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Army publishes doctrinal primer on profession of arms

by Randi Stenson, Mission Command Center of Excellence Public Affairs

On May 13, 2025, the U.S. Army Combined Arms Center released a one-of-a-kind publication — a new field manual about what it means to be a member of the profession of arms and the obligations soldiers have to each other, to civilian leadership and to fellow citizens. The manual, FM 1, The Army: A Primer to Our Profession of Arms, is available for download from the Army Publishing Directorate at https://armypubs.army.mil/epu bs/DR_pubs/DR_a/ARN43687-FM_1-000-WEB-2.pdf.

In the foreword, Chief of Staff of the Army Gen. Randy George writes, "This book is written for our Army. It explains our profession, our purpose and what it means to be an American soldier. You will notice this book is not written like other military doctrine; it touches on values and concepts through stories and in non-prescriptive terms. It requires judgment in application."

Field Manual 1 packs a big punch in 10 chapters and only 74 pages. Written in easily understood language and supported with historical vignettes, FM 1 is meant to be read from cover to cover. It is, by design, decidedly "non-doctrine" doctrine, and will serve as a resource for junior leaders, both officers and noncommissioned officers, to explain where they fit in the "Big Army."

While primarily designed for new lieutenants and sergeants,

leaders at all levels will find FM 1 useful for guiding discussion, leader professional development and reflection, according to Rich Creed, director of the Combined Arms Doctrine Directorate.

"At higher levels of professional military education, you may have a block of time to discuss the material from different perspectives. Rather than learning the material in the book, you might think through, 'How am I taking the material in FM 1 and making it real in my unit?' Or, 'How is FM 1 serving as the foundation for how I coach, counsel and mentor?'" he said.

The writing and publication of FM 1 has been a priority for the CSA's office, CAC and CADD for more than a year. Initially, the plan was to combine the primer's content with the current Army Doctrine Publication 1, The Army; however, George decided a shorter, standalone publication would better meet his intent.

Creed acknowledges that ADP 1 and FM 1 both have a purpose. "The Army" as outlined in ADP 1 is written for a more experienced audience, as well as for external audiences such as members of Congress, sister services and multinational partners.

Creed said the new FM 1, with its distinctive tone and style, is more like a welcome letter to new leaders.

"'Hey, welcome to the team, get your stuff together. It's going to be an exciting ride, and here's what we expect of you," he said.



"This We'll Defend"

Meaning of service amplified by pageantry for CGSOC student

by Sarah Hauck, Army University Public Affairs

Command and General Staff Officer Course student Maj. Frankie Moore-Purdie's answer for how she defines service might not



Griffins lauded for achievements



be a surprise, but her view of service goes beyond her military uniform.

In addition to being a soldier and soon-to-be CGSOC graduate, Moore-Purdie is also Universe United Mrs. Kansas 2025.

She has been in the Army for 16 years, following a family path of service. She first joined as an enlisted Soldier in human resources, then completed Officer Candidate School selection to become a logistician.

Moore-Purdie said service and pageantry both offer opportunities to inspire.

"The Universe United Miss motto is to empower,

SEE UNIVERSE UNITED MRS. KANSAS 2025| A5

Photo by Dan Neal/Army University Public Affairs

Command and General Staff Officer Course stude nt Maj. Frankie Moore-Purdie is Universe United Mrs. Kansas 2025. She will compete for the national Universe United title in July in North Carolina.

AT A GLANCE

■ The NAF PROPERTY SALE is 7 a.m. to 2 p.m. May 15 and 16 at 801 Riley Road. Call 913-684-2726/2727 for more information.

■ The **ROMAN CATHOLIC SEND-OUT SERVICE** is at 5 p.m. May 17 at Hunt Lodge. The **CROSS-ROADS PROTESTANT** send-outservice is at 10 a.m. May 18 at Frontier Chapel. The **GOSPEL SEND-OUT-SERVICE** is at 10 a.m. May 18 at Pioneer Chapel. Call 913-684-2210 for more information. ■ The **KIDS' FISHING DERBY** starts at 9-11 a.m., with registration starting at 8 a.m. and award ceremony at 11:30 a.m., May 24 at Merritt Lake. Rod and Gun Club members' children fish for free; non-member cost is \$3. Age groups include 4 years and under, 5-6 years old, 7-9, 10-12 and 13-15.

