

THURSDAY  
APRIL 9, 2026



# LAMP

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

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## Military youth celebrated as MOMC kicks off at youth center

by Prudence Siebert/Editor

Fort Leavenworth's Month of the Military Child celebration started with the posting of the colors by the Leavenworth High School Junior ROTC Color Guard and the singing of the national anthem by ninth-grader Rachel Temple during a kick-off event for the monthlong recognition of military children April 1 at Harrold Youth Center.

"Today we are here to talk about heroes. Not the ones in uniform, though we owe them a debt we can never repay. We're here to talk to you about the unsung heroes who stand behind them — our military children," Paul Martocci, Family and Morale, Welfare and Recreation director, told the youth assembled in Harrold's gymnasium.

Martocci said this year's MOMC theme, "Military Children and Youth: Strength in Every Story," is a reminder that each service member's child has his/her own story.

"A story of courage, of quiet resilience, of maturity beyond your years," he said. "Your stories are not fantasy or fiction — they are real-life chronicles of character, forged in the fields of service and sacrifice."



Photo by Prudence Siebert/Fort Leavenworth Lamp

Josephine Douglass sings "Watch What Happens" from the SKIES Unlimited Curtain Call production of "Newsies Jr." during the Month of the Military Child kick-off event and proclamation signing ceremony April 1 at Harrold Youth Center. Military youth in the Curtain Call program will perform the musical "Newsies Jr." for the community at 2 p.m. and 7 p.m. May 9 at the Post Theater. SKIES program participants will also be demonstrating dance, self-defense and more at Kids' Fest from about 10:30 a.m. to 12:30 p.m. April 11 at Harney Sports Complex.

SEE MOMC KICK-OFF | A4



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Retired Chief Warrant Officer 2 Andy Burton, Military Family Life counselor, salutes as Rachel Temple, right, Leavenworth High School freshman, performs the national anthem for the Month of the Military Child kick-off event and proclamation signing April 1 at Harrold Youth Center.

RIGHT: Members of the Leavenworth High School Junior ROTC Color Guard — consisting of LHS senior Jessica Claire, LHS sophomore Nicole Collier, LHS senior Alexis Hoffman and LHS junior Emily Kramer — post the colors for the Month of the Military Child kick-off event April 1 at Harrold Youth Center.



### AT A GLANCE

■ The FORT LEAVENWORTH RECYCLING CENTER no longer has 24/7 access. New hours are 7 a.m. to 4 p.m. Monday through Friday. The center is open the first weekend of the month and closed federal holidays.

■ The SKIES STUDENT MUSIC RECITAL is at 5:30 p.m. April 10 at Pioneer Chapel.

■ PAIR DAY/KIDS' FEST is 10 a.m. to 2 p.m. April 11 at Harney Sports Complex. Call 913-684-1830 for more information.

■ The FORT LEAVENWORTH HISTORIC HOMES TOUR is 11 a.m. to 3 p.m. April 11. To purchase tickets, visit <https://www.zeffy.com/en-US/ticketing/fort-leavenworth-historic-tour-of-homes--2026>.

■ The SHARP Sexual Assault Awareness and Prevention Month ICE CREAM SOCIAL is 11 a.m. to 1 p.m. April 15 at the Post Exchange.

■ THE MICHAELS ORGANIZATION EDUCATION FOUNDATION RESIDENT SCHOLARSHIP PROGRAM is accepting applications through April 15. To apply online, visit [tmoef.communityforce.com](http://tmoef.communityforce.com). For assistance, e-mail [scholarships@tmo.com](mailto:scholarships@tmo.com).

■ The Youth Sports and Fitness PITCH, HIT and RUN COMPETITION starts at 5 p.m. April 17 at Doniphan Field. Call 913-684-7525/7526 to register or for more information.

■ The DANDELION DASH and FAMILY FIELD DAY starts at 10 a.m. April 18, with registration from 9-

9:45 a.m., at Normandy Field/USD 207 track and field. Call 913-684-7525/7526 for more information.

■ The VOLUNTEER RECOGNITION CEREMONY is at noon April 23 at the Frontier Conference Center. Call 913-684-2800 for more information.

■ The POSTWIDE YARD SALE is 8 a.m. to 3 p.m. April 25 in housing areas across the installation and in the Old Bell Hall parking lot.

■ The 2026 MOTORCYCLE SAFETY FOUNDATION TRAINING is open for enrollment for the BASIC RIDER COURSE and ADVANCED RIDER COURSE. For more information and to enroll, visit <https://home.army.mil/leavenworth/my-fort/all-services/safety>.

# 25 Years Stronger: Looking Back, Moving Forward

## Army Office of Special Trial Counsel shares resources, recognizes Sexual Assault Awareness, Prevention Month

by Michelle McCaskill/Army Office of Special Trial Counsel Director of Communications

April 2026 marks the 25th anniversary of Sexual Assault Awareness Month.

This year's theme, "25 Years Stronger: Looking Back, Moving Forward," celebrates the resilience of survivors and the communities that have worked for change.

This national campaign focuses on community action and education to prevent sexual violence, harassment and abuse.

The Army Office of Special Trial Counsel was created specifically to independently handle the prosecution of the most serious criminal offenses, which includes all crimes of sexual assault and violence.

These crimes include rape, sexual assault, child pornography, nonconsensual intimate image distribution or broadcasting, indecent exposure of one's own private areas, engaging in prostitution and substantiated cases of sexual harassment.

According to the DoD fiscal year 2024 annual report on sexual assault in the military, approximately 6.8 percent of active-duty women and 1.3 percent of active-duty men indicated experiencing at least one past-year incident of unwanted sexual contact or sexual assault.

OSTC partners closely with the Department of the Army Criminal Investigation Division to ensure that sexual assault and sexual violence offenses are professionally and efficiently investigated. Army CID and OSTC have taken great strides to align with federal law enforcement counterparts, synchronize investigative efforts, and achieve better investigative outcomes. Together our efforts ensure that offenders are held accountable.

While OSTC has independent prosecutorial authority, there is collaboration with commanders and other support services like Sexual Assault Prevention and Response offices to ensure comprehensive support for victims.



So, you've filed a report of sexual assault...what happens next?

The Fort Leavenworth Sexual Harassment Assault Response and Prevention (SHARP) Team and the Staff Judge Advocate (SJA) in conjunction with Military Criminal Investigative Division (MCID) and Office of Special Trial Counsel (OSTC) presents:

### "From Allegation to Prosecution"

**Date:** 21 May 2026

**Time(s):** 0900 and 1300

**Location:** Eisenhower Hall, De Puy Auditorium  
250 Gibbon Ave, Fort Leavenworth, KS 66027

An interactive Mock Trial demonstrating the process of the military justice system through an allegation of Sexual Assault.

Come participate in the mystery of military justice.

For more information, please contact Ms. Nicole Hernandez at (913) 544-9243 or [maureennicole.n.hernandez.civ@army.mil](mailto:maureennicole.n.hernandez.civ@army.mil)

Lead Special Trial Counsel Brig. Gen. Christopher A. Kennebeck said he believes collaboration and communication with investigators, command legal advisors and victims of crime is an essential factor in successfully prosecuting these cases.

"An effective criminal justice system requires coordinated effort among these stakeholders, and that collaboration leads to a more just, timely and efficient disposition of offenses," he said.

Being a compassionate ally and link to critical resources are goals of OSTC's special victim liaisons (SVLs) who assist victims of sexual violence and other crimes.

Working closely with prosecutors at OSTC's 28 field offices, SVLs are civilian experts responsible for establishing and maintaining open lines of communication with victims, ensuring they are informed, engaged and have the resources they need to navigate the military justice system.

### Resources available for victims of sexual assault and violence:

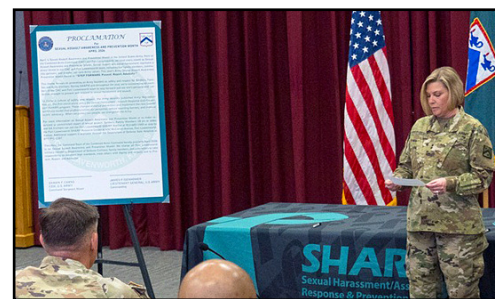
- Army Sexual Harassment/Assault Response and Prevention Program, <https://www.armyresilience.army.mil/sharp/index.html>
- Sexual Assault Prevention and Response Office, <https://www.sapr.mil/>
- Military OneSource confidential counseling, <https://www.militaryonesource.mil/confidential-counseling/#:~:text=Get%20personalized%20support,at%20800%2D342%2D9647>
- Department of the Army Criminal Investigation Division, [www.p3tips.com/armycid](http://www.p3tips.com/armycid)
- The Department of Veterans Affairs provides a list of ways everyone can help raise awareness in their own community at <https://www.mentalhealth.va.gov/saapm/index.asp>.

One way to help spread awareness and support is by wearing denim on International Denim Day April 29. Visit <https://denimday.org/why-denim> for more information.

The Army Office of Special Trial Counsel is comprised of specially trained military lawyers, legal professionals and support staff responsible for the expert and independent prosecution of murder, sexual assault, domestic violence, child abuse, kidnapping and other serious criminal offenses. Headquartered at Fort Belvoir, Virginia, OSTC has eight regional headquarters that oversee 28 field offices located across the country to include Europe and Korea. For more information visit <https://www.army.mil/ostc>.

*Editor's Note: See page B2 for local SAAMP event information.*

## April is Sexual Assault Awareness, Prevention Month



**ABOVE:** Combined Arms Command Deputy Commanding General Maj. Gen. Karen Monday-Gresham reads the Sexual Assault Awareness and Prevention Month proclamation during the signing event April 1 at Grant Auditorium.

