

THURSDAY
OCTOBER 31, 2024



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Retirees saluted with annual Appreciation Day, health fair

by Prudence Siebert/Editor

Area military retirees were honored at the 60th annual Retiree Appreciation Day — an event featuring informative speakers, performances by Leavenworth Junior ROTC unarmed and armed drill teams, small group performance, and a health fair offering flu shots, oral cancer screenings, and more — Oct. 26 at the Lewis and Clark Center.

As the morning's first speaker, Garrison Commander Col. Duane Mosier welcomed the retirees gathered in Eisenhower Auditorium, thanking them and their family members for their service and for attending RAD. Mosier explained that his job as Garrison commander involves rotating through roles similar to those of mayor, city manager and city planner, for which he is assisted by the Garrison command sergeant major and Garrison deputy.

Proclaiming himself as a "history geek," Mosier shared some of post's history, starting with why the post is situated where it is on what is now the Kansas side of Missouri River after Henry Leavenworth defied



Photo by Prudence Siebert/Fort Leavenworth Lamp

Retirees and family members show respect as the national anthem is played at the beginning of the Retiree Appreciation Day program Oct. 26 in Eisenhower Auditorium at the Lewis and Clark Center. RAD attendees watched a performance by Leavenworth High School Junior ROTC drill teams, followed by speakers with updates about Fort Leavenworth and health care, and then they could peruse informational booths throughout the building, attend small group discussion sessions, and get their flu shots and more at the health fair portion of the annual event.

orders in 1827 and placed the post in a better location on higher ground. Mosier pointed out that there are pecan trees still growing on Fort Leavenworth that were noted by the Lewis and Clark Expedition in 1804.

"Those pecan trees are still here; they are on the north side of our airfield, in a 2,500-acre virgin forest that has never been cut and is protected because Fort

SEE RETIREE APPRECIATION DAY | A5



Artwork by Bradley Elementary School third-grader Hadley Lawrence. Hadley placed first in her age group in the Retiree Appreciation Day coloring and drawing contest for Unified School District 207 students in grades pre-kindergarten through fifth-grade.

Stronghold Food Pantry named Fisher Service Award recipient

Local nonprofit receives grant to enhance, expand Ambassador Program

by Stronghold Press Release

Fort Leavenworth nonprofit Stronghold Food Pantry has been announced as one of the distinguished 2024 Fisher Service Award recipients, receiving a grant to improve the quality of life for veterans and military families facing food insecurity.

Fisher House Foundation and Military Times Foundation partner annually to award \$400,000 to deserving nonprofits that help veteran and military communities, and have donated more than \$3 million over 25 years.

"Receiving the award has been a whirlwind," said Monica Bassett, founder and CEO of Stronghold. "To know that the esteemed board and judges reviewed over 500 nonprofit applications and recognized Stronghold's mission, programming and impact is both humbling and rewarding, and we are incredibly grateful. It reaffirms our commitment to filling a crucial gap in support for military families."

Stronghold Food Pantry was founded in 2022 to support military families experiencing food insecurity. With brick-and-mortar locations in Fort Leavenworth and Fort Leonard Wood, Missouri, to give patrons fresh food, pantry staples and household necessities weekly, Stronghold also has an Ambassador

SEE STRONGHOLD FOOD PANTRY | A3

Local leaders discuss Army profession, ethic during visit by Republic of Korea Army chaplains



Photo by Taylor Wead/Combined Arms Center Public Affairs

Chaplain (Lt. Col.) Jared Vineyard, Combined Arms Center deputy command chaplain and Center for Army Leadership staff chaplain (ethicist), delivers a presentation on "Ethics and Moral Leadership" to chaplains with the Republic of Korea Army Oct. 23 at Pioneer Chapel.

by Maj. Amelia C. Wetzel/Center for Army Leadership

The Center for Army Leadership, in partnership with the Combined Arms Center chaplain team, hosted an educational engagement with seven Republic of Korea Army chaplains Oct. 23 at Fort Leavenworth.

The purpose of the visit was to develop the ROK chaplains' knowledge of the U.S. Army profession and ethic.

Chaplain (Lt. Col.) Jared Vineyard, CAC deputy command chaplain and CAL staff chaplain (ethicist), provided the visitors with an overview of the Army ethic. Participants

then exchanged personal insights and experiences in ethical decision-making, morality and advisement.

Vineyard discussed how the values and virtues of the American people have changed over time, requiring the Chaplain Corps and Army senior leaders to change how the Army views and teaches values and ethical approaches in warfare.

Ethical decision-making, just war theory, and the preservation of humanity were critical discussion topics throughout the brief.

Chaplain (Col.) Sean Wead, senior command chaplain for CAC, stressed

SEE ROK CHAPLAINS EDUCATIONAL ENGAGEMENT | A4

AT A GLANCE

■ **TRICK-OR-TREATING HOURS** on Fort Leavenworth are 6-8 p.m. Oct. 31.

■ **Submit ARMY FAMILY ACTION PLAN ISSUES** through Oct. 31 for the Nov. 14 AFAP Conference. Visit <https://leavenworth.armymwr.com/happenings/army-family-action-plan-afap>.

■ **READ AND TREAT STORYTIME** is at 10 a.m. Oct. 31 at the Combined Arms Research Library. Participants are encouraged to come in costume to trick-or-treat in the library after storytime.

■ **Munson Army Health Center** is offering **WALK-IN FLU SHOT CLINICS** for TRICARE beneficiaries ages 6 months old and older from noon to 4 p.m. Nov. 1, 9 a.m. to 6 p.m. Nov. 6 and noon to 4 p.m. Nov. 15 at the Frontier Conference Center. DoD ID cards are required for patients 10 years old and up.

■ **DAYLIGHT SAVING TIME** ends at 2 a.m. Nov. 3. Set clocks back one hour.

■ **The CLOSURE OF THE INTERSECTION OF HANCOCK AND IOWA AVENUES AND THE**

OPENING OF HANCOCK GATE HAS BEEN DELAYED until Nov. 4 related to the construction of the new Child Development Center in that area.

■ **The Leavenworth County VETERANS DAY PARADE** is at 10:30 a.m. Nov. 11 in downtown Leavenworth.

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

Lost cat reunited with owner after 4 years



Photos by Shannon Arnold/Fort Leavenworth Stray Facility Director

ABOVE: Leslie Combs holds her son's cat, Mitch, while Kelly Reuning, who found Mitch, pets him Oct. 24 at the Fort Leavenworth Stray Facility.

LEFT: Leslie Combs reunites with her son's cat, Mitch, four years after the cat went missing, Oct. 24 at the Fort Leavenworth Stray Facility.

Mitch came into the Fort Leavenworth Stray Facility last week as a stray after he was found by Reuning. Reuning said she almost left the cat alone when she found him but decided to pick him up and have him scanned for a microchip.

The contact information associated with his microchip was not up to date, but through some sleuthing, current contact information was found for the Combs family.

Mitch went missing four years ago when the Combs' family was getting ready to move from Lansing, Kansas. He was found about a mile from where the family lives now.

In addition to microchipping pets, include phone number on collar

COMMENTARY

by Prudence Siebert/Fort Leavenworth Lamp Editor and Fort Leavenworth Stray Facility Volunteer

Stray dogs often show up in my yard. They are NEVER wearing identification.

I always try to get them back home before they are injured, further lost or taken in by someone not willing to look for their owners, but that is very difficult to accomplish when they aren't wearing a current phone number.

I've recognized few of them and was able to walk them back home, but more often I don't know the animals and wish I could call their owners.

I usually call to have them picked up by the Leavenworth Police Department/Leavenworth Animal Control or have taken them into the city shelter with the hope of the dogs being reunited with owners there.

I have found strays while out hiking or trailriding, including a few purebred hunting dogs wearing orange collars (but no tags) who must've strayed too far from their hunting buddies.

I have come across dogs that have been separated from their owners in dangerous situations. More than once I've stopped to try to help get traffic-dodging dogs off the road. The black lab I held at the side of the road one night after he'd almost been hit by cars three times was wearing a GPS device, but I couldn't call his owner for help because he wasn't wearing a phone number.

In all of these cases, a happy ending could have happened much sooner and surely if the dogs had been wearing current contact information. Dealing with a stray dog often needs to be done quickly, as I might be juggling my own dogs or have no way to safely contain the stray — I wish I could just make a quick phone call to reunite the pet.

Many of the strays I've encountered over the years were wearing collars, but just collars — no identification, no way to find out who they belong to through rabies tags, city li-

cense tags, or even a handwritten number. I could have had those pets home within minutes of finding them if they had only had a current phone number on them.

Please put your phone number — a current phone number — on your pets' collars.

Here are a few ways to put your phone number on your pet, even if it is microchipped or wearing a GPS device:

1. Write the phone number on the collar/harness with a permanent marker. Be sure to keep the numbers legible as they can fade quickly with wear.

2. Engrave your phone number onto a metal tag or have a tag engraved. Engraved tags can be made while you shop at most pet and farm stores, or even at locksmith and trophy stores, and the tags can also be easily ordered online.

3. Have an embroidery shop stitch your phone number onto your pet's collar.

4. Use an engraved slide-on tag, such as those offered by many online vendors. Cats who hate collars won't even know they are wearing the neoprene variety. Even indoor-only kitties need phone numbers on their collars. Cats can escape when children/visitors/workers/movers leave the door cracked too long, or in the event of a fire or other emergency.

Put your contact information on the collar, but microchip, too!

Several microchipped pets have come into the Fort Leavenworth Stray Facility, where strays found on post go, but many of those microchips have outdated contact in-



Including your phone number on your pet's collar, in addition to microchipping, could prove very helpful in having your pet returned to you quickly in the event your pet ever goes missing.

Photo by Prudence Siebert/Fort Leavenworth Lamp

formation, sometimes that of a former owner, and no way to find their current owners.

I highly recommend microchipping pets, as collars can be lost, but, again, you must keep your contact information current. There is no guarantee whoever scans the chip will go to the lengths that were taken that resulted in the cat reunion mentioned above.