■ GRIFFIN GARDENS GREEN-HOUSE and GRIFFIN CUTS BAR-BERSHOP are back open. See the USDB Sales Store Facebook page for more information.

Photo by Prudence Siebert/Fort Leavenworth Lamp

Army Corrections Brigade Deputy Commander Lt. Col. Tara Bradley, right, followed by other leaders and ACB soldiers, congratulates winners and participants of the ACB's 2025 Griffin Competition May 9 at ACB Headquarters. The competition was conducted last week during National Correctional Officers Week and included a multi-event physical assessment, ruck march, range, Expert Soldier Badge tasks, escape room mystery event and oral board. ACB Best Squad honors went to 2nd Lt. Ty Simon, Staff Sgt. Laszlo Dixon, Sgt. Mark Bamfield, Spc. Tyler Pitman, Pfc. Jonathan Alarcon-Anaya and Pvt. Jose Lara. Simon was named ACB Officer of the Year; Sgt. Steven Casselman Jr. was named NCO of the Year; and Lara was named Soldier of the Year.

Correctional Professional of Year announced

by U.S. Regional Correctional Facility - Europe Submission

Sgt. 1st Class David Diaz, U.S. Regional Correctional Facility - Europe (USARCF-E), has been named the Army Corrections System's 2025 Correctional Professional of the Year, Army Corrections Command announced earlier this week.

Last year the honor went to Fort Leavenworth's Staff Sgt. Taylor Wills, Army Corrections Brigade, who was named the 2024 Correctional Professional of the Year.

Diaz is a native of Brooklyn, New York, who enlisted from Clarksville, Tennessee, inspired by his father's service in the military.

Diaz demonstrated exceptional leadership while serving as interim facility sergeant major and providing guidance to the USARCF-E commander during the nomination period. He also was instrumental in the facility achieving a perfect score during a recent technical assistance visit ahead of its May 2025 reaccreditation audit, while acting as interim facility accreditation manager.

"Serving others is not an obligation to be performed when required; it is an honor to give to others and help them grow into better soldiers and people," Diaz said. "I serve the American people to ensure their freedom, but spend every day I can serving and growing those around me through presence and mentoring."

Beyond those roles, Diaz managed critical responsibilities including personnel security, information management, antiterrorism and physical security. He also served as a master resilience trainer, mentoring soldiers in positions typically held by civilians and equipping 60 soldiers and leaders with resilience skills, boosting morale.

"I have known Sergeant First Class Diaz

Deployment mindset fortifies military spouses

by Lisa Smith Molinari/"The Meat and Potatoes of Life" Columnist

Have you ever had one of those days when everything just falls into place? When nothing unexpected happens? When you get everything done on time? When you end the day with a satisfying sense of accomplishment?

Yeah, me neither.

I often feel like an accidental passenger on a runaway train, careening toward some unknown destination, with me dangling precariously from the caboose, frantically grasping at the countless things that flash by — home repairs, work tasks, volunteer responsibilities, neglected relatives, social obligations, house cleaning, bills, holidays, family drama, daily minutia — desperately trying to take control to avoid a crash.

Other times it's as if I'm being buried deeper and deeper by an avalanche of the never-ending items on my to-do list, overwhelmed and unable to catch my breath. Or, I envision myself as an old, washed up Raggedy Ann doll sinking into a pile of flashy new toys in an arcade machine at Chuck E. Cheez, longing for some kid with a pocketful of quarters to come along and use that metal claw to save me from drowning in my endless responsibilities.

Dramatic, I know.

I'll admit that my mind concocts exaggerated visuals when my schedule gets hectic and I fall behind, but I can't help but wonder, why does life always seem so busy?