**LEFT:** CAC Deputy Commanding General Maj. Gen. Karen Monday-Gresham and CAC Command Sgt. Maj. Shawn Carns mark the start of Sexual Assault Awareness and Prevention Month by signing a proclamation reaffirming the community's commitment to fostering a culture of respect, accountability and support, dedicated to preventing sexual assault and supporting survivors, April 1 in Grant Auditorium. Every member of the community plays a critical role in ensuring a safe and respectful environment.

Photos by Jonathan Wagner/Combined Arms Command Public Affairs Office

## FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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# MAHC can help beneficiaries manage seasonal allergies

by Christina Yager/Munson Army Health Center Public Affairs Officer

With the arrival of spring, some beneficiaries might begin to experience the familiar symptoms of seasonal allergies — sneezing, congestion, itchy eyes and runny nose. While often mild, these symptoms can impact sleep, focus and overall well-being if left unmanaged.

Managing seasonal allergies is not just about comfort — it supports overall health, readiness and quality of life. Addressing symptoms early can help prevent complications and keep soldiers in the fight.

### Managing symptoms early

According to the Centers for Disease Control and Prevention, seasonal allergies, also known as allergic rhinitis, occur when the immune system reacts to allergens such as pollen from trees, grasses and weeds.

For many people, seasonal allergies can be managed with simple self-care measures and over-the-counter medications.

Munson Army Health Center offers select, over-the-counter allergy medications at no cost for short-term use through the pharmacy. These medications may help relieve common symptoms and could be a good first step in managing mild to moderate allergies.

“Starting treatment early — before symptoms peak — can make a significant difference,” said Lt. Col. Reginald Trevino, MAHC deputy commander for clinical services and an internal medicine physician. “Many patients find relief with over-the-counter options when used consistently and as directed, especially at the beginning of allergy season.”

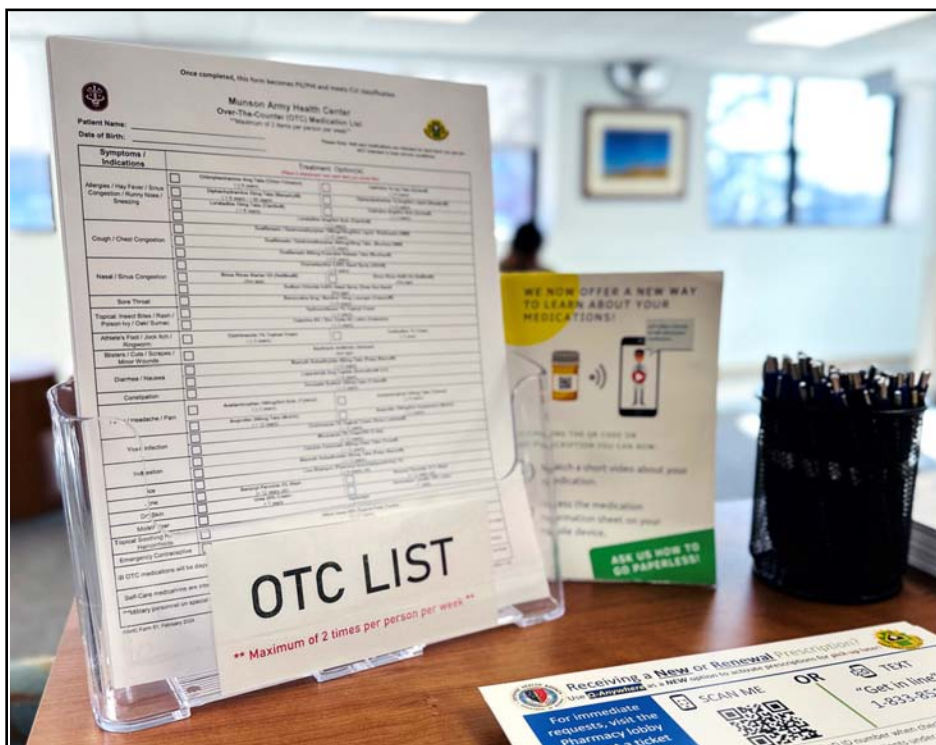


Photo by Munson Army Health Center Public Affairs

**For many veteran seasonal allergy sufferers, relief can be found from over-the-counter medications that treat symptoms or prevent them in the first place. Military Health System beneficiaries can pick-up two over the counter medications without a prescription per person per week from the Munson Army Health Center Pharmacy, with no out-of-pocket expense.**

### To help reduce the impact of seasonal allergies:

- Monitor local pollen levels and limit outdoor exposure during peak times
- Shower and change clothes after spending time outdoors
- Keep windows closed and use air conditioning when possible
- Begin OTC medications early in the allergy season for best results

MAHC’s pharmacy team can assist patients in selecting appropriate over-the-counter medications available at no cost for short-term symptom relief.

### When to self-treat vs. when to seek care

While many allergy symptoms can be managed at home, there are times when it’s important to consult a healthcare provider.

### Self-care might be appropriate if symptoms are:

- Mild and predictable during allergy season
- Improving with OTC medications
- Not interfering with daily activities

### Contact your healthcare team if symptoms are:

- Persistent or worsening despite OTC treatment
- Causing significant discomfort or disrupting sleep or daily life
- Accompanied by fever, severe sinus pain or signs of infection
- Requiring ongoing medication beyond short-term use

“For patients who need long-term management, it’s important to involve a physician or provider,” Trevino said. “They can help develop a plan that safely controls symptoms over time and ensures the right medications are used.”

A prescription is required for long-term use of certain allergy medications to ensure appropriate care and monitoring.

For a list of over-the-counter medications available from MAHC, review the over-the-counter section at <https://munson.tricare.mil/Health-Services/Pharmacy>.

Contact the MAHC Pharmacy or your primary care team if you have questions about managing symptoms or available medications.

# MAHC calls for blood donors to support lifesaving mission

by Christina Yager/Munson Army Health Center Public Affairs Officer

Eligible blood donors have the opportunity to roll up their sleeves and help meet a critical, ongoing need for blood donations during an **upcoming blood drive 9 a.m. to 2 p.m. April 16 at Frontier Chapel.**

Munson Army Health Center regularly partners with the American Red Cross and the Community Blood Center of Kansas City to conduct blood drives on post that help ensure a steady supply of blood for patients in need at area hospitals. However, because blood has a limited shelf life, the need for donations is constant and relies entirely on volunteer donors.

Blood donations are vital across a wide range of medical situations. Patients undergoing cancer treatment often require transfusions because chemotherapy can damage bone marrow, reducing the body’s

ability to produce healthy blood cells. Women experiencing complications during childbirth may need blood to replace significant blood loss and stabilize their condition. Trauma victims — such as those injured in accidents — frequently depend on immediate transfusions to survive severe injuries.

Eligible donors can give whole blood every 56 days. In general, donors must be in good health, at least 17 years old and meet minimum weight requirements. Donors are encouraged to stay hydrated, eat a healthy meal before donating and bring a valid ID.

MAHC’s upcoming blood drive offers a convenient opportunity for the Fort Leavenworth community to contribute to this lifesaving mission. Appointments can be scheduled by visiting [savealifenow.org/group](https://www.savealifenow.org/group) and using group code bk.

## Donor details

by Community Blood Center/savealifenow.org

Donating blood is safe and convenient when you are:

- In good health
- 17 years or older (16 with a parent or guardian’s written consent)
- Weigh at least 110 pounds (Donors ages 16-18 have additional height and weight restrictions)
- Taking antibiotics (except antibiotics for acne) if taken for infection, accepted 48 hours after last dose provided donor meets all other criteria.
- Symptom-free for at least 72 hours following cold or flu

Some medical conditions or medications, recent tattoos, piercings or travel could impact eligibility.

Learn more about common reasons people can’t donate at <https://www.savealifenow.org/donate-blood/donor-eligibility/common-reasons-people-cant-donate/>.

# MOMC kick-off (continued from Page A1)

He said the nation's 1.6 million military children have stories of strength.

"You are children who learn to say goodbye more often than any child should. You have learned to pack up your lives every two to three years, sometimes more often, leaving behind friends, schools, homes that you love," Martocci said. "But let's be clear: while you face these challenges, you do not just endure, you adapt, you overcome, and you flourish. You teach us what it means to be truly resilient."

Martocci asked that MOMC be about more than just acknowledging military children, that military children really be seen.

"See the courage it takes for them to start over in a new town. See the pride that they carry for their parents in uniform. See the quiet strength they display when their mom or dad is deployed thousands of miles away. That is incredible strength," he said. "This is more than a tradition; it is a declaration. It is our promise to you that your sacrifices do not go unnoticed, and your strength does not go uncelebrated."

Each year April is celebrated on military installations as Month of the Military Child with events and proclamation signings. Fort Leavenworth Garrison Commander Col. Todd Sunday and Garrison Command Sgt. Maj. David Franks signed the MOMC proclamation at Harrold, and were followed by several youth who added their names to the document.

"This whole month is all about you. This is thanking you for everything that you do to support your parents, to be great role models in your communities," Sunday told the children. "I don't know how many times that I hear from teachers that when they have military kids in the classes, you guys are the best behaved, some of the brightest and some of the most motivated students. You are very special and near and dear to all of our hearts, and this is all about you. Thank you again for all of the continued resilience that you show ... the moves, the restarting, the being there to support us."

Franks shared that he grew up in this community, played basketball as a youth in that very gym, and didn't have any idea he would end up as a command sergeant major in the Army. He thanked the youth for what they experience every day as military children.

"Your parents wear the uniform like we do, or they wore the uniform — we can all empathize that we've missed many of your birthdays, holidays, Christmases, plays and recitals and many other things, and we ask you to be so tough and so resilient at such a very young age," Franks said. "About a third of those who join today's military had parents or family members who served. So, to go through what you go through as a child into a teenager into a young adult and then join the military, knowing what you've been through, we ask quite a bit from you. You still maintain getting good grades, respecting your parents... You are well behaved people that represent not only the community but the military just as well."

