

THURSDAY  
APRIL 10, 2025



# LAMP

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## Prayer luncheon speaker asks for help to stop stigma, save lives



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Maj. Yaimiset Perez, Headquarters, Midwest Joint Regional Correctional Facility Battalion (Corrections), bows her head and clasps her hands as Chaplain (Col.) Matt Atkins, Mission Command Training Program religious support observer, coach/trainer chaplain, delivers a prayer for the military and families during the Fort Leavenworth National Prayer Luncheon April 3 at the Frontier Conference Center.**

by Prudence Siebert/Editor

The Fort Leavenworth National Prayer Luncheon was observed April 3 at the Frontier Conference Center with a buffet-style meal; prayers for the nation, military and families; and a message of faith and mission-calling to stop the stigma associated with mental illness and save lives.

Chaplain (Maj.) Christopher Weinrich, Fort Leavenworth Garrison plans/operations chaplain and ceremony narrator, said the luncheon commemorates the nation's need for prayer, as well as acknowledges the pluralistic religious groups throughout the military.

Chaplain (Maj.) Adam Langley, Command and General Staff College student, performed the national anthem, and scripture readings and various prayers were delivered during the observance by chaplains and religious support service members including Weinrich; Chaplain (Maj.) Arek Ochalek, religious support integrator, Combined Arms Doctrine Directorate chaplain; Cpl. Jonathan White, religious af-

fairs specialist with Army Corrections Brigade; Chaplain (Capt.) Michael Shipma, Midwest Joint Regional Corrections Facility Battalion (Corrections) facility chaplain; Chaplain (Col.) Matt Atkins, religious support observer, coach/trainer with Mission Command Training Program; and Chaplain (Col.) Sean Wead, Combined Arms Center and Fort Leavenworth senior chaplain.

Guest speaker retired Maj. Gen. Gregg Martin, author of "Bipolar General: My Forever War with Mental Illness," entitled his message "Keeping Faith to Battle Mental Illness, Stop Stigma and Save Lives." He recounted his bipolar disorder diagnosis in 2014, when he was in his 36th-year of military service as a two-star general serving as the National Defense University president and working for Chairman of Joint Chiefs of Staff Gen. Martin Dempsey. Martin said the disorder had helped him through decades of success, until the mania went too high and led to crisis that nearly de-

SEE NATIONAL PRAYER LUNCHEON| A8



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Guest speaker retired Maj. Gen. Gregg Martin shares his message entitled "Keeping Faith to Battle Mental Illness, Stop Stigma and Save Lives," during the Fort Leavenworth National Prayer Luncheon April 3 at the Frontier Conference Center.**

## MAHC council discusses extending hours



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

Representatives from Munson Army Health Center and the Patient and Family Partnership Council discussed adding an after-hours primary care service on Fort Leavenworth to improve access for busy military families during the PFPC meeting April 4 at MAHC.

"The struggle to balance

work, family, and health care is a familiar one for many, and offering 'after-hours' appointments can be a potential solution to improve patient access," said Tim Stevens, deputy to the commander for Quality and Safety at Munson Army Health Center and Patient and Family Partnership Council chairman, "but it's not a decision to be taken lightly."

Stevens said that implement-

ing extended hours presents a complex equation with both benefits and drawbacks that must be carefully considered.

Council members cited school, extracurricular activities and shift work for reasons to justify extended hours.

Extending primary care hours requires coordination with other sections of the health center. In addition to having a primary care team and front

desk support, ancillary services like pharmacy, lab, radiology and immunizations might be required, and even security and facilities.

"Primary care is the largest department at Munson and may have more staff flexibility," Stevens said. "Smaller sections like radiology and lab have fewer staff, which can make it

SEE PATIENT AND FAMILY PARTNERSHIP COUNCIL| A11

### AT A GLANCE

■ The Environmental Division, in coordination with Fort Leavenworth Fire and Emergency Services, will be conducting **PRESCRIBED BURNS** on post April 10, weather conditions permitting, to promote native warm season grasses and other plants.

■ The **PAIR DAY** and **KIDS FEST** event is 10 a.m. to 2 p.m. April 12 at Harney Sports Complex. Call 913-684-1830 for more information.

■ The **DEADLINE TO APPLY** for the 2025 Michaels Education Foundation Resident Scholarship Program is April 15. Go to [tmoef.communityforce.com](https://tmoef.communityforce.com) to apply. E-mail [scholarships@tmo.com](mailto:scholarships@tmo.com) for assistance, if needed.

■ **EASTER SUNRISE SERVICE** is at 6:30 a.m. April 20 at Pioneer Chapel. For a schedule of Lent and Holy Week services, see page A9.

■ The **POSTWIDE YARD SALE** is April 26. See flyer on page B2 for more information.

■ The Patton Junior High School track team will be using all of Normandy Field — the track and field complex by the Unified School District 207 office — from 3-5 p.m. weekdays during track season through April 30. During those times, **COMMUNITY MEMBERS CAN ACCESS THE TRACK AND FIELD** behind the old Patton location on Grant Avenue near Grant Gate.

■ The Directorate of Public Works Natural Resources Division is sponsoring a **FOURTH SEASON OF STUDENT CONSERVATION ASSOCIATION INTERN POSITIONS** this summer. The SCA interns will perform trail maintenance, biological surveys, habitat management and more for the summer positions that run approximately June 1 through Aug. 22, 2025. The positions provide a housing and living stipend of \$650 a week and an education award for completed service. For more information contact [michael.n.bass.civ@army.mil](mailto:michael.n.bass.civ@army.mil) or 520-692-6152 or apply at <https://thesca.org/join-the-crew>.

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





# Soldiers helping soldiers

## Enlisted soldier/officer/retiree/civilian helped by AER encourages others to ‘check the box’

by Scott Gibson/Fort Leavenworth Garrison Public Affairs Officer

*Editor’s Note: This is an updated version of a story that originally ran April 25, 2024, in the Fort Leavenworth Lamp.*

When you get to the point in your career when your hair turns white, you have a pretty good perspective because you can see things from every angle.

You’ve checked a lot of boxes and that allows you to have some insight.

In my case, when people ask me, “Are you a veteran?” I can say Yes.

“Are you a former enlisted soldier?” Yes.

“Are you a former officer?” Yes.

“Are you a retiree?” Yes.

“Are you an Army civilian professional?” Yes.

With the Army Emergency Relief Campaign currently underway, please allow me to provide some perspective from a person who has checked a lot of boxes.

As of the latest update April 4 from AER headquarters, Fort Leavenworth has collectively received \$7,571 so far. That’s 13 percent of our \$60,000 goal earned for the local AER program, ac-

### COMMENTARY

cording to Fort Leavenworth Army Community Service.

That seems pretty good, considering the campaign lasts until June 14, right?

Well, here’s the rub:

— Since the campaign started on March 1, 44 active-duty soldiers have given \$3901

— 11 Department of Defense civilians have given \$681

— and retirees are represented by 12 donors who have given a total of \$2,989.

When you breakdown the numbers of people who have already donated (thank you, by the way!) you’ll see that we aren’t hitting the mark yet.

In fact, there are about 4,200 active-duty military on Fort Leavenworth — 44 of 4,200 is about 1.05 percent.

There are just over 4,000 DoD civilian employees who serve here — 11 of 4,000 is 0.275 percent.

There are more than 47,000 military retirees across 37 counties who are in the Fort Leavenworth service area — 12 of 47,000 is

0.025 percent.

Total = 1.35 percent.

Now consider that the campaign started on March 1 and ends on June 14 — 35 days of 106 total days means 33 percent of the campaign is already over.

One-third of the time is already gone and we have 13 percent toward our monetary award, and only 1.35 percent of our population have donated.

**We can do better.**

If you don’t have your own AER experiences, perhaps mine will help sway you.

My enlisted-guy story is like many. Back in 19 blah, blah, blah... I was a brand-new graduate from Advanced Individual Training at the Defense Information School, then at Fort Benjamin Harrison, Indiana. I was very excited to go to my new duty station with orders to Fort Leonard Wood, Missouri, which offered plenty of on-post housing for my wife and two young sons. Life for Pfc. Gibson was looking great...

Then came graduation day and I was called into the orderly room and told my orders had changed.

I was now heading to Fort McNair in Washington, D.C., and no on-post housing was available anywhere near my duty station.

Suddenly, I found myself in a situation where I was going to move my family across the country to a place where housing costs were double what I was expecting, and I had to come up with first and last months’ rent, pay for gas to get back and forth ... etc.

**Enter Army Emergency Relief.**

My sponsor quickly figured out that my young family was about to start our Army experience drowning in debt and took me to Army Community Service, where it was determined that my family qualified for an AER grant.

Life-changing.

Instead of starting off in a massive hole of debt, I was able to get settled, my wife found a job, and we could get by. We were still living paycheck to paycheck, but at least we weren’t starting out completely upside down.

Fast-forward about five years later to young 2nd Lt. Gibson, now with a wife and three kids in tow.

Arriving at Fort Shafter, Hawaii, I was told that during my time at Officer Candidate School and subsequent courses afterward, there had been an administrative error and I was paid too much. My leave and earnings statement upon arriving in Hawaii reflected “no pay due,” just in time for setting up another new home in another high-cost area.

This time, I was eligible for an AER loan to help get me through the initial set-up costs.

Later, as a company commander, I saw numerous instances when soldiers needed a financial boost, often through no fault of their own. Deaths in the family, car troubles, unexpected expenses... life happens. And AER was there to support whenever it was needed.

**So, here’s my call to action.**

I know you have a lot of competing priorities for your philanthropy, but please don’t overlook the one that is set up for soldiers to help soldiers.

**Consider checking the box and giving a donation to Army Emergency Relief.**

Don’t wait until you are a retiree to help – your fellow teammates need help now.



# ARMY

## EMERGENCY

## RELIEF



# Practicum prepares CGSC students for division assignments in large-scale combat operations



Photo by Sarah Hauck/Army University Public Affairs

**Mitch Watkins, Command and General Staff Officer Course Department of Army Tactics assistant professor, addresses the class during a Division Offensive Operation practicum March 28 at the Lewis and Clark Center. The practicum prepared students for their future roles as division staff officers responsible for providing recommendations to commanders to lead their organizations in combat.**

by Jessica Brushwood/The Army University Public Affairs Office

Classrooms at the Command and General Staff College — organized to replicate a real division command post — were a flurry of communications and activity March 26-28 as students participated in a Division Offensive Operation practicum.

Significant time was devoted to conducting a targeting working group, which was a student-led replication of division staff directing combat actions and setting conditions for division offensive operations in a large-scale combat operation. Chief Warrant Officer 4 Calvin Cameron and Chief Warrant Officer 3 Jerry Burks enhanced student understanding through candid conversation based on their operational experience with targeting.

Additionally, students benefited from on-the-spot mentoring from experienced leaders, including Department of the Army Tactics Instructors Matt McKinley and Brian Leakey who brought decades of technical and education experience.

The practicum prepares students for their future roles as division staff officers responsible for providing recommendations to commanders to lead their organizations in combat.

“In our first field-grade roles as junior majors, our job is to integrate operations at echelon within the division,” said Command and General Staff Officer Course student Capt. Michael West. “This past year has been an opportunity to learn from the different branches in our small group and understand how to synchronize information, planning and execution preparation. Over the last three weeks, the opportunity to see this at the division level was good preparation before going into our next job.”

Students had specific roles and were responsible to identify and nominate targets for the division, corps and joint assets to enable a division offensive operation 24-96 hours out from execution.

Planning and preparing the operation in detail, rehearsals in time and space, and constant communication



Photo by Dan Neal/Army University Public Affairs

**A Command and General Staff Officer Course student moves pieces on a map during a Division Offensive Operation practicum March 26 at the Lewis and Clark Center.**

across cells ensured synchronization of the overall operation across multiple echelons and divergent staff sections.

CGSOC student Maj. Stewart Tice filled the role of a division chief of staff and shared that the targeting working group allowed participants to understand the various roles and functions in warfighting and how those processes integrate across time.

“We learned to conduct current operations while leaning forward to determine what we are doing next, or how we respond if something happens,” Tice said. “It’s thinking beyond where we were in our careers, focused on here and now, and thinking what we need to do today to enable the brigade’s success tomorrow.”

To culminate the event, students presented an after-action review to leadership.

“Everything we do training-wise is meant to replicate real-world experiences we will face when we go back to the force,” CGSOC student Maj. James Corbitt said. “This is a good, immersive exercise to see the way rotations are run, practice processes, and take feedback with the AAR, as it’s the major last part of the military operations process.”

Reviewing and assessing outcomes of actions and decisions as division staff during a large-scale combat operation captures lessons learned and reinforces the learning objectives.

“Before attending (the Command and General Staff School), I completed a broadening assignment with the Mission Command Training Program,” West said. “I realized our discussions before execution were very similar to what takes place at MCTP, so this is a sign of success.”



**Command and General Staff Officer Course student Maj. Mike Callas provides an after-action report during the second phase of a Division Offensive Operation practicum March 28 at the Lewis and Clark Center. The practicum prepared students for their future roles as division staff officers responsible for providing recommendations to commanders to lead their organizations in combat.**

Photo by Sarah Hauck/Army University Public Affairs



# Army streamlines training requirements to enhance warfighting readiness

by U.S. Army Public Affairs

WASHINGTON — The U.S. Army will unveil an updated version of Army Regulation 350-1, Army Training and Leader Development, on June 1, 2025. This revision, which streamlines the regulation from more than 250 pages to fewer than 100, will enable small-unit leaders and tactical formations to focus on training to fight and win on modern and future battlefields.

The updated regulation marks a significant step toward simplifying training requirements while enhancing warfighting readiness and effectiveness across the force. In addition, it will remove administrative burdens and unnecessary distractions, allowing soldiers to focus on essential warfighting skills.

The revised AR 350-1 re-

duces the number of mandatory training tasks from 24 to 17, reduces requirements, eliminates redundancies, and highlights tasks that are essential to warfighting, readiness and lethality. The updates focus on retaining only the essential training required by Department of Defense policies, as well as critical Army-specific tasks that support combat readiness.

Six tasks have been shifted to optional training, at the discretion of commanders, and one task has been eliminated entirely. Outdated programs, including "Resilience Training" and "Structured Self-Development," have also been removed.