Many years ago, my Navy husband deployed for over a year with a joint task force in Africa, leaving me alone with our three young children, a house and yard to maintain,

COMMENTARY

bills to pay, needy relatives, a broken computer, our sloppy labradoodle, Scout meetings, carpools, gutters to clean, flag football games, doctors' appointments, and a myriad of other responsibilities. Although I'd experienced shorter deployments as a Navy spouse, I wasn't sure how I'd react to managing everything alone for an entire year.

My military spouse friends who'd endured many long deployments had told me that I needed to get used to serving cereal for dinner, wearing pajama pants all day, and drinking wine in the afternoon, because life as I knew it was over. They said I'd have a mental breakdown by the fourth month if I didn't lower my standards, let the grass grow a foot high and allow the kids to watch PG-13 movies and go to bed without brushing their teeth.

According to them, a military spouse's main task during deployment was survival. Everything else was optional.

Despite the overwhelming responsibility I took on that year, I surprised myself by managing just fine. Nothing was perfect by any means, but for the most part, I kept our household and family life running smoothly during that deployment, even without midday cocktails and Fruit Loops for dinner. I suffered mini-breakdowns here and there, but they were nothing that couldn't be rectified with a good cry and a pint of Cherry Garcia.

Why then, do I become so overwhelmed by the minutia

of daily life now that the kids are adults and my husband doesn't deploy anymore?

In retrospect, I now understand that I'd heard so many awful deployment stories involving unexpected chaos such as car troubles, stomach flu, burst pipes, teacher conferences, storm damage, and even childbirths that happened while military spouses were managing households and families alone, I was mentally prepared to handle just about anything that might happen. The deployment was such a significant life event, my subconscious had thoroughly prepared itself for combat. Without realizing it, I'd built a strong fortification that protected me from the barrage of incoming stressors and unexpected events that inevitably happen during deployments.

Without a significant life event like deployment to trigger my natural defenses, my subconscious remains open and vulnerable. I take on too much. I write long to-do lists. I fall behind. I lose sight of what's really important. I become overwhelmed by minutia.

Cue the dramatic visualizations.

Perhaps the key to handling the many responsibilities in our modern busy lives is to always maintain a "deployment mindset." Whether our active-duty spouses are home or away, military spouses should remember that our main task is survival; everything else is optional. And never forget, in the event of a breakdown, just have good cry and a pint of Cherry Garcia.

Read more of retired Navy spouse Lisa Smith Molinari's columns at www.themeatandpotatoesoflife.com.

Monthlong Strong B.A.N.D.S. activities encourage community fitness







Soldiers, families, retirees and civilians are encouraged to get and stay fit during the annual Strong B.A.N.D.S. (Balance, Activity, Nutrition, Determination and Strength) promotion offered in May through June 7.

Strong B.A.N.D.S. promotes healthy, active lifestyles for Army communities.

Activities include:

 Softball tournament with games 5:30-8:30 p.m. every Monday and Wednesday in May at Doniphan Field. (Letters of intent were due April 30.)

• Kickball tournament from 9 a.m. to 7 p.m. May 17 and 18 at Gruber Field. (Letters of intent were due May 7.)

• Disc golf tournament from 8 a.m. to 2 p.m. May 24 at the Disc Golf Course by Camp Conestoga.

To register for the disc golf tournament, visit Gruber Fitness Center or call 913-684-5120.

Events are free and open to service members, family members, retirees and civilians. Call 913-684-3224/5136 for more information.

For more information about Strong B.A.N.D.S. and fitness resources, visit https://leavenworth.armymwr.com/happenings/strong-bnds-2025.

FORT LEAVENWORTH LAMP

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Curtain Call presents Seussical Jr.



ABOVE: Emilee Bell portrays Dr. Seuss character Mayzie La Bird during dress rehearsal for the Curtain Call production of "Seussical Jr." May 6 at the Old Patton Junior High School Auditorium.

RIGHT: The Wickersham Brothers portrayed by Benjamin Shumaker, Tabitha Mundell, Anna Thompson and Logan Figeroa (not pictured) antagonize Horton the Elephant, center, portrayed by Kylie Bell, during dress rehearsal for "Seussical Jr." May 6 at the Old Patton Junior High School Auditorium.

