

1st responders thanked at USD 207’s annual 9-11 Freedom Walk



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

Community members applaud first responder representatives Supervisory Security Guard Sgt. Sameer Shah, 67th Military Police Detachment (Military Working Dog) Operations NCO Sgt. 1st Class Shenique Gonzalez, Fort Leavenworth Emergency Services Assistant Fire Chief Dustin Hensley and Directorate of Emergency Services Game Warden Sgt. Darryll Watkins as they are recognized for their service during the annual Unified School District 207 Freedom Walk Sept. 11 at Normandy Field. Students from each school read aloud selected “What Freedom Means to Me” essays during the event. See last week’s issue of the *Fort Leavenworth Lamp* to read the essays.

CADD officer recognized for life-saving actions

by Randi Stenson/Mission Command Center of Excellence Public Affairs Officer

Of course, she couldn’t know it at the time, but an appointment that sent Maj. Avalon Dillon home during the day on July 11 ended up changing the course of several peoples’ lives, in addition to her own.

While returning to Fort Leavenworth from her home in Tonganoxie, Kansas, Dillon was the first on the scene of a two-car collision near the intersection of Tonganoxie Drive and Stranger Road. One of the drivers in an SUV had exited his vehicle and appeared to be unhurt, but two others in a minivan seemed to be in greater trouble. The airbags had deployed, the horn was blowing, and the vehicle was smoking.

Dillon, a career Military Police Corps officer and doctrine author at the Combined Arms Doctrine Directorate, alerted authorities to the accident.

“I slam on the brakes, as soon as I get up close enough to the first vehicle, I call 911 and let them know (it was a) two-vehicle accident and gave a general description.”

The 911 operator wanted more detailed information, and Dillon explained she had not had time to determine the severity of the accident. After hanging up, her training kicked in, and she began to assess the situation more fully.

While she was on the phone, another motorist had stopped and was talking to the elderly male driver of the minivan. The man was in and out of consciousness, but they needed him to shut off the vehicle to prevent fire from catching. Once the engine was off and the immediate danger minimized, Dillon turned her attention to the injured elderly female passenger of the vehicle; however, reaching her was no easy feat.

“I had to get underneath the airbags and through to see the woman that was there,” Dillon said.

The injuries were severe based on what she could see.

“I was fairly certain, based on her body position, how she was, that she had some closed fractures going on.”

This, along with blood coming from an unknown injury and some of the woman’s visible preexisting health issues, made Dillon sure that moving the woman was not advisable.

“So, I woke her up, got her conscious and was talking to her. She was kind of going in and out of shock because she would say, ‘I’m really cold, I’m really cold,’ and then she would start to fall asleep. And so, I was just talking to her, trying to wake her up.”

When first responders arrived, they extracted the male driver through the back seat of the van. When they discussed

moving the woman, Dillon told them not to.

“Absolutely not,” Dillon told the first responders. “This is an older lady, we’re not going to touch her until the ambulance arrives.”

Her astute evaluation of the severity of the woman’s injuries and her ability to calmly provide this information to the firefighters got their concurrence to wait for medical personnel to arrive on scene.

The job then became keeping the woman conscious and as comfortable as possible.

“I kept her awake, kept her stable,” she said. “I could tell she had broken both her wrists just based on the strength that she had, so I kind of crossed her arms to relieve the pressure from her upper body. And just kept her alert, kept her awake.”

That included talking to the woman about her family (her husband was the driver of the vehicle), her children and grandchildren, church — really anything to keep her engaged and calm.

When further help did arrive, Dillon again recommended against a direct extraction based on the woman’s injuries. The first responders adjusted their plan based on her advice. By taking out the beam between the passenger side door and the rear door, they could more easily

SEE CADD OFFICER
RECOGNIZED| A5

SAMS students explore lethality, innovation, transformation through AI education

by Retired Col. Matt Yandura/Assistant Professor, School of Advanced Military Studies

In late July 2025, the Advanced Military Studies Program at the School of Advanced Military Studies launched its first-ever experimental, three-day Practical Application of Artificial Intelligence module.

The mission was simple: transform the program with an innovative, hands-on AI learning experience for students and faculty. The purpose was to enable warfighter lethality through AI education and training.

“AI is changing the character of warfare. Our graduates have to be ready to lead formations powered by AI — and that’s why we did something about it,” SAMS Director Col. Dwight Domengeaux said.

AMSP Director Dr. Bruce Stanley said he envisioned a module that pushed institutional norms about how mid-career of-



ficers learn about AI and learn with AI.

“Did we accept risk? Yes, we did — to create a critical learning opportunity for our students,” Stanley said. “We knew what was at stake, and we trusted our faculty and students to make it work.”

According to AMSP faculty, the module’s experimental instructional design was key, consisting of 10.5 hours of total classroom contact time divided over three lessons.

“We covered a lot of ground with our students in three days,”

SEE SAMS AI EDUCATION| A5

SHARP
MESSAGE

A critical link

Addressing suicide risk in sexual violence survivors

by the Fort Leavenworth SHARP Team

September is Suicide Prevention Month and this year’s theme is “We are Stronger Together. Connect to Protect.”

As part of a partner program falling under the Directorate of Prevention, Readiness and Resilience (DPRR), we wanted to share some thoughts on a really critical and often overlooked issue: the link between sexual violence and suicide.

It's a heavy topic, but it’s something that both leaders and civilian professionals in our Army need to understand.

Sexual violence is, unfortunately, common in and out of the service, and the trauma it causes can have a profound impact on a person's mental health. We see a clear connection between this trauma and an increased risk of suicidal thoughts and attempts. It's a painful reality that we need to address directly.

What's really going on

This isn't a simple connection; it’s a complex one.

When someone experiences sexual violence, it can completely shatter his/her sense of safety and self-worth. This can lead to deep feelings of hopelessness, which are a major risk factor for suicide. Trauma can also affect how the brain works, making it harder to manage emotions and leading to a higher chance of developing other conditions like depression or substance abuse, all of which increase suicide risk. Add to that the stigma and difficulty of finding help, and it’s easy to see how survivors can feel completely alone.

Where we can do better

Across the Army, the systems were not designed to handle this intersection. Sexual violence support services, including SHARP and Army Community Service’s Family Advocacy Program, and suicide prevention resources often operate in separate silos under their own policies and practices. The current Army Transformation Initiative has helped in some respects to unify the various programs; however, standardiza-

tion of hierarchy and program structures across the Army is unknown at this time. Anytime there is a lack of unity, gaps can exist.

A call to action

We can't solve this alone. This will require a collective effort from everyone in our organization, regardless of our specific roles. The Army's “no wrong door” approach is a critical principle here — it means that anyone who needs help, no matter where they turn first, should be able to access the support they need. Our sexual assault response coordinators (SARCs) and victim advocates play a crucial role by conducting non-clinical safety assessments to victims of sexual violence to ensure immediate support and warm hand-off to clinical providers, if needed.

Here are a few things we should all consider:

• Foster collaboration

We need to find ways for all departments and teams to work together seam-

lessly, ensuring that when survivors reach out, they are met with a coordinated, integrated response.

• Seek education



Let’s get everyone on board with specialized, trauma-informed training. All personnel, not just advocates and counselors, should be equipped to recognize and respond to risk. Ask, Care, Escort-Suicide Intervention (ACE-SI) training compliance for first-line leaders, Army civilian supervisors and soldier and family readiness group leaders are critical to achieving this goal.

• Raise awareness

We can all help by talking more openly about these issues. The more we destigmatize the conversation, the more likely survivors are to seek the help they need.

We believe that by recognizing the vulnerability of survivors and committing ourselves to a more integrated approach, we can all make a huge difference.





ASK, CARE, ESCORT-SUICIDE INTERVENTION (ACE-SI)

WHAT IS IT


As the Army’s enhanced suicide prevention unit training program, ACE-SI empowers service members by providing comprehensive instruction on how to appropriately and deliberately intervene in crisis situations, and to recognize and assist at-risk individuals who are dealing with challenges.

The program teaches participants to remain calm, ask directly about suicidal ideation, express empathy and safely escort at-risk individuals to the appropriate response agency or to remain with them until help arrives. Under ACE-SI, Army members are taught their roles in postvention response after someone dies by suicide as well as their reintegration responsibilities for individuals returning from after receiving behavior-health support.

TARGET AUDIENCE

All Army members should take this training, especially leaders, who hold positions of trust and can encourage subordinates to seek help. Examples include:

- Army first-line leaders
- Army Civilian supervisors
- Soldier and Family Readiness Group leaders







TYPES OF LESSONS

Based on scientific literature concerning suicide and best practices for intervention, the program includes record training for suicide prevention: ACE Base +1 training, material to include *Reducing Stigma*, *Active Listening*, and *Practicing ACE*. The Base module is required annually and includes the steps of "Ask, Care, Escort" and then unit leadership elects one of the three +1 modules to train. In addition, the program covers risk factors for harmful behaviors and protective (resilience) factors. Certified ACE-SI instructors explain the far-reaching effects of suicide and Army members’ prevention and intervention responsibilities. They arm students with conversation tools to promote active listening so that individuals in crisis feel heard and understood.

All Army units will have ACE-SI trainers to support commanders with prevention and intervention. It is recommended that they conduct the annual Personal Readiness Training, ACE Base +1, for their units. Instructors are supported by a behavioral health professional or on-call chaplain.

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TRICARE West Region referral approval waiver deadline is Sept. 30

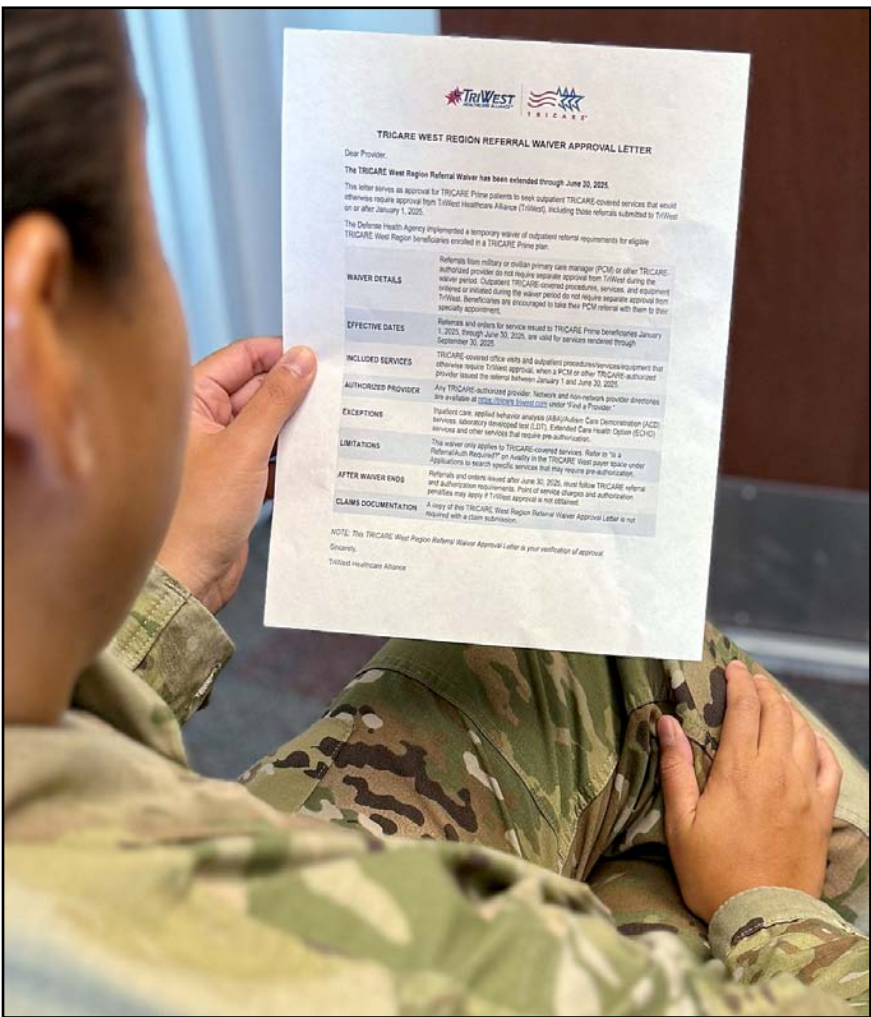


Photo by Maria C. Yager/Munson Army Health Center Public Affairs

TRICARE issued a reminder that the West Region referral approval waiver deadline is Sept. 30. If a beneficiary used the West Region referral approval waiver to see a specialist between Jan. 1 and June 30, 2025, and the patient needs to continue seeing that specialist, he/she will need to get a new referral to a network specialist before Oct. 1, 2025.

by Munson Army Health Center Public Affairs

TRICARE Prime beneficiaries on Fort Leavenworth and surrounding communities who used the referral approval waiver between Jan. 1 and June 30 and are still receiving specialty care off post using the waiver need a new referral before Oct. 1.