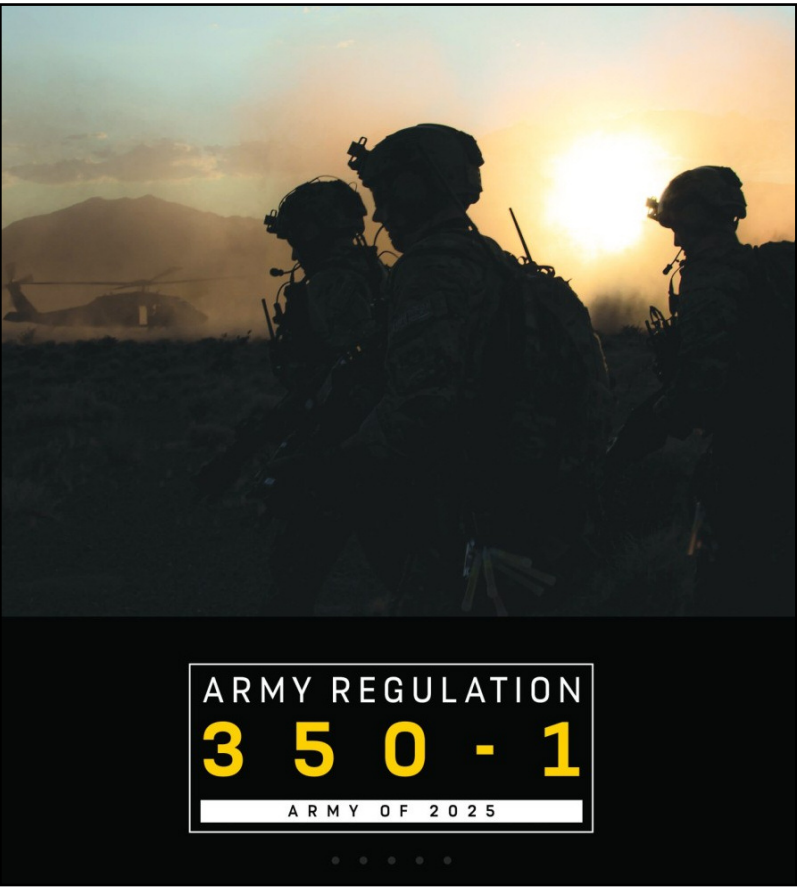
These revisions aim to alleviate the burden on commanders by granting them greater flexibility in customizing training schedules to meet specific mission requirements. The new regulation eliminates restrictions

on the duration and locations of certain training events and encourages alternative methods of training delivery.

These changes are part of the Army's broader effort to prioritize readiness by eliminating unnecessary administrative burdens and sharpening the focus on preparing soldiers for decisive action in combat. The revised regulation also reorganizes appendices for improved clarity, emphasizing tasks related to warfighting capabilities.

This update reflects the Army's commitment to ensuring that soldiers are better prepared for real-world missions while reducing non-essential requirements that can detract from operational effectiveness.

To read the draft of AR-350-1, visit <https://api.army.mil/e2/c/downloads/2025/04/01/c04d73ce/draft-350-1-lapril25.pdf>.



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Last week, Combined Arms Center personnel participated in the German Armed Forces Proficiency Badge competition, which began with 115 participants and resulted in 12 earning gold badges, 27 earning silver badges, and 16 earning bronze badges. Participants represented CAC Headquarters, Army Corrections Brigade, Army University, Medical Department Activity/Munson Army Health Center, CAC Law Enforcement Activity, The Research and Analysis Center, Mission Command Training Program, University of Central Missouri ROTC, Kansas City Recruiting Battalion and international military officers from five nations.

LEFT: German Sgt. Maj. Thomas Vogel, German senior enlisted liaison to the U.S. Army Combined Arms Center, offers shooting form guidance to Sgt. Anthony Baltierra, Headquarters and Headquarters Company, Midwest Joint Regional Correctional Facility Battalion (Corrections), during the pistol range portion of the German Armed Forces Proficiency Badge event April 1 at Kinder Range. Each participant fired 10 rounds at a paper target from varying distances up to 15 meters and had to score at least seven hits to qualify.

**PHOTOS BY SPC. KALISBER ORTEGA SANTIAGO/  
SPECIAL TO THE FORT LEAVENWORTH LAMP**

# GAFPB RESULTS

## GOLD

Sgt. Anthony Baltierra, Maj. Bethany Blackburn, Spc. Luca Carasi, Spc. Jason Crespo, Polish Capt. Kamil Gromadzinski, Cadet Alexander Karigan, Cadet Jenesis May, Maj. Jacob Naumann, Cadet Bryan O’Barr, Canadian Maj. Marc-Andre Pelland, Maj. Christopher Price and Maj. Weston Thomsen.

## SILVER

Maj. Garrett Barber, Spc. Michael Bare, Staff Sgt. Merle E. Gillam III, Maj. Lewis Hammock, Capt. Taylor Herrington, Maj. Leon Hilburn, Maj. Kyle Hodgson, Brazilian Lt. Col. Felipe Honorato, Maj. Nicholas Johnson, Pfc. Jendry Jomarron, Cadet Ross Jonas, Spc. Sione Mapakaitolo Jr., Sgt. Devin Massingill, Capt. Gregory Mathieson, Maj. Colton Mercer, Maj. Taylor Mextorf, Pfc. Carson Milbrath, Staff Sgt. Jason Mills, Sgt. Thomas Piqueras, Maj. Tyler Quinn, Maj. Daniel Richardson, Lt. Col. Mark Thompson, Maj. Douglas Taufu’a, Maj. James Untiedt, Cadet Jeremy Weber, Pvt. Harlin Welch and Capt. Kenneth Yacynych.

## BRONZE

Cadet Christopher Adams, Spc. Gregory Delgado, Maj. Robert Drye, Sgt. Christopher Hocker, Sgt. Brody Holcomb, Maj. Andris Locmelis, Maj. Roland Paquette, Sgt. 1st Class Tyler Plummer, Maj. Ronald Rice, Cadet Gavin Satterfield, Sgt. 1st Class Daniel Straub, Cadet Angelina Taylor, Sgt. Zachary Terra, Belgium Maj. Michael Verbeelen, Staff Sgt. Luke Warner and Maj. Joshua Wright.



Capt. Gregory Mathieson, Command and General Staff College student, sprints through the 11x10-meter portion of the German Armed Forces Proficiency Badge fitness test while Sgt. 1st Class Joshua Hayes, Kansas City Recruiting Battalion, evaluates his performance March 31 at Normandy Field. The 11x10-meter sprint portion of the test challenges participants to complete five and a half laps within 60 seconds — or sprint 11 repetitions of 10-meter sprints — measuring both speed and endurance.



LEFT: Maj. Weston Thomsen, Command and General Staff College student, swims his final lap of the German Armed Forces Proficiency Badge swim test March 31 at Harney Sports Complex. GAFPB participants swim 100 meters in combat uniform, excluding boots, as part of the swimming portion of the competition. The swim must be completed in four minutes or less to qualify.

BELOW: Cadet Harvey Peavler, University of Central Missouri ROTC, performs the flexed-arm hang exercise during the German Armed Forces Proficiency Badge fitness test March 31 at Normandy Field. To qualify, participants must hold the chin-up position for at least five seconds.

Spc. Joshua Kuliszewski, Medical Department Activity, conducts the pistol marksmanship portion of the German Armed Forces Proficiency Badge event April 1 at Kinder Range. Participants engaged targets with the M17 pistol following the GAFPB qualification standards.







by Joe Lacdan/Army News Service

WASHINGTON — From dramatic images of soldiers leaping from aircraft to footage of troops traversing dense forests or harsh deserts, Army commercials have celebrated military service since the establishment of the all-volunteer force.

The Army News Service looks back on some of the Army’s most memorable commercials and campaigns over the past 50 years.

Be All You Can Be

A familiar slogan played across bulky television sets in the 1980s and 1990s evoking feelings of pride and patriotism.

“Be all that you can be ... get an edge on life, in the Army,” the rousing recruiting jingle popularized during the childhoods of Generation X and millennials returned when the Army adopted the nostalgic marketing campaign for a new generation in 2023.

The original phrase proved so successful in the 80s that it became the Army’s longest-running advertising campaign from 1980 until 2001.

The Army looked to boost the service’s image following varied media depictions after the Vietnam War. To address recruiting shortfalls after the war, the branch wanted to create an inspiring campaign in the 1980s to encourage more people to enlist in the service, according to the Army Historical Foundation.

“We do more before 9 a.m. than most people do all day,” a voice in the commercial quips.

The Army wanted to target a more capable, higher quality recruit capable of operating advanced technology.

The Army also aired ads to find recruits for its renowned elite fighting force, the Army Rangers. The 75th Ranger Regiment boasts some of the most disciplined, athletic soldiers capable of executing complex Special Forces missions. To attract the most fit and dedicated recruits, it depicted a soldier in a voiceover talking about the challenge of joining the Rangers.

In one 30-second commercial the soldier says, “A Ranger never takes the easy way out. That’s why getting into the Rangers is tough and the training’s tough. So, it makes me feel like I’m part of something really special.”

Finally, the ad couples with a song and “Be all that you can be” tagline.

More than three decades later in 2023, the Army aired a more contemporary version of the iconic ad, featuring soldiers in the field, on the range and inside barracks. The ad opens with dawn breaking over a rugged arid desert in the American southwest, then flashes to a scene over quaint rural view of a small New England town.

Different soldiers, along with Army senior leaders, echo the slogan across different regions of the branch.

Former Secretary of the Army Christine E. Wormuth said the Army faced its most challenging recruiting landscape in the post-pandemic years. Wormuth, who spent much of her adolescence in the 1980s, adapted a contemporary version of the campaign, which focused on 15 cities and assisting new recruits with the application process.

"At a time when political, economic and social factors are changing how young Americans view the world, the new Army brand illustrates how service in the Army is grounded in passion and purpose," Wormuth said. "We want a new generation of Americans to see the Army as a pathway to the lives and careers they want to achieve."

Army Strong

The Army looked to reinvigorate its recruiting in the middle of the Iraq war. In 2006 the service changed its marketing from “An Army of One” to “Army Strong,” to attract potential recruits to the idea of becoming physically and emotionally strong while building strong character.

CELEBRATING THE ARMY’S BIRTHDAY

Army’s recruiting campaigns evolve through years



Screenshot from <https://www.youtube.com/watch?v=Lwx-2R9swDg>

U.S. Army Chief of Staff Gen. James McConville, joined by Sergeant Major of the Army Michael Grinston, Secretary of the Army Christine Wormuth and others, introduces a new generation to the slogan “Be All You Can Be” in the Army brand trailer at <https://www.youtube.com/watch?v=Lwx-2R9swDg> in 2023. The Army previously used the “Be All You Can Be” slogan from 1980-2001. Since then the Army has used “Army Of One,” “Army Strong” and “Warriors Wanted/What’s Your Warrior?” for recruiting and marketing. “Be All You Can Be” officially returned as the Army’s slogan March 8, 2023.

During one ad, soldiers in different career fields look sternly into the camera and recite the Soldier’s Creed. The footage shows soldiers working in the field; with some embedded in grasslands, a tank commander, a pilot, an Army athlete and in formation.

The campaign began to be removed from Army advertising in 2015 before being fully phased out in 2018 due to declining recruiting numbers. The campaign enjoyed some success in its early years during the “surge,” when President George W. Bush committed an additional 20,000 troops for security operations in Iraq.

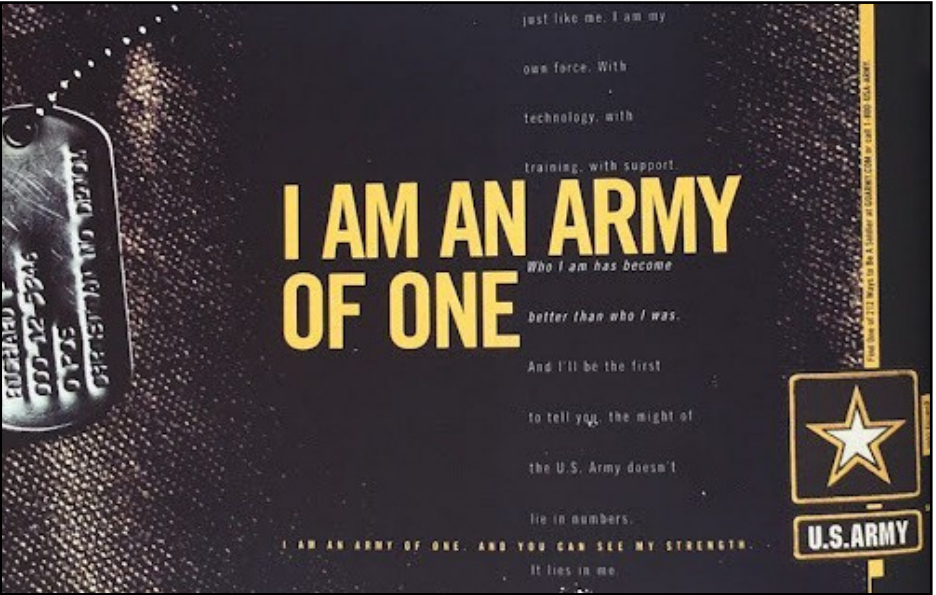
An Army of One

In the early 2000s, the Army looked to appeal to individual excellence and strength, qualities marketers felt appealed to Generation X.

The campaign lasted only about five years in part because some Army leaders felt it favored individualism over the collectivist team environment of the military, wrote then-Brig. Gen. Jeffrey Phillips.

During one commercial titled “Dog Tags,” a lone soldier can be seen jogging in the middle of a barren desert. The soldier’s dog tags dangle from his uniform. “I am an Army of one,” the soldier begins. “With technology, with support, who I am has become better than who I was... And I’ll be the first to tell you, the might of the U.S. Army doesn’t lie in numbers, it lies in me ... I am an Army of one.”

Warriors Wanted and What's Your Warrior?



This banner showcased the Army's marketing campaign from 2001-2006. The service later moved away from the idea to focus more on the team aspect of the Army.

Following Army Strong, the Army would adopt two short-lived campaigns. In the first campaign, "Warriors Wanted," the Army hoped to use the ads to build a modern, deployable lethal force. The campaign, led by then-Sgt. Maj. of the Army Daniel Dailey, focused on appealing to Gen Z.

A series of new ads made their debut on social media and television sets in the fall of 2018. It featured images of Army Rangers lowering themselves from a helicopter and into combat.

The service followed Warriors Wanted with "What's Your Warrior," a more focused version of the Warriors Wanted campaign. The Army focused on individual talents and skills soldiers will hone and learn.



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# Community treated to Mr. Stinky Feet concert for MOMC



Photo by Ashley Parsons/Child and Youth Services

Fort Leavenworth families sing and dance with Jim Cosgrove, better known as Mr. Stinky Feet, during the concert celebrating Month of the Military Child April 5 at the Post Theater. Other upcoming MOMC events include a spirit week continuing today and April 11, and the Kids Fest from 10 a.m. to 2 p.m. April 12 at Harney Sports Complex in conjunction with PAIR Day. See the MOMC event calendar on page B1.

## Lent, Holy Week services schedule

- Protestant Christian Services**
- Good Friday Service**, 6 p.m. April 18 in Frontier Chapel
  - Easter Sunrise Service**, 6:30 a.m. April 20 at Pioneer Chapel
  - Easter Sunday**, regular chapel schedule, April 20:
    - Traditional Protestant, 8:30 a.m. at Pioneer Chapel
    - Liturgical Protestant, 9:30 a.m. at Memorial Chapel
    - Multicultural Gospel Service, 10 a.m. at Pioneer Chapel
    - Contemporary Protestant at 11 a.m. at Frontier Chapel
- Catholic Services**
- Stations of the Cross**, 5:30-7 p.m. Friday in Pioneer Chapel, April 11
  - Holy Thursday Mass**, 6 p.m. April 17 in Pioneer Chapel
  - Good Friday Service**, 3 p.m. April 18 in Pioneer Chapel
  - Easter Vigil Mass**, 8 p.m. April 19 at Pioneer Chapel
  - Easter Mass**, 9:30 a.m. April 20 at Frontier Chapel

# Commissary celebrates MOMC with STEM

by DeCA Corporate Communications

FORT GREGG-ADAMS, Virginia — Commissaries worldwide are celebrating the Month of the Military Child in April with hands-on science, technology, engineering and mathematics (STEM) activities.