> Photos by Stephanie Douglass/ Fort Leavenworth Lamp Volunteer









ABOVE: Ivy Wiltse as the Cat in the Hat and Reagan Schale as Thing 2 rehearse a scene during rehearsal for "Seussical Jr." May 6.

LEFT: Whos — portrayed by Ella Loftsgaarden as Mrs. Mayor, Eliana Boyles as Mr. Mayor and Jane Connell as JoJo — sing and dance during the Curtain Call production of "Seussical Jr." May 6.

> LEFT: Director Amy Bell gives performance notes to cast members between shows of "Seussical Jr." May 10 in the Old Patton Junior High School Auditorium. Afternoon and evening performances were offered free to the community. Participants of the Family and Morale, Welfare and Recreation's SKIES Unlimited Curtain Call program spent 12 weeks preparing for the performances of the musical "Seussical, Jr." The theater produc-tion was a first for many of the children, who ranged in age from 6-16. "Seussical, Jr." is a whimsical mashup of Dr. Seuss' most notable stories paired with music and ballads that tell the tale of Horton the Elephant trying to save the Whos who have landed on a speck of dust from the Jungle of Nool.

Photos by Stephanie Douglass/ Fort Leavenworth Lamp Volunteer

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K-State, KU both recognized as 'Top Ten' military-friendly schools

Active-duty student finds necessary flexibility at Kansas State University

by Kansas State University News Release

MANHATTAN — When U.S. Army Staff Sgt. Hannah Brouwer was transitioning to Fort Riley, Kansas, from Fort Leonard Wood, Missouri, she faced a common military challenge: continuing her education while serving on active duty.

Her search for flexibility led her to Kansas State University, which was recently recognized as a Top Ten Military Friendly School and a Top Ten Military Spouse Friendly School by Military Friendly. (See the full list at https://www.militaryfriendly.com/2025 -2026-mfs/.)

"While stationed at Fort Leonard Wood, I found it difficult to locate a prehealth professions program that aligned with my demanding schedule," said Brouwer, who enlisted in the U.S. Army as a health care specialist in 2016. "K-State's wide selection of online degrees, particularly those offering science courses in a flexible format, made the decision to transfer effortless."

For Brouwer, the university's support went beyond flexible course offerings. During her rotation to South Korea in 2020, she navigated significant time zone differences to maintain her studies. In 2021, a sudden deployment to Miami for COVID-19 vaccination efforts forced her to drop several courses with just two weeks' notice.

"From taking exams in the middle of a desert to determining how to ship a chemistry kit overseas, the challenges persisted," Brouwer said. "But each one strengthened my resilience, adaptability and commitment to achieving my academic goals."

Dominic Barnes, military student services coordinator at K-State, played a crucial role in Brouwer's academic journey.

"Dominic was instrumental not only in facilitating my transition, but also in supporting my academic success throughout my time at K-State," Brouwer said. "As a veteran himself, he has understood the unique professional and personal challenges I've encountered, offering mentorship, encouragement and guidance every step of the way."

Barnes represents K-State's commitment to its military-affiliated students, Kansas' largest population.

"It is a privilege to work with students like Hannah," Barnes said. "Her dedication to both her military service and academic goals exemplifies the best qualities of our military-affiliated students."

Brouwer said she appreciated how K-State faculty accommodated her unique circumstances, including allowing her to participate via Zoom in a hybrid course designed for on-campus students.

"Every professor I've had has shown genuine concern for student success and made accommodations when needed, always treating me as an individual with unique responsibilities and goals," Brouwer said.

Now completing dual degrees while still on active duty, Brouwer plans to apply to physician assistant programs after graduation.

"Before joining the military, I never imagined graduate school would be a possibility for me. Today, I am proud to say I underestimated my potential," Brouwer said.

K-State's military support initiatives include the Army ROTC and Air Force ROTC programs, Military-Affiliated Resource Centers on both the Manhattan and Salina campuses, dedicated Veterans Affairs educational benefits support, and specialized offices at Fort Riley and Fort Leavenworth.