By keeping the contact information associated with your pet's microchip current, not only will a shelter be able to reunite you with your pet, but there should be no dispute over whose animal it is.

Please, if you find a stray, have it scanned for a microchip. You can have this done for free at virtually any animal shelter/rescue facility or veterinarian's office. You'd want your pet returned to you, so help facilitate a reunion by having the pet scanned rather than just keeping the pet or finding it a new home.

And if your pet is ever lost, but is wearing your phone number, you might not have to spend the night worrying about it and can instead be reunited.

FORT LEAVENWORTH LAMP

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MAHC screens service members, military families on food insecurity

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

Blood pressure, pulse and body temperature are metrics patients expect to be assessed when checking in for a medical appointment, but now, at least once per year, patients at Munson Army Health Center will be screened for food insecurity, too.

The U.S. Department of Agriculture defines food insecurity as limited or uncertain access to adequate food.

According to the USDA, poor nutrition is a leading cause of illness in the United States, associated with more than half a million deaths per year. It is linked with increased risk of obesity, diabetes and heart disease, as well as broader impacts, including higher health care costs and decreased productivity.

“It’s a national patient safety goal to address health equity. We ask these questions so that we can provide resources if our population is experiencing food insecurity,” said Elizabeth Higgins, a population health nurse at MAHC.

Higgins said that a military-wide screening showed 25.8 percent of military families experience food insecurity.

“This can have a negative impact on the physical and mental health of service members and their families,” Higgins said. “At Munson, we want to identify those who may need extra help in meeting their nutrition needs.”

Using military treatment facilities like MAHC to reach service members and their families about food insecurity is part of a larger network of federal, state and community-based agencies offering support to address the complex needs of military families.

“(Food insecurity) can have a negative impact on the physical and mental HEALTH OF SERVICE MEMBERS and THEIR FAMILIES. At Munson, we want to identify those who may need EXTRA HELP in meeting their NUTRITION NEEDS.”

— Elizabeth Higgins
Population Health Nurse,
Munson Army Health Center

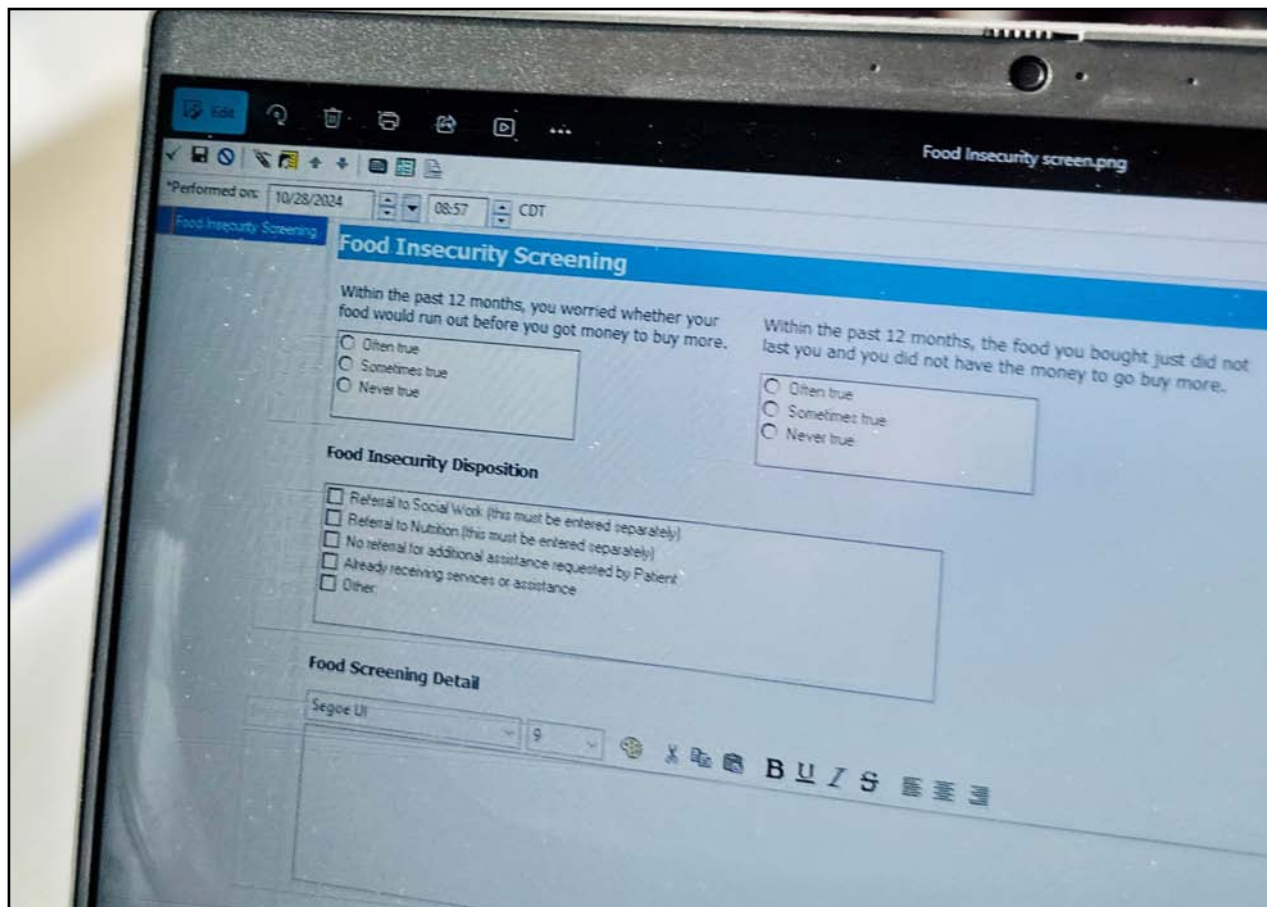


Photo by Maria Christina Yager/Munson Army Health Center Public Affairs

Munson Army Health Center will screen patients for food insecurity — at least once every 12 months — during primary care exams. Using military treatment facilities like MAHC to reach service members and their families about food insecurity is part of a larger network of federal, state, and community-based agencies offering support to address the complex needs of military families.

At least once every 12 months, patients will be given a questionnaire when they arrive for a primary care medical appointment at MAHC that asks two questions about their access to food.

Based on the response, patients might be screened more frequently, if the response indicates that they might be food insecure.

“In the exam room, a member of their care team will ask questions one-on-one with a patient. If the patient would like more information, we have a guide that lists state, local and military agencies that individuals may con-

tact if they are experiencing food insecurity,” Higgins said. “We also can provide a referral to our nutritionist for meal planning, food budgeting and so much more.”

The data the care teams collect will be forwarded to the Defense Health Agency aggregately and will not identify individual service members or their families, but might be used to help leaders address challenges that could pose a threat to U.S. military readiness and resilience.

Visit <https://www.tricare.mil/HealthWellness/HealthyLiving/Food-Insecurity> for additional resources on food insecurity.

Stronghold Food Pantry (continued from Page A1)

Program, an outreach initiative that allows the nonprofit to reach the one in five veteran and military families who are food insecure.

With its portion of the grant money, Stronghold will globally enhance and expand its Ambassador Program. By leveraging technology and activating Stronghold Ambassadors globally, the traditional food pantry model is transformed into a movement for new service delivery directly to military families requesting aid.

The Ambassador Program’s mission is to bridge cutting-edge solutions with genuine human connection, prioritizing compassion and integrity while fostering empowerment and a cycle of positivity during times of vulnerability.

“I founded Stronghold with a vision to always put families first, developing programs and building teams to extend our reach while putting an emphasis on compassion and dignity,” Bassett said. “This award is a testament to the dedication and hard work of our entire team, and it inspires me to continue our vital work today and for the future.”

Stronghold Food Pantry is a volunteer-run, 501(c)(3) charitable organization serving U.S. military families facing food insecurity with care and dignity by providing food, necessities and resources. Stronghold strives to remove the stigma and



Screenshot from strongholdfoodpantry.org



Photo by David Nye/Fisher House Foundation

Lt. Gen. Douglas A. Sims II, director for the Joint Staff, congratulates Monica Bassett, founder and CEO of Stronghold Food Pantry, during the Fisher House Foundation and Military Times Foundation's presentation of grant awards Oct. 23 in Washington, D.C. Stronghold was one of five non-profit organizations supporting military service members and their families to receive the Fisher Service Award for Military Community Service, which provides funding toward innovative programs created to improve the quality of life of veterans.

ease the epidemic of food insecurity among military communities by proliferating awareness, advocacy and col-

laboration.

To learn more about how to support Stronghold Food Pantry to help military families

around the nation facing food insecurity, visit strongholdfoodpantry.org.

Award to help Stronghold’s Ambassador Program reach more military families

by Monica Bassett/Stronghold Food Pantry Founder and CEO

I developed the Ambassador Program for Stronghold in spring 2023 to reach more military families across the nation and across all service branches.

Our first Ambassador was none other than Ashley Gutermuth, the Jimmy Fallon - Seinfeld Challenge Winner. Gutermuth is an award-winning comedian, national public speaker, and military spouse. As she travels the globe, she takes Stronghold with her, providing fresh and nonperishable groceries to military families worldwide.

In 2023, with Ambassadors launched at military installations from Hawaii to Texas, Tennessee to Alabama, Alaska, and Okinawa — plus Gutermuth on tour — we reached military families in 13 states and four countries.

Stronghold’s Ambassador Program leverages technology and innovation to deliver groceries to military families globally, transforming the traditional food pantry model into a movement for new service delivery. We bridge cutting-edge solutions with genuine human connection, prioritizing compassion and integrity.

We are truly honored and thrilled to have received the Fisher House Service Award, which recognizes the top nonprofits in the nation who have identified gaps in service for active-duty military and veterans, and create innovative solutions to fill those gaps and

improve the lives of service members and their families. This year, more than 515 nonprofits applied, and only five were selected.

As for what the Stronghold Ambassador Program is doing now — for the second year in a row, we have partnered with Maria Reed, founder and producer of Moving with the Military, for a nationwide Grateful Table Thanksgiving Meal Giveaway. If anyone knows of a military family who could use support this Thanksgiving, anywhere in the nation, please share our information.