Martocci encouraged everyone to support military children.

"Let's be their cheerleaders. Let's be the community that lifts them up, that ensures their stories of strength are told and that they are heard," he said. "They are the children of our defenders, the next generation of patriots, and the living embodiment of the spirit of this great nation. We honor you, we support you, and we thank you for modeling strength and inspiring us all."

*Editor's note: See page B3 for information on upcoming MOMC events.*



Photos by Prudence Siebert/Fort Leavenworth Lamp

**ABOVE:** Garrison Commander Col. Todd Sunday and Garrison Command Sgt. Maj. David Franks listen to Brianna Zubia's violin performance of "Hallelujah" during the Month of the Military Child kick-off event April 1 at Harrold Youth Center.

**LEFT:** Garrison Commander Col. Todd Sunday and Garrison Command Sgt. Maj. David Franks sign the Month of the Military Child proclamation April 1 at Harrold Youth Center.



Photos by Prudence Siebert/Fort Leavenworth Lamp

**ABOVE:** Robert Poggio reads the Month of the Military Child proclamation April 1 at Harrold Youth Center.

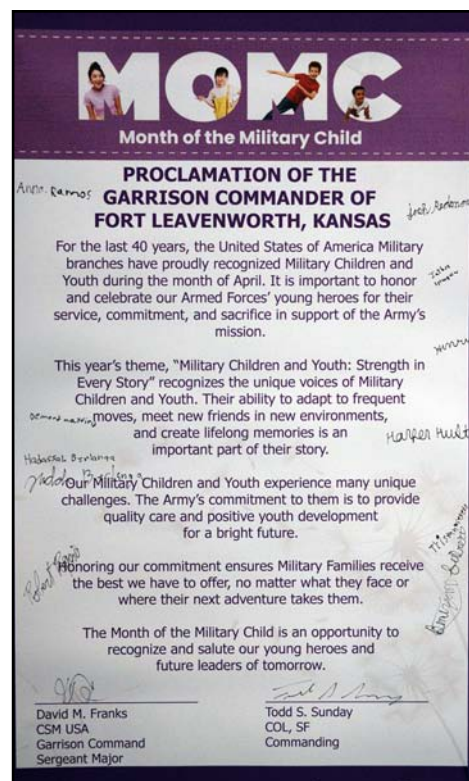
**RIGHT:** Leavenworth High School freshman Rachel Temple performs the national anthem for the MOMC kick-off event April 1 at Harrold Youth Center.



**Paul Martocci, right, Family and Morale, Welfare and Recreation director, tells the youth assembled for the Month of the Military Child kick-off event that they are heroes and that each of them has a story of strength to tell, as the Garrison Command Team, left, stands ready to sign the MOMC proclamation, April 1 at Harrold Youth Center. This year's MOMC theme is "Military Children and Youth: Strength in Every Story."**



**LEFT and ABOVE:** Art created by Child and Youth Services club members is displayed across several tables for an art showcase during the Month of the Military Child kick-off event April 1 at Harrold Youth Center. **RIGHT:** The Garrison Command Team and youth added their names to the MOMC proclamation April 1 at HYC.



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# Easter services at Fort Leavenworth



**ABOVE:** Worshipers gather for the Cross-Roads Protestant Easter service April 5 at Frontier Chapel.

**LEFT:** Chaplain (Maj.) Joshua Portwood and Chaplain (Lt. Col.) Eric Bryan lead the sunrise Easter service April 5 at Memorial Chapel. Chaplain (Col.) Seth George and Chaplain (Maj.) Chris Weinrich also helped lead the service. After the sermon, worshipers walked outside, **BELOW**, to sing the final song and see the sunrise.

Photos by Chaplain (Maj.) Chris Weinrich/Religious Support Office

**RIGHT:** The sun rises over the Missouri River during the Easter sunrise service April 5 outside Memorial Chapel.

**BELOW:** Families join in an Easter egg hunt after the Gospel Protestant Easter service April 5 outside Pioneer Chapel.

A Catholic Easter Sunday Mass and additional Protestant services were also conducted April 5 at the chapels.

Photos by Chaplain (Maj.) Chris Weinrich/Religious Support Office



# Jewish Passover Seder

Janet Ellie lights a candle as Jonathan Freiden, the Fort Leavenworth distinctive religious group leader for the Jewish community, leads the Jewish Passover Seder, attended by Carl Tillery, center, and other community members, April 2 at Frontier Chapel. About 50 service members and families attended the meal, which was open to all faiths.

Freiden said this sharing of one of Judaism's most meaningful traditions was designed to welcome Jewish families as well as anyone interested in learning about the Passover traditions.

Photo by Chaplain (Maj.) Chris Weinrich/Religious Support Office



# Families spend afternoon making crafts, playing games at FAP's Spring Fling

Sisters 12-year-old Clare Noonan and 10-year-old Bridget Noonan paint rocks during the Family Advocacy Program's annual Spring Fling April 3 at the Resiliency Center.

Clare decorated her rock to look like a quilt, and Bridget decorated hers with Christian and summer symbols.

The girls were visiting from Minnesota to celebrate Easter, and Bridget's 11th birthday, with their aunt, Department of the Army civilian Nicole Knight.

Photo by Prudence Siebert/  
Fort Leavenworth Lamp



ABOVE: Kendra Brown with 13-month-old Xavier and Kori Jordan with 19-month-old Reign help the toddlers decorate plastic eggs with markers and stickers during the Family Advocacy Program's Spring Fling April 3 at the Resiliency Center. Xavier ended up adding a little purple paint to his forehead, and Reign kept knocking the plastic egg on the table, thinking it was a hard-boiled egg that could be cracked open.

LEFT: Nine-year-old Angelica Conway, Zipporah Edwards with 18-month-old Benjamin Jr., Kendra Brown with 13-month-old Xavier, and Kori Jordan with 19-month-old Reign decorate plastic eggs during the Family Advocacy Program's Spring Fling. Participants could make several Easter- and spring-themed crafts, as well as play various games set up around the room.

Photos by Prudence Siebert/Fort Leavenworth Lamp

 **Your Opinion Matters!**

**"We still need to hear from you"**

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OMB Control Number: 0704-0183, OMB Expiration date: 08/31/2028

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# Bubbles with buds



Photos by Prudence Siebert/Fort Leavenworth Lamp

Six-year-old Liana Farese plays in a stream of bubbles with her neighbor 8-year-old Clara Martin, left, April 3 in the alleyway behind their homes on post.



Photos by Prudence Siebert/Fort Leavenworth Lamp

**ABOVE:** Eight-year-old sisters Clara and Vivian Martin maneuver back and forth to catch bubbles as gusts of wind take them in all directions April 3 in the alleyway behind their home on post. Vivian came up with the idea to get out the chargeable bubble machine as a way to spend the warm but blustery morning with her sister and neighbor, 6-year-old Liana Farese, **BELOW.**



## Adoptable Pet of the Week: Leonardo



Leonardo (Leo) is a male domestic shorthair/dilute tuxedo cat available for adoption at the Fort Leavenworth Stray Facility. Neuter, vaccinations and microchipping are included in his \$100 adoption fee.

E-mail [fortleavenworthstrayfacility@gmail.com](mailto:fortleavenworthstrayfacility@gmail.com) for an adoption application or submit an adoption application online at <https://new.shelterluv.com/matchme/adopt/FLSF/Cat>. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open noon to 3 p.m. Tuesday and Thursday and by appointment for pre-approved adopters. Call 913-335-0788 for an appointment or more information. Visit <https://www.petfinder.com/member/us/ks/fort-leavenworth/fort-leavenworth-stray-facility-ks174/> for adoptable pet profiles.

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

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



Photos by Prudence Siebert/  
Fort Leavenworth Lamp

# FLFHC Easter egg hunt



Photos by Hannah Adams/Fort Leavenworth Frontier Heritage Communities

ABOVE and BELOW: Families gather for the Easter egg hunt April 3 outside the Fort Leavenworth Frontier Heritage Communities Community Center. Egg hunt participants could also pose for photos with the Easter Bunny during the holiday event for post residents.



OMB Control Number: 0704-0553  
OMB Expiration Date: August 31, 2028



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Thank you for being part of our community!



### STUDENTS:



## Summer Move Out Pre-Inspections

### WEEK 1

- 30 MAR:** SANTA FE (6th Infantry 1-48)
- 31 MAR:** SANTA FE (6th Infantry 49-87)
- 01 APR:** SANTA FE (6th Infantry 88-99, Biddle, Kansas 1-32)
- 02 APR:** SANTA FE (Kansas 33-79)
- 03 APR:** SANTA FE (Kansas 81-112), IOWA, OLD PAWNEE

### WEEK 2

- 06 APR:** SHAWNEE (1st Cavalry Ct, 1st Cavalry 108-140)
- 07 APR:** SHAWNEE (1st Cavalry 141-155, 7th Cavalry, Grierson 100-114)
- 08 APR:** SHAWNEE (Grierson 115-126, Hatch 100-131, Kansas 790, 792, 794)
- 09 APR:** KICKAPOO (4 Artillery 800-818, Dodge, Dragoon, Kansas 801-815)
- 10 APR:** KICKAPOO (Swift, Hollowell 108-129)

### WEEK 3

- 13 APR:** KICKAPOO (Hollowell 130-181)
- 14 APR:** KICKAPOO (Johnson), POTTAWATOMIE, UPPER KANSA
- 15 APR:** OLD OREGON, OSAGE, OTTAWA
- 16 APR:** WINT
- 17 APR:** MAKE UP DAY

Scheduling conflicts? Scan the QR code to reschedule.