"My time at Kansas State University has made me a stronger soldier and a better leader, and it has prepared me for future success both within and beyond the military," Brouwer said. "When the student's needs fall outside the norm, the staff goes above and beyond to meet them."

For more information, visit https://www.k-state.edu/fortleavenworth/. Learn more about K-State's military-affiliated programs and services at https://www.k-state.edu/military/offices/.

Annual survey lists University of Kansas among Top Ten

by University of Kansas News Release

LAWRENCE — All University of Kansas campuses have received top rankings among Tier 1 research institutions in the annual "Military Friendly Schools" survey, the longest-running review of college and university investments in serving military-affiliated students.

The KU School of Medicine-Wichita campus was named the No. 8 Military Friendly and No. 8 Military Spouse Friendly School, and the KU Lawrence campus was ranked the No. 9 Military Friendly and No. 9 Military Friendly Spouse School. KU Medical Center, the School of Medicine and Nursing-Salina campus and the Edwards Campus in Overland Park, Kansas, all earned Gold designations as Military Friendly Schools and Military Spouse Friendly Schools.

Institutions earning the Military Friendly School designation were evaluated using public data sources and survey information. More than 1,800 institutions participated in the 2025-2026 survey, with 830 earning special awards for going above the standard.

"I believe this is the first time all schools' campuses were considered for separate designations," said April Blackmon Strange, director of the Lt. Gen. William K. Jones Military-Affiliated Student Center. "And to have every KU campus receive high rankings is a testament to the university's dedication to serving our more than 2,200 veterans, service members, spouses, dependents and ROTC students."

The Military Friendly Schools list is created each year based on extensive research using public data sources from more than 8,800 schools nationwide, input from student veterans and responses to the proprietary, data-driven Military Friendly Schools survey from participating institutions. The survey questions, methodology, criteria and weighting were developed with the assistance of an independent research firm and an advisory council of educators and employers. The survey is administered for free and is open to all postsecondary schools that wish to participate. Rankings and survey criteria are at

https://www.militaryfriendly.com/2025 -2026-mfs/ and will be published in G.I. Jobs magazine's May and October issues.

The Military-Affiliated Student Center at KU — a nearly 3,000-square-foot center in Summerfield Hall — serves as a centralized resource for KU's militaryaffiliated community. It includes a lounge with 24-7 access, study spaces, headquarters for the KU Student Veterans of America student organization, VA Work Study opportunities, staff to help with GI Bill benefits, military tuition assistance and more.

The university is one of just 104 campuses nationwide to have the Department of Veterans Affairs VetSuccess on Campus program with a dedicated VA VSOC counselor.

In addition to the center, KU has several scholarships and an emergency fund for military-affiliated students as well as a Veterans Upward Bound program. KU also has a series of National Defense Initiatives facilitating education programming, research development and strategic partnerships. This includes being one of more than 50 universities to have all branches of ROTC and one of eight universities designated as a Department of Defense Language Training Center, which educates hundreds of service members in strategic languages and regional area studies.

In 2024, the KU School of Law received a \$1.6 million federal grant to establish a free legal aid clinic dedicated to serving veterans – the first of its kind in the state. The clinic is expected to open later this year.

The KU Edwards Campus has a Veterans and Student Leadership Lounge. Additional KU academic programs and certificates are available both on Fort Leavenworth and in Leavenworth for military and civilians in the area. KU also has a 4,000-member Veterans Alumni Network.

For more information, visit https://leavenworth.ku.edu/ or https:// masc.ku.edu/.

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Universe United Mrs. Kansas 2025 (continued from Page A1)

serve and inspire, which is what I feel like I do every day in the military," she said.

Moore-Purdie arrived at Fort Leavenworth to attend the 10-month warfighting school in August and earned her pageantry title two months later.

Since then, Moore-Purdie has gotten involved in the local community, specifically with the Richard Allen Cultural Center and Museum.

