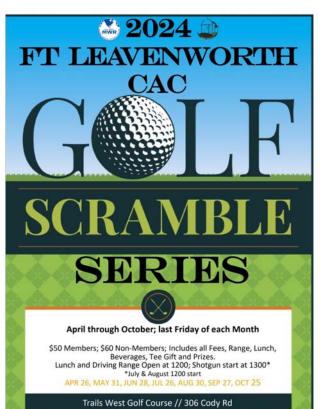


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FORT LEAVENWORTH LAMP

THURSDAY, OCTOBER 17, 2024





To register or for additional information call 913-651-7176



REGISTER AT THE RESILIENCY CENTER

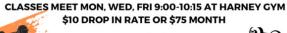
600 THOMAS AVE, BLDG 198 - ROOM 2284 OR AT HARNEY OR GRUBER GYMS

SAME DAY REGISTRATION BEGINS AT 0600 AT HARNEY SPORTS COMPLEX

1⁹⁷ PLACE IN EACH AGE DIVISION WINS A TURKEY! MEDALS: 14-34 in each age division (male & female) Agen 8-12, 18-19, 20-29, 80-89, 40-49, 50-59, 60+



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





FOR MORE INFO, (913) 684-2190 🔆 🔰 🚳 🐝 🐲



FUN SHOOT

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.

Brunner Range

Space is limited so register early



FUNCTIONAL FITNESS CLASSES

> PRICING Monthly rates

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

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 nger, live longer. Enjoy profess programming in a supportive,

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

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rogramming in a sup encouraging enviro CONTACT For more info: 949-291-0386



WITH COACH DON CASTRO

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

> > CLOTHING:

Appropriate Gym Attire Gi / No Gi Attire recommended

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



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				1		-
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



20 Tickets For \$80.00



https://leavenworth.armymwr.com

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	

Harney Sports Complex

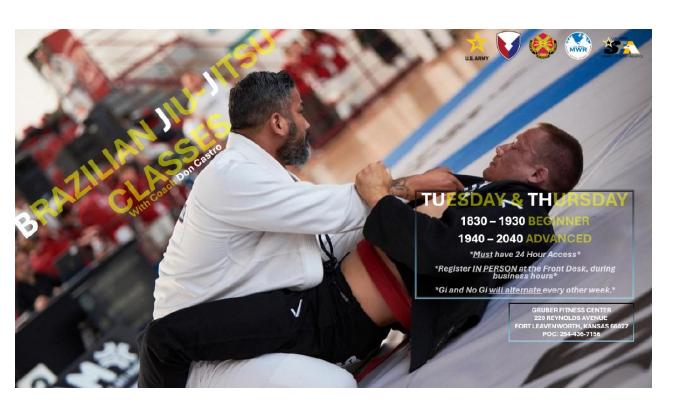
Monday	Tuesday	Wednesday	Thursday	Friday	
Olympic Lifting 0900-1015	Resistance Training 0900-1015	Olympic Lifting 0900-1015	Resistance Training 0900-1015	Olympic Lifting 0900-1015	
Kids Olympic Lifting 1600-1700 Bubble Gym		Kids Olympic Lifting 1600-1700 Bubble Gym			
F	esistance Train Kids Olympi	5 (3 days) \$70 (2 c ing - \$70 (2 days) c Lifting - \$75 (No c Lifting and Resistan	\$10 (drop in) O drop in)		

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

FORT LEAVENWORTH LAMP





October - December

Workshops

Watercolor

\$30 per workshop

Watercolor (Basic Techniques) Wednesday, Oct 9 11am - 1pm Tuesday, Nov 5 6pm - 8pm

Watercolor (Color Theory) Wednesday, Oct 16 11am - 1pm Tuesday, Nov 12 6pm - 8pm

Watercolor (Simple Landscapes) Wednesday, Oct 23 11am - 1pm

Watercolor (Holiday Cards) Tuesday, Nov 19 6pm - 8pm

Watercolor (Holiday Wreaths) Tuesday, Dec 3 6pm - 8pm

> Call now to register! 913-684-3373

Acrylic

Cost includes all supplies!

Acrylic (Basic Techniques) Tuesday, Oct 15 6pm -8pm

Acrylic (Intermediate) *Must sign up for both Tuesday, Oct 22 6pm - 8pm Tuesday, Oct 29 6pm - 8pm







OPEN STUDIO

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

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

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

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

> **Pottery Studio** (Coming Soon!)