You may also contact us at (913)682-6300 or fhc@tmo.com

Inspections will begin at 8:00 AM and continue as needed until 5:00 PM each day. Inspectors will move to the next days scheduled area and attempt to work ahead, if time permits. Someone 18 years of age or older must be present.

THURSDAY  
APRIL 9, 2026



# Post Notes

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

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

B1

## Fort Leavenworth Recycling Changes

- No more 24/7 Recycling Center access starting April 6**
  - Operating hours will be Mon-Fri: 7 a.m. to 4 p.m.
  - 1st weekend each month: OPEN
  - Federal Holidays: CLOSED
- Command Policy Letter #16: Open Dumping**  
Dumping waste in unauthorized areas violates AR 200-1 and damages our environment, water sources, and installation resources. STOP illegal dumping.

### Refresh Refocus Relax: Techniques That Work

**MILITARY ONE SOURCE**

Date: April 9, 2026  
Time: 2 p.m. EDT  
Additional Resources: <https://www.militaryonesourceconnect.org>

Living with stress can take a serious toll on both mental and physical health. How can you release the tension and reclaim a sense of balance? Join us to learn and try out three simple techniques that can be used to initiate the body's natural relaxation response.

Take advantage of the knowledge, resources and support offered through Military OneSource webinars. Register for upcoming webinars or browse archives on topics such as spouse education and career opportunities, confidential counseling, legal information, relationship health and family wellness, TRICARE, money management and more.

Our group counseling sessions/webinars will cover a wide variety of topics to include resiliency, stress management techniques, emotional well-being, digital stressors, grief and loss, supporting children, mindfulness, sleep health, work-life balance, optimism, loneliness and anger.

Register at [https://militaryonesource.zoomgov.com/webinar/register/\\_WN\\_S0zMDMPoQKaj9Kf-HPTZCg](https://militaryonesource.zoomgov.com/webinar/register/_WN_S0zMDMPoQKaj9Kf-HPTZCg)

Visit us at [MilitaryOneSource.mil](https://MilitaryOneSource.mil)

## SKIES Music Recital

April 10 5:30pm  
Pioneer Chapel  
Fort Leavenworth, KS  
913-684-3207

Featuring:  
• Guitar  
• Ukulele  
• Piano  
• Strings

As part of the Month of the Military Child celebrations, students from the SKIESUnlimited music classes will perform a free recital at the Pioneer Chapel. Family, friends, and music lovers are invited to attend!  
Must have a valid ID in order to gain Post access.

## BOSS PRESENTS MOVIE NIGHT

Post Theater // 375 Grant Avenue  
Movies start at 7PM  
Must show your DoD ID at the door!  
April 10

PG Zootopia

Come out and join us as the BOSS program gives back to the Community by playing FREE 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](https://leavenworth.armymwr.com)

## Fort Leavenworth Thrift Store

Open – Saturday, 11 April 2026

- Location: 1025 Sheridan Drive, Building 1049
- Phone: 913-651-6768
- Hours:
  - Monday & Friday: Closed
  - Tuesday-Thursday: 930am-230pm
  - First Saturday of each month: 930am-230pm
  - Consignments taken each day the store is open from 930am-1230pm

## PAIR Day & Kid Fest

April 11 // 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.

## FORT LEAVENWORTH HISTORIC Tour of Homes

SATURDAY, APRIL 11  
11:00 AM - 3:00 PM  
FORT LEAVENWORTH, KANSAS

## MILITARY HEROCON

FREE EVENT! COMIC-CON

APRIL 9 - 12, 2026

APR 9 & 10: 1200 - 1300 \* APR 11: 1000 - 1300 \* APR 12: 1000 - 1300  
MAIN EXCHANGE - 330 KANSAS AVE BLDG 700  
U.S. ARMY FORT LEAVENWORTH

## Blood Drive

Community Blood Center

Fort Leavenworth  
Thursday, April 16th  
9:00 AM - 2:00 PM

Fellowship Hall  
Frontier Chapel, 625 Thomas Avenue

Prepare to donate:

- Eat well and hydrate
- Bring a photo ID
- Feel good and sunburn free
- Must be 17+ or 16 with parental consent form
- Meet minimum weight requirements

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

Sign up at [savealifenow.org/group](https://savealifenow.org/group) and use group code BK. For additional details, contact Chris Major at 816.646.3307 or [cmajor@cbckc.org](mailto:cmajor@cbckc.org).

877.468.6844 • [savealifenow.org](https://savealifenow.org)

## CARL Storytime

When: April 17th, 2026  
Time: 1400

Join us for a storytime out of this World!

## Housing Services Office

HOME BUYING SEMINAR 2026  
PCS, Retirement or Dream House

Thinking about purchasing a home. Whether it's here in the Fort Leavenworth area or at your next duty station, this seminar is for you.

HOME BUYING MADE EASY!  
Inviting Military and Department of Defense personnel and families to an informational seminar presented by industry experts...

WHEN: WEDNESDAY, APRIL 22, 2026  
11:00 AM - 1:00 PM  
5:00 PM - 7:00 PM

WHERE: Army Housing Services Office  
731 McClellan AVE  
CONFERENCE RM 128  
Fort Leavenworth, KS

SIGN UP TODAY  
Come join us RSVP to have Lunch Provided or Bring your own Lunch

E-MAIL: [usarmy.leavenworth.id-12.mbx.hso@army.mil](mailto:usarmy.leavenworth.id-12.mbx.hso@army.mil)  
IN THE SUBJECT LINE WRITE HOME BUYING SEMINAR 2026  
OR  
CALL: (520)669-7233

The Combined Arms Command and Fort Leavenworth Housing Services Office

Please join us for SHARP's  
**ICE CREAM SOCIAL**  
 In Honor of SAAPM Month



**Wednesday, 15 April 2026**  
**1100-1300**  
**Fort Leavenworth Exchange**  
**330 Kansas Ave**  
**Fort Leavenworth, KS 66027**

For more information, please contact Ms. Nicole Hernandez at (913) 544-9243 or [maureennicole.n.hernandez.civ@army.mil](mailto:maureennicole.n.hernandez.civ@army.mil)

# END OF YEAR FAREWELL SERVICE

Fort Leavenworth Multicultural Gospel Service

Pioneer Chapel,  
 Fort Leavenworth, Kansas



**SPECIAL PRESENTATIONS**

**SUNDAY**  
**3RD MAY 2026**  
**10AM**

**LUNCH & BOWL**  
**12-2PM**  
 at Fort Leavenworth  
 Sky Zone Bowling Alley

Please wear **FLMGS**  
**LOVE GOD**  
**LOVE PEOPLE**  
**T-SHIRTS**



- Bowling Shoes & Balls Provided
- Pizzas, Chicken Strips, Waffle Fries, Salad, Drinks

## JOIN US FOR A DENIM DAY JEAN PAINT PARTY!



**BRING YOUR OWN JEANS TO PAINT!**  
 ENJOY A HOT DOG, CHIPS, AND A DRINK!

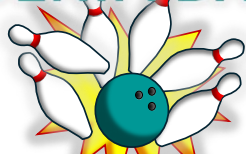
**WHEN: APRIL 28<sup>TH</sup> 2026**  
 FROM 1130-1300

at  
**SHARP RESOURCE CENTER**  
 632 MCCLELLAN AVE,  
 BLDG 197

SUPPORTING SAAPM

CAC SHARP PRESENTS

## DENIM DAY



## TOURNAMENT

**WEDNESDAY, APRIL 29<sup>TH</sup> 2026 @ 1400**

\$10 Per Person W/Shoes \* 2 Games Or  
 \$40 Per 4-Person Team W/Shoes \* 2 Games

CAMPUS LIFE MILITARY PRESENTS

# MILITARY Camp

**REGISTRATION IS OPEN!**

**25-29 MAY 2026**  
 OPEN TO ALL 6<sup>TH</sup>-12<sup>TH</sup> GRADERS

**GET READY FOR:**

- Muck Wars
- High Ropes Course
- Lake Inflatables
- Nightly Club
- And More!

**FOR MORE INFORMATION: CONTACT SAM AT 605.569.3820**

## Looking for Community?

### Join Campus Life Military

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

Samantha Odle  
 (605) 569-3820 / [sodle@yfc.net](mailto:sodle@yfc.net)

Fort Leavenworth Religious Support Office Presents

# SINGLE SOLDIERS Game Night

**DINNER PROVIDED**

Join us for an evening of fun, laughter, and friendly competition!

**APRIL 29 | 1700 - 1900**  
**BARRACKS CQ**

POC:  
 Syeeda Echols, Director of Religious Education  
[syeeda.j.echols.civ@army.mil](mailto:syeeda.j.echols.civ@army.mil)

## Chaplain Family Life Center

**100% Confidential & Faith Informed**

**Pastoral Counseling Services**

(Individual, Couple, & Family)

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

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



CH (MAJ) Joshua M. Portwood is a trained Pastoral Counselor in Marriage and Family Life. His formal education includes a Masters of Divinity from Gordon Conwell Theological Seminary, a Masters of Science (Marriage and Family Therapy) from Texas A&M-Central Texas, and a Doctorate of Ministry from Vanderbilt University Divinity School.

To book an appointment scan here:



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

# CARRY ON SMARTLY

Starting April 6, the Commissary will charge for single-use bags.



## FLMGS Women's Ministry Women's Retreat & Miniature Golf (INDOORS)

**What:** Women's Retreat & Miniature Golf (Indoors)

**When:** 18 April • 1000-1400 hrs

**Where:** Tap Ins  
 9571 Metcalf Ave  
 Overland Park, KS 66212

**Why:** Fellowship, Fun, and Encouragement!

Enjoy the Hole-In-One Fiesta Buffet!