Her volunteerism is preparing her for the national level competition, which Moore-Purdie said encourages the next level of service from title holders.

She said her passion for pageants has allowed her to give back to the community that has welcomed her, even temporarily, before she moves with the military again.

"I try to make sure I have a good military background while also making that imprint in my community," she said. "I've been fortunate enough where I got to spend six years in my last duty station. So, not only did I make an impact with the different units and things I was at, but I also was able to make a lasting difference in my community."

Balancing military requirements, milehigh reading lists, papers and pageant commitments might seem hard to fit into a 24-hour day, but for Moore-Purdie the drive to serve deserves the time.

"My mantra is 'I will affect big change in small pockets of time," she said. "When I have those little pockets of time, I try to make the most of them, even if it means I'll be staying up a little bit later. The hard work pays off because I'm still able to do what I am passionate about with the pageantry, and I'm still able to excel in school. I also have always been able to meet my requirements for the military."

Her desire for military service and pageantry blends together in her pageant platform, Wellness Royalty.

"I have a passion for fitness and staying

in shape, which we know is a very important concept to do in the military as we're required to take (physical fitness) tests twice a year, on top of all the other physical requirements," she said. "What I love about Wellness Royalty is it just combines that passion for wellness and then the regalness of being a pageant contestant in royalty."

Much like the Army's Holistic Health and Fitness system, Wellness Royalty aims to bridge the information gap to improving overall health and wellness.

Moore-Purdie said, from a community perspective, the goal of Wellness Royalty is to bring all of the information a person could need to improve their health and wellness into one spot.

Being a student, soldier, and title holder can be overwhelming at times, Moore-Purdie said, but the two worlds are direct embodiment of who she is, and representing herself as a soldier is a key part of her pageants.

"I love being a role model to not just people in the military, but also outside the military, to show them that they can do things that they probably never thought they could do," Moore-Purdie said.

Much like being part of the 1 percent of Americans who serve, Moore-Purdie is proud to be part of a smaller group of active-duty service members who pursue their passion for pageants.

"I think civilians recognize the sacrifice that comes with being a soldier. And lot think I'm interesting for doing this because a lot of people don't think military and pageantry goes together," she said. "You can have your military service and your career, but also look beautiful in your heels and makeup and stretch yourself (personally) on stage."

Moore-Purdie will compete for the national Universe United title in July, a month after CGSOC graduation, in North Carolina.



Photo by Dan Neal/Army University Public Affairs

Command and General Staff Officer Course student Maj. Frankie Moore-Purdie, seen here in April at the Lewis and Clark Center, is Universe United Mrs. Kansas 2025. She will compete for the national Universe United title in July in North Carolina.



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Correctional Professional (continued from Page A1)

since he was a sergeant, working alongside him in various assignments," said 1st Sgt. Carlos Garcia, a colleague at USARCF-E. "Since then, I have known him to be a true servant leader, always placing the needs of others above his own and ensuring that whatever team he is part of is successful. It is no surprise to me that Sergeant First Class Diaz would be nominated and receive recognition as the Correctional Professional of the Year. His ability to teach, coach and mentor in every aspect of corrections has him stand way above his peers."

Diaz simultaneously maintained a 4.0 GPA while pursuing a master of legal studies in cyberlaw from Texas A&M School of Law (21 credit hours) and a graduate certificate in neuro-leadership from American Military University (six credit hours). His dedication to higher education inspired two soldiers to pursue graduate degrees and

seven others to collectively earn 40 undergraduate credit hours. He pursues continuous learning alongside hobbies like scuba diving, volunteering and traveling.

"Sergeant First Class Diaz is, without question, one of the most impactful and well-rounded NCOs I've encountered in my 14-year military career," said 1st Lt. Bria Feathers, deputy commander and executive officer at USARCF-E. "He leads with integrity, precision and a standard of excellence that inspires everyone around him. He doesn't just support the mission — he shapes it."

Diaz has completed the Conventional Physical Security/Crime Prevention Course and the Antiterrorism - Advanced Course. He credits his motivation to serving, developing and mentoring others, building effective systems and developing creative solutions.