Locally, at our headquarters on Fort Leavenworth, we will be open weekly through Nov. 26 to support our military community this season. (See the Stronghold November calendar on page B5, and sign up to shop, support and more at www.strongholdfoodpantry.org.)

We are in the process of creating a designated holiday section in the pantry where families can pick up holiday meal staples, including cranberry sauce, gravy, stuffing, green bean casserole fixings, and more.

Additionally, starting Dec. 2, we will be launching our first-ever Christmas Depot (also known as Santa’s Workshop) at Fort Leavenworth.

With the endless support of Armed Forces Insurance and our local community, we are proud to be “More Than a Food Pantry” for our Fort Leavenworth families.

Commanders focus on improving training at combat training centers



Photo by Tisha Swart-Entwistle/Combined Arms Center-Training Public Affairs

Combat Training Center Directorate Director Col. Kelvin Swint, far right, prepares attendees for the day's discussions on the first day of the Combat Training Center Commanders Conference Oct. 22 at McHugh Training Center on Fort Leavenworth. The semi-annual conference — hosted by the Combined Arms Center commanding general and organized by Combined Arms Center - Training's Combat Training Center Directorate — focuses on improving training at the combat training centers.



U.S. Army G-3/5/7 Lt. Gen. Patrick Matlock, left, listens as Combined Arms Center and Fort Leavenworth Commanding General Lt. Gen. Milford Beagle Jr., center, gives opening remarks on the first day of the Combat Training Center Commanders Conference Oct. 22 at McHugh Training Center. The semi-annual conference focuses on improving training at the combat training centers.

Photo by Tisha Swart-Entwistle/ Combined Arms Center-Training Public Affairs

ROK chaplains educational engagement (continued from Page A1)

the intrinsic responsibility of a chaplain to advise commanders to make ethical decisions during conflict and how the process of making an ethical soldier is continuous.

ROK Chaplain (Maj.) Huigeon Lee shared his belief that ethical advisement to preserve life during war requires bravery and personal courage.

Vineyard explained the jus ad bellum (justice of war) and jus in bello (justice in war) principles, emphasizing that advising just war decisions does not require the commander and the chaplain to believe the same thing.

"With regards to the conscience and moral decision-making, a chaplain helps

the commander sleep at night," Vineyard said.

The brief concluded by highlighting the importance of the self-development training domain and how even chaplains, who study ethics as part of their profession, must keep reading and learning to stay current and relevant.

Later in the visit, Lt. Col. Nathan Branen, CAL director, led a discussion on the Army profession.

"The profession establishes the foundation for everything we do in the Army," Branen said. "It covers everyone who serves, to include our Department of the Army civilians."

The allies examined the characteristics of a professional, honorable service, expertise, stewardship, and how to earn, maintain and regain trust with their nation's people.

ROK Senior Chaplain (Lt. Col.) Taikjo Kim and Branen shared thoughts on their respective armies' recruiting challenges and how society's trust can influence those challenges.

Branen emphasized that the U.S. Army endeavors to recruit and retain the right people and offered how esprit de corps, a characteristic of the Army profession, gives soldiers a sense of purpose and motivates them to strive for excellence. Like the earlier

ethics brief, Branen closed with a focus on the self-development domain and its critical link to leader development and the Army profession.

The visit concluded with a gift exchange, and the ROK army chaplains shared the phrase "Kapchi Kapshida," a common U.S.-Korean partnership slogan that means "We go together."

The engagement reinforced the importance of multinational collaboration and strengthened the 71-year coalition between the United States and South Korea.

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Last day to submit issues: October 31, 2024

ARMY MWR.com/AFAP

Retiree Appreciation Day (continued from Page A1)



Photo by Prudence Siebert/Fort Leavenworth Lamp

Medically retired Army Spc. Patrick Weitekamp, who served in Afghanistan in 2006, receives a bandage from Pfc. Aston Epstein, licensed practical nurse at Munson Army Health Center, after getting his flu shot during the Retiree Appreciation Day health fair Oct. 26 at the Lewis and Clark Center.

Leavenworth is here. A lot of the natural conservation that has taken place is because we were the very first entity as far as military- or settlement-type of establishments here.”

Mosier told the retirees that Fort Leavenworth is arguably the oldest continuously operated installation west of Washington, D.C. — thanks to a short hiatus at West Point, New York, which claims that title — but that it is definitely the oldest continuously operated military post west of the Appalachian Mountains.

Mosier listed the writing and testing of Army doctrine at Fort Leavenworth — known as the Intellectual Center of the Army — and that officers transit through the post at some point in their careers, as some of the reasons why the post is an extremely important location to the U.S. Army and the Department of Defense.

Mosier used his history overview of the installation to help explain some of the “projects and facelifts” currently happening on Fort Leavenworth.

Mosier said that of 104 Army installations, Fort Leavenworth has the most historic homes built before 1919.

“It is an old installation with old infrastructure — we have a lot of buildings, roads, curbs, even our trees that are very historic in nature, and that creates challenges for us.”

Mosier shared some of the projects underway to help breathe new life into the post’s aging infrastructure. He noted the construction of the new Child Development Center that will start Nov. 4. Hancock Gate will open at that time to help with construction and neighborhood traffic.

SEE RETIREE APPRECIATION DAY, A6



Photo by Prudence Siebert/Fort Leavenworth Lamp

Fort Leavenworth Garrison Commander Col. Duane Mosier incorporates post updates with a history lesson during Retiree Appreciation Day Oct. 26 at the Lewis and Clark Center.



Winning artwork in the coloring and drawing contest for Unified School District 207 students in grades pre-kindergarten through fifth-grade was on display for Retiree Appreciation Day Oct. 26 at the Lewis and Clark Center. Winning artwork was created by Bradley Elementary School students in three age categories: first-grader Cailyn DuPree (first place), third-grader Hadley Lawrence (first place), pre-kindergarten Olivia Dodson (first place), first-grader Emmett Terwilliger (second place), second-grader Raegan Terwilliger (second place), pre-kindergarten Isaac Lane (second place), and third-grader Coty DuPree Jr. (third place).



LEFT: Kathryn Styhl, of Health Net Federal Services, alerts retirees to an upcoming TRICARE contract change that may or may not affect them and require action during Retiree Appreciation Day Oct. 26 at the Lewis and Clark Center. The TRICARE contract change will be explained further in an upcoming issue of the Fort Leavenworth Lamp.

BELOW: Members of the Leavenworth High School Junior ROTC armed drill team perform for retirees and their family members at Retiree Appreciation Day Oct. 26 in Eisenhower Auditorium at the Lewis and Clark Center. The LHS JROTC unarmed drill team also performed. Cadets from both teams then answered questions from the audience, which included what time they get up for practice before school (3:30 a.m.) and how many of them were planning to enter military service after high school (about half).

Photos by Prudence Siebert/Fort Leavenworth Lamp



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Retiree Appreciation Day (continued from Page A5)

He explained the Army's transition to privatized housing in 2006 and the contract partner's responsibilities to housing on post.

"Our housing partner, Michaels Military Housing, is responsible for all aspects of outyear development plans, what they are going to do to invest money into the infrastructure of the installation, new construction, renovations, road work, curb work, all of these sorts of things," he said. "I am very happy today to announce that the United States Army and Michaels Military Housing has reached an accord. We have been negotiating for about eight or nine months, and we have landed on what we call the Outyear Development Plan."

Mosier said the ODP means that Michaels has pledged approximately \$120 million for renovations of Fort Leavenworth's historic district.

"They are going to preserve that incredible fabric of history for our (descendants), which we are thrilled about. They are going to build brand new homes over the next three to five years in the area of Hancock Pool," he said.

He said the 1950s-60s apartments in that area will be brought down in about a year to make way for those new 2,200-square-foot military family homes.

He said repairs that have been lower on the priority list will also be taken care of, including window replacements and new sidewalks, as well as other projects already underway or that will start within the next year, with a focus on maintaining the installation for future generations.

Munson Army Health Center

Munson Army Health Center Director Col. Jolanda L.J. Walker followed Mosier, thanking the retirees for attending and explaining some of the services MAHC was offering following the speakers.

"Thank you for your service and the sacrifices of your family members, and thank you for allowing Munson Army Health Center to be a part of your wellness journey," Walker told the retirees. "We definitely appreciate the opportunity to be able to bring those services to you."

Walker urged good hygiene during cold and flu season to help reduce illness, and said the MAHC was ready to provide flu shots and dispense over-the-counter cold packs. In addition, oral-cancer screenings



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Munson Army Health Center Director Col. Jolanda L.J. Walker, joined by subject matter experts MAHC Sgt. Maj. Jason Trevino and MAHC Pharmacy Chief Capt. Jacob VanBemmel, addresses retirees during the opening speaker portion of Retiree Appreciation Day Oct. 26 at the Lewis and Clark Center.

LEFT: Retiree Appreciation Day ceremony emcee retired Col. Norm Greczyn bows his head as Garrison Chaplain (Lt. Col.) Nathan McLean delivers the opening prayer Oct. 26 at the Lewis and Clark Center.



were offered during the RAD health fair.

Walker said the MAHC wants to know retirees' suggestions for how things could be done better, noting the availability of patient advocates to assist them, as well inviting the retirees to apply to participate in the Patient and Family Partnership Council, volunteers who are active-duty military, active-duty family members, retirees and re-

tiree family members who meet quarterly.

"We are hopeful that you will take the opportunity to share a bit of your experience with us, if you so choose."

Walker mentioned the upcoming TRICARE contract change, which subsequent speaker Kathryn Styhl, of Health Net Federal Services, also addressed. The change and what it means for TRICARE users will be further explained in an upcoming issue of the *Fort Leavenworth Lamp*.

"Thank you so much for what you have done for our nation," Walker told the re-

tirees. "Thank you so much for continuing to allow us to be a part of your wellness journey and for allowing us to be part of the Fort Leavenworth community. We truly enjoy getting to see your faces when you come through our facility."