The referral approval waiver was issued by the Defense Health Agency in January to minimize disruption to care while a new regional contractor, TriWest Healthcare Alliance, transitioned to provide services.

This meant beneficiaries in TRICARE Region West did not need to wait for TriWest to approve referrals issued by their primary care manager before receiving outpatient specialty care off post.

“If you are currently seeing a specialist using that waiver, this is a critical deadline coming up. Referrals issued during the referral approval waiver period end Sept. 30, and you may be subject to out-of-pocket expenses after that time if you haven’t taken action to update your referral,” said Toni. McCall,

MAHC’s Business Operations Division chief.

MAHC transitioned back to TriWest referral processing in early June, and thus, many referrals were already processed by TriWest and may already be valid past the Sept. 30 deadline associated with the referral approval waiver.

“Because we resumed referral processing early in June, patients should first verify the validity of their current referral before requesting a new one,” McCall said, emphasizing that this expiration only applies to ongoing care received using the referral approval waiver.

Check referral status first

The fastest and most efficient way for patients to check their referral’s valid dates is by logging into the TriWest Patient Portal at <https://tricare.triwest.com/en/beneficiary>, where the regional contractor reviews referrals submitted by a patient’s primary care manager for approval and authorization.

For patients who don’t use the portal, they can call TriWest directly at 888-TRIWEST (874-9378) to inquire

about the status of an existing referral.

Only request a new referral if necessary

If the TriWest portal shows no authorization for continued care after Sept. 30, 2025, then the beneficiary will need to follow these steps:

- The preferred method for requesting a new referral is to send a secure message to a beneficiary’s primary care team through the MHS GENESIS Patient Portal secure message function at <https://my.mhsgenesis.health.mil/>. This allows for efficient communication and record-keeping.

- If a patient does not have access to the MHS GENESIS Patient Portal, he/she can call the Munson Army Health Center Appointment Line at 913-684-6250 and request that a message be sent to his/her primary care team.

“We want to make this transition as smooth as possible for our beneficiaries at Fort Leavenworth,” McCall said. “By checking your referral status first, you can avoid unnecessary steps and ensure you receive the care you need without interruption.”

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Beagle retires after 35 years of service



Photo by Combined Arms Center Public Affairs

Capt. Jordan Beagle presents the U.S. flag to his father, Lt. Gen. Milford H. Beagle Jr., during the senior Beagle's retirement ceremony Sept. 5 at the Lewis and Clark Center. Lt. Gen. Beagle retired after 35 years of service.

by Sgt. 1st Class Summer Woode/Combined Arms Center Public Affairs

Lt. Gen. Milford H. “Beags” Beagle Jr. stood on the stage in Eisenhower Auditorium Sept. 5, his voice catching as he glanced toward his wife. For a man who had delivered countless speeches inside this building, this one was different. It was personal.

“I’ve been that turtle,” he told the audience, recalling an old saying that a turtle on a fence post didn’t get up there on its own. “People lifted me up and showed me what was possible. Progress may be slow, but with help, you can get there.”

The image projected on the screen of a lone turtle on a fence post was simple, but for Beagle it captured a lifetime of leadership, mentorship and service. After 35 years in the Army, the commander of the U.S. Army Combined Arms Center was retiring, closing a chapter that stretched from platoon leader to three-star general.

His career carried the weight of family history. His great-grandfather, Pvt. Walter Beagles, trained at the former Camp Jackson in South Carolina during World War I, when Black soldiers were segregated and relegated to labor battalions.

A century later, Beagle returned to those same gates as commanding general of Fort Jackson.

“The gates my great-grandfather came through are the same gates I came through,” he told *Army Times* in 2019. “You’re standing on somebody’s shoulders.”

Those shoulders elevated him to make his own history when he became the first Black commanding general of CAC and Fort Leavenworth in 2022.

But his journey almost started differently. As a teenager, Beagle was ready to enlist right out of high school at the age of 17. His mother, however, had other plans. She insisted he attend college first. He listened, enrolling at South Carolina State University, where he eventually joined the Reserve Officer Training Corps. That decision set him on a path that not only fulfilled his

mother’s wish but also led him to commission as a second lieutenant in 1990.

Beagle later earned master’s degrees from Kansas State University and the U.S. Army School of Advanced Military Studies. Over the decades, he commanded the U.S. Army Training Center at Fort Jackson, led the 10th Mountain Division (Light Infantry) and Fort Drum, New York, deployed to Iraq and Afghanistan, served in South Korea and held a staff assignment at the Pentagon.

Through it all, his wife, Pam, was beside him. Raised in Blackville, South Carolina, she said the Army gave her opportunities she never imagined.

“Being from a very small town, I never saw myself doing the things I’m doing now,” she said. “This journey gave me personal growth — learning resilience, raising our kids, supporting him through it all.”

Another role, she added, was supporting others.

“I hope I made a difference by sharing my experiences with other spouses. Sometimes support means just being there.”

Those who served with Beagle said his authenticity set him apart. Lt. Col. Joshua Mendoza, Beagle’s executive officer, said his first impression was of a leader who lived up to his reputation.

“He is exactly who people say — an authentic leader who puts others and their time before his own,” Mendoza said.

He recalled Beagle’s practice of writing hundreds of personal notes, a tradition that continued throughout his command.

“That resonated across CAC,” Mendoza said. “Genuine care and concern for the team will go further toward progress than any other action.”

Mendoza said Beagle’s leadership style could be summed up in one word: empowering.

“He trusted his team,” Mendoza said. “He’d say, ‘Less follow up and more follow through.’ That trust inspired us to give our best.”

The sentiment was echoed by Gen. Gary Brito, commanding general of U.S. Army Training and Doctrine Command, who presided over the retirement ceremony.

“You will not find a more genuine, authentic, caring and talented leader,” Brito



Photo by Combined Arms Center Public Affairs

Lt. Gen. Milford H. Beagle Jr., stands with his wife, Pam, during his retirement ceremony Sept. 5 in Eisenhower Auditorium at the Lewis and Clark Center. Beagle relinquished command of the Combined Arms Center and Fort Leavenworth in another ceremony earlier that day. Beagle’s relinquishment of command story was published in last week’s *Fort Leavenworth Lamp* and at https://www.army.mil/article/288426/lit_gen_beagle_relinquishes_command_of_combined_arms_center_fort_leavenworth.

said. “He always delivered a steady hand, steady leadership and good ideas. Most importantly, he invested in others.”

When Beagle spoke about his family, his voice broke again. He told the audience how his father, a truck driver sparing with praise, once shook his hand after a promotion and, for the first time, said he was proud.

“That moment drove me to always tell my boys how proud I am of them — and how much I respect them,” Beagle said.

He turned to Pam with emotion. “You are the love of my life, my greatest blessing,” he said. “Spouses don’t volunteer for the Army. They volunteer for us. And I appreciate every spouse in this room, but especially mine, for all she’s given.”

Beagle closed with another metaphor, comparing his career to the growth of a Chinese bamboo tree, which shows no growth for years before suddenly sprouting

90 feet in a week.

“That’s what investment looks like,” he said. “Legacy is not what you give to someone — it’s what you put in someone. That’s what matters.”

From his great-grandfather’s segregated service to his own rise as a three-star general, Beagle’s story is one of perseverance and progress.

“Retirement is a reward, not a risk,” he said. “Taking off the stars doesn’t define me. My purpose is still my purpose — helping others, mentoring, giving back. A change of clothes won’t take that away.”

As the audience applauded a tremendous career, Beagle reflected on the next chapter.

“As I walk away from this journey that I absolutely love, I have no regrets,” he said. “I don’t know what I want to do next, but it’s going to be epic.”

CADD officer recognized (continued from Page A1)

move the woman directly onto a back board. From there, she was taken to the hospital. Medical personnel on the scene told Dillon they expected the woman to recover.

When Dillon returned to her office at CADD’s Operational Level Doctrine Division, she explained what had happened, but assured her colleagues it was not a big deal. They disagreed.

Her supervisor, Lt. Col. Christian Cook, said her downplaying the incident did not surprise him, and described Dillon as an exceptional, yet humble, officer.

“Most people would not have slowed down and (would have) assumed that this was someone else’s problem,” he said. “Avalon not only stopped to check on the victims of an accident, but she also chose to involve herself by rendering aid until EMS arrived. I am proud to be on a team with her, and happy that she is a member of the greater Leavenworth community.”

On-scene firefighter Jacob E. Thomas also saw Dillon’s efforts as noteworthy.

“Ms. Dillon’s quick actions, kind heart, and confident attitude significantly contributed to the patient being loaded into the ambulance safely where she could be transported to KU Med,” Thomas wrote in a statement provided to the Leavenworth Sheriff’s office. “She is alive in no small part due to Ms. Dillon’s actions. Our community is fortunate and lucky to have people as selfless as Ms. Dillon who are willing to go out of their way to help others.”

On reflection, Dillon attributes



Photo by Randi Stenson/Mission Command Center of Excellence Public Affairs

Maj. Avalon Dillon, doctrine author, Combined Arms Doctrine Directorate, is congratulated by Mission Command Center of Excellence Director Brig. Gen. Antwan Dunmyer Sr. prior to presenting her with an Army Commendation Medal Sept. 12 at MCCoE Headquarters. Dillon rendered aid to victims of a car accident in July, and her actions specifically contributed to an elderly woman’s survival of the collision.

her training as an MP with some of her skill on scene; however, she also noted that growing up in rural Colorado, she and her brother were taught to always help others, especially in their time of need. Those experiences also prepared her for this day.

“We were expected to jump in and help and take care of people,” she said.

On Sept. 12, the Mission Com-

mand Center of Excellence team gathered to recognize Dillon’s actions on that July day. MCCoE Director Brig. Gen. Antwan Dunmyer Sr. presented Dillon with an impact Army Commendation Medal after hearing remarks on the heroism she displayed at the scene of the accident.

Noting that this presentation comes a day after 9/11, Dunmyer

expressed his admiration for Dillon’s actions and for those who selflessly went into harm’s way 24 years ago.

“When you look at not just the incident and not just what the enemy did to us, but all the people like you who stepped up and didn’t have to — to go to the rescue of a whole bunch of people. That’s the character of Americans. That is the character of soldiers

that serve in our Army. That’s the character of leaders that are in our society that we want in our Army,” he said.

For her part, Dillon was unsurprisingly matter of fact in describing her takeaway from the experience.

“Just be there and take care of people,” she said.

SAMS AI education (continued from Page A1)

AMSP Associate Professor Dr. Jacob Mauslein said. “Subjects ranged from AI theory and ethical considerations of AI, to applying AI tools and leading AI-enabled organizations.”

A novel feature of the module was that it was developed by AMSP students. As a task in their Future Operational Environment course, six students from the Class of 2025, mentored by two faculty, developed the AI module that would be taught to the Class of 2026. The students’ final draft was adopted almost without change by the faculty.

“Incorporating students as full participants in the process allowed us to co-develop lesson objectives and materials that deeply mattered to them,” said Dr. Luke Herrington, one of the faculty leads for the module.