Defense Commissary Agency patrons can scan the QR code on in-store signage to get information on activities designed for students in pre-kindergarten, elementary school, middle school and high school.

Visit <https://corp.commissaries.com/military-child-month> to peruse available activities, the ingredients for which can be automatically added to patrons' shopping carts. Step-by-step in-

structions can be printed out for each activity.

During April, DeCA is bringing attention to STEM activities and some of the products patrons can get in their commissary to support this interactive program. Any products unavailable in stores are typically found in the home.

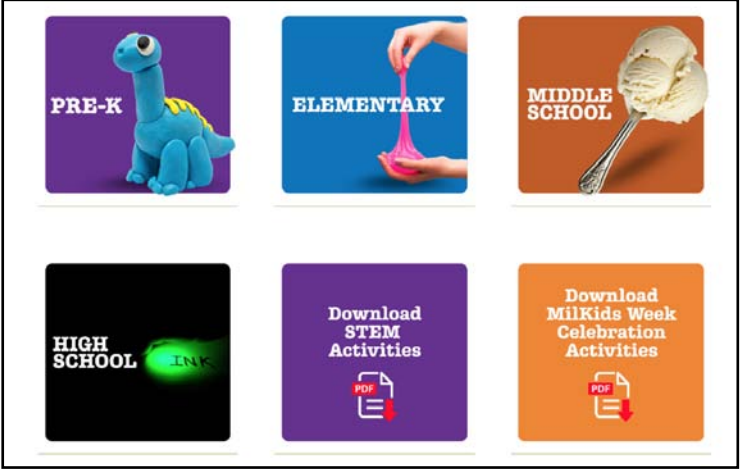
"With April being the Month of the Military Child, we're making learning fun with interactive STEM activities," said Navy Command Master Chief Mario S. Rivers, senior enlisted advisor to the DeCA director. "We are celebrating our military children as the leaders, innovators and problem-solvers of tomorrow."

As DeCA hosts these activities in April, Rivers wants patrons to know that commissary employees

have a natural understanding of what it means to be a military child.

"We understand the sacrifices military children make, as many of our employees are former military children or have served as a family with children themselves," he said. "Our commitment to honoring their experiences and supporting their growth reflects the values we hold dear — values shaped by firsthand understanding of the military lifestyle."

As the father of a military youth, Rivers has witnessed how some aspects of military life can be difficult for the children of service members who have to contend with constant moves or when a parent is away from home on deployments.



Screenshot from <https://corp.commissaries.com/military-child-month>

"Sometimes it's the little things that can mean a lot to a family far from home," Rivers said, "like a favorite snack or familiar cereal from the commissary, that can help provide some of the comforts of home and make things a little easier for military kids."



# Local Classes. Global Respect.

leavenworth.ku.edu





# National Prayer Luncheon (continued from Page A1)

stroyed him.

“My brain completely went over the edge, and I became a maniac,” Martin said, explaining that the term means mania to an extreme level. “I was over the top, off the rails, out of control, extremely disruptive and erratic. My faculty administrators and students wrote dozens of anonymous letters to the chairman detailing my bizarre behavior.”

After what he described as a fair and impartial assessment, his longtime mentor and friend Dempsey praised him for his work at NDU but asked for his resignation and ordered him to get a psychiatric evaluation.

Martin said he reacted to that shocking directive with joy rather than anger or embarrassment, due to the mania, and thought God would soon place him in an even more important role.

“I was actually right that day in the chairman’s office, because my mental health advocacy these past eight years is the most important work and most rewarding thing I have ever done in my life,” Martin said. “After years of mental health crisis, recovery and building a new life, I’m now in a really good place, living a happy, healthy, purposeful life. God has moved me on to a greater mission of sharing my bipolar story to help stop stigma, promote recovery and save lives.”

Martin said medical personnel determined his genetic predisposition for bipolar disorder, which was later known to affect two of his three children, was triggered by the intense stress in 2003 when he a combat engineer brigade commander overseeing a unit of more than 10,000 soldiers playing a pivotal role on the battlefield in Iraq.

“I felt like Superman, that I was invincible,” Martin said of himself in the early War on Terrorism. “I was all over the battlefield, anticipating and solving problems before anybody else knew it was a problem to be solved. My mind felt like a super computer — I was creative, making life and death decisions under fire. My energy levels were through the roof, and I needed very little sleep. Most of my year in Iraq was characterized by high-performing mania, euphoria and joy, occasionally punctuated by depression, rage, fear and grief.”

Martin said he engaged in every available chapel program and prayed all the time. He credits God for not being killed or wounded.

“I think God gave me stability and wisdom, and by all accounts, a successful command,” he said. “(I) could have shot off the rails in Iraq. My faith was key; it was the bedrock of my mental toughness and resilience in Iraq.”

Martin said his brain responded to the stress of war by producing excessive amounts of dopamine and endorphins, which resulted in his high-performing mania.

“Unfortunately, this mania upended my brain chemistry, damaged my brain circuitry and launched me into a life dominated by unknown, unrecognized and undiagnosed bipolar disorder.”

After that year in Iraq when he was euphoric and accomplishing so much, Martin said he suffered a 10-month-long depression upon redeployment to Germany. He reported the depression, but because he wasn’t suicidal, medical personnel declared him fit for duty.

“The fact is I wasn’t — they were wrong, but nobody knew,” he said, adding that eventually he felt fine again. That first up-down cycle with the disorder became his “life pattern” over the next decade.

Martin continued on in his career, crediting the structure, routine and discipline of Army life and his devotion to God as what helped him through the high stress of new assignments.

“Yet my bipolar mania helped my performance in many ways by providing ever higher levels of energy, drive, enthusiasm and creativity. It fueled my career ascendance — until it didn’t.”

Martin said his highs and lows became more extreme and resulted in full-blown mania in 2014 when Dempsey removed him from command.

“It was clearly the best decision for myself, my family, my health and the organization,” he said. “I have since learned that when you are in a state of mania like that, your other organs, not just your brain, are at high risk — I mean, I could easily have had a heart attack or a stroke during that period of intense full-blown mania.”

Martin said he crashed into a hopeless depression with psychosis and passive suicidal ideations.

“For me (the ideations) were anything but passive — instead they were real, powerful and life-consuming. They could have easily transformed into active ideation and

SEE NATIONAL PRAYER LUNCHEON| A9

## Prayer for the military and families

Delivered by Chaplain (Col.) Matthew Atkins, religious support observer, coach/trainer chaplain, Mission Command Training Program

*Joshua 24:14 – 15: “Now, therefore, fear the Lord and serve him in sincerity and in faithfulness. Put away the gods that your fathers served... and serve the Lord. If that seems hateful to you, then choose whom you will serve – but as for me and my house, we will serve the Lord.”*

Father,

Maybe the uncertainty we feel about tomorrow is nothing new, but it is still deeply unsettling.

Wars and rumors of wars. Economic distrust. Problems globally.

Our worries, smaller in scale — still large — because they are ours — we don’t read about them in the papers (or) hear about them in the news ...

We live with them, and our spouses and children carry them like a ruck sack.

The next assignment and move, household goods, schools, friends, income and retirement, kids growing up and leaving home.

Are we doing the right thing? Did we raise them well? Did we demonstrate justice, mercy,

humility?

Then, injury and illness, sometimes life-altering.

Aging and passing parents. Did we honor them well? Did we forgive them their failures, seek forgiveness for our own?

Are we now choosing well — stewarding the precious lives we were given — and those for which we are responsible — in such a way that our children inherit much more than a home or a trust — an intelligence or ethic... but that they inherit our reverence for, and confidence in, the living God.

Our confidence that you are good, and faithful to generations of those who love you and keep your commandments.

In all of it, we hear the words of scripture — choose this day whom you will serve.

And we pray — help us — open our eyes again to your goodness. Help us, again, to see the vanity in all other little “G” gods. We acknowledge that we will all serve something...

For the sake of our families — help us again, to choose again, to serve the living God.

Some trust in chariots, some in horses; we trust in the name of the Lord our God. Amen.

Chaplain (Maj.) Adam Langley, Command and General Staff College student, performs the national anthem as the Fort Leavenworth National Prayer Luncheon begins April 3 at the Frontier Conference Center.

Photo by Prudence Siebert/Fort Leavenworth Lamp



Photo by Prudence Siebert/Fort Leavenworth Lamp

Fort Leavenworth National Prayer Luncheon attendees bow their heads as Chaplain (Col.) Matt Atkins, Mission Command Training Program religious support observer, coach/trainer chaplain, delivers a prayer for the military and families April 3 at the Frontier Conference Center.



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Chaplain (Maj.) Arek Ochalek, religious support integrator, Combined Arms Doctrine Directorate chaplain, delivers the invocation at the beginning of the Fort Leavenworth National Prayer Luncheon April 3 at the Frontier Conference Center.



RIGHT: Chaplain (Maj.) Andrew Muilenburg, Command and General Staff College chaplain, introduces guest speaker retired Maj. Gen. Gregg Martin, author of “Bipolar General: My Forever War with Mental Illness,” during the Fort Leavenworth National Prayer Luncheon April 3 at the Frontier Conference Center.



# National Prayer Luncheon (continued from Page A8)



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Guest speaker retired Maj. Gen. Gregg Martin asks leaders, including Chaplain (Col.) Sean Wead, Combined Arms Center and Fort Leavenworth senior chaplain, to raise their hands to join him in his mission to stop stigma associated with mental illness during the Fort Leavenworth National Prayer Luncheon April 3 at the Frontier Conference Center.**

actual suicide. I’m fortunate to be alive. God held me in his grip and saved me from death.”

During his mania, Martin said his “attitude of gratitude” and religious zeal was deemed obsessive by his family and colleagues, but Martin countered that most religious leaders could be described as obsessed. He admitted that in the “depths of bipolar hell” he grew angry at God, but realized a few years later that God’s plan was for him to save lives “from the ravages of mental illness.”

Despite extensive medical treatment and religious activity, Martin said he was still very ill, until he was prescribed lithium, which stabilized him. He called it a miracle and said the medication and lifestyle changes were gifts from God.

“Despite the darkness and doubt, my recovery convinces me that God loves and cares for me,” he said. “As the great physician, he assembled an expert team of doctors, nurses, family, friends and others who

came alongside me in the time of trial.”

Martin, who referred to himself as an expert through lived experience, said turning to God in prayer and quiet meditation is for him an antidote to the stress, agitation, anxiety and rage that can trigger the “bipolar monster,” and he described figuratively fencing off those things that can cause triggers as if they were minefields and avoiding them.

Martin shared some bipolar and depression statistics, emphasizing that 20 percent of people experience mental illness and the rest of the population, as family members, friends and colleagues, are affected by mental illness.

“These illnesses can lead to destruction of everything — family, marriage, career, finances — lead to homelessness, addiction, incarceration and death,” Martin said. “But the good news is that these medical conditions are all treatable. Correctly diagnosed and treated, people with mental illness can live healthy, happy, purposeful and success-

## Prayer for the nation

Delivered by Chaplain (Capt.) Michael Shipma, Midwest Joint Regional Corrections Facility Battalion (Corrections) facility chaplain

Dear Father in heaven, we pray for our nation.

Thank you for bestowing upon this land a legacy that values faith and the freedom to worship according to conscience.

We humbly ask for your blessing.

Help us to stand fast in those high principles, which have been our heritage and have made us unique among the peoples of the world.

Empower us to be a force for

good, exemplifying and advancing justice and freedom.

And make us resolute in the pursuit of the righteousness that exalteth a nation.

Bless those who bear the calling to lead at the national, state and local levels, as well as those who lead this installation. Guide them to do that which is right as they promote the general welfare and secure the blessings of liberty to us and those who follow.

All of this we commend to your sovereign and gracious care, and all for your name’s sake. Amen.



**Fort Leavenworth National Prayer Luncheon attendees bow their heads as Chaplain (Capt.) Michael Shipma, Midwest Joint Regional Corrections Facility Battalion (Corrections) facility chaplain, says a prayer for the nation April 3 at the Frontier Conference Center.**

Photo by Prudence Siebert/  
Fort Leavenworth Lamp

ful lives.”

Martin said he decided to “own” his diagnosis and not be embarrassed or stigmatized.

“I know it is a physiological condition inside my brain, so there was no room for stigma or any of that stuff, so I said, I am going to own this and learn everything I can about this brain disease, and then go to war with it so that I can recover, build a new life and prevent relapse.”

Martin said he shares his story to help save lives, relationships and careers.

“My vision is that everyone who has a mental health disorder gets medical help free of stigma — this would prevent many, many suicides,” Martin said, noting that other diseases like cancer aren’t stigmatized, and neither should mental illness, which is also physiological in nature.

“Stigma is grounded in ignorance and fear. It’s a blatant form of prejudice and discrimination, and it is the greatest deterrent to people not getting the mental health sup-

port they need,” Martin said. “Stigma is costing lives.”

Martin charged the luncheon attendees to learn to recognize mental illness symptoms in themselves and others, and to get help, with haste. He asked the leaders in the room to help stop stigma associated with mental health disorders.

The Fort Leavenworth Chaplain Family Life Center offers pastoral counseling services. Call 913-684-8997 or 913-680-7336 or e-mail [daniel.a.herring2.mil@army.mil](mailto:daniel.a.herring2.mil@army.mil).

Military OneSource offers a wide variety of resources and information. Visit <https://www.militaryonesource.mil/health-wellness/mental-health/resources/>.

The Military Crisis Line (dial 988 then press 1, chat online or text 838255) is free, confidential and available 24/7 to all service members and veterans. For more information, visit <https://www.veteranscrisisline.net/get-help-now/military-crisis-line/>.



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Chaplain (Col.) Sean Wead, Combined Arms Center and Fort Leavenworth senior chaplain, thanks guest speaker retired Maj. Gen. Gregg Martin for his message with a compass, symbolizing the connection between Fort Leavenworth and the Lewis and Clark Expedition, as well as referencing a moral compass, at the conclusion of the Fort Leavenworth National Prayer Luncheon April 3 at the Frontier Conference Center.**

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

Life’s challenges don’t have to define us.

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



# Youth For Christ Military seeks to reach military-connected youth

by Youth For Christ Military/Hamilton Strategies News Release

DENVER — Month of the Military Child is observed every April in the United States to honor and recognize the sacrifices and contributions of the 1.6 million military children living in the United States and abroad.

Military-connected youth face unique challenges compared to their civilian peers. Families frequently move, making it difficult to establish a consistent community, while many children must cope with the frequent absence of a deployed parent. As a result, these young people often feel overlooked and struggle to find a place to belong.