Styhl followed Walker with TRICARE information, and multiple iterations of the small group discussions "Military Retiree Survivor Guide," led by retired Master Sgt. Hans Hull, and "Care Giving," led by retired Brig. Gen. Stan Cherrie, were offered as the MAHC health fair was conducted in classrooms, and area businesses and organizations provided information to the retirees.

Pet of the Week

Grimm is a 4-month-old kitten currently available for adoption at the Fort Leavenworth Stray Facility. Neuter surgery, microchipping and vaccinations are included in his adoption fee.

Visit www.FLSF.petfinder.com for pet profiles, e-mail fortleavenworthstrayfacility@gmail.com for an adoption application, and call 913-684-4939 for more information.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday, and by appointment for pre-approved adopters. Call 913-684-4939 to schedule an appointment. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility.

Volunteers are needed to help cover pet care shifts, walk dogs, clean kennels and more. Foster homes for adoptable pets are also needed. To apply to volunteer with the Fort Leavenworth Stray Facility, enter ZIP code 66027, then search for "stray animal facility" at <https://vmis.armyfamilywebportal.com/>.

Photo by Prudence Siebert/Fort Leavenworth Lamp



Hundreds of families celebrate Halloween tradition at Trunk-or-Treat



Photo by Prudence Siebert/Fort Leavenworth Lamp

Trunk-or-treaters line up, looping through the Post Exchange parking lot, as hundreds of families make their way through the annual event Oct. 25. Best themes and/or decorations by trunk participants were voted on by Post Exchange customers on Facebook and at a display in the PX foyer. The winning trunk entry will be announced on Halloween and will receive a \$100 Exchange gift card.

Maj. Matt Hughes, Command and General Staff Officer Course student, and Maj. Megan Hughes, School of Advanced Military Studies student, and their children, 2-year-old Finley as Minnie Mouse and 1-year-old Wyatt as Mickey Mouse, visit the "Wizard of Oz"-themed trunk, guarded by the witch's soldier, portrayed by Mike Dlugopolski, physician at Munson Army Health Center, as his wife, Pam, portraying the Wicked Witch of the West, distributes candy during the Trunk-or-Treat event Oct. 25 in the Post Exchange parking lot. The event was attended by an estimated 800 trick-or-treaters and their family members.

Photo by Prudence Siebert/Fort Leavenworth Lamp



Photo by Prudence Siebert/Fort Leavenworth Lamp

Isabella Barrientos and her son Leo Baker, dressed as Buzz Lightyear, admire a soul sucker python at the trunk manned by Sgt. Zach Minor, Combined Arms Center, Special Troops Battalion, during the Trunk-or-Treat event Oct. 25 in the Post Exchange parking lot. Minor brought his ferrets to show children and borrowed snakes from the Critter Shack in Leavenworth to have on display at his "Creepy Crawlers" trunk.



Photo by Prudence Siebert/Fort Leavenworth Lamp

TikTok character "ObiMom Kenobi (Mabel)," aka Amanda Cherry, and dog Buster, as an X-Wing fighter pilot, greet trick-or-treaters with fellow victim advocate Nicole "Princess Leia" Hernandez and SHARP Prevention Specialist Emory Paxton during the annual Trunk-or-Treat event Oct. 25 in the Post Exchange parking lot.

THURSDAY
OCTOBER 31, 2024



Post Notes

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

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

B1

**THURSDAY
OCTOBER 31**

HAPPY HALLOWEEN!

Harrold Youth Center

Mansion of Chills

Haunted House • 6PM - 8PM

**FRIDAY
NOVEMBER 1**

ACS Mom & Me Crocheting

1PM - 3PM • FREE

Resiliency Center

Room 145

**SATURDAY
NOVEMBER 2**

Women's ONLY FREE

Jiu-Jitsu Seminar

11:30AM

Gruber Fitness Center

MWR HARROLD YOUTH CENTER

MANSION OF CHILLS

ENTER IF YOU DARE

HAUNTED HOUSE

**45 BIDDLE BLVD
OCT 31
6PM - 8PM**

**\$5 PER PERSON
\$15 PER FAMILY**

RECOMMENDED FOR AGES 10 AND OLDER
Use Parental discretion for younger Children.

For more information call 913-684-5118

COMBINED ARMS RESEARCH LIBRARY

READ & TREAT STORYTIME

OCTOBER 31ST (W) 10AM

IN THE LIBRARY ATRIUM BY THE MAIN STAIRCASE

PLEASE COME DRESSED UP, THERE WILL BE A TRICK-OR-TREATING OPPORTUNITY AFTER STORYTIME!

SKIES

Music Recital

November 1st
Pioneer Chapel
Begins at 5:30pm

Family, friends, and music lovers! Come out and enjoy a free performance from the students at SKIES Unlimited Music Classes.

Performing:
Piano
Guitar
Ukulele Strings
Strings Ensemble

For more information call 913-684-3207

Fort Leavenworth

Career & Education Fair

5 November, 10 am to 2 pm

Frontier Conference Center

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

Government, Law Enforcement, Contracting, Manufacturing, Sales, Logistics, Retail, Service, Technical, Educational, and Many Other Opportunities Available

For information call the Transition Assistance Program at 913-684-2227 or email usarmy.TAP.leavenworth@army.mil

Hosted by: Transition Assistance Program & the Family and Morale, Welfare and Recreation Directorate

Scan our QR codes & follow us on Facebook & LinkedIn for upcoming events & information

Community Blood Center

Blood Drive

Fort Leavenworth
Wednesday, Nov. 6th
9:00 AM - 3:00 PM

Frontier Chapel
625 Thomas Avenue

Prepare to donate:
• Eat well and hydrate
• Bring a photo ID
• Feel good and complete the form
• Meet the staff or staff with personal information
• Meet minimum weight requirements

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

Medical eligibility questions? Please call 800.688.0900.

877.468.6844 - savealifenow.org

Fort Leavenworth Multicultural Families FRIDAY FUN DAY

Fridays @ The Resiliency Center
Room 106
9:30am - 11:00am

Friday Fun Days are all about exchanging ideas and customs, learning about US Military lingo and traditions, navigating life in the Midwest, and making connections with each month's themed activity!

2024 - 2025 FRIDAY FUN DAY CALENDAR

September 13 Munson Walk-thru	January 2025 No meet up! Enjoy your Holidays!	May 9 Farewell
October 11 Pumpkin Carving	February 7 Valentine's Day Traditions 5 Love Languages Class	June 27 Potluck
November 8 Thanksgiving Potluck	March 7 Spring Weather in Kansas Moving With Kids	July 18 Education Fair
December 13 White Elephant Gift Exchange Holiday Traditions	April 9 Easter Traditions	

Friday Fun Day is FREE! Registration is not required. Call 913-684-2830 for more information

leavenworth.armymwr.com

MOM & ME CROCHETING

Oct 4, Nov 1, Dec 6

1pm - 3pm

Room 145

600 Thomas Ave

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

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

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

FREE!
Ages 8+

988 SUICIDE & CRISIS LIFELINE

THE MILITARY CRISIS LINE IS AVAILABLE 24/7.
DIAL 988 AND PRESS 1

Call. Text. Chat.
988lifeline.org/chat

U.S. ARMY

**FORT LEAVENWORTH
DELAYED HANCOCK GATE OPENING**



Hancock Gate's temporary opening has been delayed until November 4. Once opened, Hancock Gate will operate from 7 a.m. to 5 p.m. Monday through Friday for an estimated six to eight months to help alleviate construction and rerouted traffic. The Iowa and Hancock intersection will also be fenced off starting November 4.



**NOW
OPEN**



**Fort Leavenworth
School Year 24-25
SEASONAL CAMP WEEKS**

For KG-5th grade

Winter Camp Week 1
23-27 December 2024
(Federal Holiday Closure 25 DEC.)

Winter Camp Week 2
30 December - 3 January 2025
(Federal Holiday Closure 1 JAN.)

Spring Break Camp
17-21 March 2025

Additional Information:

- A request is **not** required if your child is enrolled in the School Year 2024-2025 KG/SAC Before/After School Program at Osage CDC/SAC. These weeks are included as "Non-School" days in your childcare contract/fees.
- KG/SAC Care Options are set following the Fort Leavenworth USD 207 district calendar.
- Make a request for EACH child for EACH week requested (KG-5th grade).
- Parent Central will make offers no later than 30 days prior to the start of a camp week when vacancies exist. (Vacancies are determined by advanced patron notification of absence.)

PLAN AHEAD!

2025 Summer Camp Weeks will be available to request in early January 2025.

Make a Request for Care at:

**MILITARY
CHILDCARE** got **COM**



To inquire about Hourly Care during a camp week or the specific activities & field trips planned, etc.,
CONTACT OSAGE CDC/SAC
(913) 684-3821

For waitlist assistance
**CONTACT
CYS PARENT CENTRAL**
(913) 684-5138 or 4956

**YOUTH SPORTS & FITNESS
Winter Sports**

REGISTRATION

October 15 - November 19



Winter Youth Basketball
January 8 - March 1
\$50

Kinder (5 - 6 yrs old)	3rd & 4th grade (9 - 10 yrs old)
1st & 2nd grade (7 - 8 yrs old)	5th & 6th grade (11 - 12 yrs old)

Start Smart Basketball ages 3 - 4 yrs old
January 13 - February 24 (Monday Sessions)
January 15 - February 12 (Wednesday Sessions)
\$30



Winter Youth Wrestling
January 9 - February 27
5 - 12 yrs old
\$50

VOLUNTEER HEAD COACHES NEEDED!

All Youth must have an updated sports physical before the first practice. Enrollment can be done at any CYS location if centrally registered. Webtrac enrollments can only be done with a current Youth Sports Physical.
For more info call **913-684-7525/ 7526**



**Youth Sports & Fitness
Winter
Basketball
Camp**



Youth will learn valuable skills such as sportsmanship, rules, and basic basketball fundamentals all while having a ball!

Registration
Oct 15 - Dec 2

Camp
Dec 2 - 5
Harrold Youth Center
45 Biddle Blvd

Camp Schedule
Ages 5 - 8
4:00pm - 5:00pm
Ages 9 - 10
5:00pm - 6:00pm
Ages 11 - 14
6:00pm - 7:00pm

cost \$40

Each Youth participant will receive a camp t-shirt. Must be centrally registered with Parent Central. Enrollment can be done at any CYS location.