Meeting students where they were in terms of their AI skills and then taking them to the next level was part of the academic approach for the AI module, Herrington explained.

“SAMS is a warfighting school — so we chose learning activities that would help us become more lethal warfighters with AI,” said Maj. Justin Webb, 2025 AMSP student, and one of the module’s developers. “Using AI tools like CamoGPT, Ask Sage and others for several hours over three days helped

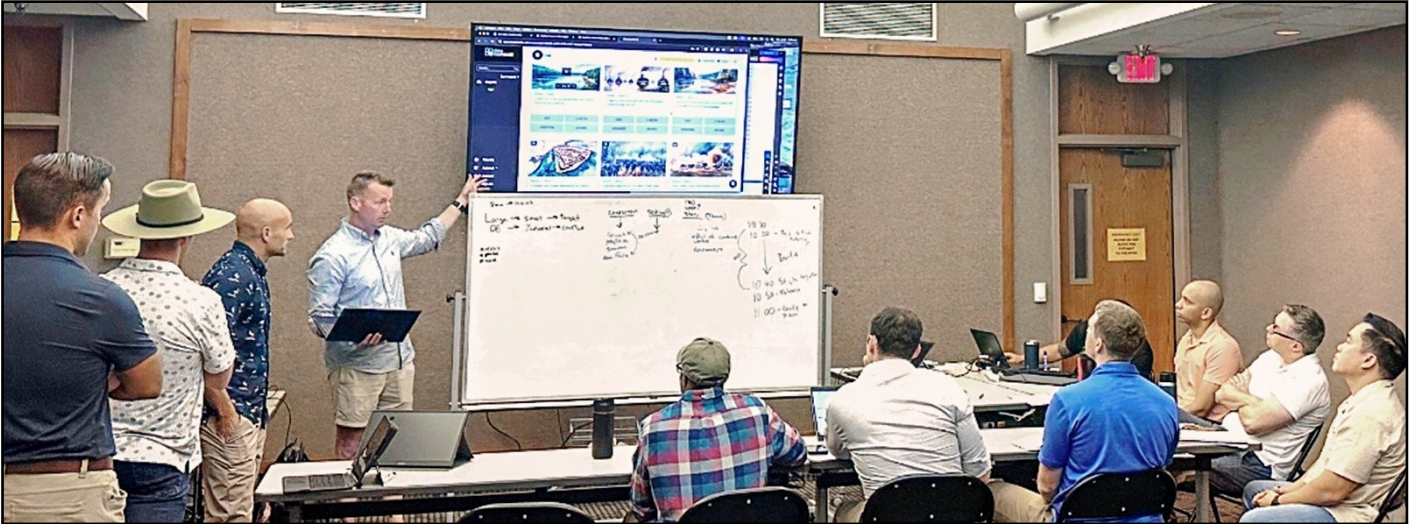


Photo by Retired Col. Matt Yandura/School of Advanced Military Studies

Maj. Dan Foley, Advanced Military Studies Program student at the School of Advanced Military Studies, shares his plan for using AI during an off-campus practical exercise in July.

us get there.”

Some students in the 2026 class were initially skeptical of using AI.

“At first, I didn’t know what I didn’t know,” said Army Maj. Stuart Allgood, an Armor officer SAMS student. “But by the end of the first day, my thinking about AI had changed. After the second day, I could use AI tools I had never even heard of.”

Maj. Callum Knight, an intelligence officer from the United Kingdom, summed

up his experience.

“Before this course I viewed AI as just a data point,” Knight said. “Now that I’ve experienced what’s possible with AI, I realize it’s an imperative that is going to impact everything I do going forward.”

So, what’s next for AI at SAMS?

“Based on what our students got out of this, we intend to add more AI learning moments across the program,” Stanley said. “The priority now is to integrate AI into

our upcoming operational warfare practical exercise.”

AMSP is one of the three distinct academic programs within SAMS. The other two SAMS programs are the Advanced Strategic Leadership Studies Program (ASLSP), which is a Senior Service College equivalent, and the Advanced Strategic Planning and Policy Program (ASP3), also known as the Goodpaster Scholars, which is a post-graduate degree program.

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Army issues updated directives

Updates made to appearance, grooming standards

by U.S. Army Public Affairs

WASHINGTON — The U.S. Army announced an update to its appearance, grooming and uniform wear standards policy in a new directive resulting from a force-wide review of military standards.

The updated policy clarifies existing standards and establishes new standards, emphasizing military appearance as a reflection of discipline, professionalism and a shared commitment to the Army’s values.

“What sets the U.S. Army apart is our professionalism, and that’s a direct reflection of committed soldiers who adhere to and enforce the standards,” said Sgt. Maj. of the Army

Michael Weimer. “This definitive guidance gives leaders the tools they need to do just that. You don’t have to memorize it, but you should know what right looks like.”

Key changes include precise definitions for hairstyles, including authorized lengths, styles and accessories for both male and female soldiers. Standards for cosmetics, fingernails and jewelry have also been clarified. The directive also provides clarified standards for uniform and insignia wear and body composition assessments.

The new policy was informed and developed by a representative group of leaders and stakeholders from across the Army. There was an overwhelming consensus on the need to realign all Army standards with warfighting priorities and eliminate ambiguity to allow shared understanding of the standards.

Soldiers will adhere to updated standards within 30 days of the date of this directive. Commanders, supported by NCOs, have the authority to enforce appearance, uniform and body composition standards consistent with the intent of the new directive.

To read the directive, visit https://armypubs.army.mil/ProductMaps/PubForm/Details.aspx?PUB_ID=1032008.

Army exempts soldiers who score 465 or higher on Army Fitness Test from body fat standards

by U.S. Army Public Affairs

WASHINGTON — The U.S. Army has published a new directive exempting soldiers who score 465 points or more on the new Army Fitness Test (AFT) from body fat standards.

Soldiers must score 80 points or more in each event, and no alternative events are permitted.

“This is a welcome continuation of our previous policy under the former Army Combat Fitness Test,” said Sgt. Maj. Christopher Stevens, senior enlisted advisor, U.S. Army Deputy Chief of Staff, G-1. “It rewards soldiers who consistently demonstrate high levels of fitness, which supports readiness, health and creates a culture that values performance.”

All soldiers must still conduct a height and weight screening, and their data must be recorded on a Department of the Army

Form 5500 or DA Form 5501. Soldiers who do not meet the height and weight standards but qualify for exemption will not be required to conduct a circumference-based tape assessment.


The directive is effective immediately, applying to all Army components and to the general and combat variants of the AFT. Exemptions are valid until the next record test, not to exceed 8 months for Regular Army and Active Guard Reserve soldiers or 12 months for National Guard and Army Reserve soldiers. Soldiers who fail to re-validate within these timelines are subject to body fat assessments and flagging actions for body fat assessment failures.

Visit https://armypubs.army.mil/ProductMaps/PubForm/Details.aspx?PUB_ID=1031887 to read the directive. To learn more about the Army Fitness Test, visit <https://www.army.mil/aft/>.

ARMY POLICY UPDATES

GROOMING AND APPEARANCE

Uniformity | Discipline | Professionalism | Readiness || “This We’ll Defend”



U.S. ARMY

FEMALE SOLDIERS

HAIR

- ✓ Ponytails:
 - Max length is 6 inches from the top of the collar
 - Not allowed in service or dress uniform
- ✓ Braids-Twists-Locs-Cornrows:
 - Can be in a ponytail or up to two braids
 - Braids cannot exceed 2 inches in width
- ✓ Short Sides with Long Top:
 - Max 2 inches on top
 - Top must blend smoothly into the shorter sides
 - No buns, braids, twists, ponytail with this style
 - No shaping and cutting in designs
- ✓ Hair Coloring:
 - Must be natural colors
 - Must be blended in a subtle manner

EYELASHES

- ✗ No Eyelash Extensions or False Eyelashes unless medical exemption

COSMETICS

- ✓ Makeup: Must be conservative application for even skin tone and natural complexion
- ✓ Semi-permanent Makeup: Must conform to makeup standards
- ✗ No Tattooed Makeup
- ✗ No Lipstick
- ✓ Lip Gloss: Only clear or skin-toned

NAILS

- ✓ Length: Max 1/4 inch with square or rounded shape
- ✓ Only clear nail polish allowed

EARRINGS

- ✓ Earring Studs:
 - Allowed one each earlobe (only); must match
 - Must be plain and cannot exceed 1/4 inch diameter
 - Cannot be worn in field environments, deployments, or in PT uniforms

MALE SOLDIERS

HAIR

- ✓ Length: Max 2 inches on top; 1 inch on sides
- ✓ Hair Coloring
 - Must be natural colors
 - Must be applied in a blended, subtle manner
- ✗ No Braids-Twists-Locs-Cornrows
- ✗ No shaping and cutting in designs

NAILS

- ✓ Length: No longer than the edge of the finger
- ✗ No polish

COSMETICS


- ✗ Not allowed

EARRINGS

- ✗ Not allowed

AFT

ARMY FITNESS TEST



U.S. ARMY

The Army Fitness Test (AFT) is the official physical fitness test of record for all Soldiers on June 1, 2025, replacing the Army Combat Fitness Test.

Designed to increase warfighting readiness, reduce injury risk, and enhance the physical performance of the force.

AFT Events


Three-Repetition Maximum Deadlift

Hand-Release Push-Up Arm Extension

Sprint-Drag-Carry

Plank

Two-Mile Run



Combat Specialties: Introduces one sex-neutral, age normed standard that requires a total score of 350, with a minimum of 60 points per event.

Combat Enabling Specialties: Maintains sex- and age-normed scoring that requires a total score of 300.

April 23, 2025

Army Directive published on Army Publishing Directorate: <https://armypubs.army.mil/>

→

May 2025

Execution Order published with Implementation Guidance

→

June 1, 2025

AFT becomes official test of record

→

Jan. 1, 2026

New scoring standards for Soldiers in 21 combat military occupational specialties (MOS) take effect for the active component

→

June 1, 2026

New scoring standards for Soldiers in 21 combat military occupational specialties (MOS) for the Reserve and National Guard


Combat Specialties

11A. Infantry Officer
11B. Infantryman
11C. Indirect Fire Infantryman (Mortarman)
11Z. Infantry Senior Sergeant
12A. Engineer: General Engineer
12B. Combat Engineer
13A. Field Artillery Officer
13F. Fire Support Specialist
18A. Special Forces Officer
180A. Special Forces Warrant Officer
18B. Special Forces Weapons Sergeant

18C. Special Forces Engineer Sergeant
18D. Special Forces Medical Sergeant
18E. Special Forces Communications Sergeant
18F. Special Forces Intelligence Sergeant
18Z. Special Forces Senior Sergeant
19A. Armor Officer
19C. Bradley Crew member
19D. Cavalry Scout
19K. M1 Armor Crewman
19Z. Armor Senior Sergeant

Combat Specialties will start prepping for Combat AFT standards after June 1, 2025

For more information Scan the QR code.





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GOT PCS PROBLEMS?

WE'RE HERE TO HELP!

IF YOU'RE RUNNING INTO ISSUES WITH YOUR MOVE, REACH OUT TO THE PCS CALL CENTER AT PCSCALLCENTER@MAIL.MIL

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Armed Forces Bank named ‘Distinguished Bank of Year’

by Armed Forces Bank Press Release

LEAVENWORTH, Kan. (Sept. 15, 2025) – Armed Forces Bank was recently recognized by the U.S. military for its commitment to military families and veterans when the Department of the Army honored Armed Forces Bank at Fort Leavenworth with the “Distinguished Bank of the Year” award during the Association of Military Banks of America (AMBA) Military Banking Summit 2025Aug. 24-29 in Colorado Springs, Colorado.

Armed Forces Bank has now earned this recognition 14 of the last 15 years, underscoring its reputation as a trusted financial partner to the military community – providing the financial services, products and education that most benefit service members and their families. Altogether, Armed Forces Bank has received a total of 30 Distinguished Bank of the Year awards since 1997, including 14 from the Navy, nine from the Army, and seven from the Air Force.