**RSVP NLT 12 April 2026**  
 Contact Alicia Moore at (254) 285-7891

**NATIONAL SIMULATION CENTER**

# RACE THE GLITCH

**5K Fun Run & 1-Mile Walk**

Register Here:

<https://forms.osi.apps.mil/r/3YFHets95A>

Submit Payment Here:

19 April 2026 | 1300 (1pm)  
 Location: Regional Simulation Center on McPherson Avenue, Fort Leavenworth, KS

Registration Costs:  
 5K Run Fun - \$20  
 1-Mile Walk - \$15

Not an Officially-Timed Event

POC:  
[chelsey.l.yingling.mil@army.mil](mailto:chelsey.l.yingling.mil@army.mil)

**WANT A GUARANTEED T-SHIRT?**  
 Register by 4 April 2026 to lock in yours.  
 Late & Same-day registrations: T-shirt while supplies last



# Celebrating Military Children and Youth: Strength in Every Story

Fort Leavenworth

# Month of the Military Child

## April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HIGHLIGHTS</b> MOMC Spirit Week	PITCH HIT. RUN. FUN.	Dandelion Dash & Family Field Day	1 MOMC Kick-off & Proclamation Signing & CYS Art Show HYC at 4:30pm	2	3 ACS Spring Fling Resiliency Center 1pm - 3pm	4
5 EASTER	6	7 Free Open Studio for Kids at Arts & Crafts Studio 4pm - 6pm	8 Building Resilient Military Teens Workshop at HYC 4pm	9	10 FREE Movie 7pm Post Theater SKIES Music Recital Pioneer Chapel @ 5:30pm	11 PAIR DAY & Kids Fest at Harney 10am-2pm
<b>COMMUNITY-WIDE PURPLE UP! ON APRIL 15! SPIRIT WEEK IS M - F APRIL 13-17</b>						
12	13 SKIES, Youth Sports, and Youth Center Summer Enrollments Open	14 Free Open Studio for Kids at Arts & Crafts Studio 4pm - 6pm	15 Purple Up! Day Building Resilient Military Teens Workshop HYC 4pm	16	17 YS MLB Pitch, Hit, and Run at Doniphan Field One 5pm-7pm	18 Dandelion Dash Family Field Day USD 207 Track 9am
19	20	21 Free Open Studio for Kids at Arts & Crafts Studio 4pm - 6pm	22 Building Resilient Military Teens Workshop HYC 4pm	23	24 Operation Megaphone Lock-in 24-25 at HYC Must register with CYS (grades 6-12)	25 Mr. Stinky Feet Concert Resiliency Center @ 3pm
26	27	28 Free Open Studio for Kids at Arts & Crafts Studio 4pm - 6pm	29 Building Resilient Military Teens Workshop HYC 4pm	30		

**KIDS BOWL FREE EVERY SUNDAY AND THURSDAY AT THE STRIKE ZONE ALL MONTH!**  
**FREE BUCKET OF BALLS & SOFT DRINK AT TRAILS WEST GOLF COURSE ALL MONTH KIDS RIDE/PLAY FREE**  
**KIDS EAT FREE WITH ADULT PURCHASE FRIDAYS AT THE SOLARIUM BUFFET ALL MONTH!**

## MOMC

### DETAILS

**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 Night**  
7pm @ The Post Theater

**Zootopia 2 PG**  
April 10

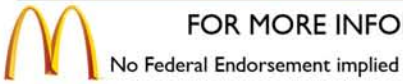
**FCC Solarium Buffet**  
Kids eat FREE on Fridays w/ Adult purchase of full buffet @ \$14.95 valid from 11am - 1:30pm

**PAIR Day/ Kids Fest**  
April 11 10am - 2pm @ Harney Sports Complex

**MOMC PURPLE UP!**  
On April 15 wear purple to support Military Kids! Submit photos to FTLVNMOMC@gmail.com

**Dandelion Dash & Family Field Day**  
April 18 9am @ USD 207 Track

**Mr. Stinky Feet Concert**  
April 25 3pm @ The Resiliency Center



FOR MORE INFORMATION ON ANY OF THESE EVENTS CALL PARENT CENTRAL AT 913-684-5138



## ROOTED & READY: Building Resilient Military Teens

Harrold Youth Center / 45 Biddle Blvd / Fort Leavenworth, KS

**Wednesdays**  
April 8, 15, 22, 29  
From 4pm - 5pm

Learn to roll with the punches and fight back against adversity!

This interactive workshop uses games, activities and group discussions to teach adaptive skills. It is geared toward Military Teens and the unique challenges they face.

Open to all Youth ages 13+ currently registered with CYS.

Workshops are FREE and registration with ACS is not required. Teens may attend as many of the themed workshops as they wish!

520-684-3838 for more info

## PAIR Day & Kid Fest

April 11 // 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.

## Dandelion Dash & Family Field Day

APRIL 18  
Registration 9am - 9:45am  
USD 207 Track & Field Complex  
Fort Leavenworth, KS

Run/Walk starts at 10am  
Family Field Day will start immediately after the Dash.  
\*Children and Youth under 18 must be accompanied by a Parent or Legal Guardian for the duration of the event.

Bring your whole family for this fun and FREE Run/Walk & Family Field Day honoring the Month of the Military Child!

Field Day Activities Include:  
"Operation Teamwork" Relay Race  
"Resilience Ring Toss"  
"Bloom & Balance" Dandelion on a Spoon Race  
"Purple Up" Sack Race  
"PT" Obstacle Course

Call 913-684-7525/7526 for more info  
Scan the QR code to follow MWR on FB!

## FORT LEAVENWORTH YOUTH SPORTS & FITNESS

FREE 2026 Official Skills Competition

April 17, 2026  
Starts at 5:00 pm  
@ Doniphan Field #1  
Ft. Leavenworth, KS

Baseball and Softball Divisions  
7 - 8 yrs  
9 - 10 yrs  
11 - 12 yrs  
13 - 14 yrs

Age cut-off set on November 15, 2026  
Parents/ Guardians must provide proof of age with a valid record (such as a birth certificate)

Register online today!

Registration must be completed online.

PARENT VOLUNTEERS NEEDED  
For more information: (913) 684 - 7525 or 7526  
leavenworth.armymwr.com

## April 2026 MOMC Harrold Youth Center Events

April 1 - Month of the Military Child Proclamation Signing  
Join us as we kick off the Month of the Military Child with a special Proclamation Signing Ceremony! Leavenworth High JROTC will be posting the colors and singing the National Anthem. A special showcase featuring art from our talented Military Children will be on display! Wednesday at 4:30pm

April 3 - Family Movie & Popcorn Night  
Get ready for Family Movie Night featuring HOP! (PG) on the big screen! Bring the whole family and enjoy a popcorn bar complete with toppings! Don't forget to "hop" into the photo booth to capture the fun! Friday from 5pm - 7pm

April 3 - Teen Flashlight Easter Egg Hunt  
You're never too old for an Easter Egg Hunt! Bring your flashlight and an Easter bag for the hunt. Collect a golden egg for an awesome prize! Free! Friday starting at 8:15pm. Must be eligible to attend HYC to participate.

April 4 - 6th grade 3 on 3 Basketball Tournament  
Love the game? 6th graders get to clear the court! Saturday at 2pm  
For 6th graders only, grab your team and register at the Youth Center by April 3.

April 6 - 10 - Family Feud Tournament  
Think your family has what it takes to be number one? HYC's ultimate Family Feud Tournament starts Monday at 6pm, Championship Round will be on Friday at 6pm followed by an Ice Cream Social! Call 913-684-5118 to sign-up by April 3 \*space is limited\*

April 11 - Teen 3 on 3 Basketball Tournament  
Think you got game? Come prove it on the court! Saturday at 2pm  
For 7th - 10th graders, grab your team and register at the Youth Center by April 10.

April 17 - Family BINGO & Taco Crunch Dinner  
Bring your whole family out for an evening of BINGO and a taco crunch dinner. Great prizes, delicious food, and tons of fun! Friday at 5pm

April 18 - Parent and Teen 2 on 2 Basketball Tournament  
It's a family showdown on the court! Register your team by April 17 to secure a spot! Must be a minimum of four teams. Saturday at 2pm

April 24 - Annual Worldwide Operation Megaphone Lock-In  
You don't want to miss this once a year event! Bowling, swimming, DJ and dancing, pizza, hourly contests with prizes, games, snacks, inflatable obstacle course, delicious breakfast, and most importantly, lots of fun! \$25 per Child, space is limited! Register by April 22 to secure your spot! Friday at 7pm - Saturday at 7am

Harrold Youth Center / 45 Biddle Blvd / Fort Leavenworth, KS / 913-684-5118  
leavenworth.armymwr.com

## JIM COSGROVE Mr. Stinky Feet

Celebrating the Month of the Military Child!

GET READY TO DANCE!

Mr. Stinky Feet and the Hiccups bring their fun and unique brand of energy to celebrate the Month of the Military Child!

Treat yourself to delicious ice cream provided by Shatto Milk Company while getting silly with Mr. Stinky Feet!

For updates, like us on our FB page.

**FREE CONCERT!**  
Saturday  
April 25th  
3pm  
Resiliency Center  
600 Thomas Ave  
Ft. Leavenworth  
Questions? 913-684-1655  
In case of inclement weather, event will be held at the Post Theater

## MOMC Spirit Week

"Military Children and Youth: Strength in Every Story"

Monday, April 13: Wear something to show pride in your Hometown for "My Story Starts Here"

Tuesday, April 14: Wear silly socks for "Our Stories Are Different, Just Like Our Socks"

Wednesday, April 15: Wear Purple for Military Kids for "Purple Up! Day"

Thursday, April 16: Wear mismatched clothes for "Every Piece Of Your Story Matters"

Friday, April 17: Wear your favorite pajamas for "Dreams Tell Our Stories"

## SKIES

Save the Dates!