Call for more info
913-684-7525/ 7526



**LEAVENWORTH COUNTY
VETERANS DAY PARADE**

November 11, 2024

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



Go to www.lvvetparade.com
or scan the QR Code on the right for Parade Entry Submissions



VETERANS DAY

"Serving Our Nation - Yesterday, Today, Tomorrow"
105th Annual Parade

REGIONAL SITE designation by U.S. Department of Veterans Affairs (Kansas, Missouri, Iowa, Nebraska, Colorado, and Oklahoma)

HYC
Harrold Youth Center

AFTER-SCHOOL PROGRAM

FREE!

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

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

Administrative Hours
Monday - Friday
9AM - 6PM



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

Follow HYC on FB!



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



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



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

Soldier and DoD Civilian Political Activity

- do's**
- ✓ Register to vote. Visit fvap.gov for more information.
 - ✓ Vote in person or via absentee ballot.
 - ✓ Use voting assistance office for help and information.
 - ✓ Like a Facebook page or follow a social media account of a political party or candidate.

- don'ts**
- ✓ Wear uniform at political campaign or election event.
 - ✓ Post or make direct links on social media to a political party, candidate, campaign, group or cause.
 - ✓ Suggest others like, friend or follow a political party, candidate, campaign, group or cause.

Please note this list is not comprehensive. For complete guidance, see <https://dodsoco.ogc.osd.mil//ETHICS-TOPICS/Political-Activities/>

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://ymis.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

Fort Leavenworth Stray Facility
Second Saturday is Back!



Every second Saturday of the month

We're back to being open every 2nd Saturday of the month for visitation and adoption/fostering of the animals at the facility!
 You can find all of our adoptable pets at: www.petfinder.com Fort Leavenworth
fortleavenworthstrayfacility@gmail.com
 913-684-4939 510 Organ Ave Fort Leavenworth, KS 66027

CASO Cultural & Area Studies Office

A CHINESE WAY OF WAR AND PEOPLE'S LIBERATION ARMY TODAY

OPENING REMARKS:
 BG MARK W. SIEKMAN-
 Deputy Commanding General, U.S. Army Reserve Combined Arms Center

PANEL MEMBERS:
 DR. GEOFF BABB-
 Professor, Dept of Military History, U.S. Army CGSC, Fort Leavenworth, KS
 LTC JASON HALUB-
 Advanced Strategic Leadership Studies Program, School of Advanced Military Studies (SAMS), Fort Leavenworth, KS
 DR. JOHN H. MODINGER-
 USAF (Ret), Associate Professor, School of Advanced Military Studies (SAMS), Fort Leavenworth, KS
 DR. JOHN T. KUEHN-
 Professor, Dept of Military History, U.S. Army CGSC, Fort Leavenworth, KS

MODERATOR:
 DR. MAHIR J. IBRAHIMOV (DR. I.)-
 Director, Cultural and Area Studies Office, U.S. Army Command and General Staff College

DATE: Mon, 28 Oct, 2024
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 CCSC's Facebook page at: <https://www.facebook.com/USACGSC>

FLSC December Social
Wreath & Tree
 AUCTION
 December 11th, 2024 | 5:30 - 9:00pm
 Frontier Conference Center

KNOW YOUR WORLD PRESENTATIONS 2025

	POLAND	18 SEPTEMBER 2024
	FIJI	30 OCTOBER 2024
	PAKISTAN	29 JANUARY 2025
	ECUADOR	19 FEBRUARY 2025
	ANGOLA	26 MARCH 2025

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

December 11
 RSVP Coming Soon

ARMYMWR Cares
 Stay Resilient through every Season with Family and MWR

PRESENTED BY Director of Prevention, Resilience and Readiness

armymwr.com/mwrcares

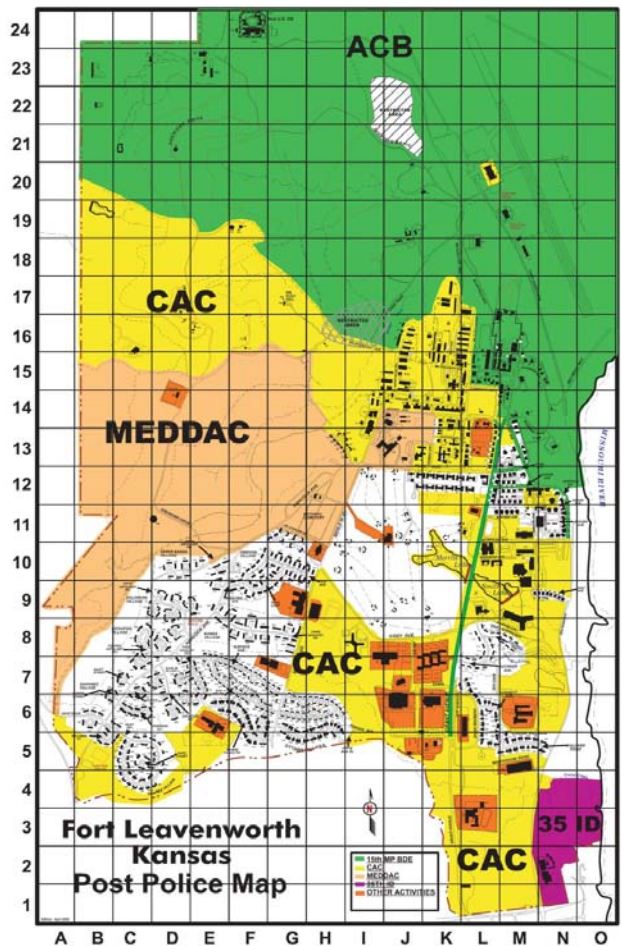
INSTALLATION FALL CLEAN-UP

Community partners, civilians, and family members residing on Fort Leavenworth are requested to participate in an installation-wide clean-up to free the post of debris, waste, and environmental hazards. The CAC Subordinate Organizations, Garrison and Tenants are required to support.

OCT. 28 - NOV. 15
 SINGLE SOLDIER QUARTERS AND ALL INSTALLATION OFFICES: **OCT. 28 - NOV. 1**
 HOUSING AREAS: **NOV. 4-8**
 UNIT AORS (MAP): **NOV. 12-15**

FEEL FREE TO JOIN!

Contact us for more information:
 matthew.l.gill.civ@army.mil
 913-684-0051



TRAILS WEST GOLF COURSE
 Come Experience TRAILS WEST GOLF COURSE

- Pristine Course
- Pro Lessons
- Tournament Packages
- Simulator
- And much more!

Visit the Fairway Grille and the Pro Shop! Conveniently located in the Clubhouse.
 306 Cody Rd
 Ft. Leavenworth
 913-651-7176

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

frontierccu.org (913) 651-6575

Frontier Community Credit Union
 Federally Insured by NCUA

Join us monthly

DATE NIGHT

6-10 PM @ Frontier Chapel

Meals & Childcare provided

Sponsored by Fort Leavenworth Chapel Community

Supported by

Invest in your marriage this year!

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

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

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

CWOC meets Thursdays at 9:00am in the Pioneer Chapel Activity Room

NEW

CWOC Evening Meeting
Thursdays, 6:00-8:00pm at Pioneer Chapel, Room 142

LEARN MORE >>

Find our complete calendar on Facebook 'CWOC Fort Leavenworth'

Fort Leavenworth Operation Christmas Child

The Chapel Community will hold their annual Operation Christmas Child event with the Samaritan's Purse Organization on Sunday, 17 November 2024.

To support, please bring donated items to the chapel services on Sunday, 17 November 2024, at Pioneer and Frontier Chapels.

WHEN: 19 November 2024

WHERE: Pioneer and Frontier Chapels, Fort Leavenworth, Kansas

Last Year: The 2023 Fort Leavenworth Operation Christmas Child supported Samaritan's Purse. The Operation allowed Fort Leavenworth Families and Service members to build a shoe box of supplies for children around the world. The Chapel Community brought in 222 shoe boxes containing hygiene, school supplies, cards, toys, and socks. We valued each shoe box with a price between \$20-40 per box.

More information: Mr. Carl Tillery (DRE): carl.l.tillery.civ@army.mil or call 913-684-2210

UNCLASSIFIED

EFMP presents:

SENSORY STORY TIME

Every 3rd Tuesday of the month
9:30 am - 10:30 am
@ The CARL Library

FREE and open to all DoD ID holders! All ages are encouraged to join!
POC 913-684-2871 / 2838

STORYTIME @ THE LIBRARY

Join us!

- Held in the Children's Room
- Every Tuesday @9:30a.m.
- Family Storytime (Open to all ages)
- Storytime with stay & play after

CARL LIBRARY

Combined Arms Research Library STORYWALK®

StoryWalk® was created by Anne Ferguson of Montpelier, VT and has developed with the help of Rachel Senechal, Kellogg-Hubbard Library

New story out each Monday

Read the Story

Take a Nice Walk

Enter into the book drawings

Thank you to the CGSC Foundation for sponsoring this event!

Dental Assistant Training Program

American Red Cross Fort Leavenworth Dental Clinic Command

INTERESTED IN THE DENTAL ASSISTANT TRAINING PROGRAM?

The Dental Assistant Program is a combination of classroom and hands-on basic education and clinical skills. The program is designed to provide the skills necessary for volunteers to become employed at a Dental Treatment facility (DTF). Please note, employment is not guaranteed.

This is a valuable training opportunity where dental trainees MUST commit to a six (6) month period required for completion. First 2 weeks in lectures then rest of the 22 weeks in clinic hands-on experience.

Training day is from 0720-1600 Monday - Friday

- Must have valid DoD sponsored ID card
- Retiree or family member of active/guard/reserve retired with regular post access privileges.
- Must be 18 years old or older prior to start of program.
- High School Graduate or GED.
- Candidates must have or be willing to complete BLS training and vaccination requirements prior to start of program.
- There is no cost for those accepted.
- Candidates will be chosen based on application, essay, and individual interviews.
- Applications accepted, and interviews conducted now through 15 Dec 24
- Training begins on 3 Feb 25
- Contact American Red Cross today for an application packet!