This recognition marks the first time Armed Forces Bank at Fort Leavenworth has received this award. The Fort Leavenworth branch is part of the organization’s footprint of 14 branches on 12 military installations in 10 states.

“For 118 years, we have dedicated ourselves to re-

moving financial barriers and creating opportunities for military members, veterans and their families,” said Paul Holewinski, CEO of Armed Forces Bank and Dickinson Financial Corporation. “This recognition underscores that we are listening closely to our military community, understanding their financial challenges and responding with solutions that truly make a difference.”

Each year, the Departments of the Air Force, Navy and Army select one on-base financial institution for this honor, with only three institutions nationwide earning the title annually. The awards recognize the bank’s “extraordinary contributions” the previous year toward “enhancing the financial well-being and resilience of the military and veteran population” and its “indispensable role in supporting the financial stability of military personnel and their families.”

Community impact at Fort Leavenworth

The Distinguished Bank of the Year recognition celebrates Armed Forces Bank at Fort Leavenworth for its innovative financial education programs, strong base partnerships and deep community involvement. From sponsoring family programs like Family and Morale, Welfare and Recreation events, change-of-

command ceremonies, and Prisoner of War/Missing in Action Recognition Day, to leading food pantry and holiday donation drives, the Fort Leavenworth team exemplifies the spirit of service that defines Armed Forces Bank. Its community impact extends through partnerships with the Army and Air Force Exchange Service, the Association of the United States Army and the Fort Leavenworth Spouses Club, as well as volunteer work with the Veterans of Foreign Wars and Wreaths Across America. The award also highlights the remarkable dedication of team member Tina Farr, whose more than 40 years of service exemplify the bank’s enduring presence and trusted role within the Fort Leavenworth community.

“Our mission goes beyond banking — we are committed to supporting the financial well-being of military families and service members,” said Tom McLean, senior vice president and regional military executive for Armed Forces Bank. “What sets us apart is nearly 80 percent of our team members have a personal connection to the military, whether as a service member, military spouse, dependents or veterans. This shared experience equips us to deliver solutions that truly resonate with the military community.”

Innovating to better serve

With a constant focus on innovation to help military clients effectively manage their finances, Armed Forces Bank offers services designed specifically to meet the needs of military personnel and their families, including:

- Stretching budgets
- Access Rewards Checking helps military families stretch their budgets with distinctive rewards, local and national discounts and cash-back online shopping rewards. Identity theft and credit monitoring provide additional security to protect those who protect our country.
- Putting down roots

As an approved VA lender, Armed Forces Bank eliminates the need for veterans and active-duty service members to coordinate with the VA. The dedicated VA lending experts at Armed Forces Bank handle every step with the white-glove service to the military and to veterans that is ingrained in the bank’s culture.

- Building credit

An Armed Forces Bank Credit Builder Secured Visa Credit Card can help establish or rebuild credit on everyday purchases. Card holders deposit an amount from \$300 up to \$3,000 into a Credit Builder Savings Account to set their credit limit. By making on-time payments and keeping bal-

ances low, service members can improve credit.

- Sage financial advice

Armed Forces Bank offers insightful financial advice on its “Militarily Speaking” podcast, which shares success stories and insights about financial practices, as well as strategies to help service members get ahead.

- Heroes Round Up

Heroes Round Up is a new initiative empowering customers to round up debit card purchases to support the Veterans Community Project, a nonprofit dedicated to ending veteran homelessness nationwide.

Commitment to military

Armed Forces Bank’s steadfast commitment to meeting the unique needs of military members is recognized through numerous national accolades. Recent honors include being named “Top 5 Best Banks for Military” by Yahoo! Finance. In addition, Armed Forces Bank was the only bank this year to earn the “Veterans Saves Community Impact Award,” as well as one of only four banks nationwide to be awarded the “Designation of Savings Excellence.” These two honors from the Consumer Federation of America are the nation’s only awards focused on helping veterans improve financial stability. Armed Forces Bank has earned the Designation of Savings Excellence 10 times

over the past 12 years. Additional accolades include being ranked No. 2 among Kansas City area’s top five strongest large banks with \$1 billion or more in assets by the Kansas City Business Journal.

About Armed Forces Bank

Armed Forces Bank, founded and headquartered at Fort Leavenworth, is a full-service military bank committed to serving those who serve since 1907. Armed Forces Bank provides affordable, personal and convenient banking and financial services to both active-duty and retired military, as well as civilian clients in all 50 states and around the world. Approximately 80 percent of Armed Forces Bank associates have some type of military affiliation either by spouse, retired themselves or their children.

Armed Forces Bank has \$1.4 billion in assets and is a wholly owned subsidiary of Dickinson Financial Corporation, a \$4.4 billion bank holding company headquartered in Kansas City, Missouri. Armed Forces Bank’s sister bank, Academy Bank, is a full-service community bank with more than 75 branch locations in Arizona, Colorado, Kansas, Missouri and Arkansas.

USD 207 Notice of Hearing Sept. 29

State of Kansas
Budget Form USD-A

USD # 207
2025-2026

Notice of Hearing 2025-2026 Budget

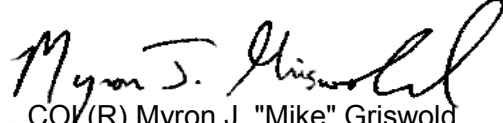
The governing body of Unified School District 207 will meet on the 29th day of September 2025 at 4:00 PM at 207 Education Way, Fort Leavenworth, KS 66027 for the purpose of hearing and answering objections of taxpayers relating to the proposed use of all funds and the amount of tax to be levied. Detailed budget information, including budget profile, building needs assessment and Board state assessments review is available at the District Office and on the district website and will be available at this hearing.

The Amount of 2025 Tax to be Levied and Expenditures (published below) establish the maximum limits of the 2025-2026 Budget. The 'Est. Tax Rate' (column 7), shown for comparative purposes, is subject to slight change depending on final assessed valuation.


	Code 99 Line	2023-2024 Actual		2024-2025 Actual		2025-2026 Proposed Budget		
		Actual Expenditures (1)	Actual Tax Rate* (2)	Actual Expenditures (3)	Actual Tax Rate* (4)	Expenditures (5)	Amount of 2025 Tax to be Levied (6)	Est. Tax Rate * & ** (7)
OPERATING								
General	06	10,025,395	20.000	11,106,646	20.000	11,882,995	33,488	20.000
Supplemental General (LOB)	08	3,348,239	1.028	3,692,108	3.006	3,962,769	3,933	2.755
SPECIAL REVENUE								
Federal Funds	07	4,327,259	4.000	4,327,259	0.810	9,028,780	1,099	0.742
At Risk (K-12)	13	304,952		357,127		450,000		
Bilingual Education	14	250,731		314,160		350,000		
Capital Outlay	16	12,440,554		13,489,864		20,000,000		
Food Service	24	974,509		801,654		1,325,000		
Professional Development	26	397,206		367,089		575,000		
Parent Education Program	28	45,000		45,000		41,000		
Special Education	30	3,250,000		4,500,000		6,000,000		
KPERS Special Retirement Contribution	51	1,887,800		1,912,930		2,050,000		
Contingency Reserve	53	56,545		96,681				
Textbook & Student Material Revolving	55	671,532		90,509				
Activity Fund	56	30,671		27,823				
DEBT SERVICE		0		0		0		
TOTAL USD EXPENDITURES	100	38,010,393	25.028	41,128,848	23.816	55,665,544	38,520	23.497
Less: Transfers	105	1,394,635		3,265,956		2,774,799		
NET USD EXPENDITURES	110	36,615,758		37,862,892		52,890,745		
TOTAL USD TAXES LEVIED	115	\$59,608		\$42,214		\$38,520		

TOTAL TAXES LEVIED	125	\$59,608	\$42,214	\$38,520
Assessed Valuation - General Fund	128	\$1,659,070	\$1,669,480	\$1,674,414
Assessed Valuation - Capital Outlay	129	\$1,659,070	\$1,669,480	\$1,674,414
Assessed Valuation - All Other Funds	130	\$1,659,070	\$1,669,480	\$1,674,414

Outstanding Indebtedness, July 1		2023	2024	2025
General Obligation Bonds	135	0	0	0
Capital Outlay Bonds	140	0	0	0
Temporary Note	145	0	0	0
No-Fund Warrant	150	0	0	0
Lease Purchase Principal	153	0	0	0
TOTAL USD DEBT	155	0	0	0


COX(R) Myron J. "Mike" Griswold
President

* Tax Rates are expressed in Mills
** USD 207's Tax Rates **will not exceed** the Revenue Neutral Tax Rates.


Rich L. Holden
Clerk of the Board

Community remembers fallen with annual run/walk



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

Staff Sgt. Rosemary Gonzalez encourages her dog Knucke to keep going as they finish the Run/Walk for the Fallen Sept. 13 by the Resiliency Center.



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

Marine Lt. Col. Tyler Folan gives a thumbs-up to everyone cheering as he pushes sons Owen and Theo Folan toward the finish line of the Run/Walk for the Fallen Sept. 13 by the Resiliency Center.



ABOVE: Nine-year-old Evan Douglass, followed by Capt. Kunal Shrungarkar, runs as fast as he can to finish the Run/Walk for the Fallen Sept. 12 by the Resiliency Center. Participants wore bibs bearing the names of fallen service members in whose memory they ran or walked the race route.

LEFT: Lt. Col. Derek Thompson starts dancing to the music at the finish line of the Run/Walk for the Fallen while running backward Sept. 12 by the Resiliency Center. After finishing the race, Thompson turned around to run again while cheering everyone else on, encouraging them to finish the race strong and not give up.

Photos by Emilio Gutierrez/
Fort Leavenworth Lamp Intern



Call. Click. Connect.

1-800-342-9647

24/7 Resource for Military Members & Families

Pet of the Week: Sherman



Sherman is a 3-month-old male kitten available for adoption at the Fort Leavenworth Stray Facility. Neuter surgery, vaccinations and microchipping are included in his adoption fee of \$100. E-mail fortleavenworthstrayfacility@gmail.com for an adoption application.

Visit www.FLSF.petfinder.com for adoptable pet profiles. Call 913-684-4939 (no voicemail) or 913-335-0788 (voicemail) for more information. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility.

Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday; 9 a.m. to noon the second Saturday of the month; and by appointment for pre-approved adopters. Call 913-684-4939 (no voicemail) or 913-335-0788 (voicemail) for an appointment.

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



HOUSING UPDATES

■ The Fort Leavenworth Frontier Heritage Communities **OFFICE WILL BE CLOSED SEPT. 19** for FLFHC's Day of Service. The FLFHC team will be lending a hand with maintenance and upkeep at HOPE Clinic, CASA, the Leavenworth County Humane Society, and the Leavenworth Mission Community Store.

■ Following the Postwide Yard Sale, City Union Mission will be driving through housing **SEPT. 21 TO COLLECT ANY LEFTOVER ITEMS** set out to donate. To participate, place items at the curb clearly labeled "FOR CITY UNION MISSION."

■ **RESIDENT APPRECIATION WEEK** is Sept. 22-26. Each day from 7-8 a.m., treats and drinks will be offered to residents during a **MORNING DRIVE-THRU** at the FLFHC Office at 220 Hancock Ave.

■ Curbside **BULK PICKUP IS NO LONGER AVAILABLE**. To help with PCS season, waste collection will pick up broken down boxes less than six feet long that won't fit in the curbside recycling bin. For large item recycling or disposal, see the options listed in the "PCS purge" resources" article in previous issues of the *Fort Leavenworth Lamp*.

■ Residents need to submit their "**NOTICE OF INTENT TO VACATE**" with orders to [fhcnav@tmo.com](mailto:fhcntv@tmo.com). Find the form at <https://www.frontierheritagecommunities.com/residents>.

■ **CLEAR LAWNS** of toys, hoses, bikes, trash, solar lights, fire pits, etc., before scheduled mowing. Mowers will skip areas that aren't cleared. Mowers are not responsible for damaged items. Children must stay away from mowers. Approaching or chasing equipment is prohibited and may delay service.