Students Music Recital  
April 10 @ Pioneer Chapel 5:30pm

SKIES Summer Enrollment opens April 13 9:00am

Newsies Jr. Performances  
May 9 @ Post Theater 2pm & 7pm

Student Dance Recital  
May 20 @ Post Theater 6:30pm

SKIES Open House  
July 30 @ Patch Community Center 5:30pm

FREE! Family Friendly Events for 2026!

SKIES: Unlimited

call for more info : 913-684-3207

## We have KC Royals Tickets for the 2026 season!

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

For more info call: (913) 684-2580  
Visit Leisure Travel Services:  
310 McPherson Ave (located inside the old USDB)  
Or check out our website: Leavenworth.armymwr.com

## 2026 FFAM ESSAY CONTEST

Explore History. Share Your Voice. Earn Scholarships.

In Honor of the 200th Anniversary of **FORT LEAVENWORTH**

ESSAY TOPICS: (CHOOSE ONE)

- Impact of Fort Leavenworth on westward expansion
- Influence of Trails on the American West's Economy & Military Culture

1st Place: \$1,500  
2nd Place: \$1,000  
3rd Place: \$500

- High School Seniors & 1st-Year College Students
- Within 50 Miles of Fort Leavenworth
- Military Families or Fort Leavenworth Affiliated

SUBMISSIONS: April 1 - April 30, 2026

Email: [president@ffam.us](mailto:president@ffam.us)

1000-1500 Words • Entry Form Required

RESEARCH AT: FRONTIER ARMY MUSEUM  
FREE ADMISSION  
Tues-Fri: 9am-4pm • Sat: 10am-4pm

Winners Announced May 2026

Presented by Friends of the Frontier Army Museum

## PREVENTION IN THE PARK

APRIL 17 // 1PM - 3PM  
EFMP PARK (BEHIND POST THEATER)

April is National Child Abuse Prevention Month. During April, FAP / NPSF 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 15th.

For more info or to register call, (520) 692-6378/6303.

Call out date: April 24 // 1PM-3PM

## Youth Sports & Fitness Camps

Registration starts April 13!

Age Groups	Time	Cost
5 - 8 yrs	0900-1000	\$40
9 - 14 yrs	1000-1100	\$40

### CHALLENGER SPORTS SOCCER CAMP

Camps run Monday - Friday  
June 1 - 5 / July 6 - 10 / July 27 - July 31

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

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

Call 913-684-7525 / 7526 for more information

leavenworth.armymwr.com

## THE MICHAELS ORGANIZATION EDUCATIONAL FOUNDATION Resident Scholarship Program

APPLY ONLINE @ [tmoef.communityforce.com](http://tmoef.communityforce.com)

APPLICATIONS NOW OPEN!

APPLY ONLINE @ [tmoef.communityforce.com](http://tmoef.communityforce.com)

### 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)

## 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

## Join ACS/ New Parent Support for Toddler Time

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

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

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

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

## Harold Youth Center (HYC)

School is in session, but the FUN doesn't need to stop! Hang with your friends and make some memories!

### FREE TEEN AFTER-SCHOOL PROGRAM

Offering:

- Free After School Snacks
- Homework Help
- STEM Programs
- Gym Activities
- Music Classes
- Arts & Crafts
- Bowling Club
- Bike Club
- Fishing Club
- Strength Training
- Youth Sponsorship Club
- Video Games & Tournaments
- Homework & Technology Labs
- Monthly Parties/ Dances
- Non-School Day Field Trips
- Friday after 6pm & Saturday Special Events

HYC Hours:  
Mon-Thurs 3pm - 6pm  
Friday 3pm - 9pm  
Saturday 1pm - 7pm  
Non-School Days  
Open at 1pm  
Closed Sunday

Administrative Hours  
Monday - Friday  
9am - 5:30pm

\*Enroll now at Harold Youth Center 45 Biddle Blvd

HYC is for 6th - 12th Graders only. Must be registered with CYS Parent Central prior to enrolling. Stop by for our monthly calendar! Contact 913-684-5138 for more info on registration and eligibility

## EFMP Lending Library

A new resource just for you!

We're open M - F  
7:30am - 4pm

Room 155E  
The Resiliency Center, Bldg 198  
600 Thomas Ave  
Fort Leavenworth, KS

The Lending Library is a free resource room designed for Families enrolled in EFMP. It's stocked with sensory items, EFMP appropriate games, art supplies, and safety items for all ages! Families can borrow items for up to 30 days. Appointments are required, drop-ins are on a case-to-case basis.

Call for more information:  
520-692-6363 / 913-684-3838

## Stroller Walk & Talk

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

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

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

POC 913-297-3212

## EFMP & Waiting Families Presents ZUMBA

Get ready to Move! Get ready to Groove!

Every second Tuesday  
9am - 10am  
Gruber Fitness Center  
200 Reynolds Ave  
Fort Leavenworth, KS

Get wrapped up in the music and let's get moving and grooving! Zumba is energetic, fun, and a de-stressor all in one! Designed for all fitness levels this FREE class is open to anyone 18+.

Registration is required for attendance.  
Call 520-692-6363 or 913-684-2800

## Playground Palooza!

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

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

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

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

## NOW OPEN

### Fort Leavenworth Child & Youth Services Waitlists for Summer Camp 2026 & School Year 2026-2027

Don't know which Care Options to request? Prior to making Requests for Care review the flyer:

### 2026-2027 Fort Leavenworth Care Options & Waitlists Available on:

Find us on: [facebook](https://www.facebook.com/fortleavenworthchildandyouthservices)

Fort Leavenworth Child & Youth Services

Contact Parent Central Office for assistance:  
913-684-5138 or 913-684-4956  
[usarmy.leavenworth.id-training.mbx.ftlvparentcentral@army.mil](mailto:usarmy.leavenworth.id-training.mbx.ftlvparentcentral@army.mil)

## 2026-2027 Fort Leavenworth CYS Care Options & Waitlists on MILITARYCHILDCARE.COM

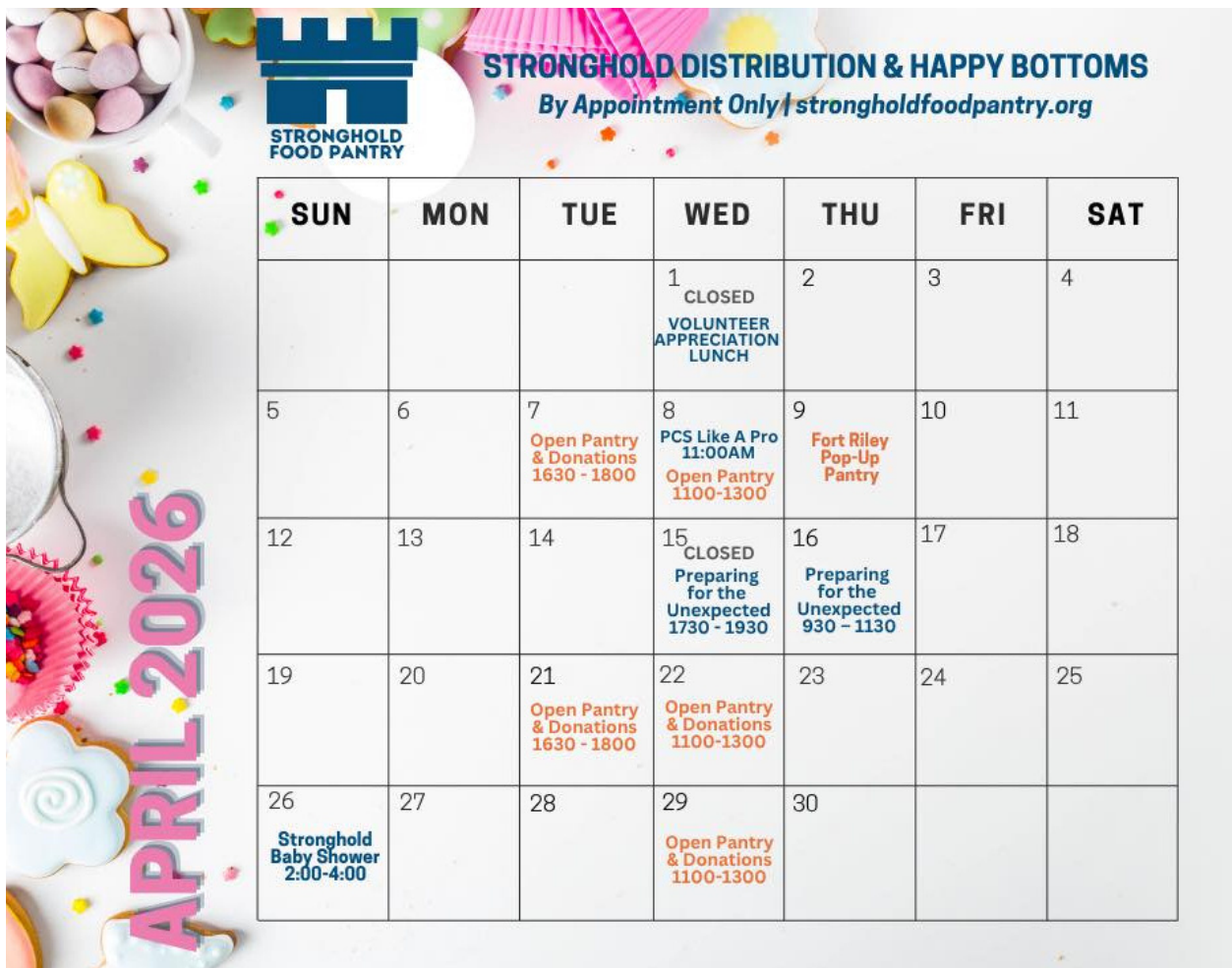
- CYS eligible patrons create or use your current account on MILITARYCHILDCARE.COM (visit FAQ section on site)
- Review the Facility Program & Care Option descriptions below & available on MILITARYCHILDCARE.COM
- Submit a Request for Care (RFC) for each child in each Child Care Option listed below that fit your care needs.