Youth For Christ (YFC, [www.yfc.net](http://www.yfc.net)) serves these young people through the military ministry, YFC Military, by partnering with local chaplains, churches, schools and other like-minded organizations to reach military-connected youth.

“Often, when people think of service members, both home and abroad, they don’t think of the families that serve alongside those people who put on the uniform,” said Nick Kmoch, YFC Military executive director. “YFC Military is uniquely poised to step in to build relationships with those children.”

While YFC Military uses the organization’s time-tested mentor approach to cultivating authentic Christ-sharing relationships, Kmoch noted the inherent challenges in ministering to a community that’s continually changing.

“Wherever a service member’s deployment takes them, their kids often move there, too,” Kmoch said. “We have the privilege of serving kids and building relationships to let them know that they’re not alone. We tell them that even though they might feel unseen, we see them for who they are.”

Kmoch said these shifting deployments can cause a variety of mental health concerns for young people.

“On average, these kids are going to move between six and nine times during their school-age years,” Kmoch said. “Deployments can really cause anxiety and worry for teens, because not only is their home gone, but the people they trust are gone as well. They’re worried about their safety, they’re worried about if they’ll come home or when they’ll come home. There are significant struggles in the military

## COMMENTARY



Fort Leavenworth Campus Life Military graphic

community with mental health, PTSD and injuries. There are a lot of spaces where these young people have had to embrace some of those challenges as kids.”

Yet despite these headwinds, Kmoch said he has witnessed powerful life-change.

“For all of the challenges facing military-connected youth, it’s amazing to see the resiliency and the benefit that comes from their experiences,” Kmoch said. “I see God moving in their lives in powerful ways. This is the next generation of leaders, and they are strategic Gospel carriers as they go to the four corners of the earth.”

“YFC Military understands the challenges of military life, and we meet military-connected youth where they are to help them give life to their story. Our vision is that all of these young people are engaged in authentic Christ-sharing relationships, regardless of where their families serve.”

Youth For Christ has been a leader in missional youth outreach for more than seven decades and is dedicated to uncovering God’s story of hope in the next generation that desperately needs it. YFC reaches young people everywhere, working together with the local church and other like-minded partners to raise up lifelong followers of Jesus who lead by their godliness in lifestyle, devotion to the word of God

and prayer, passion for sharing the love of Christ, and commitment to social involvement.

YFC chapters are available in thousands of communities across the nation, seeking out and serving youth from all walks of life. Young people are silently struggling through a wide variety of challenging issues. YFC trains its leaders in a proven, relational ministry model called 3Story®, which encourages staff and volunteers to be good news while also sharing the stories of the good news of Jesus. It involves building relationships through the ups and downs of everyday life to lead people to Christ.

YFC has been a pillar of missional ministry since 1944, when Dr. Billy Graham served as YFC’s first full-time staff member. Since then, Youth For Christ has continued to be both a rural and urban ministry on mission, and it is always about the message of Jesus. Youth For Christ operates in more than 100 nations and has more than 120

## Fort Leavenworth Campus Life Military upcoming events

### CAMPUS LIFE CLUB and SMALL GROUPS

**Purpose:** A welcoming, safe, high energy, large group meeting designed to help lost young people discover who Jesus is by fostering authentic Christ-sharing relationships and connecting relevant topics to scripture. Small groups are where we meet with several young people to discuss relevant topics and connect them to God’s truth.

**Who:** Middle school and high school students

**Where:** Harrold Youth Center

**When:** 6-7:45 p.m. Wednesdays through May 14

Snacks are provided.

### BIBLE STUDY

**Who:** High school students

**Where:** Pioneer Chapel, room 16

**When:** 5:30-7 p.m.

April 14, April 28, May 12 and May 26  
Dinner and drinks will be provided.

### CLUE – A LIVE CRIME-SOLVING EVENT

**Purpose:** Spending time in shared experiences with young people to build new relationships and grow existing ones.

**Who:** High school students

**Where:** Location TBD. For details, contact Ministry Site Director Samantha Odle at 605-569-3820 or [sodle@yfc.net](mailto:sodle@yfc.net).

**When:** 6-10 p.m. April 25

Dinner and drinks will be provided.

To stay up to date on Campus Life Military events, contact the ministry site director at 605-569-3820 or [sodle@yfc.net](mailto:sodle@yfc.net) or visit Ft. Leavenworth Club - Campus Life Military on Facebook or @campuslifefortleavenworth on Instagram.

chapters in communities across America. Learn more about Youth For Christ at [www.yfc.net](http://www.yfc.net).

**The Fort Leavenworth YFC affiliate, Campus Life Military, for sixth-graders through high school seniors, meets at 6 p.m. Wednesdays at Harrold Youth Center. For more information, contact Samantha Odle at 605-569-3820 or [sodle@yfc.net](mailto:sodle@yfc.net).**

☰

Chaplain Family Life Center

100% Confidential & Clinically Informed  
Pastoral Counseling Services  
(Individual, Couple & Family)  
*Free for all Service Members, Retirees, DoD/DA Civilians and Dependents*

*Suffering from depression, anxiety, stress, PTSD, grief, marriage/ relational issues...?*

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Cell: (913) 680-7336  
Email: [daniel.a.herring2.mil@army.mil](mailto:daniel.a.herring2.mil@army.mil)  
**"You Are Not In This Alone"**

CH (MAJ) Daniel A. Herring is a trained Marriage and Family Life Counselor specializing in Emotionally Focused Therapy (EFT) for couples, Solution Focused Brief Therapy (SFBT) for individuals and couples, Eye Movement Desensitization and Reprocessing (EMDR) Therapy for Trauma and more. He earned his B.S. in Engineering from The University of Washington, his M.A. in Pastoral Studies from Multnomah Biblical Seminary and his M.A. in Counseling from Webster University.

**Located at the back of Pioneer Chapel**  
  
**500 Pope Ave., Bldg. 56  
Fort Leavenworth, KS 66027**



# Patient and Family Partnership Council

(continued from Page A1)



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

**Representatives from Munson Army Health Center and the Patient and Family Partnership Council explore after-hours primary care options to improve access for busy military families on Fort Leavenworth during the PFPC meeting April 4 at the health center. The group is working out details to get approval for a pilot program to be tested later this year.**

more challenging to cover down, but we are looking at different ways to see if we can make it work.”

A survey from primary care revealed equal interest in earlier hours, later hours and current hours, which are 7:40 a.m. to 4 p.m. Monday through Friday.

With the the council’s input, Stevens said MAHC

was developing a pilot program to extend hours until 6:30 p.m. one day per week beginning at the end of summer or early fall.

“During the summer months when school is out and many families are transferring to or from Fort Leavenworth, we typically see a dip in demand for care, so we don’t think it

would be the best time to pilot after-hours care,” Stevens said. “But come August, when school starts and families are settled in, we think that will be a good time to test it out.”

The Patient and Family Partnership Council captures voices and insights of patients and families to improve the patient care experience. The council meets quarterly and is composed of volunteers who represent the interests of patients who receive care from MAHC.

To share thoughts or ideas with the council, e-mail [usarmy.leavenworth.medcom-mahc.mbx.patient-advocate@health.mil](mailto:usarmy.leavenworth.medcom-mahc.mbx.patient-advocate@health.mil) Do not send protected health information.

# PCSing overseas with pets?

Call 913-684-6510  
to discuss requirements





PCS Prep: OCONUS & Pets

**Planning a PCS move with pets somewhere outside the continental United States? Contact the Fort Leavenworth Veterinary Treatment Facility at 913-684-6510 to discuss requirements to take your pets overseas, to include Hawaii and Alaska. There are different requirements based on location, and in some cases it is necessary to begin the process to obtain a health certificate for your pet months in advance. Contact the Fort Leavenworth Veterinary Treatment Facility for more information at 913-684-6510.**

# HOUSING UPDATES



- The **DEADLINE TO APPLY** for the 2025 Michaels Education Foundation Resident Scholarship Program is April 15. Go to [tmoef.communityforce.com](http://tmoef.communityforce.com) to apply. E-mail [scholarships@tmo.com](mailto:scholarships@tmo.com) for assistance, if needed.
- **PETS MUST BE LEASHED** and accompanied by owners outside fenced areas. **CLEAN UP** after pets daily.
- Complete the Army FY25 **HOUSING TENANT SATISFACTION SURVEY**. Check e-mail (including spam) for the link. Contact the Housing Office at 913-682-6300 for help. Survey deadline is May 31, 2025.
- Residents need to submit their “**NOTICE OF INTENT TO VACATE**” with orders to [fhcntv@tmo.com](mailto:fhcntv@tmo.com). Find the form at <https://www.frontierheritagecommunities.com/residents>.
- For **RESIDENTS STAYING** at Fort Leavenworth, provide orders to [fhc@tmo.com](mailto:fhc@tmo.com) to update status.
- Mass **PRE-INSPECTIONS** will occur March 31 through April 18th. Command and General Staff College students staying for the School of Advanced Military Studies do not need to participate. Provide updated status to be removed from the inspection schedule. Inspectors are running ahead of schedule — they may offer an earlier inspection. Early inspections are optional. To keep original date, inform the inspector. Contact the Community Management Office at 913-682-6300 with questions.
- The heating system is off at **INFANTRY BARRACKS**, and the transition to cooling will take a week. Updates on cooling system activation will be provided. Contact maintenance at 913-651-3838 with questions.
- Wallace Commercial Landscaping is **TRIMMING YARDS** in housing areas. Use “No Mow” stakes for them to avoid your yard or flower beds. Wallace will begin spring herbicide (pet and human safe) application April 7.
- Door hangers will be delivered a week before **RADON TESTING**, and e-mail updates will be sent. Midwest Radon, accompanied by a Fort Leavenworth Frontier Heritage Communities maintenance technician, will deploy and retrieve the tests. Results are typically available 10 business days after collection. Testing is mandatory for all units not tested in the last two years. Contact the FLFHC Maintenance Office at 913-651-3838 with questions.



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THURSDAY  
APRIL 10, 2025



# Post Notes

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

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

B1

**PAIR Day & Kid Fest**  
**April 12 // 10AM - 2PM**  
**Harney Sports Complex**

Experience what Fort Leavenworth and the surrounding Kansas City area have to offer at PAIR Day (Post Activities Information & Registration). This is your one stop-shop for everything social, recreational, spiritual, and educational.

There will be informational tables, and lots and lots of FREEBIES!

In honor of Month of the Military Child, this event is a celebration for Military Kids!

This event will be filled with family friendly fun, with a DJ, CYS class demos and informational table. And, the best part it's all FREE!

For more info, call (913) 684-1830  
Or scan the QR Code.

**Walk to Remember**  
**Sexual Assault Awareness and Prevention Month**

Join us to bring awareness to prevention efforts and to honor and remember victim's of sexual assault

Thursday, 10 April 2025  
6pm - 7pm

Post Parade Field  
Fort Leavenworth, KS

**BOSS PRESENTS MOVIE NIGHT**

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

**April 4** **April 18**

**PG** **PG**

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](http://leavenworth.armymwr.com)

April 2025 Military Families Rock						
Sun day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rock Painting Resiliency Center 10-11 am WEAR BLUE!!	2 Go on a Nature Walk	3 Scrap-booking Fun	4 NATIONAL WEAR BLUE DAY	5 Attend a family storytime at your local library
6 Plan a themed dinner night (taco or pizza night)	7 Go on a scavenger hunt in your neighborhood	8 Write a letter to a family member WEAR BLUE!!	9 Learn a magic trick	10 Volunteer with your family	11 Watch the sunset or sunrise	12 Visit your local museum PAIR DAY
13 Arts and Crafts Day	14 Build a fort	15 Visit your local zoo WEAR BLUE!!	16 Make instruments & create a band	17 Have a family sing-a-long in the car	18 Record your own family movie	19 Have a family movie night
20 Go on a one-on-one date with your child	21 Play hide & seek	22 Rock Painting Resiliency Center 10-11 am WEAR BLUE!!	23 Read a book together aloud	24 Put a Puzzle Together	25 Prevention in the Park EFMP Playground 2-4 PM	26 Have a park day and a picnic
27 Star Gaze	28 Create chalk art in the driveway	29 Plant flowers WEAR BLUE!!	30 Go on a Family Bike Ride	Family	Advocacy	Program



## Celebrating Military Children and Youth: Building Stronger Character and Relationships

Fort Leavenworth

# Month of the Military Child

**April 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 MOMC Kick-off & Proclamation Signing HYC at 4:30pm	2	3	4 FREE Movie Inside Out 2 7pm Post Theater	5 SKIES Music Recital Pioneer Chapel @ 10am Mr. Stinky Feet Concert Resiliency Center @ 3pm
FREE BUCKET OF BALLS & SOFT DRINK AT TRAILS WEST GOLF COURSE ALL MONTH KIDS RIDE/PLAY FREE						
6	7 Hats off to Military Kids! Wear your favorite or silliest hat!	8 Wear Blue for Child Abuse Prevention Month	9 Purple Up! Day	10 The Future is Bright wear sunglasses and bright colors	11 Military Kids are Superheroes! (Dress like your favorite Superhero)	12 PAIR DAY & Kids Fest @ Harney 10am-2pm
COMMUNITY-WIDE PURPLE UP! ON APRIL 9! SPIRIT WEEK IS M - F APRIL 7-11						
13	14 SKIES, Youth Sports, and Youth Center Summer Enrollments Open	15	16 Purple Up! Day	17	18 FREE Movie Moana 2 7pm Post Theater YS MLB Pitch, Hit, and Run @ Doniphan Field One 5pm-7pm	19 Bunny Brunch 9am - 12:30pm @ The FCC
20 EASTER	21	22	23	24	25 Operation Megaphone Lock-in 25-26 @ HYC Must register with CYS (grades 6-12)	26 Dandelion Dash Fun Run @ Old Patton Track Registration starts @ 9am
27	28	29	30			
KIDS BOWL FREE EVERY SUNDAY AND THURSDAY AT THE STRIKE ZONE ALL MONTH!						

## MOMC

### Highlights

#### Strike Zone

Every Sunday and Thursday in April from 4pm-8pm, Kids get 2 FREE games, shoes, and a small drink. Lanes are limited! Call ahead. 913-684-BOWL

#### Trails West

Every Day in April Kids get a FREE bucket of balls/ soft drink at the Driving Range. M-F Kids can ride along or play for FREE. (After 3pm on weekends.)

#### Free Movie Nights

7pm @ The Post Theater  
**Inside Out 2**  
**April 4**  
**Moana 2**  
**April 18**

#### Bunny Brunch

April 19 9am - 12:30pm @ The FCC. Must register in advance no later than COB April 14. Fees apply

#### Mr. Stinky Feet Concert

April 5 3pm @ The Resiliency Center

#### PAIR Day/ Kids Fest

April 12 10am-2pm @ Harney Sports Complex

#### MOMC PURPLE UP!

On April 9 wear purple to support Military Kids! Submit photos to FTLVNMOMC@gmail.com



FOR MORE INFORMATION ON ANY OF THESE EVENTS CALL PARENT CENTRAL AT 913-684-5138  
No Federal Endorsement implied



SHATTO MILK COMPANY  
No Federal Endorsement implied



ATTENTION PLEASE!