Have the *Fort Leavenworth Lamp* delivered to your inbox!

Sign up to receive a weekly reminder when a new issue of the *Fort Leavenworth Lamp* is posted!

E-mail usarmy.leavenworth.id-training.mbx.pao-inbox@army.mil.

THURSDAY
SEPTEMBER 18, 2025



LAMP

Post Notes

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

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

B1

Saturday, Sept. 20

8 a.m. to 3 p.m. - post wide

IT'S BACK!!! Don't miss all the bargains!
Authorized off-post ID Card Holders can sell
at the Old Bell Hall Parking Lot – no permit required.



YARD SALE

ID's will be scanned at the gate beginning at 8 a.m. - everyone over 16 must have a valid Real ID or two forms of VCC approved IDs to access a military installation. Visitor pass is not needed for this event. Scan the QR code for more info on what is required for visitors to the Fort.

leavenworth.armymwr.com Follow Fort Leavenworth MWR on Facebook for updates



WELCOME MASS & PICNIC

Saint Ignatius Catholic Community

2025

Saturday, September 27th

1600 Mass 1700 Picnic

Frontier Chapel

Free Food, Fun, Fellowship & Bounce Houses!

ftleavenworthcatholic@gmail.com



ACS is partnering with
IVAT - Institute on Violence, Abuse and Trauma Training Center



Sept 19 - 24*
from 1100 - 1500 CST
on Zoom



This valuable training provided by IVAT will address all aspects of violence, abuse, and trauma from all stages of life. IVAT strives to bridge the gaps between policy, practice and research to improve current system-response.

*24 hours of continuing education credits for the first 15 people who request CEU's that have licensures that fall under NASV or APA. This training is for Active Duty and Government Civilian Employees 18+ Must register by Sept 17.



Training topics include:

- Day 1 - ACE's, Child Maltreatment
- Day 2 - Corporal Punishment, Child Custody in High-Conflict Families
- Day 3 - Intro to Trauma-Informed Care, Vicarious Trauma
- Day 4 - Lifespan consequences of Children exposed to Domestic Violence and Abuse; Child Sexual Exploitation (Trends, Identification and Intervention)
- Day 5 - The Intersection of Sexual Assault and Intimate Partner Violence, Teen Dating Violence
- Day 6 - Working with Male and Female Offenders



For more information call:
913-684-2822 / 2808



Fort Leavenworth Horse Show

Hosted by FMWR & Fort Leavenworth Hunt



28 September 2025 8am - 4pm
Wainwright Riding Complex
625 McPherson Avenue Fort Leavenworth

Proof of Negative Coggins Test Required at Check-in

Class No.	Class Name	Team or Individual
1	Stadium jumping - 18 to 24 will include cross rails	Individual
2	Stadium jumping - 2'3" to 2'6"	Individual
3	Follow the leader (Cross Country Jumping Hunt Style course)	Teams of 2-4 riders
4	Handy Horse Skills	Individual
5	Beginner walk /trot only on the Flat	Individually judged, ridden in a group in the arena
6	Walk/Trot/ Canter on the Flat	Individually judged, ridden in a group in the arena
7	Barrels Age divisions: Beginner Kids (Trot Only), Beginner Adults (Trot Only), Under 18, Adults 18 and older	Timed within divisions
8	Flag Race Age divisions: Beginner Kids (Trot Only), Beginner Adults (Trot Only), Under 18 and Adults 18 and older	Timed within divisions
9	Water bucket	Timed
10	Toilet Paper/ Ribbon Race	Teams of 2 riders
11	Ride a Buck - Winner keeps the bucks!	Individual

COME RIDE WITH US!

OPEN TO THE PUBLIC!



SPECTATORS WELCOME!

BRING FRIENDS!

KIDS FISHING DERBY



27

Saturday, September 27, 2025 at 8:00 AM CDT

Fall Kids Fishing Derby

Merritt Lake Ft Leavenworth



THE SOUTH CHINA SEA: A DISCUSSION

OPENING REMARKS:

COL ETHAN J. DIVEN-

Provost, Army University, Deputy Commandant, U.S. Army CGSC

PANEL MEMBERS:

BRIGADIER GENERAL EMMANUEL BOITEAU-

France; Commander of French Liaison Team and Senior National Representative to U.S. INDOPACOM, HI, USA

DR. GEOFF BABB-

Professor, Dept. of Military History, U.S. Army CGSC

LTCOL SAMUEL SHORT-

The Australian Army, Dept. of Joint, Interagency, and Multinational Operations, U.S. Army CGSC

LTC PHIL KERBER-

Dept. of Joint, Interagency, and Multinational Operations, U.S. Army CGSC

MODERATOR:

DR. MAHIR J. IBRAHIMOV (DR. I.)-

Director, Cultural and Area Studies Office, U.S. Army Command and General Staff College

DATE:

Tues, 30 Sept, 2025

TIME:

1300 - 1500 (CST)

LOCATION:

Arnold Conf. Room, Lewis and Clark Center, Fort Leavenworth, KS

All welcome for the audience.
For outstations, the event will be available live on CGSC's YouTube page at: <https://www.youtube.com/@USArmyCGSC>

MILITARY POLICE BALL

3 October 2025

Join the Old West Chapter of the MPRA for the
Military Police Ball held at Embassy Suites
Hilton Kansas City-International Airport

Address: 7640 N. W. Tiffany Springs Parkway

\$15.00 over night self-parking



Ticket Prices (Guests Pay Their Soldier's Ticket Price):
All Soldiers & Civilians: \$53

Bring CASH for the Cash Bar

Uniform:

Service Members: Dress Mess, Dress ASU, Dress AGSU, or Service Branch Equivalent
Civilians: Formal Attire

Choice of Entrée:

Mushroom Ravioli
Herb-Roasted Chicken Breast
12oz KC Strip

Event Highlights:

-Unique Take Home Gift
-Special Guest Speaker
-DJ Entertainment
-Guest Rooms are available for a discounted rate of \$135/night plus taxes



Purchase Tickets

Here

Timeline:

Social Hour: 1730-1815
Receiving Line: 1815-1900
Ceremony/Dinner: 1900-2030 (Formal)
Reception: 2030-2359 (Informal)

Reserve your room here



POC: 1LT Taylor, Shyla 913-684-4860



An ACS TEAMS Series



Relationship Education

Ever feel like you and the people in your life are moving in different directions?

Do you wish that you knew how to have healthier communication and respectful boundaries with your loved ones and peers?

We can help.

Oct 7, 14, 21, 28
3pm - 4pm
MS TEAMS*

*link will be sent after registering. FREE and open to all DOD ID card holders 18+. Please register the day prior to class by calling: 913-683-2537

We'll cover:

- Emotional Intelligence
- Core Relationship Skills
- Recognizing Abuse
- Understanding Abusive Dynamics
- Healthy vs. Unhealthy Relationships
- Communication and Boundaries



leavenworth.armymwr.com

Break
the Silence

Glow Walk

For Domestic Violence Awareness Month


October 24
6:30pm - 8pm
@ Gruber Field
200 Reynolds Ave
Fort Leavenworth, KS

Join Fort Leavenworth's Army Community Service for a powerful and illuminating evening dedicated to raising awareness of Domestic Violence.

Stand in solidarity with Survivors as you walk the route, stop at interactive stations, hear their stories, and learn how you can support those affected by Domestic Violence.

Participants are encouraged to wear purple to represent the collective strength of our community in breaking the silence surrounding Domestic Violence. The walk will begin at Gruber Field (in front of Gruber Fitness Center) with participants visiting stations along the route.

FREE and no registration required. Call 913-683-2537 for more information.



Friends of the Frontier Army Museum

TRICK or TREAT

24 OCT 5-7 PM

History · Fun · Candy

Frontier Army Museum
100 Reynolds Ave, Fort Leavenworth



Volunteers needed!

The Frontier Army Museum is looking for friendly faces to welcome guests to our museum. Volunteers will greet guests, answer questions, and assist museum staff with administrative tasks and research.

Availability: Fridays 9-3, Saturdays 10-3. Hours are flexible.

Age Requirement: 16 and older.

If interested please contact
Megan Hunter
megan.m.hunter4.civ@army.mil
or (913) 684-3190




WE NEED YOU


DVAM

Domestic Violence Awareness Month

Fort Leavenworth is united against DV!



FORT LEAVENWORTH
MWR WEBSITE



FORT LEAVENWORTH
MWR FACEBOOK

October is DVAM.
Join ACS for these free events to unite against Domestic Violence!

Wear Purple Thursdays - every Thursday in October

October 2 @ 1:30pm - DVAM Proclamation Signing
600 Thomas Ave/ Ft. Leavenworth, KS

October 7, 14, 21, 28 - Relationship Education Series via TEAMS (link provided once registered by calling 913-683-2537)


October 14 - "Let's Chalk about Domestic Violence"
Contest details on the Ft. Leavenworth ACS Facebook page.

October 15 @ 1pm - 3pm - Family Advocacy Overview Brief
Post Theater/ 375 Grant Ave/ Ft. Leavenworth, KS


October 17 - Winner announced from the "Let's Chalk about Domestic Violence" contest via Facebook.

October 24 @ 6:30pm - 8pm - Glow Walk
Gruber Field off of Grant Ave/ Ft. Leavenworth, KS

Domestic Violence Unit Briefs available upon request
913-683-2537



leavenworth.armymwr.com

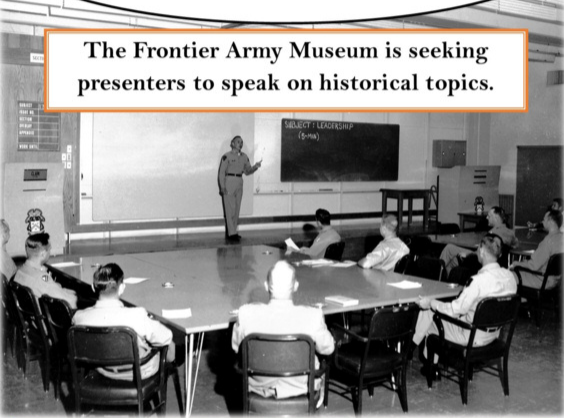


CALL FOR PRESENTERS

The Frontier Army Museum is seeking presenters to speak on historical topics.

Interested in sharing your passion and knowledge of history with others?

Contact Megan Hunter for details and scheduling:
(913)684-3190 / megan.m.hunter4.civ@army.mil



BUILDING ON THE PAST FOR THE FUTURE

ALEXANDER/MADISON CHAPTER OF KC AREA
9TH & 10TH CAVALRY, BUFFALO SOLDIERS WILL HOST

2025 GOLF TOURNAMENT

TO HELP FUND CONSTRUCTION & INSTALL A REIMAGINED FRONTIER ARMY MUSEUM OF THE UNITED STATES ARMY

THANK YOU TO OUR SPONSORS!



INCLUDES:
GREEN FEES, CART, BREAKFAST, LUNCH, & PRIZES

3 OCTOBER FRIDAY, 2025

REGISTER NOW!
\$125 / PERSON
\$500/team



HOW TO REGISTER & PAY:

Use QR code to register and pay
Mail check or money order to:
A/MCKCA, 6700 Raytown Rd., Raytown, MO 64133

Location:
Trails West Golf Course
Fort Leavenworth, Kansas

Tee Time: 8:00am

501(c)(3) Alexander Madison Chapter of KC area 9th 10th Cav Assoc.
For additional information:
Chairman Fred Jones
(913) 787-3223
FJSR51@YAHOO.COM

CHARGE into Fire Safety™

Lithium-Ion Batteries in Your Home

Fort Leavenworth Fire Department
Open House

Date 9 October 2025
Time 1600

295 Biddle Ave.
Fort Leavenworth, KS 66027





FIRE PREVENTION WEEK

fpw.org

DATE CHANGE!