Army Corrections Command announced earlier this week. that Sgt. 1st Class David Diaz, U.S. **Regional Correctional** Facility - Europe (US-ARCF-E), has been named the Army Corrections System's 2025 **Profes-**Correctional sional of the Year.

Photo by 1st Lt. Bria Feathers/U.S. Regional Correctional Facility - Europe

Service leaders discuss budget, combat readiness

by David Vergun/Department of **Defense News**

WASHINGTON — The Army is building a force that is leaner, more lethal and better equipped to operate in contested domains with speed and precision, said Army Gen. James J. Mingus, vice chief of staff of the Army, who testified on a panel May 6 during a House Armed Services Committee subcommittee hearing on military readiness.

He said that under the "transforming in contact" initiative, the Army is enhancing its tactical networks and rapidly fielding unsystems, aerial manned counter-UAS and electronic warfare systems.

In the last 10 months, TiC delivered 11 new capabilities and technologies to specific units within the 101st Airborne, 25th Infantry, 10th Mountain and 34th Infantry divisions. Mingus said he expects the effort to expand to more units throughout the next two years.

He said the Army Transformation Initiative, which is part of TiC, allows the service to restructure formations and dominate future battlefields while advancing the development and delivery of critical capabilities and end programs that no longer deliver value. "Under ATI, we are accelerating the delivery of our new M1E3 (Abrams) tank, our next future vertical lift (aircraft) and the next generation command and control. We're closing the long-standing

gaps in counter-UAS, expanding integrated air defense, and bringing long-range hypersonic capability this year," Mingus said.

The general said ATI also includes a plan for more efficient funding and fielding for those systems to keep pace with operational demand and technological advancement.

Other Army initiatives he discussed with lawmakers included organic industrial base modernization efforts to ensure systems and munitions are produced and sustained at scale, new housing and barracks construction, and updated dining facilities to provide more nutritious options and improve soldier fitness.

Mingus said recruiting remains a priority even after the Army exceeded its goal in fiscal year 2024 with more than 55,000 soldiers entering the service. This fiscal year's recruiting target is 61,000 soldiers, with more than 56,000 already signing up.

Regarding the budget, he said the Army is being asked to do more with less, adding, "With no budget increases to offset inflation and reduced buying power, the rising costs of pay and allowances consume our top line."

Navy Adm. James W. Kilby, vice chief of naval operations, also testified and agreed with Mingus about the need for consistent and predictable funding, calling it "foundational" to improvement efforts.

moving slower," he said, noting that the Navy's readiness is most vulnerable under a full-year continuing resolution.

Kilby said the service set a goal of making 80 percent of its ships, submarines and aircraft combatready by Jan. 1, 2027. To do that, he said it is reducing maintenance delays and improving manning, training, modernization and sustainment.

"We are seeing progress," he said, adding that last year, the Navy increased surface ship depot maintenance from 41 percent on time to completion to 68 percent.

"Unfortunately, this progress is not consistent across all platforms. I am not satisfied with amphibious ship maintenance. Our Navy and Marine Corps operate as a lethal, integrated force, and we have work to do here," the admiral said.

The Navy is also focused on recruiting and retaining talent. Kilby said it is committed to attracting and developing Americans who can innovate, solve hard problems and dominate in combat.

Last fiscal year, the Navy recruited more than 40,000 sailors — the most since 2003 — and is currently on pace to exceed this fiscal year's recruiting goals. Kilby said the Navy is also working on reducing wait times at child development centers and improving housing.

Marines are forward deployed, with the vast majority of them in the Indo-Pacific region.

Mahoney said he is concerned about the lack of amphibious ship availability, which inhibits littoral mobility and sustainment of forces. He is also concerned about the budget.

"The lack of on-time and predictable funding has hampered our ability to carry out a business plan, and it has constrained our ability to balance that readiness with modernization," he said.

However, he is not concerned about the recruiting mission, noting that the Marine Corps attained its recruiting mission last fiscal year and will do so again this year without compromising standards.