Modern Calligraphy **Basics**

\$20 per class

Wednesday Oct 30 11:30am - 1pm

Special Projects

Holiday Cards Wednesday Nov 13 11:30am - 1pm

Holiday Cards Wednesday Dec 4 11:30am - 1pm

Intermediate

\$20 per class

Wednesday Nov 6 11:30am - 1pm



Reoccurring Classes MUST PRE-REGISTER Intro to Framing \$40 per class

Every 2nd Thursday & 4th Saturday of the month 10am - 2pm

Paint & Sip \$35 per session

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

BYOB

Come see what's new at the Studio!

October - December

Workshops

Acrylic

\$35 per class

Acrylic Pour Tuesday, Oct 29 11am - 1pm



Framing

\$40 per class

Intro to Framing *Must pre-register*

Thursdays Oct 10, Nov 14, Dec 12 10am - 2pm

Saturdays Oct 26, Nov 23 10am - 2pm

> Call now to register!

913-684-3373

Crafts

\$35 per class

Sweater Pumpkins Friday, Oct 25 11am - 1pm

Grateful Pie Garland Friday, Nov 22 11am - 1pm

Holiday Ornaments Tuesday, Dec 10 11am - 1pm





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





Festive Gnome Friday November 8 6pm - 8pm

Day of the Dead

Pumpkin

Friday

October 11

6pm - 8pm

Red Scarf Raccoon Friday December 13 6pm - 8pm

Cost includes all supplies!



Messy Art

Art History

\$12 per class (ages 7+)

Thursday, Oct 3 11am - 12pm

Thursday, Oct 17 11am - 12pm

Thursday, Nov 14 11am - 12pm

Thursday, Dec 5 11am - 12pm

Color Me Happy (Parent & Toddler) \$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

\$15 per class (ages 7+)

Pumpkins & Picasso Wednesday, Oct 23 1pm - 3pm Thursday, Oct 24 4pm - 6pm

Macrons & Matisse Wednesday, Nov 20 1pm - 3pm Thursday, Nov 21 4pm - 6pm

Waffles & Warhol Wednesday, Dec 11 1pm - 3pm Thursday, Dec 12 4pm - 6pm



Come see what's new at the Studio!



APPLY NOW AT WWW.USD207.ORG » JOB OPPORTUNITIES

CONTACT US ALAWLESS@USD207.ORG (\square)

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5 6 7 8 12 13 14 15

19 20 21 22

24 25

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15 19 20 21 22 26 27 28 29

2024-2025 School Calendar

		July	y 20)24								Ja	anua	ary	202	25
S	М	Т	w	Th	F	S		Holiday/No School	Pare	nt/Teacher Confs.	S	М	Т	W	Th	F
	1	2	3	4	5	6		Half Day School/No Preschool	Early	Dismissal/Release						3
7	8	9	10	11	12	13					5	6	7	8	9	10
14	15	16	17	18	19	20					12	13	14	15	16	17
21	22	23	24	25	26	27	July 23	Patton New Parent Meeting - 5	:00 PM		19	20	21	22	23	24
28	29	30	31				July 24	Elem. & Patton Enrollment A-L	8:30 AM - 3:00 PM	1	26	27	28	29	30	31
							July 25	Elem. & Patton Enrollment M-2	2 8:30 AM - 3:00 P	м						
	Α	ugu	ust :	202	4		Aug 8	Elementary New Parent Meetin	ng - 3:00 PM			Fe	bru	ary	20	25
S	М	Т	w	Th	F	S	Aug 12	Patton Parent Know Your Schoo	ol - 9:30 AM- 12:00	PM	S	М	Т	W	Th	F
				1	2	3	Aug 12	Elementary Parent Know Your S	School - 1:00 PM -	3:30 PM						
4	5	6	7	8	9	10	Aug 13	First Day of School			2	3	4	5	6	7
11	12	<u>A</u>	14	15	16	17	Aug 13-22	Kindergarten Half Days			9	10	11	12	13	14
18	19	20	21	22	23	24	Aug 23	Parent/Teacher Conferences - 8:00 AM - 3:30 PM - No School			16	17	18	19	20	21
25	26	27	28	29	30	31	Aug 26	Kindergarten Full Day Schedule Starts			23	24	25	26	27	28
							Aug 30	Staff PD Day - No School								
	Sep	oter	nbe	er 20)24		Sept 2	Labor Day - No School/No Staff Ma			March 2025					
S	М	Т	W	Th	F	S	Oct 11	Half Day PD/Half Day Grading -	No School		S	М	Т	W	Th	F
1	2	3	4	5	6	7	Oct 14	Columbus Day - No School/No	Staff							
8	9	10	11	12	13	14	Oct 17	Parent/Teacher Conferences - 8	8:00 AM - 7:00 PM	- No School	2	3	4	5	6	7
15	16	17	18	19	20	21	Oct 18	Parent/Teacher Conferences - 8	8:00 AM - 12:00 PM	A - No School	9	10	11	12	13	14
22	23	24	25	26	27	28	Nov 11	Veterans Day - No School/No S	taff		16	17	18	19	20	21
29	30						Nov 27-29	Thanksgiving Break - No Schoo	l/No Staff		23	24	25	26	27	28
							Dec 19	Half Day of School/Half Day Gr	ading - No Prescho	ol	30	31				
	0	ctol	ber	202	24		Dec 20 - Jan 3	Winter Break - No School								
S	М	Т	W	Th	F	S	Jan 6	Staff PD Day - No School					Apr	il 20	025	
		1	2	3	4	5	Jan 7	First Day Back for Students			S	Μ	Т	W	Th	F
6	7	8	9	10	11	12	Jan 20	Martin Luther King Jr. Day - No	School/No Staff				1	2	3	4
13	14	15	16	17	18	19	Jan 31	Parent/Teacher Conf - 8:00 AM - 3:30 PM - No School		6	7	8	9	10	11	
20	21	22	23	24	25	26	Feb 17	Presidents' Day - No School/No Staff			13	14	15	16	17	18
27	28	29	30	31			Mar 14	Half Day PD/Half Day Grading - No School			20	21	22	23	24	25
							Mar 17-21	Spring Break - No School/No St	aff		27	28	29	30		
	No	ven	۱be	r 20)24		April 18	No School/No Staff								
S	М	Т	w	Th	F	S	May 15	PJH 9th Grade Graduation					Ma	y 20)25	
					1	2	May 16	Half Day PD/Half Day Grading -	No School		S	М	Т	W	Th	F
-		-	~	-	-	-										