TRUNK OR TREAT
Friday, 24 October
1700-1900

East Side Exchange Parking Lot

Best theme/decorations will win a \$100 Exchange Gift Card.
Check Sign-Up sheet for more information
Community Event. Participants Welcomed

Sign Up In-Store or Online



EXCHANGE™
Trunk or Treat & Cornhole Tournament

CORNHOLE TOURNAMENT
Friday, 24 October · 1600-1700

East Side Exchange Parking Lot

Teams of 2 will compete to win an Exchange \$100 Gift Card.
Check Sign-Up sheet for more information

Sign Up In-Store or Online





FLFHC EMPLOYEE DAY OF SERVICE

Offices will be closed on September 19th during our Employee Volunteer Day





RESIDENT APPRECIATION WEEK

SEPTEMBER 22ND-26TH, 2025

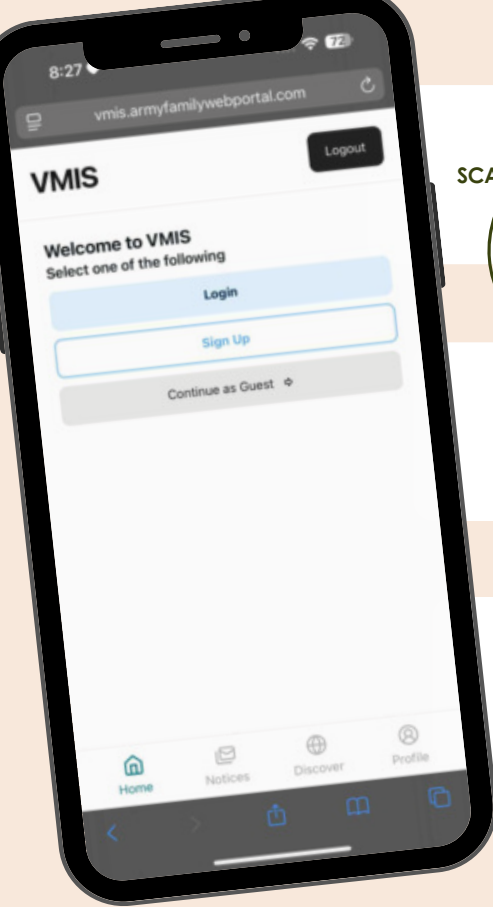
SNACKS

HYDRATION






VMIS ON THE GO




1. SCAN QR CODE



2. LOG INTO YOUR ACCOUNT
Log into the mobile account or Easily Sign up for an account

3. SEARCH AND LOG
Search for volunteer opportunities and log your hours easily!



Ay26 Know Your World Cultural Series

	NETHERLANDS
	ARGENTINA
	KUWAIT
	INDIA
	CABO VERDE

SEPTEMBER 17 2025
OCTOBER 29 2025
JANUARY 28 2026
FEBRUARY 18 2026
MARCH 25 2026

Presentations start at 1545 in Eisenhower Auditorium & on CGSC Facebook
Open to the public-all are welcome to attend or view online

All IMS Attend//Presenting IMS' Section expected to attend//All Staff Groups Highly Encouraged to Attend//Post Presentation Culinary Sampling Offered to all who attend in Arter Atrium



**Distinguished Speaker Series**



Implementing U.S. Arms Control Agreements

Wednesday, Sept. 24, 2025
5:30 p.m. – 8 p.m.
Riverfront Community Center
123 S Esplanade St., Leavenworth, Kansas

**BOSS PRESENTS
MOVIE NIGHT**

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

October 10



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

Fall 2025 Speaker Series History Brunch

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

Light refreshments served at 10:30a, with presentations beginning at 11a.m.

September 13th

“Looking for Abraham Lincoln in Kansas” with Bill Stumpf

October 11th

“Santa Fe in World War II: Contributing to Victory” with LTC Bob Walz (ret)

November 8th

“Kansas City Kansas Community College (KCKCC), The Greatest Generation and You!” Maj. Joe Grasela (ret)

December 6th

“History of Fort Sully” with Corps of Engineers Archaeologist Phillip Alig

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

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



MILITARY APPRECIATION GAME
FRIDAY, SEPTEMBER 26TH

CALLING ALL MILITARY NEAR AND FAR!!! COME OUT AND ENJOY A CELEBRATION OF OUR MILITARY AND CHEER ON THE HOME TEAM!

FREE ADMISSION
FOR ALL VETERANS AND MILITARY PERSONEL WITH A MILITARY ID

GAME STARTS AT 7:00PM



PRE-GAME EVENTS AND WELCOME STARTS AT 6:30PM

**STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS**
By Appointment Only | strongholdfoodpantry.org

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Fresh Food Open Pantry Happy Bottom 11:00 - 1:00	4	5	6
7	8	9	10 Open Pantry Happy Bottom 11:00 - 1:00 Volunteer Orientation	11	12	13
14	15	16	17 Pop-Up Camp Lejeune Open Pantry Happy Bottom 11:00 - 1:00	18	19	20
21	22	23	24 Fresh Food Open Pantry Happy Bottom 11:00 - 1:00	25	26	27
28	29	30				



CAMP LEAVENWORTH FESTIVAL
SEPTEMBER 26 & 27



**FT. LEAVENWORTH
OPERATION DEPLOY YOUR DRESS**
2025 POP UP OPENINGS

SATURDAY, SEPTEMBER 20

SATURDAY, OCTOBER 4

SATURDAY, NOVEMBER 8

SATURDAY, DECEMBER 13

FAMILY ADVOCACY PROGRAM



Mon- Fri 8:00 a.m.-4:30 p.m. with limited hours Thur 1-4:30 p.m. | 913-684-HELP (4357) / 2800

September 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, 9:00am
Meet in front of
Resiliency Center

Toddler Time

Wednesdays, 9:00am
Resiliency Center
Playroom

Story Time

Wednesdays, 10:00am
Resiliency Center
Room 157

Play Morning

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

**Wiggles and
Giggles**

Fridays, 10:00 - 11:00am
Resiliency Center
Playroom



Childbirth Class Series

Sept 8, 15, 22
5:00-7:00pm Resiliency
Center Room 157

Dad's Night Out

Sept 17, 6:00-8:00pm
Restaurant TBD

Mom's Night Out

Sept 24, 6:00-8:00pm
Restaurant TBD

NPSP offers home visits for
pregnancy through 3 years of
age. Schedule your
appointment with the NPSP
team today!

HOME VISITS



FAMILY ADVOCACY PROGRAM

**Registration Required for all
FAP events. Classes at
Resiliency Center, Room 145

Anger Management Series

Sept 4, 11, 18, 25
1:30pm- 3:00pm

Co-Parenting Series

Sept 8, 15, 22, 29
11:00am -1:00pm

Positive Parenting Series via TEAMS

Sept 5, 12, 19, 26
1:30-3:00pm

Stress Management

Sept 18, 11:30am- 1:00pm



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

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

<facebook.com/FortLeavenworthACS>

<facebook.com/FortLeavenworthFMWR>

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

ARMY COMMUNITY SERVICE



Mon- Fri 8:00 a.m.-4:30 p.m. with limited hours Thur 1-4:30 p.m. | 913-684-HELP (4357) / 2800

September 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

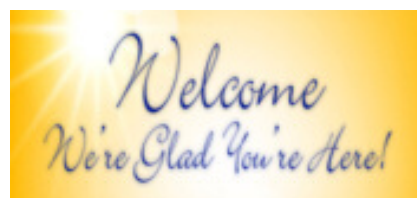
Sept 6, 12:00-2:00pm Strike
Zone Bowling Center
*Registration Required

Smooth Move offered upon
request.

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



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

EMPLOYMENT READINESS PROGRAM

Resume Writing

Sept 10, 12:00-2:00pm

Federal Employment

Sept 17, 12:00-2:00pm

FEDERAL SKILLED WORKER CLASS



Interview Skills & Professionalism

Sept 24, 12:00-2:00pm

Follow us on FB @**Fort
Leavenworth ERP** for job
postings, career fairs,
networking events, and more.

ARMY EMERGENCY RELIEF (AER)

For emergency financial
assistance, apply at [https://
www.armyemergencyrelief.org/](https://www.armyemergencyrelief.org/)

<facebook.com/FortLeavenworthACS>

Financial Readiness Program



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



SURVIVOR OUTREACH SERVICES

Walk/Run for the Fallen

Sept 13, 8:00-10:00am

We will recognize **Gold
Star Mother's/Family Day**
on September 28, 2025.

Follow SOS@ [https://
www.facebook.com/
FortLeavenworthSurvivorO
utreachServices/](https://www.facebook.com/FortLeavenworthSurvivorOutreachServices/)

<facebook.com/FortLeavenworthFMWR>

ARMY VOLUNTEER CORPS

Volunteer Basics

Sept 19, 12:00 - 1:00pm

Visit: [https://
vmis.armyfamilywebportal.co
m](https://vmis.armyfamilywebportal.com) to register for an account
and find opportunities to
volunteer in the community.



EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

*Registration Required for
EFMP events

EFMP Refreshing Conversations

Sept 4, 10:00-11:00am

EFMP Recreational Bowling

Sept 6, 12:00-2:00pm
Strike Zone Bowling Center

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

**Life's challenges weighing you down?
Learn how to bend and not break.**

RESILIENCY

An EFMP 4 part Workshop Series:
September 17, October 15,
November 19, January 21
5pm - 6pm

**ACS Classroom Room 157
The Resiliency Center
600 Thomas Ave
Fort Leavenworth, KS**

Geared toward adults and teens ages 14+, this FREE 4 part workshop series is led by Fort Leavenworth's own R2 Performance experts and will cover several resiliency competencies, teach skills to help navigate daily challenges, and give a foundation to successfully deal with life's more complex hurdles.

Registration is required. Please call for more information:
520-684-3838 or 520-692-6363

leavenworth.armymwr.com

A new resource just for you!
EFMP Lending Library

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

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.

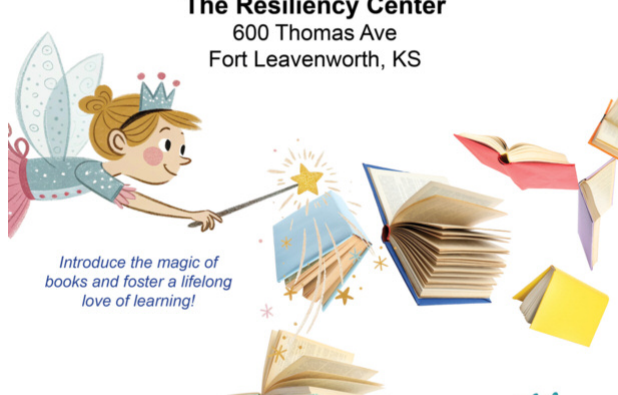
913-297-3212



Join ACS/ New Parent Support for

STORY TIME

Wednesdays @ 10am
The Resiliency Center
600 Thomas Ave
Fort Leavenworth, KS




Introduce the magic of books and foster a lifelong love of learning!

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

Please call or text by the close of business day on the Tuesday before Story Time.

913-297-3212




ACS

Navigating the Teen Years

Feb 19, May 28, Aug 20, Nov 19 @ 1-2:30pm

ACS Classroom 145
600 Thomas Ave

One session workshop
Available in person or virtual




Ever wish that raising your teen came with an instructional manual?


The Navigating the Teen Years workshop is your guide to the difficult questions.

We'll discuss:

- Teen Mental Health
- Substance Abuse
- Raising Teens in a Digital Age
- Understanding Social Media
- Teen Sexualized Behaviors

FREE and open to all DoD ID holders 18+ Register by calling 913-684-2811/ 2808 Deadline to register is the day before class.







UNITED STATES ARMY
CHILD & YOUTH SERVICES
PARENT ADVISORY COUNCIL

We're Looking for a Parent President

All volunteer time earns Parent Participation Points

Responsibilities

- Attend scheduled meetings.
- Encourage the exchange of information and ideas between the council & parents.
- Function as a non-staff POC for CYS Parents to share concerns.
- Assist with recruitment of council participation.
- Coordinate with Outreach Svcs. Director on meeting topics.