START HERE FOR A GREAT OPPORTUNITY

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

Free Dental Assistant Training

- Brought to you by the American Red Cross & the Ft. Leavenworth Dental Clinic Command
- 2 weeks lectures and 22 weeks chairside on the job clinical training (1000 hours total). All done as a volunteer.
- Must be military ID holder, HS grad, and age 18+ to apply.
- Training will be at Smith Dental Clinic, 520 Pope Ave.
- Applications available now and interviews held now through 15 Dec 24. Training begins on Monday, Feb. 3rd, 2025.
- Call the Red Cross at 816-536-0108 or email: Jason.Ramlow@redcross.org for an application.

The Department of Military History presents

A Confused Heap of Facts

Craving more history content? Long drive on a 3-day weekend and need a break from true crime? Lawn needs to be mowed (again) and your gym playlist isn't the right vibe?

A Confused Heap of Facts might be just what you need! It is a podcast hosted by the CGSS Dept. of Military History, where your professors discuss topics in military history, ranging from antiquity to the present.

Broad-Gauge Gossips

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

With over 90 episodes, covering a broad variety of topics and time periods, there's sure to be some something to scratch that history itch from the comfort of your couch, car, or lawnmower; no book required! Available at Apple with the QR codes above, or wherever you get your podcasts.

ARMY FAMILY CHILD CARE (FCC)

Higher starting income! Opportunities to increase your income! Training included!

Earn a \$1k recruitment or relocation BONUS*, too!

Work at home - Start a great career - Own your own business with FCC!

www.ArmyMWR.com/FCC



NOVEMBER 2024



STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS
By Appointment Only
www.strongholdfoodpantry.org

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

Stronghold Christmas Depot

- ★ Register a family in need
- ★ Donors & Sponsors Needed
- ★ Volunteer to Help

www.strongholdfoodpantry.org

Become a Sponsor

Businesses, organizations, and individuals can sponsor a child (1) or a family (multiple children) to shop Stronghold's Christmas Depot.

Too busy to shop? You can provide a financial gift that allows Stronghold to purchase toys and clothing for military children on behalf of you, the sponsor.

All donations are tax deductible as allowed by law.

www.strongholdfoodpantry.org

Hunger Buster Pack

POWERED BY: FTLV THRIFT STORE

Do you have a school aged child that could use a pack filled with breakfast, lunch, and snack goods to help them sustain a healthy active lifestyle over school break?

Bring your pack back for a REFILL or register online to pick up your pack.

STRONGHOLD FOOD PANTRY
More than a food pantry.

Make a donation

Donate new toys, books, art supplies, or clothing. These gifts will be carefully wrapped and gifted to military children.

If you are unsure of what to give, you can opt for a monetary donation that allows Stronghold to purchase gifts and items needed for military families.

All donations are tax deductible as allowed by law.

www.strongholdfoodpantry.org

Register a Family

Families, in need of additional support, can register to participate in this year's Stronghold Christmas Depot.

Families will have the ability to shop for their child's gifts with dignity and care. Limited availability (kids 18 and under).

ALL information shared will be kept confidential.

www.strongholdfoodpantry.org

Stronghold: Happy Bottoms Program

Powered by: Rapid Response Charities

Free Monthly Diaper Distribution

Email: contact@strongholdfoodpantry.org

STRONGHOLD FOOD PANTRY
More than a food pantry.

Ft. Leavenworth International Loan Closet

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

Donations & Volunteers Welcome



FAMILY ADVOCACY PROGRAM



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

NOVEMBER 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 NPSP classes & events

Stroller Walk

Tuesdays, 10:00-11:00am

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

Childbirth Classes

Series of 3 classes
Nov. 4, 18, 25, 5:00-7:00pm
Resiliency Center, Room 157

Dad's Night Out

Nov. 13, 6:00-8:00pm
Restaurant TBD

Mom's Night Out

Nov. 20, 6:00-8:00pm
Restaurant TBD



FAMILY ADVOCACY PROGRAM

*Registration Required for all FAP events

Mom & Me Crocheting

Nov. 1, 1:00-3:00pm
Resiliency Center, Room 145

Co-Parenting Workshop

Nov. 4, 12, 18, 25, 12:00-1:00pm
Resiliency Center, Room 145
virtual options available

Scream Free Parenting

Nov. 6, 1:00-2:30pm
Resiliency Center, Room 145

Anger Management Series

Nov. 7, 14, 21, 1:30-3:00pm
Resiliency Center, Room 145

5 Love Languages for Teens

Nov. 13, 1:00-2:30pm
Resiliency Center, Room 145

Stress Management

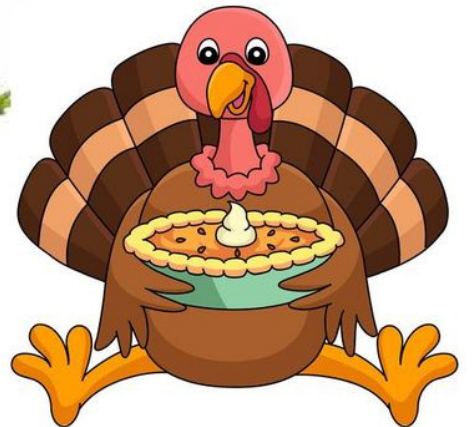
Nov. 14, 11:30am-1:00pm
Resiliency Center, Room 145

Navigating the Teen Years

Nov. 20, 1:00-2:30pm
Resiliency Center, Room 145

Positive Parenting Series

Nov. 22, Dec. 6, 13, & 20,
1:30-3:00pm via Microsoft Teams



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

<facebook.com/FortLeavenworthACS>

<facebook.com/FortLeavenworthFMWR>

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

- Family Advocacy Program -
Victim Advocacy Program

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

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

Safety Planning

Victim Advocacy Services

Education & Support Group

If you experienced sexual trauma during your military service, VA can help.

Free Services

The Department of Veterans Affairs (VA) offers free health care and other benefits for current and former Service members who experienced sexual assault, harassment or abuse during military service, also known as military sexual trauma (MST).

For Current Service Members

Current Service members (including current National Guard and Reserve members) can access confidential MST-related counseling at VA's Vet Centers without a referral and care at VA medical facilities with a Department of Defense referral.

No Report or Evidence of MST Needed to Receive Care

No report to authorities or other documentation of the MST experience is needed to receive health care services.

For more information, scan the QR code, download the Beyond MST mobile app, or visit/call:

CLEARED www.mentalhealth.va.gov/mst
For Open Publication www.va.gov/find-locations

Jul 25, 2024

1-800-698-2411

Department of Defense
OFFICE OF PREPUBLICATION AND SECURITY REVIEW

24-P-0880

DOMESTIC VIOLENCE EDUCATION AND SUPPORT GROUP

When:
November 7th and 21st
December 5th & 19th
January 2nd, 16th & 30th
February 13th & 27th
1:00PM-2:30PM

THIS GROUP IS:
- SAFE
- RELATABLE
- EDUCATIONAL
- RELEVANT
- CONFIDENTIAL

Where:
Resiliency Center
600 Thomas Ave
Room 145

FOR QUESTIONS CALL 913-683-2537

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

Ms. Amanda Bonselgneur
Lead SARC
Amanda.bonselgneur.civ@army.mil
Office: 913-684-2810
Cell: 913-704-9620
Bldg 197, 632 McClellan Ave

For Assistance contact
LTC Craig Arnold
Hiring Underway
Supervisory SARC

SFC Jerri Osborne
Team 1 SARC
jerri.osborne.mil@army.mil
Office: 913-684-1698
Cell: 913-565-0741
Bldg 77, Room 1209,
290 Grant Ave

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

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

For Assistance contact
LTC Craig Arnold
Hiring Underway
Team 4 SARC

Vacant

Hiring Underway
Team 1 Victim Advocate

Ms. Nicole Hernandez
Team 2 Victim Advocate
Maureenicole.n.hernandez.civ@army.mil
Office: 913-684-5230
Cell: 913-544-9243
Bldg 58, 614 Custer Rd

Mr. Josh Belle
Team 3 Victim Advocate
joshua.p.belle.civ@army.mil
Office: 913-684-0956
Cell: 913-680-5699
835 Sabalu Rd

For Assistance contact the
SHARP Hotline
Hiring Underway
Team 4 Victim Advocate

Contact the team at usarmy.leavenworth.cac.mbx.cac-sharp@army.mil

We Have Realigned Under a New Installation Model!

Team 1	AAFES, ACS, AFC, ARI, CDID, Cemetery, CID, CPAC, DoCA, DES, DLA/DMPA, FMWR, LRC, MCCoE, MICC, Museum, NEC, PAO, RCI Housing, TDS/SJA, TRAC, USAFMSA, USAG HQ, USASMDC, USD 207, and US STAG CMD.
Team 2	CAC HQ, CAC-T HQ, MCTR, NSC, STB, TMD, 505th CCW and 500th/67th MP
Team 3	ACB, MWJRCF, USDB
Team 4	Army U, CGSC, Dental, DLI, MAHC staff, Patients, SAMS, SOF, TRADOC, Veterinarian, and Other Service Staff tenant personnel

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

Sexual Harassment Complaint Reporting Option
Formal | Informal | Anonymous

Sexual Assault Reporting Option
Restricted | Unrestricted

Retaliation Reporting Options
Command | IG | SARC | DoD Safe Helpline

Find us on Facebook

WeCare App

#NotInOurArmy
As of 13 August 2024

FORT LEAVENWORTH YES THE PHONE IS BACK

913-683-1443
FORT LEAVENWORTH
24/7 SHARP CONTACT

105th Leavenworth County Veterans Day Parade

Monday, November 11, 2024
Downtown Leavenworth, KS
Lineup starts at 9 am
Parade begins at 10:30 am

"Serving Our Nation - Yesterday, Today, Tomorrow"

REGIONAL SITE designation by US. Dept of Veterans Affairs
(Kansas, Missouri, Iowa, Nebraska, Colorado, Oklahoma)

ARMY COMMUNITY SERVICE



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

NOVEMBER

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

SURVIVOR OUTREACH SERVICES provides long-term support to surviving Families of fallen Soldiers. Our goal is to reassure survivors that they remain valued members of the Army Family. Find us on FB <https://www.facebook.com/FortLeavenworthSurvivorOutreachServices>



EMPLOYMENT READINESS PROGRAM offers job search assistance, job referrals, resume review and employment resources. Call to schedule one-on-one or register for classes. Follow us on FB @FortLeavenworthERP to find job announcements.