Pay starts at \$18.35 per hour	
Career Progression & Paid Training Retirement & 401K	0
Priority Childcare Placement & Employee Childcare Discounts	
Regular Full-Time / Part-Time & FLEX Hours Available	
Medical, Dental, Vision, & Life Insurance Benefits *	2
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 To	ol 🦳
*Conditions Apply	











EFMP Systems Navigator Fort Leavenworth, KS

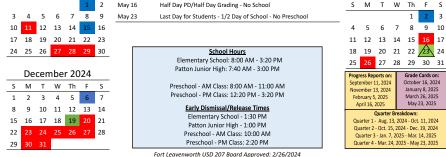
The Exceptional Family Member Program (EFMP) is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, and personnel services to Families with special needs.

Minimum Requirements

- Two years case work experience
- Experience with Microsoft Suite programs Bachelors Degree
- Must pass an extensive background check
- Full-time with Benefits/PTO/Holiday

BSpade@patriotenterprisesllc.com or https://patriotenterprisesllc.isolvedhire.com/jobs/





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

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



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 lable to you so you can submit your requests.

or'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!

CREATE ACCOUNT



2

3

4

Go to MilitaryChildCare.com to create an account containing information about your family, or to login using an existing username and password.

SEARCH and REQUEST CARE

Search the system for the child care options that best fit your needs and submit your requests for care.

MANAGE MY REQUESTS

You can manage your requests for care from anywhere in the world.

UPDATE MY PROFILE

Keep your My Profile page up-to-date with important information.





It's that

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

JOURN

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.armyupress.army.mil/journals/nco-journal/nco-journal-podcasts/



https://twitter.com/NCOJournal

ide prevention non 988 Suicide/Crisis Lifeline

Pay attention to the signs, your life matters!



safehelpline.org | 877-995-5247

MUNSON NOTES

Munson Army Health Center is looking for volunteers to join the PATIENT AND FAMILY PARTNERSHIP COUN-CIL. Volunteers can be active-duty, activeduty 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 familiy 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 EL-**IGIBLE 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.





Free Covid tests by mail are back.

The U.S. Department of Health and Human Services' Administration for Strategic Preparedness and Response will once again ship up to four free COVID-19 home tests per U.S. household.

To order and learn more,. visit https://covidtests. gov/.

Photo by Munson Army Health Center Public Affairs

WALK-IN!



Frontier Conference Center

350 Biddle Blvd., Fort Leavenworth Thursday, Oct. 17 Friday, Nov. 1 Wednesday, Nov. 6 9 a.m. - 6 p.m. Friday, Nov. 15

8 a.m - 2 p.m. Noon - 4 p.m. Noon - 4 p.m.

8

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

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

MUNSON.TRICARE.MIL Munson Army Health Center

Retiree Appreciation Day lealth Fair

TRICARE Brief

- Seasonal Influenza Vaccines for eligible beneficiaries
- Health Screenings

📖 Saturday, October 26, 2024 8:00 am - 1:00 pm (1) 100 Stimson Ave., Ft Leavenworth

www.munson.tricare.mil