LEARN MORE

CONTACT
Any CYS Facility Director OR
CYS Outreach Services Director
913-684-1651



Child & Youth Services

4 Day PM (12:15-3:15pm)

PRESCHOOL SPOTS AVAILABLE

*3-5 year old *No "Toilet Trained" restriction
*Monday-Thursday Class / Sept.-May


Class starts Tuesday 2 September


All activities will be developmental in nature & recognize children's individual differences by providing an environment that encourages self-confidence, development of self-help and life skills, curiosity, creativity, & self-discipline

Call Parent Central for more info:
913-684-5138/4956

Not affiliated with USD207

MAKE YOUR REQUEST AT
MILITARY CHILD CARE .COM





MWR

5 Love Languages of Teenagers


ACS


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


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

ACS Classroom 145
Feb 12, May 14, Aug 13, Nov 12
1-2:30pm
FREE

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







CYS

We're Hiring NOW!

Join our Team as a
Child and Youth Program Assistant
at Fort Leavenworth!
Pay starts at \$18.71 per hour

Career Progression & Paid Training
Retirement & 401K
FREE childcare for the 1st child and 25% discount for each additional child
Regular Full-Time/ Part-Time & FLEX Hours Available
Medical, Dental, Vision, & Life Insurance Benefits *
Paid Leave, & Paid Federal Holidays for Full-Time & Part-Time
Access to Commissary & AAFES Shopping Privileges & MWR Facilities
Job Transfer Program Worldwide Through Civilian Employment Assignment Tool
*Conditions Apply



Scan here to apply!
ArmyMWR.com/cyscareers



Child & Youth Services

Part-Day Preschool

*3-5 year olds *No "Toilet Trained" restriction

2 Day AM (T/Th 0800-1100)
3 Day AM (M/W/F 0800-1100)

All activities will be developmental in nature & recognize children's individual differences by providing an environment that encourages self-confidence, development of self-help and life skills, curiosity, creativity, & self-discipline

MAKE YOUR REQUEST AT
MILITARY CHILD CARE .COM

Contact Parent Central:
913-684-5138 / 684-4956

NOT AFFILIATED WITH USD 207





MWR

ACS FAP Presents:
5 Love Languages for Couples

January 29 • July 16 • October 8 // 1:00PM-2:30PM
ACS Classroom 145

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

Deadline to register is day before each class.

FREE and open to DoD ID card holders 18+.

For more info: (913) 684-2822/2808

Scan the QR Code for more info about FAP.







MWR

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

Free for Expectant Parents!

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

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





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

ACS

New Parent Support 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







WIGGLES & GIGGLES

Fridays 10am-11am
ACS Playroom
600 Thomas Ave

FREE
Ages 3-12 months
Register by COB Thursday



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





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



MWR

ACS


Playground Palooza!


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


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

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

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







MWR

Stroller Walk & Talk

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

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

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

POC 913-297-3212







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

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!

U.S. ARMY MWR

ARMY COMMUNITY SERVICE ACS

U.S. ARMY RESILIENCY CENTER

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

U.S. ARMY MWR

ACS

STRESS Management

May 15, July 17, September 18, November 20
11:30am - 1:00pm
600 Thomas Ave
Room 145

STRESS WEIGHING YOU DOWN?

IT'S TIME TO TAKE BACK CONTROL

FREE one-session workshop 18+
No childcare
Deadline to register is day before training.
Virtual attendance is available through TEAMS.
For more info: Call 520-692-6378

U.S. ARMY MWR

ACS

VOLUNTEER BASICS

JAN 17 • FEB 7 • MARCH 7 • APRIL 4 • MAY 9 • JUNE 13
JULY 18 • AUG 8 • AUG 22 • SEPT 19 • OCT 17 • NOV 14 • DEC 12
ACS CLASSROOM • 600 THOMAS AVE. • TIME: 12PM - 1PM

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

REGISTRATION IS NOT REQUIRED. JUST SHOW UP.

INFO: (913) 684-2800

U.S. ARMY MWR

ACS

WE ARE STRONGER TOGETHER

CONNECT TO PROTECT

SEPTEMBER IS SUICIDE PREVENTION MONTH

U.S. ARMY SP2

988 SUICIDE & CRISIS LIFELINE Military/Veterans Press 1

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

U.S. ARMY MWR

ACS

Employment Readiness Program CLASS SCHEDULE

Resume Writing
ACS Classroom 12pm - 2pm
July 9, Aug 6, Sept 10, Oct 8, Nov 5, Dec 3
5pm - 7pm*
July 9, Aug 6

Federal Employment
ACS Classroom 12pm - 2pm
July 16, Aug 20, Sept 17, Oct 15, Nov 19, Dec 10
5pm - 7pm*
July 16, Aug 20

Interview Skills & Professionalism
ACS Classroom 12pm - 2pm
July 23, Aug 27, Sept 24, Oct 22, Dec 17
5pm - 7pm*
July 23, Aug 27

Take the guesswork out of getting hired!

Our Employment Readiness Program will provide the tools and strategies that you need to navigate the job market successfully!
Learn how to:
• write a compelling resume
• understand the market
• become the ideal candidate

U.S. ARMY MWR

ACS

ANGER MANAGEMENT COURSE

ABOUT TO FLIP YOUR LID?

Register for the ACS ANGER MANAGEMENT COURSE WE CAN HELP.

Our 8 week Anger Management Course will teach you a new tool every week to stay cool and collected in even the most difficult of settings. Each week will have realistic scenarios, feedback, and opportunities to apply newly learned skills in a group setting.

Round 1
May 1, 8, 15, 22, 29
June 12, 19, 26

Round 2
August 7, 14, 21, 28
September 4, 11, 18, 25

Round 3
October 2, 9, 16, 23, 30
November 6, 13, 20

All sessions are in Room 145 at the Resiliency Center 600 Thomas Ave 1:30pm - 3pm

FREE and open to all DoD ID card holders 18+
Deadline to register is the day before the first day of training. Participants must attend each day in the round. Virtual attendance is available through TEAMS. Call 913-684-2800 for more info.

U.S. ARMY MWR

ACS

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

ROUND 1: JUNE 6, 13, 20, 27
ROUND 2: SEPTEMBER 5, 12, 19, 26
ROUND 3: NOVEMBER 3, 10, 17, 24

THIS FOUR-WEEK COURSE IS DESIGNED TO HELP PARENTS DEVELOP NOW-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 REGISTRATION: (520) 692-6378/6303

U.S. ARMY MWR

ACS

REASONS TO CONNECT WITH 988

You can call, text, and chat the 988 Suicide & Crisis Lifeline to talk about a lot of things.

988 SUICIDE & CRISIS LIFELINE

PWOC FALL SCHEDULE

Morning 8:30-11:00
Evening 6:30-8:00

August

19th KICKOFF
26th

September

2nd
9th
16th
23rd
30th

October


7th
14th
21st PROGRAM
28th

November

4th
11th NO PWOC
18th
25th NO PWOC


December

2nd
9th PROGRAM




VERTICAL Marriage


THE ONE SECRET THAT WILL CHANGE YOUR MARRIAGE



Supported by **cru**



Meals & Childcare provided



DATE NIGHT

08 AUG, 05 SEP, 10 OCT, 07 NOV, 05 DEC

For more information and to register, scan the QR code or call/text 910-644-2999

Volunteer with Campus Life Military!

☀ Make a Difference in the Lives of Military-Connected Youth ☀

♥ Do you have a heart for teens?

💬 Do you love sharing the hope of Christ?

🌐 Want to impact youth from around the globe—right where you are?

We need caring adults who:

- ✓ Build relationships with teens
- ✓ Lead fun activities & small groups
- ✓ Support local ministry efforts
- ✓ Be a consistent, encouraging presence
- ✓ Have a willing heart and a passion for Jesus!

Ministry Activities:

- Club
- Small Groups
- Special Events
- Camps / Trips
- Contacting
- Appointments



CAMPUS LIFE MILITARY

Samantha Odle
(605) 569-3820
sodle@yfc.net

Discipleship Training Breakfast

A YEAR LONG TOPICAL BIBLE STUDY & BREAKFAST
FOCUSED ON INTEGRATING FAITH IN CHRIST INTO
ALL DOMAINS OF OUR LIVES (PERSONAL
DEVELOPMENT, FAMILY, PROFESSION, AND
COMMUNITY)

0600-0730 EVERY TUESDAY IN PIONEER CHAPEL



Looking for Community? Join Campus Life Military



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

Samantha Odle
(605) 569-3820 / sodle@yfc.net

ST. IGNATIUS CATHOLIC WOMEN OF THE CHAPEL

Jesse Tree



ORNAMENT EXCHANGE

AN ADVENT TRADITION

Join us in the afternoon on Sunday, November 23, 2025, to exchange ornaments, share our families favorite advent traditions and recipes!

Formal Invitation to Follow

Please scan the QR code to learn more & sign-up!



SAVE THE DATE

CWOC RETREAT
“PRAYER AND TEMPERAMENT”

NOVEMBER 14-16



Download the My Army Post App

Stay in the know at your Garrison


- Installation Services
- Gate Hours
- Community Events
- Maintenance Requests
- Weather
- Resources
- AND MORE



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

★ U.S. ARMY

Mission: To provide Religious Support to all Soldiers, Family members, DA civilians, contractors, and retirees.



Pioneer Chapel
500 Pope Avenue

PROTESTANT


- Traditional Worship – 0830 (Children's Church – K-5th grade)
- Sunday School – 0945

MULTI-CULTURAL GOSPEL

- Sunday Worship – 1000

CATHOLIC MASS

- Tuesday-Friday – 1200-1230
- Sunday Religious ED - 0810




Frontier Chapel
625 Thomas Avenue

CATHOLIC MASS

- Sunday – 0930
- Sunday Religious ED - 0810

PROTESTANT

- Sunday School – 0945
- Contemporary Worship – 1100 (Children's Church – K-5th grade)



Memorial Chapel
626 Scott Avenue

LITURGICAL

- Sunday Worship – 0930

August & September Kids Classes



Messy Art

\$12 per class

Ages 7+

Thursday August 7
11am - 12pm

Thursday August 21
11am - 12pm

Thursday September 4
11am - 12pm

Thursday September 18
11am - 12pm

Color Me Happy

\$10 per class

Parent & Toddlers

Thursday August 14
10am - 11am

Thursday August 28
10am - 11am

Thursday September 11
10am - 11am

Thursday September 25
10am - 11am

Art History

\$20 per class (ages 7+)



Strawberries & Seurat

Wednesday August 20
1pm - 3pm



Cookies & Carle

Wednesday September 17
1pm - 3pm

Tuesday - Friday 9am - 4pm
Call now to register! (913) 684-3373



OPEN STUDIOS
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!

310 McPherson Ave • Fort Leavenworth, KS

leavenworth.armymwr.com

artsandcraftsfortleavenworth@gmail.com



August & September Workshops



Watercolor

\$30 per workshop
pre-registration required

Watercolor (Basics)
Tuesday, August 19
6pm - 8pm

Watercolor (Color Theory)
Tuesday, August 26
6pm - 8pm

Framing
\$40 per class

Intro to Framing
Must pre-register

Fridays
August 8, September 12
10am - 2pm

Saturdays
August 23, Saturday 27
10am - 2pm

Watercolor (Landscapes)

Tuesday, September 2
6pm - 8pm

Watercolor by the Lake (plein-air)
Tuesday, September 30
6pm - 8pm



scan for more info

Tuesday - Friday 9am - 4pm
Call now to register! (913) 684-3373



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

Back to School Friday
August 8
6pm - 8pm

Camping Under the Stars
Friday, September 12
6pm - 8pm

Cost includes all supplies!