IMPORTANT ANNOUNCEMENT

Stronghold Office Hours for emails and to return phone calls are Monday, Tuesday, and Thursday from 9:00am - 3:00pm.

Open Pantry Hours, by appointment, are Wednesday from 11:00am - 1:00pm.

You can email us at, [Contact@strongholdfoodpantry.org](mailto:Contact@strongholdfoodpantry.org) or leave a message at (913) 303-8372

Please join us for a

# STRONGHOLD BABY shower

honoring 25 amazing mom's to be!

April 13, 2025 at 2:00pm - 4:00pm  
655 Biddle Blvd, Fort Leavenworth

Please RSVP Online.  
[strongholdfoodpantry.org](http://strongholdfoodpantry.org)

GIFTS CAN INCLUDE..

- Diaper Subscription
- Wipes
- Baby Monitors
- Nursing Pillows
- Dr. Browns Items
- Simple Modern Tumblers
- Blankets & Knitted Items
- Reusable Mother's Tote and more.....

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## STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS

By Appointment Only | [strongholdfoodpantry.org](http://strongholdfoodpantry.org)

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Open Pantry Happy Bottom 11:00 - 1:00	3	4	5
6	7 Volunteer Orientation 10:30A Open Pantry Happy Bottom 11:00 - 1:00	8	9 Closed	10 PopUp Colorado Springs	11	12
13 Stronghold Baby Shower 2:00-4:00	14	15	16 Open Pantry Happy Bottom 11:00 - 1:00	17	18	19
20	21	22	23 Open Pantry Happy Bottom 11:00 - 1:00	24	25	26
27	28	29	30 Closed Stronghold Team Building			

## FROM COMPASSION TO ACTION: 2024 STRONGHOLD YEAR IN REVIEW

Our Ambassadors supported military families in several military installations across

**17** states and **4** countries

On average, we help **90** individuals weekly

**72,500**  
Pounds of Food Distributed

**65,550**  
Meals Distributed

Every single pound distributed by Stronghold was utilized and tailored to the family's needs - we take pride in being an excellent steward of every donation dollar.

Our volunteers

donated **3,500** hours

valued at **\$111,300**

We conducted two pop up pantries at JBLM and Fort Campbell serving 347 individuals.

Over \$35,000 in basic necessities ranging from feminine hygiene products, household items, school supplies, diapers, wipes, portable cribs, winter coats, socks, etc.

Stronghold Food Pantry is a volunteer-run, 501(c)(3) charitable organization serving American military families facing food insecurity with care and dignity by providing food, necessities, and resources. Stronghold strives to remove the stigma and ease the epidemic of food insecurity among military communities by proliferating awareness, advocacy, and collaboration.

## Fort Leavenworth Post - Wide Yard Sale

April 26 • 8am - 3pm

Rain or shine! Event is open to the public! \*

\* IDs will be scanned at the main gates beginning at 8 am, everyone 16 years and older must provide a current ID to enter. (Persons attempting to enter post with outstanding warrants or other security issues will be denied access.)

Residents living on-post are allowed to sell at their residence.

Service Members residing off-post, Retirees and DA Civilians can utilize the Old Bell Hall Parking Lot (located at the Sherman/Reynolds intersection) on a first come, first serve basis.

Alcohol and firearms can not be sold during the yard sale.

For Information please follow the Fort Leavenworth Facebook Page.

\*Scan the QR code for visitor access to Fort Leavenworth. \*

## Dandelion Dash!

### Family Fun Run

APRIL 26  
10AM - 12PM

Registration starts at 9am

Run/Walk will be held on the track  
Old Patton Jr High  
5 Grant Ave  
Ft. Leavenworth

Bring your whole family for this fun and FREE Run/Walk honoring the Month of the Military Child! There will be a sticker and selfie station, medals for every child who finishes, and a snack at the end of the event!

Call 913-684-7524 for more info  
Scan the QR code to follow MWR on FB!

## FORT LEAVENWORTH NEW CDC DETOUR ROUTE

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

## MyArmyPost

Try the Army's Newest Mobile Application!

FIND THE MY ARMY POST APP IN THE APP STORE

DOWNLOAD IT TODAY

### EXISTING FEATURES

- One-click emergency calls
- Near real-time updates
- Installation-wide alerts
- Interactive bus routes
- Current Air Quality Index
- Newcomer information
- Intuitive search functions
- Bookmark common resources
- Resource Alerts
- Events
- Maintenance Requests
- MHS Genesis Login

# ST BARBARA'S DAY BALL

## HENRY LEAVENWORTH CHAPTER

### US FIELD ARTILLERY ASSOCIATION

REGISTER NOW!

## MAY 3, 2025

FRONTIER CONFERENCE CENTER

For more information go to <https://www.facebook.com/HenryLeavenworthFiresAssociation>



Gather your team, put on some jeans, and join SHARP and Strike Zone Bowling Center for a special Denim Day Bowling Tournament!

**SHARP**  
Wednesday, April 30  
2:00pm

Strike Zone Bowling  
165 Fourth St

- \$750 per person w/shoes / 2 games
- \$30 per 5-person team w/shoes / 2 games

SHARP Bowling Tournament Entry Form (Please return form & payment to Strike Zone Bowling Center)

TEAM NAME: \_\_\_\_\_

TEAM CAPTAIN: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

TEAM LINE-UP:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**DENIM DAY**  
SEXUAL ASSAULT AWARENESS & PREVENTION

MAKE A SOCIAL STATEMENT

Join us  
**WEDNESDAY  
APRIL 30TH**

Wear denim with a purpose on this day to show your support in ending sexual violence and victim blaming. Denim Day is an international day created in response to an Italian Supreme Court decision that overruled a 1998 rape conviction. The judge had claimed that the victim's jeans were so tight that they must have taken them off consensually

HELP US STOP VICTIM BLAMING BY MAKING THE STATEMENT  
"CLOTHING HAS NEVER, AND WILL NEVER HAVE ANYTHING TO DO WITH SEXUAL VIOLENCE"

Walk to Remember  
Sexual Assault Awareness and Prevention Month

Join us to bring awareness to prevention efforts and to honor and remember victim's of sexual assault

Thursday, 10 April 2025  
6pm - 7pm

Post Parade Field  
Fort Leavenworth, KS

First Responders, rallying together to provide information and support to the FTLVN community

Sexual assault affects us all.

It's on us  
To fight it  
Together.

"STEP FORWARD.  
Prevent. Report. Advocate."

Friday, 18 April @ Post Exchange (PX) from 1100-1430

Sexual Assault Awareness & Prevention Month

**SHARP  
FIRST RESPONDERS'  
RALLY**



- Family Advocacy Program -

**Victim Advocacy Program**

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

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





Safety Planning



Victim Advocacy Services



Education & Support Group

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

It takes strength to reach out for support.

**The Safe Helpline is available 24/7 for victims of sexual assault.**

Talk to someone who understands:

[safehelpline.org](https://safehelpline.org)

U.S. ARMY  
DIRECTORATE OF PREVENTION, RESILIENCE AND READINESS



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



**Ms. Amanda Bonseigneur**  
Lead SARC  
Amanda.bonseigneur.civ@army.mil  
Teams: 520-669-3474  
Office: 913-684-2810  
Cell: 913-704-9620  
Bldg 197, 632 McClellan Ave



**Mrs. Danielle Rothering**  
Supervisory SARC  
Danniele.r.rothering.civ@army.mil  
Teams: 571-588-0146  
Cell: 913-704-5623  
Bldg 197, 632 McClellan Ave



**SFC Jerri Osborne**  
Team 1 SARC  
jerri.l.osborne.mil@army.mil  
Teams: 520-692-6520  
Office: 913-684-2842  
Cell: 913-565-0741  
Bldg 197, 632 McClellan Ave



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



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



**Mr. Josh Belle**  
Team 4 SARC  
joshua.p.belle.civ@army.mil  
Teams: 520-945-5992  
Office: 913-684-5230  
Cell: 913-680-5699  
Bldg 58, 614 Custer Rd



**Ft Leavenworth SHARP Resource Center**  
Building 197, 632 McClellan Ave  
Fort Leavenworth, KS 66027  
Contact the team at [usarmy.leavenworth.cac.mbx.cac-sharp@army.mil](mailto:usarmy.leavenworth.cac.mbx.cac-sharp@army.mil)

Located at the corner of Kearny Avenue and McClellan Avenue, next to the Post Parade Field

**We Have Realigned Under an Installation Model**

**Team 1** AAFES, ACS, AFC, ARI, CDID, Cemetery, CID, CPAC, DeCA, DES, DLA, DMPA, FMWR, LRC, MCCoE, MICC, Museum, NEC, PAO, RCI Housing, TDS/SJA, TRAC, USAFMSA, USAG HQ, USASMDC, USD 207, and US STAG CMD.

**Team 2** CAC HQ, CAC-T HQ, MCTP, NSC, STB, TMD, 505th CCW and 500th/67th MP

**Team 3** ACB, MWJRCF, USDB

**Team 4** Army U, CGSC, Dental, DLI, MAHC staff, Patients, SAMS, SOF, TRADOC, Veterinarian, and Other Service Staff tenant personnel

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

**Sexual Harassment Complaint Reporting Option**  
Formal | Anonymous | Confidential  
**Sexual Assault Reporting Option**  
Restricted | Unrestricted | CATCH-Only  
**Retaliation Reporting Options**  
Command | IG | SARC | DoD Safe Helpline | CPAC (DA Civ Only)

Find us on Facebook



WeCare App



**STEP FORWARD: Prevent. Report. Advocate.**  
Current as of 18 March 2025



FAMILY ADVOCACY PROGRAM

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

APRIL 2025    Resiliency Center, 600 Thomas Ave, Building 198    \*\*\*ACS is closed for lunch from 1130-12:30pm daily\*\*

**NEW PARENT SUPPORT PROGRAM**  
\*\*Call 913-297-3212/ 9704 to register for all NPSP classes & events

**Stroller Walk**  
Tuesdays, 10:00am  
Meet in front of Resiliency Center

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

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

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

**Wiggles and Giggles**  
Fridays, 10:00am  
Resiliency Center Playroom

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

**Newborn Care Class**  
April 7, 5:00-7:00pm

**Breastfeeding Class**  
April 14, 5:00-7:00pm

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

**Potty Training**  
April 28, 5:00-7:00pm  
Resiliency Center, Room 157

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



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

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

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

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

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

**FAMILY ADVOCACY PROGRAM**  
\*\*Registration Required for all FAP events. Classes at Resiliency Center, Room 145

**CAPM Rock Painting**  
April 1 & 22, 10:00-11:00am

**Co-Parenting Workshop**  
April 7, 14, 21, 28  
12:00-1:00pm



**Anger Management**  
April 17 11:30am- 1:00pm

**Crocheting Club**  
April 18, 1:00-3:00pm

**Prevention in the Park**  
April 25, 2:00-4:00pm  
Rain Date: April 30

**SAVE THE DATE!**  
**Muffins With Mom**  
May 16, 1:00-3:00pm



**Father Daughter Tea Party**  
June 1, 2:00-14:00pm

**Father/Son Scavenger Hunt**  
June 7, 9:00-11:00am



ACS New Parent Support Program Introduces

Stroller Walk and Talk



Every Tuesday • Resiliency Center - 600 Thomas Ave.  
March - May & Oct. - Nov. • 10AM - 11AM  
June - Sept. • 9AM - 10AM

This is a great way to get to know Fort Leavenworth, meet other parents, ask questions, and get some fresh air.

Free event, open to parents with children 0-3 years old.

Participants need to bring their own stroller.

Registration is required, call (913) 601-7866 or (913) 684-2800.

ACS Family Advocacy New Parents Support Program Presents

Toddler Time Playgroup

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

Wednesdays @ 9:00am

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

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

CROCHETING CLUB

Jan 31, Feb 21, Mar 14, Apr 18, May 16

1pm - 3pm

Room 145


600 Thomas Ave

Come join our Crocheting Club and learn a new skill, or perfect an existing one!

"Stitch" together, connect & create! Supplies will be provided! Have a favorite yarn? You're welcome to bring it!

Please RSVP one day prior to class  
Call 913-684-2808/2800

FREE! Ages 8+



STRESS MANAGEMENT

Thursdays; Sept 12, Nov 14, Jan 16, Mar 27  
1130 - 1300

ACS Conference Room 145

Registration Required (must register by the day before the class you want to attend.)  
Classes are for 18 and over, no childcare will be provided.

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) 684-2808/2822

ACS Family Advocacy New Parents Support Program Presents

Storytime!

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

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

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

Every Wednesday @ 10:00 am

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

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

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.

WIGGLES & GIGGLES

Fridays 10am -11am  
ACS Playroom  
600 Thomas Ave

FREE  
Ages 3-12 months  
Register by COB Thursday




We wanna go...

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

For more info or to register call 913-297-3212/ 9704









## Co-Parenting Workshop

**Round 1: April 7, 14, 21, 28**  
**Round 2: July 7, 14, 21, 28**  
**Round 3: September 8, 15, 22, 29**  
**@ 12:00pm - 1:00pm**  
**ACS Classroom 145**  
**600 Thomas Ave**

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

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

FREE and open to all DoD ID holders 18+  
Register by calling **913-684-2811/ 2808**  
Deadline to register is day before class.  
Participants are encouraged to attend every class as each session will be different. Ask about virtual options!



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

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



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

FREE AND OPEN TO DOD ID CARD HOLDERS 18+.

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

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

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





## PREVENTION IN THE PARK

**APRIL 25 // 2PM – 4PM**  
**EFMP PARK (BEHIND POST THEATER)**

April is National Child Abuse Prevention Month. During April, FAP / NPSP will be sponsoring events focused on stress reduction and family fun. Come join us to have some fun at the park with bubbles, chalk, bean bag toss, and other fun activities for the family!

FREE and open to DoD ID card holders.

Age limit: kids 0-10!

Registration is required and can be done until April 18th.

For more info or to register call, (913) 684-2808/2800.

Rain out date: April 30 // 2PM - 4PM





## 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.

**2025 DATES:**  
Jan 22 • Feb 19 • March 19 • April 23  
May 21 • June 18 • July 23 • Aug 20  
Sept 17 • Oct 22 • Nov 12 • Dec 3

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





## MOM'S NIGHT OUT

This 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.

**2025 Dates:**  
Jan 29 • Feb 26 • March 26 • April 30  
May 28 • June 25 • July 30 • Aug 27  
Sept 24 • Oct 29 • Nov 19 • Dec 10

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





## MILPARENTS ROCK: Rock Painting

**April 1 & 22 • 10AM - 11AM**  
**Resiliency Center • 600 Thomas Ave.**

April is National Child Abuse Prevention Month. During April, FAP / NPSP will be sponsoring events focused on stress reduction and family fun. Come celebrate with us to honor military parents and children by painting rocks for your own personal rock garden.

Supplies will be provided. Registration is not required, just show up!

Event is FREE and open to DoD ID card holders 18+.

For more info call: (913) 684-2808.