Offers are managed by the Fort Leavenworth CYS Parent Central office using contact information listed in your MILITARYCHILDCARE.COM household profile. List phone/email address you have ongoing access to during travel/leave (and ensure those are toggled to receive notifications). To facilitate a successful offer process, ensure the Sponsor & Spouse employment status indicated applies to living in the FTLVN area.

Visit CYS website & Facebook pages:  
[www.leavenworth.armymwr.com](http://www.leavenworth.armymwr.com) [www.facebook.com/cys.ftleavenworth](https://www.facebook.com/cys.ftleavenworth) [www.facebook.com/cys.ftlvparentcenter](https://www.facebook.com/cys.ftlvparentcenter)

CYS Parent Central: 913-684-5138 or 4956

<b>MAIN CHILD DEVELOPMENT CENTER</b> FULL-DAY CHILD CARE & FULL-DAY PRESCHOOL Open 6:00am-6:00pm (1) Request Full-Day Preschool when care needed the Summer prior to Kindergarten. (2) Request KG School Year Care if needed & attending USD 207 (for applied to attend). (See Osage's BLUE info box on the right). ** Must turn 5 by 31 AUG 2026 to be KG eligible in Kansas. (3) This program is NOT affiliated with the USD 207 Preschool/Pre-K Program. Transportation is NOT available. *CYS is recruiting on-post Family Child Care providers.	<b>FULL-DAY 6 WEEKS THRU 5 YEARS</b> (1) Not started KG Refer to info	<b>PART-DAY PRESCHOOL YEAR 26-27</b> 3-5 YEARS 3 CLASS OPTIONS	<b>OSAGE KG &amp; SCHOOL AGE CARE FACILITY</b> CYS PART-DAY PRESCHOOL CLASSES Full-Day Program Open 6:00am-6:00pm 2-Day AM 8:00am-11:00am 4-Day PM 12:15-1:00pm on M-Th * Must turn 3 yrs on or prior to first day of class. * Request multiple classes to increase chances for placement. * No "Tuition Trained" restriction. * Under 37 Children a Need Date another child turns 3 years old. * Minimum Enrollment required for class option to be offered. (3) This program is NOT affiliated with the USD 207 Preschool/Pre-K Program. Transportation is NOT available.
<b>OSAGE KG &amp; SCHOOL AGE CARE FACILITY</b> 2026 KG & SCHOOL AGE (1st-5th) Summer Camp Weeks Full-Day Summer Program Open 6:00am-6:00pm Request the Care Option BASED ON GRADE COMPLETED IN MAY 2026 * "Completed KG" & "Completed 1st-5th School Age Care" are separate Care Options based on grade COMPLETED. * Request each camp weeks needing care. ** Current School Year 25-26 contract holders are given the opportunity to request Continuity of Care directly with Osage in the Spring. Requests in MCC are ONLY needed on post Osage's deadline.	<b>SUMMER 2026</b> COMPLETED KG & 1st-5th Grade *6th-12th Grade see NYC info	<b>SCHOOL YEAR 26-27</b> ENTERING KG & 1st-5th Grade *6th-12th Grade see NYC info	<b>OSAGE KG &amp; SCHOOL AGE CARE FACILITY</b> SCHOOL AGE WINTER & SPRING BREAK CARE WEEKS Full-Day Program Open 6:00am-6:00pm Before/After School Open 6:00am - 6:00pm Transportation not from FTLVN schools included by USD 207. Request the Care Option BASED ON GRADE ENTERING IN AUGUST 2026 * KG & 1st-5th School Age Care Options are separate. (1) Upcoming KG: Make additional Full-Day Preschool request when care is needed the Summer prior to KG. ** Before Only. After Only, & Before/After care options include USD 207 No-School Days & Early-Out Fridays & the first 2 weeks of school when KG only attends 1/2 days.
<b>NO WAITLIST REQUIRED FOR YOUTH 6TH-12TH GRADE</b> [COMPLETED OR CURRENTLY ATTENDING] Enrollment into a Middle School & Teen program is first come-first serve for CYS eligible & registered youth. On <a href="http://www.leavenworth.armymwr.com">www.leavenworth.armymwr.com</a> search for "Harold Youth Center" for details on Summer Camp Weeks. FREE Open Recreational time, & the FREE After School Program (which includes pickup at on-post & off-post middle/high schools), & Winter & Spring Break Camp Weeks.	<b>HAROLD YOUTH CENTER</b> 6TH-12TH GRADE	<b>HOLIDAY CAMPS ATTENDING</b> KG & 1st-5th Grade *6th-12th Grade see NYC info	<b>OSAGE KG &amp; SCHOOL AGE CARE FACILITY</b> SCHOOL AGE WINTER & SPRING BREAK CARE WEEKS Full-Day Program Open 6:00am-6:00pm * KG & 1st-5th School Age Care Options are separate. * Make request based on grade currently enrolled. * USD 207 Calendar determines camp weeks. Weeks will be available to request in mid-September 2026. * CYS will be closed on Federal Holidays. * Request is not required for children in a current School Year contract.



**STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS**  
By Appointment Only | [strongholdfoodpantry.org](http://strongholdfoodpantry.org)

SUN	MON	TUE	WED	THU	FRI	SAT
			1 CLOSED VOLUNTEER APPRECIATION LUNCH	2	3	4
5	6	7 Open Pantry & Donations 1630 - 1800	8 PCS Like A Pro 11:00AM Open Pantry 1100-1300	9 Fort Riley Pop-Up Pantry	10	11
12	13	14	15 CLOSED Preparing for the Unexpected 1730 - 1930	16 Preparing for the Unexpected 930 - 1130	17	18
19	20	21 Open Pantry & Donations 1630 - 1800	22 Open Pantry & Donations 1100-1300	23	24	25
26 Stronghold Baby Shower 2:00-4:00	27	28	29 Open Pantry & Donations 1100-1300	30		

**"Our Volunteers are Sweet!"**  
**VOLUNTEER RECOGNITION CEREMONY**  
Come celebrate our SWEET Volunteers!

**April 23 from 11am - 1pm**  
Frontier Conference Center  
350 Biddle Blvd  
Fort Leavenworth, KS

11am - 11:40am Check-in  
11am - 12pm Find a seat, grab a sweet!  
12pm Ceremony begins

Scan here to RSVP by APRIL 3

For more info call: 913-684-2800



So, you've filed a report of sexual assault...what happens next?

The Fort Leavenworth Sexual Harassment Assault Response and Prevention (SHARP) Team and the Staff Judge Advocate (SJA) in conjunction with Military Criminal Investigative Division (MCID) and Office of Special Trial Counsel (OTC) presents:

**"From Allegation to Prosecution"**

Date: 21 May 2026  
Time(s): 0900 and 1300  
Location: Eisenhower Hall, De Puy Auditorium  
250 Gibbon Ave, Fort Leavenworth. KS 66027

An interactive Mock Trial demonstrating the process of the military justice system through an allegation of Sexual Assault.

Come participate in the mystery of military justice.

For more information, please contact Ms. Nicole Hernandez at (913) 544-9243 or [maureennicole.n.hernandez.civ@army.mil](mailto:maureennicole.n.hernandez.civ@army.mil)


**NCOs JOIN US FOR OUR WEEKLY STUDY SESSIONS**



EVERY  
**THURSDAYS AT 1600**  
AND  
**FRIDAYS AT 1200**  
AT HHC, MWJRCF

**United States Disciplinary Barracks Unit Tribute Ceremony**

21 May 2026  
1000 hours  
National Museum of the US Army  
1775 Liberty Drive  
Fort Belvoir, VA 22060



**Important information:**

- RSVP to [peter.j.grande.vol@army.mil](mailto:peter.j.grande.vol@army.mil) by 11 May 2026 to ensure receipt of a general admission ticket for museum access after the ceremony.
- The ceremony will be standing only; no chairs or seating available.
- Please arrive 15 minutes prior to ceremony start time.

Visit: [www.thenmusa.org](http://www.thenmusa.org)

**VFW Veterans of Foreign...**  
Sharron K. McMahan · 3h ·

Mark your calendars!!

**VFW** White-Donlon-Hagemeister  
MOH Post 56  
519 Cherokee Street  
Leavenworth, KS 66048  
(913) 682-9200

*"Your Hometown VFW"*  
**BAGELS & BONES**  
Vinny The Surgeon Dog  
Invites all to join us for a 1-2 mile walk in beautiful downtown Leavenworth with your canine pals. We will meet behind the VFW. Walk fast or walk slow. Just come out and go.

**SATURDAY**  
March 21, April 18, & May 16  
9am

*Bagels & Bones at the end.*

**Fort Leavenworth Bicycle Rider Rules**

- Wear a helmet that has been approved by the American Society for Testing and Materials or that meets or exceeds the Snell Foundation Safety Standard.
- Don't ride your bicycle on Grant Avenue, use the sidewalk. Always walk your bike through crosswalks.
- You may ride on all sidewalks but should warn pedestrians as you approach (a bell or horn is encouraged) and always yield right-of-way to pedestrians.
- If you ride during limited visibility (night, fog, rain etc.) you must have a headlight and rear reflector.
- Riding in the National Cemetery is prohibited as well as inside of the golf course.
- Don't wear headphones while bike riding.