310 McPherson Ave • Fort Leavenworth, KS

leavenworth.armymwr.com

artsandcraftsfortleavenworth@gmail.com



Modern Calligraphy

Basics

\$20 per class
pre-registration required

Wednesday August 27
1:30pm - 3pm

Special Projects
Thank You Cards
Wednesday September 10
1:30pm - 3pm

Intermediate

\$20 per class
pre-registration required

Wednesday September 3
1:30pm - 3pm



Acrylic

\$35 per class

Acrylic Pour
Tuesday, August 19
11am - 1pm
Wednesday, September 24
11am - 1pm



Crafts

\$35 per class

Wooden Growth Chart
Thurs, August 14
6pm - 8pm
Wed, August 27
11am - 1pm

Wooden Birthday Calendar Board
Tues, September 16
6pm - 8pm
Fri, September 26
11am - 1pm





YOUTH SPORTS & FITNESS SPORTS CALENDAR 2025



SPRING SPORTS	AGES/GRADES	COST OF 1 ST CHILD/ ADDITIONAL CHILD	REGISTRATION PERIOD	SEASON DATES (2025)
SOCCER	5-14	\$50/\$42.50	BEG. FEBRUARY – BEG. MARCH	APRIL – MAY
T-BALL	Kinder	\$50/\$42.50	BEG. FEBRUARY – BEG. MARCH	APRIL – MAY
COACH PITCH	1 st , 2 nd	\$50/\$42.50	BEG. FEBRUARY – BEG. MARCH	APRIL – MAY
BASEBALL	3 rd , 6 th	\$50/\$42.50	BEG. FEBRUARY – BEG. MARCH	APRIL – MAY
SOFTBALL	3 rd , 6 th	\$50/\$42.50	BEG. FEBRUARY – BEG. MARCH	APRIL – MAY
START SMART BASEBALL	3-4	\$30/\$25.50	BEG. FEBRUARY – BEG. MARCH	APRIL – MAY

SUMMER PROGRAMS & CAMPS/CLINICS	AGES/GRADES	REGISTRATION PERIOD	PROGRAM/CAMP DATES (2025)
GOLF PROGRAM	8-17	APRIL – 1 st Day of Practice	JUNE - AUGUST
FITNESS CAMP	5-14	APRIL – 1 st Day of Camp	JUNE
CHALLENGER SOCCER CAMP	3-14	APRIL – 1 st Day of Camp	JUNE, JULY & AUGUST
BASEBALL CAMP	5-14	APRIL – 1 st Day of Camp	JULY
BASKETBALL CAMP	5-14	APRIL – 1 st Day of Camp	JULY

FALL SPORTS	AGES/GRADES	COST OF 1 ST CHILD/ ADDITIONAL CHILD	REGISTRATION PERIOD	SEASON DATES (2025)
SOCCER	5-14	\$50/\$42.50	MID. JULY – BEG. AUGUST	SEPTEMBER – OCTOBER
FLAG FOOTBALL	1 st , 6 th	\$50/\$42.50	MID. JULY – BEG. AUGUST	SEPTEMBER – OCTOBER
CHEERLEADING	5-12	\$55/\$47.25	MID. JULY – BEG. AUGUST	SEPTEMBER – OCTOBER
RUNNING CLUB	3 rd -8 th	\$50/\$42.50	MID. JULY – BEG. AUGUST	SEPTEMBER – NOVEMBER
START SMART SOCCER	3-4	\$30/\$25.50	MID. JULY – BEG. AUGUST	SEPTEMBER – OCTOBER
START SMART FLAG FOOTBALL	3-4	\$30/\$25.50	MID. JULY – BEG. AUGUST	SEPTEMBER – OCTOBER

WINTER SPORTS	AGES/GRADES	COST OF 1 ST CHILD/ ADDITIONAL CHILD	REGISTRATION PERIOD	SEASON DATES (2025-2026)
BASKETBALL	Kinder – 6 th	\$50/\$42.50	OCTOBER - NOVEMBER	JANUARY – MARCH
WRESTLING	5-12	\$50/\$42.50	OCTOBER - NOVEMBER	JANUARY – MARCH
START SMART BASKETBALL	3-4	\$30/\$25.50	OCTOBER - NOVEMBER	JANUARY – MARCH

Fall Youth Sports & Fitness

Confidence begins here! Are you in?

Flag Football (1st - 2nd grades) (Ages 7 - 8) Tuesday/Thursday Sept 9 - Oct 23

(3rd - 4th grades) (Ages 9 - 10) Monday/Wednesday Sept 8 - Oct 22

(5th - 6th grades) (Ages 11 - 12) Monday/Wednesday Sept 9 - Oct 23

\$50

Soccer 6 & Under (Ages 5 - 6) 8 & Under (Ages 7 - 8) 10 & Under (Ages 9 - 10)

Sept 8 & 9 - Oct 22 & 23

Under 12 & 14 TBA

\$50

Cheerleading (Ages 5 - 12) Monday/Wednesday Sept 8 - Oct 22

Participants will cheer for all 3rd/4th & 5th/6th grade Teams.

*Pom-poms, shirt, and skirt are included in the cost.

***\$55**

Fall Running Club (3rd - 8th grades) (Ages 8 - 14) Tuesday/Thursday Sept 9 - Oct 25

Season ends with the Halloween 5K.


\$50

Start Smart Flag Football (Ages 3 - 4) \$30 Sept 15 & 17 - Oct 15 & 20

Start Smart Soccer (Ages 3 - 4) \$30 Sept 16 & 18 - Oct 14 & 16

Registration and enrollment will begin July 7 and close Aug 4. All Youth must have an updated sports physical before first practice. Enrollment can be done at all CVS locations if centrally registered. Webtrac online enrollments can only be done with a Youth Sports Physical that covers the entire season. Volunteer Coaches are needed!

For more information call 913-684-7525 or 7526



ADULT CLASSES

TAEKWONDO

Kick your fitness into high gear!

Tuesdays & Thursdays


Offered from:

- 6pm - 7pm
- 7pm - 8pm


\$65 per month
\$10 for a single class

Gruber Fitness Center 200 Reynolds Ave
Fort Leavenworth, KS
Call for more information:
214-205-4954

Open to eligible DOD ID card holders.
Must be 18+ and have 247 access
prior to taking first class.



leavenworth.armymwr.com



ADULT SPORTS

FLAG FOOTBALL LEAGUE

Want to get fit and have a blast doing it?
The only catch is the one you make.
Flags up, game on!

Coaches Meeting:
Wednesday, August 13
5:30pm
Gruber Fitness Center
200 Reynold Ave
Ft. Leavenworth, KS

League play begins
Tuesday September 2.
Letters of intent due by
COB on August 27.

Games: Tuesdays, Thursdays
5:30pm, 6:30pm, 7:30pm
Gruber Football Field

Open to all Active Duty, DOD Civilians, Retirees, Dependents, Spouses,
and Contractors working at Fort Leavenworth ages 18+.
League awards given for regular season champions,
tournament runner-ups and tournament champions.
For more info call 913-684-3224/ 5136
leavenworth.armymwr.com







Brunner Range


ASTRO CLAYS

Looking for a new and unique range experience?
Introducing Astro Clays! Shoot under the stars!
Special UV black lights turn the clays into glowing
targets that are fun for every skill level!

\$25 for 50 clays

- Sep 13 at 2030
- Oct 11 at 1930
- Oct 25 at 1930
- Nov 8 at 1800
- Nov 25 at 1800
- Dec 13 at 1800

Brunner Range
701 Sheridan Dr
Ft. Leavenworth, KS
Call for more info: 913-651-8132
leavenworth.armymwr.com



Starting June 2nd, 2025

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						
0900						Power Yoga (Kim)
0930	Zumba (Virmarie)					
1200						
1630		Zumba (Virmarie)	Power Cycling (Kim)			
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 Beginner 1830-1930	Brazilian Jiu-Jitsu Beginner 1830-1930	Brazilian Jiu-Jitsu Beginner 1830-1930	
	Advanced 1940-2040	Advanced 1940-2040	Advanced 1940-2040	

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

Harney Sports Complex

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

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

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



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

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

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



Scan here to follow Ft. Leavenworth FMWR on FB

For more information:
leavenworth.armymwr.com



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



Scan here to follow Ft. Leavenworth FMWR on FB

Weekend - Swimming Lessons

Bernstein Memorial Indoor Pool

Enrollment opens Wednesday, 13 August at 0800
September 6, 7, 13, 14, 20, 21, 27, 28
Saturdays & Sundays - (8 classes) \$64.00



50503-55	0815-0845 Learn to swim level 3	max 6
50503-56	0900-0930 Learn to swim level 2	max 6
50503-57	0945-1015 Learn to swim level 1	max 5
50503-58	1030-1100 Parent Child	max 6
50503-59	1115-1145 Preschool Level 3	max 5
50503-60	1200-1230 Preschool Level 2	max 5

Swimming Lesson Age Requirements:
Parent Child: participants may be 6 months – 3 years and must be accompanied into the water by a parent or guardian.
Preschool levels: Participants must be 4 years – 5 years old.
Learn-to-swim levels: Participants must be 6 years old –17 years old.

Swimming Lessons

Bernstein Memorial Indoor Pool

Enrollment opens Wednesday, 13 August at 0800
September 8, 10, 15, 17, 22, 24, 29, October 2
Mondays & Wednesdays - (8 classes) \$64.00



50503-61	1200-1230 Parent Child	max 6
50503-62	1245-1315 Preschool Level 1	max 5
50503-63	1330-1400 Preschool Level 2	max 5
50503-64	1415-1445 Preschool Level 1	max 5
Break		
50503-65	1545-1615 Learn to swim level 1	max 5
50503-66	1630-1700 Learn to swim level 2	max 6
50503-67	1715-1745 Preschool Level 2	max 5

Swimming Lesson Age Requirements:
Parent Child: participants may be 6 months – 3 years and must be accompanied into the water by a parent or guardian.
Preschool levels: Participants must be 4 years – 5 years old.
Learn-to-swim levels: Participants must be 6 years old –17 years old.

✗ LTS now has Renaissance Festival Tickets! ✗

Ticket Prices are \$20 per ticket for adults 13+, and \$14 per ticket for children ages 5-12. Tickets must be purchased in person and can be used on any day they are open.

RenFest runs Saturdays and Sundays August 30-October 12 from 10AM - 7PM!

For more info call, (913) 684-2580.



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



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

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.

Work with either our cats or dogs or both!





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



Ft. Leavenworth
International Loan Closet

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

MUNSON NOTES

MUNSON NOTICES

■ **MEDICAL RECORDS** at Munson Army Health Center will temporarily relocate to room 1B037, located next door to the Medical Records office, starting Sept. 11 while the records room is closed for repairs. If patients need medical record services during this period, they can visit the temporary location or submit requests via e-mail. For **RELEASE OF INFORMATION** questions, e-mail usarmy.leavenworth.medcom-mahc.list.roi@health.mil. For **MEDICAL RECORDS** questions e-mail usarmy.leavenworth.medcom-mahc.list.pad-rr@health.mil. Medical Records office phones will be out of service during this period; however, patients can call 913-684-6229 or the Medical Records supervisor at 913-684- 6810 for assistance.

■ 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 if interested in participating.

■ 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-TRI-WEST (874-9378) and follow the prompts to establish a primary care manager at MAHC. Learn more about services at 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/8wttlf>.

■ 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.

Ultimate Patient Experience token recipients



Photo by Munson Army Health Center Public Affairs

Munson Army Health Center Registered Nurse Brenda Brister, from the Department of Public Health, and Optometry Technician Janessa Johnson, from the Optometry Clinic, were recognized Sept. 12 after collecting five tokens each for providing the Ultimate Patient Experience. Staff can be nominated for individual tokens over the course of the year for modeling exemplary leadership, contributions to a safe and healthful workplace, teamwork and specific one-time acts that enhance the patient's experience. Upon receipt of five tokens employees may be eligible for a four-hour time off award.

MUNSON ARMY HEALTH CENTER

Call Center
913 684-6250

- Primary Care
- Dental
- Optometry
- Mental Health
- Medical Records
- Pharmacy
- Referrals
- Nurse Advice Line
- More

munson.tricare.mil



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

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