## ACS New Parent Support Prenatal Classes 2025

**Childbirth Classes:**  
Series of three classes  
Jan 6th, 13th, 27th  
Mar 3rd, 10th, 17th  
May 5th, 12th, 19th  
July 14th, 21st, 28th  
Sep 8th, 15th, 22nd  
Nov 3rd, 17th, 24th





**Newborn Care Classes:**  
Feb 3rd  
April 7th  
June 2nd  
August 4th  
October 6th  
December 1st


**Breastfeeding Classes:**  
February 10th  
April 14th  
June 9th  
August 11th  
October 20th  
December 8th

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

Free for Expectant Parents!

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








## ACS New Parent Support 2025 Potty Training


**Are you ready?**

**Time to lose the diapers?**

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

**600 Thomas Ave**  
**Room 157**  
**2/24, 4/28, 6/16, 8/18, 10/27, 12/15**  
**5 pm - 7 pm**





## Teen Employment Workshop





Picking your future career is just one piece of the puzzle.

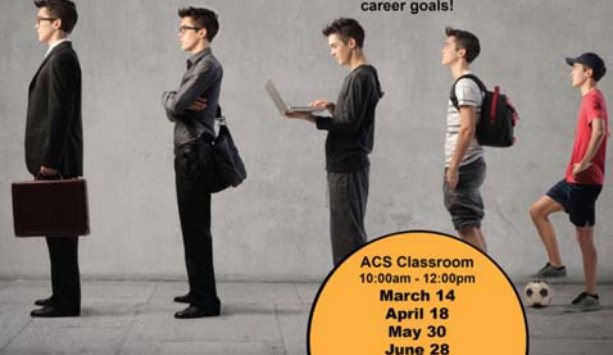
The Teen Employment Workshop takes the guesswork out of job searching, resume building, and tailoring your skills to the job that you want!

Learn how to fit the pieces together to create an exciting picture of your future career goals!

**ACS Classroom**  
**10:00am - 12:00pm**  
**March 14**  
**April 18**  
**May 30**  
**June 28**  
**July 11**  
**August 1**

FREE! Registration is required the day before the workshop. For ages 14 - 20. For more info please call 913-684-2800





## Father / Daughter Tea Party

**June 1, 2025**  
**2 pm - 4 pm**  
**FCC Ballroom**

Register by May 23  
913-684-2808/ 2822

Please join us for a special Father/ Daughter Tea Party. Dress to impress in business casual, Sunday best, or Dress Blues. There will be Dancing, Refreshments at Tea Time, Commemorative Pictures, and a Surprise to take home!

FREE and open to Active Duty and Retired Military / Recommended Ages 10 and under.





## FATHER/SON Scavenger Hunt

**June 7**  
**0900-1100**  
**Hunt Lodge**  
**800 Wainwright St.**  
**Fort Leavenworth**

Geared toward Active Duty Dads with sons ages 12 and under, this FREE event celebrates Dads Make a Difference Month.

There will be multiple outdoor stations where fathers can pass on their knowledge of military training to their sons. Together, they will complete physical activities such as low crawling, archery, and a three-legged race!

Wear outdoor play clothes, sunscreen, and bug spray. Water will be provided.

Registration is required/ Call 913-684-2808/ 2822 to register before May 30





## ARMY COMMUNITY SERVICE ACS

Real-Life Solutions for Successful Army Living

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

## DoD Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

## Need to talk?

We're here to help.

safehelpline.org





# ARMY COMMUNITY SERVICE



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

APRIL 2025

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

## RELOCATION READINESS PROGRAM

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

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

**Hearts Apart Bowling for Families of Deployed Service Members**  
April 5, 12:00-2:00pm  
Strike Zone Bowling Center  
*\*Registration Required*

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

- kitchenware
- cookware
- small appliances

**Smooth Move** offered upon request.



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

## EMPLOYMENT READINESS PROGRAM

**Resume Writing**  
April 9, 12:00-2:00pm &  
\*\*Evening 5:00-7:00pm

**Federal Employment**  
April 16, 12:00-2:00pm &  
\*\*Evening 5:00-7:00pm

**Teen Employment Workshop**  
April 18, 10:00am-12:00pm

**Interview Skills & Professionalism**  
April 30, 12:00-2:00pm

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

## EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

*\*Registration Required for EFMP events*

**EFMP Refreshing Conversation**  
April 3, 10:00-11:00am

**EFMP Recreational Bowling**  
April 5, 12:00-2:00pm  
Strike Zone Bowling Center

<facebook.com/FortLeavenworthACS>

## FINANCIAL READINESS PROGRAM

Offers counseling services and classes upon request to assist Soldiers and their families in achieving personal financial goals.

## ARMY VOLUNTEER CORPS

**Volunteer Basics**  
April 4, 12:00 - 1:00pm



Learn how to submit someone for the Military Outstanding Volunteer Service Medal (MOVSM) to recognize their volunteer efforts.

Visit: <https://vmis.armyfamilywebportal.com> to register for an account and find opportunities to volunteer in the community.

<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, apply at <https://www.armyemergencyrelief.org/> and call the ACS main line during duty hours to follow up.

## SURVIVOR OUTREACH SERVICES

April 5th is Gold Star Spouses Day. Gold Star Spouses are the resilient legacies of their service member's sacrifice to the nation.



Follow SOS@ <https://www.facebook.com/FortLeavenworthSurvivorOutreachServices/>

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

## EFMP/ Waiting Families RECREATIONAL BOWLING

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



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

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

Pre-registration is required the Wednesday before the event. Fort Leavenworth Waiting Families, call ACS to reserve your spot!

Call **913-684-2800** for more info or to register



Exceptional Family Member Program

## ARMY COMMUNITY SERVICE LOAN CLOSET FORT LEAVENWORTH, KANSAS 913-684-2830/2800

Who: All Active Duty, Retiree, DA Civilian and their family members who are either permanent party, TDY or PCSing.

When: M-F 0730-1630

Where: 600 Thomas Avenue (Pull into the Alley behind the ACS building and call the number on the black sign.

Rules: Loans are limited to 30 days for in and out-processing personnel. This can be extended by phone if needed. Checkout of items for an event is limited to 10 days. Customers are responsible for replacing any item that is damaged or lost.

Items available:

**Pre-Packed Kitchen Kit:**

- |                  |                           |
|------------------|---------------------------|
| 1 Bowl (mixing)  | 1 Large Kitchen Knife     |
| 1 Pitcher        | 4 Steak Knives            |
| 1 Colander       | 1 Peeler                  |
| 1 Cutting Board  | 1 Cookie Sheet            |
| 1 Skillet        | 2 Serving Spoons          |
| 2 Pots with Lids | 1 Spatula                 |
| 4 Plates         | 4 Plastic Glasses         |
| 4 Bowls          | 1 Can Opener              |
| 4 Coffee cups    | 1 Set of Measuring Spoons |
| 4 Forks          | 1 Measuring Cup           |
| 4 Spoons         | 1 Pot Holder              |
| 4 Knives         |                           |

**Additional Items Available:**

- |                               |                   |                 |
|-------------------------------|-------------------|-----------------|
| Cheese Graters                | Plates            | Square Tables   |
| Pizza Cutters                 | Bowls             | Circle Tables   |
| Spaghetti Servers             | Coffee Cups       | Folding Chairs  |
| Tongs                         | Blenders          | Strollers       |
| Whisks                        | Coffee Makers     | Baby Gates      |
| Glass Baking Dishes-Rectangle | Crock Pots        | Booster Seats   |
| Glass Baking Dishes-Circle    | Toasters          | Cribbs          |
| Muffin Pans                   | Rice Cookers      | High Chairs     |
| Hand Mixers                   | Microwaves        | Pack and Play   |
| Veggie Steamers               | Indoor Grills     | Laundry Baskets |
| Large Kitchen Knives          | Electric Skillets | Sleeping Mats   |
| Mixing Bowls                  | Panini Grills     | Ironing Boards  |
| Skillets                      | Plastic Glasses   | Trash Cans      |
| Pots with Lids                | Utensils          |                 |

ACS Family Advocacy Program Presents:

## ANGER MANAGEMENT

Feb 20 • Apr 17 • Jun 12

Aug 21 • Oct 16 • Dec 11

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) 684-2808/2822



## 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



## Employment Readiness Program Classes

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



Scan QR Code for more info!

\*Classes are from 12PM - 2PM\*

Registration is required for evening classes only.

Open to DoD ID card holders.

For more info call:  
(913) 684-2800



## 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: 913-684-2832 / 2800



## HEADS UP

We are all trying to get somewhere, so let's pay attention to each other and get places safely!

Here are few tips for pedestrians and drivers to be aware of when traveling on post.



### HEADS UP PEDESTRIANS!

- Walk on sidewalks whenever they are available
- Look up from your phone and pay attention when approaching a crosswalk
- Watch for vehicles turning left or right before you cross
- Whenever possible, cross streets at crosswalks or intersections, where drivers expect pedestrians
- Wear bright or reflective clothing during reduced visibility so drivers can see you

### HEADS UP DRIVERS!

- Put away all distractions and pay attention to the road
- Always look out for pedestrians
- Obey the posted speed limit
- Yield to pedestrians in crosswalks
- When opening your vehicle door be alert for bicyclists
- When paralleling a sidewalk and making a right turn, be sure to check your right rear

FLKS Garrison Safety Office: [usarmyleavenworth.id.training.mbx.safe@armymil](mailto:usarmyleavenworth.id.training.mbx.safe@armymil)



7 March 2025

## Cybercrime Prevention Flyer Government Agency Text Scams

Due to convenience and immediacy in communication offered by text messaging, many people are more likely to readily check these messages and respond quickly as compared to email or answering a phone call. As cybercriminals and scammers are well acquainted with the most effective means to communicate with unsuspecting victims, and due to the proliferation of cell phones (approximately 310 million in the U.S. as of 2024), sending a convincing scam via text can be an effective method for criminal elements to engage unsuspecting individuals. A single reply by one victim can net a cybercriminal hundreds or even thousands of dollars; the potential amounts are even higher with multiple replies.

To add authenticity, scammers often draft a convincing text message purported to come from an official local, state, or federal agency. Some common scam themes include:

- **IRS Scam** – Often seen during tax season, IRS-themed messages request personal information to process a refund or recalculate tax amounts. Payment might be requested to allow the recipient of the text to avoid prosecution or having their social security number cancelled.
- **Social Security Scam** – Frequently targeting older adults, Social Security scammers often revolve around overpayment, suspension of benefits, or requests for additional information necessary for a payment increase.
- **U.S. Postal Service** – Using notification of an incoming package, scammers request recipients to click on a provided link which then leads to a website requesting personal or financial information.
- **Speeding and Parking Ticket Scams** – This scam involves a text indicating recipient's vehicle was exceeding the speed limit or parked illegally, and a citation was issued; it then requests payment to avoid a court appearance.
- **Jury Duty Text Scam** – Seemingly sent from a court with a claim the recipient missed jury duty and is required to pay a fine or provide personal information to avoid jail time or fines.
- **Other Government Agency Scams** – Within a month of the establishment of the Department of Government Efficiency (DOGE), scammers began targeting government personnel with DOGE-themed scams.

### Text Scam Protection Tips

- Bear in mind that the IRS does not text taxpayers; the IRS contacts taxpayers through the U.S. Postal Service unless in special circumstances wherein taxpayers would be contacted by phone.
- Do not click on links received in text messages, or reply to text messages, if the sender is unknown or the message looks questionable.

Supervision of Children or Home Alone Policy  
Per CAC Supplement to Army Regulation 608-18

\*\* Children with a history of Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), Developmental Delay, behavioral problems, impulsivity, psychiatric problems or other special needs should not be given the degree of self-management or responsibility allowed in this policy.

### HOME ALONE?

- Birth to 9 years old – NEVER
- Ages 10 to 11 – Can be left up to 2 hours with an emergency plan in place and access to an adult (NEVER overnight) but not dropped off at F&MWR without adult supervision
- Ages 12 to 14 – Up to 3 hours with an emergency plan in place and an adult checking on them in person or telephonically (NEVER overnight)
- Ages 15 to 17 – Up to 6 hours (NEVER overnight) with an emergency plan in place and access to an adult

### BABYSITTING?

- Birth to 11 years old – NEVER
- Ages 12 to 14 – Must have completed a CYS approved babysitting course. May babysit with an adult checking on them every 3 hours in person or telephonically (NEVER overnight)
- Ages 15 to 17 – Must have completed a CYS approved babysitting course. May babysit up to 6 hours with ready access to adult supervision (NEVER overnight)

### UNATTENDED IN VEHICLE?

- Birth to 9 years old – NEVER
- Ages 10 and older – Yes under normal weather conditions

### UNATTENDED OUTSIDE?

- Birth – 4 years – Direct supervision, NEVER LEFT ALONE
- Ages 5 to 6 – Immediate supervision, MUST be within eyesight or hearing distance from supervising adult with the ability to respond to an emergency in 30 seconds
- Ages 7 to 9 – Monitored supervision, If in a playground or yard access to adult supervision at all times
- Ages 10 to 11 – Self-care supervision up to 2 hours with access to adult supervision
- Ages 12 to 14 – Self-care supervision up to 3 hours
- Ages 15 to 17 – Self-care supervision up to 6 hours
- Children 11 and under will not be dropped off at F&MWR activities without adult supervision per policy guidance.

> Kindergarten must be accompanied by an adult to and from school

> 1<sup>st</sup> Grade and above – May walk to and from school and supervised activities alone

> During school year children 9 & younger must be escorted across heavy traffic roads (i.e., Grant, Hancock and Bidde)

CURFEW (Children must be accounted for by a parent during the following time periods. )

- Ages 15 and younger is 2230-0600 hours.
- Ages 16 and 17 is 0030-0600 hours.

Questions? Call Family Advocacy Program Manager (FAPM) at (913) 684-2822, Behavioral Health at (913) 684-6778 or Military Police at (913) 684-2456.

\*\*For a complete Supervision of Children and Home Alone Policy please contact the FAPM.

19 Oct 21



Catholic Women of the Chapel



**CWOC resumes on January 9, 2025**  
**and meets Thursdays at 9:00am**  
**in the Pioneer Chapel Activity Room**

Join us for our faith study:  
**THE RETURN OF THE PRODIGAL SON**  
by Henri Nouwen

LEARN MORE >>>

Find our complete calendar on  
Facebook 'CWOC Fort Leavenworth'



**SAINT IGNATIUS**  
**EGG HUNT**

Join us for an Egg Hunt following Easter Mass! Bring the whole family for a short walk to the original Saint Ignatius grounds. Donuts will be served after the egg hunt.