**BINGO**

Open to the Public  
to the VFW Post 56  
to the Public

Doors open at 4:30

- Early bird starts at 6:45
- Main games start at 7pm

Kitchen open 5:30-8pm  
Every Wednesday

**PETS SAFETY TIPS**  
Hot Weather Rules For Pets



- KEEP YOUR PET HYDRATED** (Illustration of a water bowl)
- DON'T LEAVE YOUR PET IN THE CAR** (Illustration of a car with a sun and a thermometer)
- KEEP PAWS AWAY FROM HOT PAVEMENT** (Illustration of a paw on a hot surface)
- KNOW SIGNS OF OVERHEATING** (Illustration of a dog with a sun and a thermometer)

**TRIVIA NIGHT**  
THURSDAYS 7PM  
**VFW**  
VETERANS OF FOREIGN WARS  
MEMBERS ONLY

COME TEST YOUR INTEL. NO SECURITY CLEARANCE REQUIRED.

GO ARMY I KNOW WHAT IS

Starting January 26th, 2026

### Fort Leavenworth Group Fitness Classes

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0600		Slow Flow (Leslie)		Slow Flow (Leslie)		
0900	Vinyasa (Leslie)		Body Pump (Tara)		Body Pump (Tara)	
1000						Power Yoga (Kim)
1300	Body Pump (Tara)					
1630			Power Cycling (Kim)	Yin Yoga (Brandie)		
1700	Power Yoga (Kim)					

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

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

\*Power Cut classes are held in the Bubble Gym



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



<https://leavenworth.armymwr.com>

### Independent Instructor Class Schedule

#### Gruber Fitness Center

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

Jiu-Jitsu 1 x a week - \$60 2 x a week - \$75 3 x a week - \$85 Drop in \$20  
First class is FREE!

#### Harney Sports Complex

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

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

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



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

## Joker's Scramble 2026 Tournament

April 11  
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

Be prepared for tricks and fun challenges at the Joker's Scramble Tournament!  
\$60 Members  
\$70 Non-Members  
Includes a meal, giveaways, prizes, range balls, 18-holes of golf, and a cart.

[leavenworth.armymwr.com](https://leavenworth.armymwr.com)

## FUN SHOOT

Brunner Range  
1st Saturday of the Month

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

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

Rental guns and shells are available or bring your own.

Prizes and awards distributed at the end of each shoot.

Info: (913) 651-8132  
701 Sheridan Drive

## BRUNNER RANGE 2026 SPECIAL FUN SHOOTS

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

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

## YOUTH SPORTS & FITNESS PICKLEBALL LEAGUE

Join our NEW Youth Pickleball League!

Registration/Enrollment  
March 16 - April 6  
Season begins  
April 15 - May 20

Volunteer coaches needed! Be a part of the fastest growing sport in America!

Mondays & Wednesdays\*  
Grant Park Pickleball Courts  
Fort Leavenworth, KS  
\*One hour practice times will range between 4pm - 7pm and will be determined by the coaches

Boys and Girls:  
(8-10yrs) (11-14yrs) (15-17yrs)  
\$50 for first child, \$42.50 for additional Children in the household

All Youth must have an updated sports physical before the first practice. Enrollment can be done at all CYS locations if centrally registered. Webtrac online enrollments can only be done with a Youth Sports Physical that covers the entire season. Call for more info: 913-684-7525/ 7526

[leavenworth.armymwr.com](https://leavenworth.armymwr.com)

## March - April Workshops

### Watercolor

\$30 per workshop

Watercolor (Basic Techniques)  
Thursday, Mar 26  
1pm - 3pm

Watercolor (Landscapes Part 1)  
Thursday, Apr 2  
1pm - 3pm

Watercolor (Landscapes Part 2)  
Thursday, Apr 9  
1pm - 3pm

Watercolor (Landscapes Plein-Air)  
Thursday, Apr 16  
1pm - 3pm

### Calligraphy

\$20 per workshop

Modern Calligraphy (Basic Techniques)  
Tuesday, Mar 31  
1:30pm - 3pm

Modern Calligraphy (Intermediate)  
Tuesday, Apr 14  
1:30pm - 3pm

Modern Calligraphy (Birthday Cards)  
Tuesday, Apr 28  
1:30pm - 3pm

### Ft. Leavenworth Arts & Crafts Studio

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

Spring Rooster Friday March 6 6pm - 8pm

Rain Boots Friday April 10 6pm - 8pm

### Pottery Studio

\$40 per class

Wheel Throwing (Basics)  
Part 1 Wed, Mar 4 9am - 11:30am  
Part 2 Wed, Mar 11 9am - 11:30am

Part 1 Tues, Mar 10 6pm - 8:30pm  
Part 2 Tues, Mar 31 6pm - 8:30pm

Part 1 Sat, Mar 28 10am - 12:30pm  
Part 2 Sat, Apr 25 10am - 12:30pm

Part 1 Fri, Apr 10 9am - 11:30am  
Part 2 Fri, Apr 24 9am - 11:30am

Part 1 Tues, Apr 14 6pm - 8:30pm  
Part 2 Tues, Apr 21 6pm - 8:30pm

Wheel Throwing (Mugs)  
Must have taken Part 1 & Part 2 of Basics  
Wed, Apr 1 9am - 11:30am  
Tues, Apr 28 6pm - 8:30pm

Hand Building (Mugs)  
Thurs, Mar 12 1pm - 3pm  
Thurs, Apr 23 1pm - 3pm  
(Charcuterie Board)  
Fri, Mar 27 1pm - 3pm  
Wed, April 8 1pm - 3pm

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

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

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

[leavenworth.armymwr.com](https://leavenworth.armymwr.com) [artsandcraftsfortleavenworth@gmail.com](mailto:artsandcraftsfortleavenworth@gmail.com)

## YOUTH SPORTS & FITNESS Summer Golf Program

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

Register between April 13 - June 9

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

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

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

[leavenworth.armymwr.com](https://leavenworth.armymwr.com)

## March - April Workshops

### Framing

\$40 per class

Intro to Framing  
Friday, March 13  
Saturday, March 28  
10am - 2pm

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

### Crafts

\$25 per class

Jewelry Making  
Wednesday, March 25  
9:30am - 11am

Tuesday, March 31  
6pm - 7:30pm

Pressed Flower Suncatcher  
Wednesday, April 22  
10am - 12pm

Friday, April 24  
1pm - 3pm

### Ft. Leavenworth Arts & Crafts Studio

OPEN STUDIO  
Ask about our Hourly Fees

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

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

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

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

### Kids Classes

NEW! Pottery  
\$20 per class (ages 7+)

Kids Hand Building  
Thursday, Mar 12 4pm - 5:30pm

Friday, Apr 3 10:30am - 12pm

Friday, Apr 17 2:30pm - 4pm

Color Me Happy  
\$10 per class  
Parent & Toddlers

Thursdays  
Mar 5 & Mar 26  
10am - 11am

Thursdays  
Apr 9 & Apr 23  
10am - 11am

Art History  
\$20 per class (ages 7+)

Milksakes & Monet  
Wednesday, Mar 25  
1pm - 3pm

Donuts & da Vinci  
Wednesday, Apr 15  
1pm - 3pm

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

[leavenworth.armymwr.com](https://leavenworth.armymwr.com) [artsandcraftsfortleavenworth@gmail.com](mailto:artsandcraftsfortleavenworth@gmail.com)

## MilTax FREE TAX SERVICES

THE ONLY FREE TAX SERVICE MADE EXCLUSIVELY FOR THE MILITARY.

MilTax provides military-specific tax preparation software and expert support to help the military community navigate their taxes accurately and with ease.

Both the tax software and expert consultations are free for active-duty service members, eligible family members, survivors and recent veterans up to 365 days from their separation or retirement date.

[WWW.MILITARYONESOURCE.MIL/FINANCIAL-LEGAL/TAXES/MILTAX-MILITARY-TAX-SERVICES/](http://WWW.MILITARYONESOURCE.MIL/FINANCIAL-LEGAL/TAXES/MILTAX-MILITARY-TAX-SERVICES/)

SHARE THE NUMBER SPREAD THE WORD

CALL OR TEXT **988** CHAT 988LIFELINE.ORG

988 SUICIDE & CRISIS LIFELINE

There is hope.

988 SUICIDE & CRISIS LIFELINE

# MUNSON NOTES

## MUNSON NOTICES

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

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

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

■ It is important that military families new to the Fort Leavenworth community **ESTABLISH A NEW PRIMARY CARE MANAGER** for their health care needs. Munson Army Health Center offers a wide range of primary care providers to choose from for personalized care at a convenient on-post location. Once your new address is established in DEERS, call 1-888-TRIWEST (874-9378) and follow the prompts to establish a primary care manager at MAHC. Learn more about services at [munson.tricare.mil](http://munson.tricare.mil).

■ 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/8wtlf>.

■ 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.

■ **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 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.

## Power Your Plate with Fiber

Dietary fiber helps support key functions of your health.  
Good sources of fiber include:

### Vegetables



### Legumes



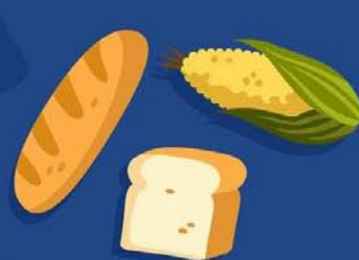
### Nuts



### Fruits



### Grains



TRICARE®

**Your Safety. Your Comfort.  
Your Choice.**

You can request a chaperone at any time.

[www.dha.mil/chaperone](http://www.dha.mil/chaperone)

**DHA**  
Defense Health Agency

**TRICARE®**

MUNSON ARMY HEALTH CENTER

## Medical Emergency

In case of a medical emergency,  
call 911. The health center does  
not have an emergency center.

**911**

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