Career & Education Fair
Nov. 5, 10:00am-2:00pm
Frontier Conference Center

Federal Employment
Nov. 6, 9:00-11:00am
Resiliency Center, Room 157

ARMY VOLUNTEER CORPS (AVC) To register for a volunteer account or find volunteer opportunities visit: <https://vmis.armyfamilywebportal.com/>

RELOCATION READINESS PROGRAM

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

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

Multi-Cultural Families Friday Fun Day- Thanksgiving Potluck
Nov. 8, 9:30-11:00am
Resiliency Center, Room 106
*Registration Required

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

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

- kitchenware
- cookware
- small appliances



ARMY EMERGENCY RELIEF (AER) provides emergency assistance to active duty service members, their families, and retired service members.

For emergency financial assistance during normal duty hours, call the ACS main line, and after hours, weekend or holiday, call the American Red Cross Call Center at 1-877-272-7337.

Command/Troop Training is also available upon request.



FINANCIAL READINESS PROGRAM offers appointments & classes by request on TSP, BRS/Continuation Pay, financial counseling and budgeting for major life events (retirement, marriage, divorce, new child, illness & more).

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

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

facebook.com/FortLeavenworthACS

facebook.com/FortLeavenworthFMWR

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

Employment Readiness Program Classes

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



Resume Writing:
Mar 20* • June 19* • July 17*
Aug 14* • Sept 25*
Evening Classes:
May 22 • Aug 14 - 5PM - 7PM
Registration required for evening classes



Scan QR Code for more info!

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

Classes are from 12PM - 2PM
Registration is required for evening classes only.
Open to DoD ID card holders.

For more info call:
(913) 684-2800



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 Esels
 - July- Popsicles
 - August- Bubbles
 - September- Juice Boxes
 - October- Pumpkin Decorating
- *Subject to change

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



EFMP 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. Call 913-684-2800 for more info or to register



Need to talk to someone who "gets it"? Come join your fellow EFMP Spouses for "Refreshing Conversations"

Let's talk about the topics that impact our EFMP community!

Every first Thursday of the month in the ACS classroom @ The Resiliency Center 10:00 am - 11:00 am

TEAMS calls will be available starting August 1 from 1:00pm - 2:00pm

- Aug 1
- Sep 5
- Oct 3
- Nov 7
- Dec 5



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



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



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

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

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

FREE AND OPEN TO DD 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: (913) 684-2800/2832



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

VOLUNTEER BASICS

JAN 10 • MARCH 15 • MAY 15 • JUNE 26 • AUG 28 • SEPT 4
ACS CLASSROOM • 600 THOMAS AVE.
TIME: 12PM - 1PM

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

REGISTRATION IS NOT REQUIRED. JUST SHOW UP.

INFO: (913) 684-2835



ACS New Parent Support Prenatal Classes



Childbirth Classes:
Series of three classes
January 8th, 22nd, 29th
March 4th, 11th, 18th
May 6th, 13th, 20th
July 15th, 22nd, 29th
September 16th, 23rd, 30th
November 4th, 11th, 18th, 25th

Newborn Care Classes:
February 12th
April 15th
June 10th
August 12th
October 21st
December 9th

Breastfeeding Classes:
February 5th
April 8th
June 3rd
August 5th
October 7th
December 2nd

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

ACS New Parent Support 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
2/26, 4/22, 6/17, 8/19,
10/28, 12/16
5 pm - 7 pm

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

MOM'S NIGHT OUT

This NEW event is offered by ACS New Parent Support Program for Moms of young children to be able to get out of the house without the kids and meet other Moms at a restaurant. The focus of this event is to improve social connections and to learn about different parts of the town.

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

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Moms with children 0-3 years old.

Info: (913) 297-3212 or (913) 684-2800

DAD'S NIGHT OUT

Dad's Night Out is offered by ACS New Parent Support Program for Dads of children 0-3 years of age to get out of the house without the kids and meet at a restaurant. The focus of this event is to improve social connections and get to learn different parts of town.

Jan 24 • Feb 21 • March 20 • April 17
May 22 • June 12 • July 24 • Aug 21
Sept 18 • Oct 23 • Nov 13 • Dec 4

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Dads with children 0-3 years old.

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

SCREAM FREE Parenting

ACS Conference Room 145
600 Thomas Ave
From 1:00 - 2:30pm
June 5, July 10, Aug 7,
Sept 4, Oct 2, Nov 6
Dec 4

Feeling frustrated? Overwhelmed? Let us help you focus on staying both calm and connected with your loved ones. We'll work together to find the tools to revolutionize your relationships with your children.

This class is recommended for parents with children aged 5+.

FREE
Open to all DOD ID holders 18+
leavenworth.armymwr.com

Call to register (deadline is day before training)
913-684-2811 / 2808

Toddler Time Playgroup



ACS Family Advocacy New Parents Support Program Presents

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

Wednesdays @ 9:00am

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

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

Play Morning

Thursdays from 9-11:00 a.m.
Ages 3 months - 3 years with Guardian • Resiliency Center

Free play group for ages 3 months - 3 years and their parents/guardians.

Enjoy a large play area with interactive activities, toys and crafts to develop gross and fine motor skills. Play with other kids, meet other parents and learn about healthy childhood development.

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

5 Love Languages of Teenagers

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

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

ACS Classroom 145
Feb 14, May 8, Aug 14, Nov 13
1-2:30pm
FREE

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

Storytime!

ACS Family Advocacy New Parents Support Program Presents

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

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

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

Every Wednesday @ 10:00 am

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

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

5 Love Languages of Teenagers

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ACS Classroom 145
Feb 14, May 8, Aug 14, Nov 13
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

Financial Readiness Milestone Training

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

Some of the topics we will discuss:

- Pre-Deployment Post-Deployment PCS
- Marriage Divorce
- Vesting in TSP Promotion
- First Child Continuation Pay
- Disabling sickness/injury/condition

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

INFO: 913-684-2852 / 2800

Anger Management Course

The Resiliency Center Room 145

Our 8 week Anger Management Course will teach you a new tool every week to stay cool and collected in even the most difficult of settings.

Each week will have real world scenarios, instant feedback, and an opportunity to apply each newly acquired skill in a group setting.

Feeling lost in the storm? We can help.

Round 1:	Round 2:
1:30pm - 3:00pm	1:30pm - 3:00pm
October 3, 10, 17, 24	January 9, 16, 23, 30
November 7, 14, 21	February 6, 13, 20, 27
December 5	

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 913-684-2808 / 2822 for more info

ACS FAP Presents: 5 Love Languages for Couples

January 10 • July 10 • October 9 // 1:00PM-2:30PM
ACS Classroom 145

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

Deadline to register is day before each class.

FREE and open to DoD ID card holders 18+.

For more info: (913) 684-2811/2808

Scan the QR Code for more info about FAP.

LET'S PLAY!

NEW FOR 2024!
ADULT SPORTS
Doubles Pickleball League

Player's Meeting
 Wednesday Oct 23
 5:30pm @ Gruber Fitness Center
 Letters of Intent due COB Wednesday Oct 30

Harney Sports Complex
New to Pickleball?
 That's okay! This fast growing sport is described as a hybrid of tennis, badminton, and ping pong. It's played on a badminton sized court with a net, hard paddles and perforated plastic balls. There may be less running than tennis, but don't let that fool you! Players can burn serious calories during just 30 minutes of play!

Games
 Mondays & Wednesday 5:30pm - 8:30pm
 Harney Sports Complex

League play starts
 Wednesday Nov 6 - TBD
 League awards are given for regular season champions, tournament runner-ups, and tournament champions.

Open to Active Duty, DOD Civilians, Retirees, Dependents, and Contractors working on Fort Leavenworth that are 18+
 Call 913-684-3224/ 5136 for more information

2024 FT LEAVENWORTH CAC GOLF SCRAMBLE SERIES

April through October; last Friday of each Month

\$50 Members; \$60 Non-Members; Includes all Fees, Range, Lunch, Beverages, Tee Gift and Prizes.
 Lunch and Driving Range Open at 1200; Shotgun start at 1300*
 *July & August 1200 start
APR 26, MAY 31, JUN 28, JUL 26, AUG 30, SEP 27, OCT 25

Trails West Golf Course // 306 Cody Rd
 To register or for additional information call 913-651-7176

FUN SHOOT
 Brunner Range
1st Saturday of the Month

Jan 6 - Dec 7 2024
 Feb 3, Mar 2, Apr 6, May 4, Jun 1, Jul 6, Aug 3, Sep 7, Oct 5, Nov 2,
 Registration is required and can be done the day of the event from 9AM-10:30AM.

Space is limited so register early.
 Rental guns and shells are available or bring your own.
 Prizes and awards distributed at the end of each shoot.

Info: (913) 651-8132
 701 Sheridan Drive

TURKEY TROT SK

16 NOVEMBER 2024 - 0800
HARNEY SPORTS COMPLEX

INDIVIDUAL \$20 - FAMILY OF 3 \$40
REGISTER BY NOV 14 TO GUARANTEE A T-SHIRT

REGISTER AT THE RESILIENCY CENTER
 406 THOMAS AVE, BLDG 116 - ROOM 22E
 OR AT HARNEY OR GRUBER GYMS

SAME DAY REGISTRATION BEGINS AT 0600
AT HARNEY SPORTS COMPLEX

1ST PLACE IN EACH AGE DIVISION WINS A TURKEY!