EGG HUNT | DONUTS | PRIZES

20 APRIL 2025 | AFTER MASS

Original Saint Ignatius Ground  
Pope Ave, Fort Leavenworth



7-13 June 2025

**LEAVENWORTH WEEK**

Family Retreat  
Spring Canyon Conference Center  
Buena Vista, CO  
leavenworth@ocfusa.org



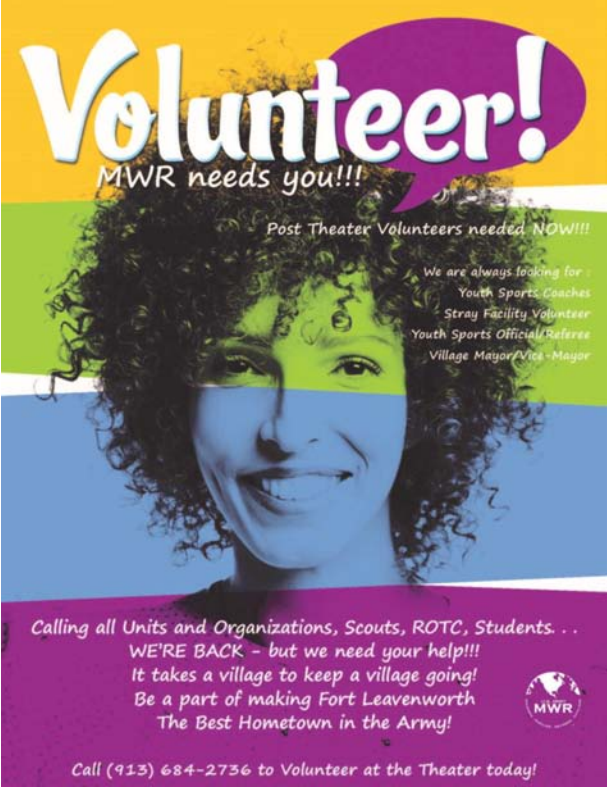
**Volunteer!**  
MWR needs you!!!

Post Theater Volunteers needed NOW!!!

We are always looking for:  
Youth Sports Coaches  
Stray Facility Volunteer  
Youth Sports Official/Referee  
Village Mayor/Vice Mayor

Calling all Units and Organizations, Scouts, ROTC, Students...  
**WE'RE BACK - but we need your help!!!**  
It takes a village to keep a village going!  
Be a part of making Fort Leavenworth  
The Best Hometown in the Army!

Call (913) 684-2736 to Volunteer at the Theater today!




**MONTHS OF THE MILITARY CHILD**

**April 2025**

April 1-10 Month of the Military Child  
April 11-20 Month of the Young Soldier  
April 21-31 Month of the Young Soldier

STAND STRONG WITH MILITARY CHILDREN

**Celebrating Military Children and Youth:**  
Building Stronger Character & Relationships



**Fort Leavenworth Lent and Holy Week Services**

**Easter Sunrise Service: 0630-0730**

**Protestant Christian Services**

**Ash Wednesday Services (05MAR25)**

0730: Protestant - Lewis & Clark Building (Faculty Lounge)  
1730 Anglican/Liturgical - Memorial Chapel

**Lenten Lunch (1200-1300)**

12 MAR - Frontier Chapel, RM 153  
19 MAR - Frontier Chapel, RM 153  
26 MAR - Frontier Chapel, RM 153  
02 APR - Frontier Chapel, RM 153  
09 APR - Frontier Chapel, RM 153

**Good Friday Services (18APR25)**

1800: Protestant Community - Frontier Chapel

**\*\*\*Regular Chapel Schedule on 20 April 2025**

**Catholic Services**

**Ash Wednesday Service (05MAR25)**

1200 - Pioneer Chapel

**Stations of the Cross (1730-1900)**


- 07 MAR: Station of the Cross - Pioneer Chapel
- 14 MAR: Stations of the Cross - Pioneer Chapel
- 21 MAR: Stations of the Cross - Pioneer Chapel
- 28 MAR: Stations of the Cross - Pioneer Chapel
- 04 APR: Stations of the Cross - Pioneer Chapel
- 11 APR: Stations of the Cross - Pioneer Chapel

**Holy Thursday Mass (17APR25) - 1800 Pioneer Chapel**

**Good Friday Service (18APR25) - 1500 Pioneer Chapel**

**Easter Vigil Mass (19APR25) - 2000 Pioneer Chapel**

**Easter Mass (20APR25) - 0930 Frontier Chapel**





**2025 Jewish Passover: Fort Leavenworth**


**Jewish Passover: 12-20 APR 25**

Frontier Chapel (625 Thomas Avenue) will remain open from 0900-1700 during Duty day for Service members and Families to pray and observe the Jewish Passover.

Please see your unit chaplain or the Religious Support Office at 913-684-2210.

POC: CH (MAJ) Chris Weinrich, christopher.w.weinrich.mil@army.mil





Join us monthly

**DATE NIGHT**

6-10 PM @ Frontier Chapel

Meals & Childcare provided

Sponsored by  
Fort Leavenworth Chapel Community

Supported by  
cru MILITARY

**Invest in your marriage this year!**

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

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

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



**REACHING MILITARY-CONNECTED YOUTH**  
**END OF YEAR IMPACT**

**574** Weekly messages of encouragement  
Students known by name

**882** Commitments to follow Christ

**14** Small Group meetings to dive deeper into the Word

**328** Lost kids in Christ-sharing relationships

**338** Meetings with students to focus on their individual needs

**638**



**Looking for Community?**  
**Join Campus Life Military**



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

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

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

frontierccu.org (913) 651-6575

**Frontier**  
Community Credit Union

Federally Insured by NCUA

Twitter Facebook





# Volunteers Needed

Love history? Enjoy interacting with people?  
This volunteer position is for you!

The Frontier Army Museum is searching for front desk volunteers. Volunteers will greet guests, answer questions, and perform additional tasks as needed.

Tuesdays (9-3), Fridays (9-3), and Saturdays (10-3)  
Hours are flexible. 16 and older.



Please contact Megan Hunter if interested  
[megan.m.hunter4.civ@army.mil](mailto:megan.m.hunter4.civ@army.mil)

Frontier Army Museum  
100 Reynolds Ave  
Fort Leavenworth, KS

## 2025 Speaker Series

Presented by the Frontier Army Museum & The Friends of the Frontier Army Museum (FFAM)

All presentations are free to the public and will be located at the  
Frontier Army Museum 100 Reynolds Ave Fort Leavenworth, KS

### FEBRUARY

Wednesday February 26th, 5:30p: "A Kansas Soldier at War" with Ken Spurgeon

### MARCH

Saturday March 22nd, 10:30am History Brunch: "A Contribution to Victory: Western University's Vocational Training Program for World War I with Dr. Bernard Harris JR. Light refreshments provided by the Friends of the Frontier Army Museum will be served prior to the presentation.

Wednesday March 26th, 5:30pm: "Fort Leavenworth and Early Local Communities" with Gary Hyder


### APRIL

Saturday April 5th, 10:30am History Brunch: "Moroccan Participation in WWI and II" with MAJ Zakariae Tiddarine. Light refreshments provided by Friends of the Frontier Army Museum will be served prior to the presentation.

Saturday April 12th, 10:30a History Brunch: "10th Mountain Division during World War II" with National WWI Museum and Memorial Curator Dr. Chris Juergens. Light refreshments provided by the Friends of the Frontier Army Museum will be served prior to the presentation.


Wednesday April 30th, 5:30p: "Religion in Early Leavenworth History" with Raymond Powell

All presentations will be streamed live and recorded on the Friends of the Frontier Army Museum Facebook page: <https://www.facebook.com/ftleavenworthffam>




# FRONTIER HERITAGE COMMUNITIES

APRIL 2025 | COMMUNITY NEWSLETTER



## STUDENTS:

### Pre-Inspection for Summer Move Out



WEEK	DATES & LOCATIONS
<b>1</b>	31 MAR: SANTA FE (6th Infantry 1-48)
	01 APR: SANTA FE (6th Infantry 49-87)
	02 APR: SANTA FE (6th Infantry 88-99, Biddle, Kansas 1-32)
	03 APR: SANTA FE (Kansas 33-79)
<b>2</b>	04 APR: SANTA FE (Kansas 81-112), IOWA, OLD PAWNEE
	07 APR: SHAWNEE (1st Cavalry Ct, 1st Cavalry 108-140)
	08 APR: SHAWNEE (1st Cavalry 141-155, 7th Cavalry, Grierson 100-114)
	09 APR: SHAWNEE (Grierson 115-126, Hatch 100-131, Kansas 790, 792, 794)
<b>3</b>	10 APR: KICKAPOO (4 Artillery 800-818, Dodge, Dragoon, Kansas 801-815)
	11 APR: KICKAPOO (Swift, Hollowell 108-129)
	14 APR: KICKAPOO (Hollowell 130-181)
	15 APR: KICKAPOO (Johnson), POTTAWATOMIE, UPPER KANSA
	16 APR: OLD OREGON, OSAGE, OTTAWA
	17 APR: WINT, INFANTRY BARRACKS
	18 APR: MAKE UP DAY

Inspections will begin at 8:00 AM and continue as needed until 5:00 PM each day.

It is required for an adult, aged 18 or older, to be present during the inspection.

Scheduling conflicts? Contact us at (913)682-6300 or [fhc@tmo.com](mailto:fhc@tmo.com)

Don't Forget Your Basket!

EXCHANGE™

# EASTER EGG HUNT

## SAT. APRIL 19

The hunt begins promptly at 1:00 by Armed Forces Bank

Age Groups: 2-3, 4-5, & 6-10  
Find a GOLDEN EGG for a special prize!  
(In the event of adverse weather the Easter Egg Hunt will be rescheduled)

Parents bring your camera for photos with the Easter Bunny!



THE MICHAELS ORGANIZATION  
EDUCATIONAL FOUNDATION

Michaels  
EDUCATIONAL  
FOUNDATION

## Resident Scholarship Program

# APPLICATIONS NOW OPEN!

FEBRUARY 3 -  
APRIL 15, 2025

APPLY ONLINE @

[tmoef.communityforce.com](https://tmoef.communityforce.com)

SCAN HERE TO APPLY

### ELIGIBILITY REQUIREMENTS

- Matriculating college students & those with a high school diploma who plan to attend any accredited college, university, trade school, or technical program
- Current residents, in good standing at a Michaels community
- Official grade transcript must be submitted
- Complete all required parts of the application (including Conditional essay, if applicable)



Need Assistance?  
Contact Us!

[Scholarships@tmo.com](mailto:Scholarships@tmo.com)

Base visitors:  
**REAL ID Required after May 7, 2025**

### Know the difference

#### REAL ID Driver License

A REAL ID is usually marked by a **GOLD STAR** in the upper-right hand corner, depending on the issuer.

- ☆ Meets the new federal security standards
- ☆ May be used to board domestic flights
- ☆ Enter **MILITARY BASES**, secure federal facilities, and nuclear power plants starting May 7, 2025
- ☆ Anyone coming onto base as a sponsored guest after the deadline will need a Real ID.
- ☆ U.S. Department of Defense ID, including IDs issued to dependents are considered to be Real ID compliant.



#### Standard Driver License

It will not have a gold star marking in the upper-right hand corner. If you plan to fly domestically, a REAL ID is recommended.

- Does not meet the new federal security standards
- Cannot use to board domestic flights starting after the new May 7, 2025 deadline
- Cannot use to enter military bases, secure federal facilities, or nuclear power plants starting May 7, 2025

**REAL ID** is a federal security credential added to State-Issued Driver Licenses and Identification Cards that establishes a minimum security standard required for specific activities.



# Volunteer!



# Help Shelter Pets!

They need your help for walks and general care!

They enjoy the love, attention, and affections, too!

Several shifts to choose from

Work with either our cats or dogs or both!

Want to know how to join our team?

Register at  
<https://vmis.armyfamilywebportal.com/>.

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

After you train, you shadow two shifts. Then you are ready to help shelter pets!

Watch the **Fort Leavenworth Stray Facility** Facebook page for training events!

Once you register, train, and shadow, you can sign up for any shift you can cover.

Children under 18 can help, but they must be accompanied by an adult the entire shift.



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





## March & April Workshops

### Watercolor

\$30 per workshop

**Watercolor (Basic Techniques)**  
Wednesday, March 5  
11am - 1pm

**Watercolor (Spring Florals)**  
Wednesday, March 26  
11am - 1pm

**Watercolor (Color Theory)**  
Wednesday, March 12  
11am - 1pm

**Watercolor (Landscapes)**  
Wednesday, April 9  
11am - 1pm



scan for more info

Call now to register!  
913-684-3373

Arts & Crafts Studio

310 McPherson Ave  
913-684-3373

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

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

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

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

**Pottery Studio (Coming Soon!)**

## Modern Calligraphy

### Basics

\$20 per class

Tuesday  
April 15  
1:30pm - 3pm

### Special Projects

**Birthday Cards**  
Tuesday  
April 29  
1:30pm - 3pm

### Intermediate

\$20 per class

Tuesday  
April 22  
1:30pm - 3pm



## Reoccurring Classes

MUST PRE-REGISTER



### Intro to Framing

\$40 per class

Every 2nd Friday & 4th Sat of the month  
10am - 2pm

### Paint & Sip

\$35 per session

Every 2nd Friday of the month  
6pm - 8pm

Must be 21 years or older.  
BYOB



Come see what's new at the Studio!

leavenworth.armymwr.com

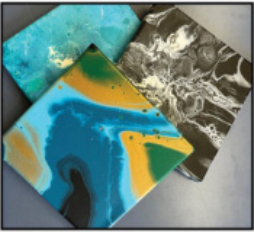


## March & April Workshops

### Acrylic

\$35 per class

**Acrylic Pour**  
Tuesday, April 22  
6pm - 8pm



### Framing

\$40 per class

**Intro to Framing**  
\*Must pre-register\*

Fridays  
March 14, April 11  
10am - 2pm

Saturdays  
March 29, April 26  
10am - 2pm



### Crafts

\$35 per class

**Hello Spring Wooden Sign**  
Tuesday, March 25  
6pm - 8pm

Friday, March 28  
11am - 1pm

**Pressed Flower Jewelry Dish**  
Wednesday, April 23  
11am - 1pm

Tuesday, April 29  
6pm - 8pm

## Arts & Crafts Studio

310 McPherson Ave  
913-684-3373

### Paint & Sip

\$35

Must be 21 years or older.  
BYOB



**Fawn in Flowers**  
Friday, March 7  
6pm - 8pm



**Robin Nest**  
Friday, April 18  
6pm - 8pm

Cost includes all supplies!

## Kids Arts & Crafts

### Messy Art

\$12 per class  
(ages 7+)

Thursday, March 6  
10:30am - 11:30am

Thursday, April 3  
10:30am - 11:30am

Thursday, April 17  
10:30am - 11:30am

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

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

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

Thursday, April 10  
10:30am - 11:30am

Thursday, April 24  
10:30am - 11:30am

### Art History

\$15 per class  
(ages 7+)

**Waffles & Warhol**  
Wednesday, March 26  
1pm - 3pm

**Donuts & da Vinci**  
Wednesday, April 16  
1pm - 3pm



**Mother's Day \$20 Gift & Card**  
Thursday, May 1  
10:30am - 12pm



Come see what's new at the Studio!

leavenworth.armymwr.com



## The Fort Leavenworth Frame Studio



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

### Intro to Framing:

(\$40 a class must pre-register)

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

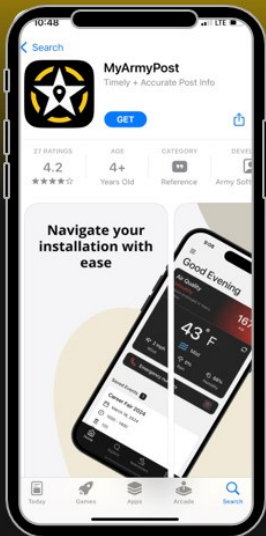
Deadline to register is the day before class.  
Ages 18+

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

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

## My Army Post App

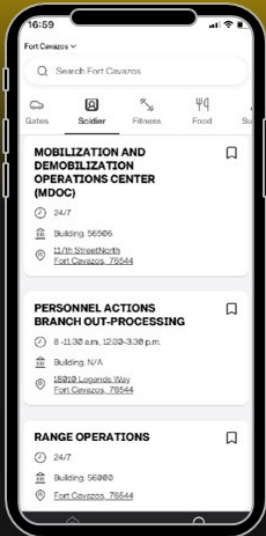
Step 1:  
Download the app



Step 2:  
Select your base



Step 3:  
Stay in the know!



WE ARE THE ARMY'S HOME | HOME.ARMY.MIL | ARMYMWR.COM





# Joker's Scramble

## 2025 Tournament



**April 5**  
Course opens at 8am  
9am shotgun start

**Trails West Golf Course**  
306 Cody Rd

For more info or to sign up  
call or stop by Trails West Pro Shop  
913-651-7176

Join Fort Leavenworth's SHARP and Trails West Golf Course in recognizing SAAPM by participating in the Joker's Scramble Tournament!

**\$50 Members**  
**\$60 Non-Members**

Includes a meal, giveaways, prizes, range balls, 18-holes of golf, and a cart.

# Trails West Golf Course

## Wednesday League

Every Wednesday at 5pm  
Trails West Golf Course  
306 Cody Rd  
Fort Leavenworth

Each week will feature a unique event format. 100% of the weekly fee is awarded to the weekly winners in Golf Pro Shop Gift Certificates. All weekly events are flighted and everyone has a chance to win on any given week! Minimum is 20 players

Free registration for annual pass holders, \$35 for non-pass holders. All players pay a \$5 weekly fee. Registration is open now! Players may join at any time during the year.

For more information  
call: 913-651-7176  
visit: [leavenworth.armymwr.com](http://leavenworth.armymwr.com)

Scan here to follow Ft. Leavenworth FMWR on FB

# Couples League

Are you looking for some good old-fashioned fun?

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

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

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

Registration is open now!  
Call for more info: 913-651-7176

I just love spending quality time with you!

Scan here to follow Ft. Leavenworth FMWR on FB

For more information: [leavenworth.armymwr.com](http://leavenworth.armymwr.com)

# Spring Youth Bowling League

Meeting: January 11th @ 10:00am  
12 Week Handicap League  
January 18th - April 12th

Every Saturday at 9:45am  
@ The Strike Zone

Ages 3-5 years old - Little Rollers  
(2 games per Saturday w/ bumpers - \$8 per week)  
Ages 6-9 years old - Dragons  
(3 games per Saturday w/ optional bumpers - \$11 per week)  
Ages 10-18 years old - Explorers  
(3 games per Saturday no bumpers - \$11 per week)

For more info call  
913-651-2195

# CGSC BOWLING LEAGUE

## MIXED

Thursday Nights @ 6:15pm  
4 person mixed teams  
\$10 per week - includes 3 games & shoes

Meeting January 9th at 6:30pm  
12 Week League starts  
January 16th - April 10th at 6:15pm  
at The Strike Zone  
For more info call: 913-651-2195

# Combined League Scramble

9-hole 5pm shotgun start  
Trails West Golf Course  
306 Cody Rd  
Fort Leavenworth  
Meal to follow play!

April 30  
June 25  
August 27  
September 24

**\$5 FOR SCRAMBLE**  
**\$15 FOR MEAL**

Players registered in the Monday Intramural League, Tuesday Women's League, Wednesday League, and Couples Thursday League are eligible to participate in the Combined League Scramble. The Pro Shop will assign teams. Enjoy drink specials all night at The Fairway Grille! Register by COB on Monday of each week

For more information call 913-651-7176 or visit [leavenworth.armymwr.com](http://leavenworth.armymwr.com)

# BRUNNER RANGE 2025 SPECIAL FUN SHOOTS

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

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

# Brunner Range 2025 LEAGUE SCHEDULE

Winter Combo  
9 January - 13 March

Spring Combo  
20 March - 22 May

Summer Warm-up  
5 June - 10 July  
17 July - 21 August

Fall Combo  
4 September - 6 November

Winter Warm-up  
13 November - 18 December

Combo leagues shoot on Thursday evenings. Teams consist of 5(4/-) 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

# Intramural Volleyball League

Season Starts: April 2  
Games: Tues. and Thurs  
5:30PM - 8:30PM  
Harney Sports Complex

Coaches Meeting: Thurs. March 21 at 5:30PM at Gruber Fitness Center:  
Team Rosters and/or Letters of Intent due COB Wed. March 27

This is a co-ed league.  
Open to Active Duty, DoD Civilians, Retirees, Dependents, Spouses, and Contractors working at Fort Leavenworth ages 18 and older.

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

Info: 913-684-3224/684-5136

# BRUNNER RANGE 2025 CALENDAR

For more information (913) 651-8132  
701 Sheridan Dr. Fort Leavenworth, KS 66027

Fun Shoot	Special Fun Shoots	League Schedule
1st Saturday of every month		
4 January	• Rod & Gun 16 April	• Winter Combo 9 January - 13 March
1 February	• VFW Post 12003 26 April	• Spring Combo 20 March - 22 May
1 March	• Lil Weenie 17 May	• Summer Warm-up 5 June - 10 July 17 July - 21 August
5 April	• Club Championship 21 June	• Fall Combo 4 Sept - 6 Nov
3 May	• One Gun/One Choke 19 July	• Winter Warm-up 13 Nov - 18 Dec
7 June	• Shuck n' Chuck 16 August	
5 July	• American Legion Post 411 20 September	
2 August	• Rod & Gun 15 October	
6 September	• Lil Weenie 18 October	
4 October		
1 November		
6 December		

Hours:  
Wednesday 12:00-8:00pm  
Thursday 12:00-8:00pm  
Saturday 10:00am-5:00pm  
Sunday 10:00am-5:00pm  
CLOSED M, T, F

Fun Shoots begin at 9:00am  
Rod & Gun begin at 6:00pm

SCAN HERE

LEAVENWORTHARMYMWR.COM

# THIRTY-FOURTH ANNUAL

## COMMAND AND GENERAL STAFF COLLEGE TRIATHLON

SATURDAY - 3 MAY 2025  
8:00AM - HARNEY SPORTS COMPLEX

200YDS 12.4MI 5KMI

PRICING  
Individual Racer: \$75  
Relay Team of 2 or 3: \$90

REGISTER IN PERSON  
Harney Gym, Gruber Gym, and The Resiliency Center  
(600 Thomas Ave, Rm 223)  
REGISTER ONLINE

RACE BRIEFING & SHIRT PICKUP  
2 MAY - 4:00 PM-6:00PM  
Frontier Conference Center  
350 Biddle Blvd,  
Ft Leavenworth

FOR MORE INFO  
CALL: 913-684-1674

# SIGN UP NOW FOR YOUTH SPORTS & FITNESS SPRING SPORTS!

REGISTRATION/ ENROLLMENT  
FEBRUARY 3 - MARCH 3  
Registration must be done through Parent Central or Webtrac. Must be centrally registered and have an updated sports physical on file.

<b>Start Smart Baseball \$30</b> (ages 3 - 4)	<b>Soccer \$50</b> (ages 5 - 14) April 7 - May 22	<b>LET'S PLAY BALL!</b>
<b>(Monday Sessions)</b> April 14 - May 12 <b>(Tuesday Sessions)</b> April 15 - May 13 <b>(Thursday Sessions)</b> April 17 - May 15	<b>Baseball \$50</b> Kinder - 6th grade (ages 5 - 12) April 7 - May 22 <b>Girls Kid Pitch Softball \$50</b> 3rd - 6th grade (ages 8 - 12) April 7 - May 21	

For more info call 913-684-7525/ 7526  
Volunteer Coaches Needed!

# LOOKING FOR ADVENTURE? CHECK OUT FORT LEAVENWORTH LEISURE TRAVEL SERVICES!

Leisure Travel Services  
310 McPherson Bldg 464  
(913) 684-2580

# ARMY EMERGENCY RELIEF

CELEBRATING THE U.S. ARMY'S 250 YEARS OF BRAVERY AND SERVICE

HONORING THE PAST 1775 - 2025 SECURING THE FUTURE



MONTH OF THE  
MILITARY CHILD  
M.O.M.C.



April 25-26, 2025

OPERATION MEGAPHONE

Join the youth from Army CYS Youth Programs worldwide who will meet for one 24-hour period to discuss key issues that affect military youth across the services.



STAND STRONG  
WITH MILITARY  
CHILDREN!

MONTH OF THE MILITARY CHILD




UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND  
A Subsidiary of Army Medical Command  
Army MWR Logo 1610001

Operation  
Megaphone

CELEBRATING MILITARY  
CHILDREN AND YOUTH:  
BUILDING STRONGER  
CHARACTER & RELATIONSHIPS





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

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

RECREATION

Haney Sports Complex  
(913) 684-2190

Gruber Gym  
(913) 684-5120

Outdoor Equipment Rental  
(913) 684-3395

Brunner Range  
(913) 651-8132

Auto Crafts  
(913) 684-3395

Rod & Gun Club  
(913) 684-2035

Hunt Lodge  
(913) 684-1830

Stables and Horses  
(913) 684-1703

Stray Facility  
(913) 684-4934

BUSINESS OPERATIONS

Strike Zone  
(913) 651-2195

Trails West Golf Course  
(913) 651-7176

Frontier Conference  
Center  
(913) 684-3825

12th Brick Grille  
(913) 684-2293


RV Storage & POV Lot  
(913) 651-7176

Clean Paws Pet Wash  
(913) 651-7176

Connect with Us!

Facebook:  
Fort Leavenworth FMWR

Online:  
leavenworth.armymwr.com



NOW  
OPEN

Fort Leavenworth Care Options for  
Summer 2025 & School Year 2025-2026

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



MILITARY  
CHILDCARE.com

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

Please Note: Spaces are offered on a first-come, first-served basis and are subject to change without notice.

MILITARY  
CHILDCARE.com

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

STEP 1  
CREATE ACCOUNT

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

STEP 2  
SEARCH and REQUEST CARE

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

STEP 3  
MANAGE MY REQUESTS

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

STEP 4  
UPDATE MY PROFILE

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

It's that easy!

To get started, visit  
MilitaryChildCare.com  
For questions or support,  
call: 855.494.2934

Don't know what Care Options to request?

Prior to making Requests for Care, go to [CYS Facebook](#) or [FMWR-CYS](#) website to review flyer:

2025 Fort Leavenworth Care Options & Waitlists



THE MICHAELS ORGANIZATION  
EDUCATIONAL FOUNDATION

Michaels  
EDUCATIONAL  
FOUNDATION

Resident Scholarship  
Program

APPLICATIONS  
NOW OPEN!

FEBRUARY 3 -  
APRIL 15, 2025

APPLY ONLINE @

[tmoef.communityforce.com](https://tmoef.communityforce.com)

SCAN HERE TO APPLY



ELIGIBILITY REQUIREMENTS

- Matriculating college students & those with a high school diploma who plan to attend any accredited college, university, trade school, or technical program
- Current residents, in good standing at a Michaels community
- Official grade transcript must be submitted
- Complete all required parts of the application (including Conditional essay, if applicable)

Need Assistance?  
Contact Us!

[Scholarships@tmo.com](mailto:Scholarships@tmo.com)

Harrold Youth Center

HYC

AFTER-SCHOOL PROGRAM

FREE!

\*Enroll now at  
Harrold Youth Center  
45 Biddle Blvd  
913-684-5118

HYC Hours

Mon -Thurs 3PM -7PM  
Friday 3PM - 9PM  
Saturday 2pm - 8pm  
Closed Sunday

Administrative Hours

Monday - Friday  
9AM - 6PM

Offering:

Homework Help  
STEM Programs  
Gym Activities  
Music Classes  
Arts & Crafts  
Special Events  
Clubs  
& More!

Follow HYC on FB!









\*HYC is for 6th -12th Graders only.  
Must be registered with CYS Parent  
Central prior to enrolling.  
Contact **913-684-5138** for more info  
on registration and eligibility







Episode 62

Stewarding the Profession

THE HARDING PROJECT

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

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



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EASING  
ARMY  
FAMILY  
STRESS

AER offering 100% grants for emergency travel

Effective Jan. 1, 2025, AER will provide full travel grants for active-duty Soldiers and eligible Family members.

Go to [ArmyEmergencyRelief.org](https://ArmyEmergencyRelief.org) for more information.







# MUNSON NOTES

## MUNSON NOTICES

■ Munson Army Health Center is currently scheduling **ROUTINE EYE EXAMS** with the optometrist for school-aged beneficiaries ages 6 years and older. Call the appointment line at 913- 684-6250 to schedule an eye exam.

■ The **NUTRITION CARE DIVISION** offers a broad range of nutritional services designed for service members, families, and retirees. Individual Nutrition Therapy and Group Nutrition Therapy are available, and include the Body Composition Program, Weight Control Program, Prenatal Nutrition and Wellness for Life. Call the appointment line at 913-684-6250 to schedule an appointment with MAHC's registered dietitian.

■ **SEASONAL ALLERGY MEDICATIONS** are available from the MAHC Pharmacy at no cost. Simply come to the pharmacy and fill out the OTC request form. Pull a ticket and you'll be called to activate your request. Then you can sit and wait until your meds are ready, or if you choose to return later in the day, you can just process to Window 7. At MAHC, Military Health System beneficiaries can pick-up two over-the-counter medications without a prescription per person per week from the pharmacy with no out-of-pocket expense.

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

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

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

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

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

## Speak up! Your voice matters

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

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

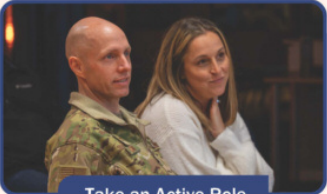
 **Is being a patient and family advisor right for you?**

**We are looking for volunteers who can:**

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



Patient and Family Advisors



Take an Active Role



Improve Staff-Patient Communication



Make a Difference in the Care of Fellow Service Members and Their Families

**Learn more about the Patient and Family Partnership Council!**

For more information, contact:

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

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

MUNSON ARMY HEALTH CENTER

9:48

+18338511505

Please Enter the 10 digit DoD ID on Military ID card for the Patient recei...

Text Message Today 9:48 AM

Get in line

Prescription Activation Service

Whether you receive care from Munson Army Health Center, or are seen by a provider off post, Q-Anywhere is helpful technology for patients who get new or renewed prescription medication from MAHC's pharmacy. To activate your new or renewed prescription, text “Get in Line” to 1-833-851-1505, then follow the prompts. Q-Anywhere will send a text when your prescription is ready for pick-up. When you arrive, there is no need to pull a pharmacy ticket and wait, just proceed to Window No. 7 to pick up your medication. See page B11 for more MAHC-related information.

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



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