MEDALS: 1ST-3RD in each age division (male & female)
 Ages 8-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60+

WEIGHTLIFTING

First Class is Free!

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

CLASSES MEET MON, WED, FRI 9:00-10:15 AT HARNEY GYM
\$10 DROP IN RATE OR \$75 MONTH

FOR MORE INFO, (913) 684-2190

913 WEIGHTLIFTING

FUNCTIONAL FITNESS CLASSES

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

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

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

For more info:
 949-291-0386

A WOMEN'S ONLY FREE JIU-JITSU SEMINAR
 WITH COACH DON CASTRO

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

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

CLOTHING:
 Appropriate Gym Attire
 Gi / No Gi Attire recommended

Starting August 19th, 2024

Fort Leavenworth Group Fitness Classes

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0930		Zumba (Lydia)		Zumba (Lydia)		
1200						
1630	Hot Yoga (Kim)	Zumba (Lydia)	Power Cycling (Kim)	Zumba (Lydia)		
1730			Power Yoga (30min) (Kim)			

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

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

*Power Cut classes are held in the Bubble Gym

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

U.S. ARMY SPORTS • FITNESS • AQUATICS

<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	Resistance Training 0900-1015	Olympic Lifting 0900-1015	Resistance Training 0900-1015	Olympic Lifting 0900-1015
Kids Olympic Lifting 1600-1700 Bubble Gym		Kids Olympic Lifting 1600-1700 Bubble Gym		

Olympic Lifting - \$75 (3 days) \$70 (2 days) \$10 (drop in)
 Resistance Training - \$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

BRAZILIAN JIU-JITSU CLASSES
With Coach Don Castro

TUESDAY & THURSDAY
1830 - 1930 **BEGINNER**
1940 - 2040 **ADVANCED**
Must have 24 Hour Access
Register IN PERSON at the Front Desk, during business hours
Gi and No Gi will alternate every other week.

GRUBER FITNESS CENTER
220 REYNOLDS AVENUE
FORT LEAVENWORTH, KANSAS 66927
POC: 294-436-7156

Discover Fort Leavenworth's Fitness Facilities

Harney Sports Complex and Aquatics Center
185 Fourth St
913-684-2190
M-F 0500-1800
Sat-Sun 0800-1700

Gruber Fitness Center
200 Reynolds Ave
913-684-5120
M-F 0500-1800
Sat-Sun 0800-1700

YOU'RE JUST A CLICK AWAY FROM A HEALTHIER YOU!

Adult Sports & Fitness
Scan Here for current information about adult intramural sports, pool hours, eligibility, how to register for 24/7 access, and special programs!

Group Fitness
Scan Here for current fitness classes, schedules, fees, and eligibility. FREE for Active Duty!

WE OFFER 24/7 Gym Access
(After registration)
LET'S GO!

DECIDE TO COMMIT TO SUCCESS

leavenworth.armymwr.com

October - December Workshops

Watercolor	Acrylic
\$30 per workshop	Cost includes all supplies!
Watercolor (Basic Techniques) Wednesday, Oct 9 11am - 1pm Tuesday, Nov 5 6pm - 8pm	Acrylic (Basic Techniques) Tuesday, Oct 15 6pm - 8pm
Watercolor (Color Theory) Wednesday, Oct 16 11am - 1pm Tuesday, Nov 12 6pm - 8pm	Acrylic (Intermediate) *Must sign up for both Tuesday, Oct 22 6pm - 8pm Tuesday, Oct 29 6pm - 8pm
Watercolor (Simple Landscapes) Wednesday, Oct 23 11am - 1pm	
Watercolor (Holiday Cards) Tuesday, Nov 19 6pm - 8pm	
Watercolor (Holiday Wreaths) Tuesday, Dec 3 6pm - 8pm	
Call now to register! 913-684-3373	scan for more info

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

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

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

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

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

Pottery Studio (Coming Soon!)

Modern Calligraphy

Basics	Intermediate
\$20 per class	\$20 per class
Wednesday Oct 30 11:30am - 1pm	Wednesday Nov 6 11:30am - 1pm
Special Projects	
Holiday Cards Wednesday Nov 13 11:30am - 1pm	
Holiday Cards Wednesday Dec 4 11:30am - 1pm	
Reoccurring Classes MUST PRE-REGISTER	
Intro to Framing \$40 per class Every 2nd Thursday & 4th Saturday of the month 10am - 2pm	
Paint & Sip \$35 per session Every 2nd Friday of the month 6pm - 8pm Must be 21 years or older. BYOB	

Come see what's new at the Studio!



leavenworth.armymwr.com

October - December Workshops

Acrylic	Crafts
\$35 per class	\$35 per class
Acrylic Pour Tuesday, Oct 29 11am - 1pm	Sweater Pumpkins Friday, Oct 25 11am - 1pm
	Grateful Pie Garland Friday, Nov 22 11am - 1pm
	Holiday Ornaments Tuesday, Dec 10 11am - 1pm
Framing	
\$40 per class	
Intro to Framing *Must pre-register*	
Thursdays Oct 10, Nov 14, Dec 12 10am - 2pm	
Saturdays Oct 26, Nov 23 10am - 2pm	
Call now to register! 913-684-3373	

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

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

Day of the Dead Pumpkin
Friday
October 11
6pm - 8pm

Festive Gnome
Friday
November 8
6pm - 8pm

Red Scarf Raccoon
Friday
December 13
6pm - 8pm

Cost includes all supplies!

Kids Arts & Crafts

Messy Art	Art History
\$12 per class (ages 7+)	\$15 per class (ages 7+)
Thursday, Oct 3 11am - 12pm	Pumpkins & Picasso Wednesday, Oct 23 1pm - 3pm Thursday, Oct 24 4pm - 6pm
Thursday, Oct 17 11am - 12pm	Macrons & Matisse Wednesday, Nov 20 1pm - 3pm Thursday, Nov 21 4pm - 6pm
Thursday, Nov 14 11am - 12pm	Waffles & Warhol Wednesday, Dec 11 1pm - 3pm Thursday, Dec 12 4pm - 6pm
Thursday, Dec 5 11am - 12pm	
Color Me Happy (Parent & Toddler) \$10 per class	
Thursday, Oct 10, 24 10:30am - 11:30am	
Thursday, Nov 7, 21, 10:30am - 11:30am	
Thursday, Dec 12 10:30am - 11:30am	

Come see what's new at the Studio!



leavenworth.armymwr.com



WE ARE HIRING

JOIN OUR TEAM

ELA 8th & 9th Grade Teacher for the 24-25 School Year

APPLY NOW AT WWW.USD207.ORG
» JOB OPPORTUNITIES

CONTACT US
ALAWLESS@USD207.ORG



We're Hiring NOW!

Join our Team as a **Child and Youth Program Assistant** at Fort Leavenworth!
Pay starts at \$18.35 per hour

Great pay and benefits!

- Career Progression & Paid Training
 - Retirement & 401K
 - Priority Childcare Placement & Employee Childcare Discounts
 - 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



2024-2025 School Calendar

July 2024							January 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6		1	2	3	4	5	6	7
7	8	9	10	11	12	13	8	9	10	11	12	13	14
14	15	16	17	18	19	20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	22	23	24	25	26	27	28
28	29	30	31				29	30	31				

August 2024							February 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31				

September 2024							March 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30						29	30	31				

October 2024							April 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31				

November 2024							May 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31				

December 2024						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

School Hours	
Elementary School:	8:00 AM - 3:20 PM
Patton Junior High:	7:40 AM - 3:00 PM
Preschool - AM Class:	8:00 AM - 11:00 AM
Preschool - PM Class:	12:20 PM - 3:20 PM
Early Dismissal/Release Times	
Elementary School:	1:30 PM
Patton Junior High:	1:00 PM
Preschool - AM Class:	10:00 AM
Preschool - PM Class:	2:20 PM

Fort Leavenworth USD 207 Board Approved: 2/26/2024

We're Hiring!



EFMP Systems Navigator
Fort Leavenworth, KS

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

Minimum Requirements:

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

BSpade@patriotenterprisesllc.com or
<https://patriotenterprisesllc.com/jobs/>



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

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



MILITARY CHILDCARE.COM

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

Please Note: Spaces are offered via email based on the sponsor's priority and request for care (RFC) date.

MILITARY CHILDCARE.COM

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

- STEP 1 CREATE ACCOUNT**
Go to MilitaryChildCare.com to create an account containing information about your family, or to login using an existing username and password.
- STEP 2 SEARCH and REQUEST CARE**
Search the system for the child care options that best fit your needs and submit your requests for care.
- STEP 3 MANAGE MY REQUESTS**
You can manage your requests for care from anywhere in the world.
- STEP 4 UPDATE MY PROFILE**
Keep your *My Profile* page up-to-date with important information.

It's that easy!



To get started, visit MilitaryChildCare.com
For questions/support call: 855.696.297

suicide prevention month

988

Suicide/Crisis Lifeline

Pay attention to the signs, your life matters!

DoD Safe Helpline
Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

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

MUNSON NOTES

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

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

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

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



Retiree Appreciation Day

Health Fair

- ✓ TRICARE Brief
- ✓ Seasonal Influenza Vaccines for eligible beneficiaries
- ✓ Health Screenings

📅 Saturday, October 26, 2024
 🕒 8:00 am - 1:00 pm
 📍 100 Stimson Ave., Ft Leavenworth

🌐 www.munson.tricare.mil



Speak up! Your voice matters

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

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

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

We are looking for volunteers who can:

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



Learn more about the Patient and Family Partnership Council!

For more information, contact:
 Munson Army Health Center Patient Advocates at 913-684-6211/6127



MUNSON.TRICARE.MIL

WALK-IN! FLU SHOTS



Frontier Conference Center

350 Biddle Blvd., Fort Leavenworth

Thursday, Oct. 17 8 a.m. - 2 p.m.
 Friday, Nov. 1 Noon - 4 p.m.
 Wednesday, Nov. 6 9 a.m. - 6 p.m.
 Friday, Nov. 15 Noon - 4 p.m.

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

Visit <https://www.facebook.com/munson-health/> for updates and information.



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