Air Force Lt. Gen. Adrian L. Spain, deputy chief of staff for operations, said the Air Force stands ready to defend the nation, despite having "the oldest airplanes, the smallest force, and with fewer monthly flying hours than at any point in our history."

Airmen have and always will get the job done, but today they do so at elevated risk, he said, adding that adversaries like China are expanding and modernizing their nuclear and conventional

partment is faster, better connected, more informed, precise and lethal because of its ability to harness space, as a result of the progress made in the service's five years of existence.

"The world's use of space is growing at an accelerating rate, and access to and use of space grows. The strategic landscape in space is becoming increasingly complex and perilous, even compared to our other warfighting domains," he said.

Regarding the budget, Guetlein noted that the Space Force "is woefully under-resourced to meet the demands for space capabilities placed on it by our combatant commanders and the nation. We must increase investments to deter the threat."

He said other challenges include adversary nations jamming GPS signals, spoofing and disrupting satellite communications, and developing advanced antisatellite weapons.

"Unfortunately, these unsafe and unprofessional behaviors have become the norm rather than the exception," he said. "They create an increasingly hostile environment for the space domain capabilities essential to our security and prosperity and put at risk the continued freedoms to which we have become accustomed."

"At the time when we need to move faster to counter China and global instability, we are fiscally

Marine Corps Gen. Christopher J. Mahoney, assistant commandant of the Marine Corps, said that more than 30,000

forces.

Space Force Gen. Michael A. Guetlein, vice chief of space operations, said, "The Space Force underpins our nation's capabilities within the joint force, within our economy and within society as a whole."

Guetlein said the Defense De-

To meet these challenges, Guetlein said the Space Force is accelerating its transformation as a warfighting service.

Strong B.A.N.D.S 1,000lb/400lb Club Meet winners



Women's Middleweight Division winner: Kristal Castro

Women's Lightweight Division winner: Natalie Mayzrzak

Men's Heavyweight Division winner: Matt Wiggin



Men's Lightweight Division win-

ner: Maddox Nichols

The Strong B.A.N.D.S. 1,000lb/400lb **Club Meet was** conducted May 10 at Gruber Fitness Center. Participants performed repetitions of squat, deadlift and bench press. They had three attempts at each exercise, and the highest successful attempts in each exercise were added together.

Photos by Matthew Price/Family and Morale. Welfare and Recreation

For upcoming Strong B.A.N.D.S. events and more information, see related article on page A2 or visit https://leavenworth.armymwr.com/programs/strong-bnds.

FORT LEAVENWORTH LAMP

'PCS purge' resources fort/all-services/ environmental-man-Donate, recycle or dispose agement • Auto Skills Center for motor oil: of items properly ograms/auto-crafts-center · Leavenworth County Transfer

by Staff Report

Fort Leavenworth provides many resources for helping with a PCS purge.

THRIFT SHOP

Usable items in like-new condition, such as clothing, toys and small appliances, can be donated to the Fort Leavenworth Thrift Shop, which uses store proceeds for community assistance grants, at the shop's drop-off shed at 1025 Sheridan Drive.

MISSION PICKUPS

Fort Leavenworth Frontier Heritage Communities partners with City Union Mission of Kansas City, Missouri, for curbside pickup of usable items on certain Saturdays throughout the year.

STRAY FACILITY

Pet supplies and unopened pet food can be placed in the large wooden bin on the porch of the Fort Leavenworth Stray Facility at 510 Organ Ave.

HOUSEHOLD HAZ-ARDOUS WASTE COLLEC-TION

Cleaners, paint, yard chemicals and other materials that should not be shipped can be dropped off at Household Hazardous Waste Collection Point, 810 McClellan Ave., to be used by other residents or properly disposed of.

RECYCLING

Recycling of scrap metal, glass, cardboard and mixed recycling of paper, aluminum and more is offered in the area off W. Warehouse Road south of the stables. E-waste, such as toner cartridges and printers, can also be dropped off at the Fort Leavenworth Recycling Center.

Fort Leavenworth Frontier Housing Communities offers recycling and regular and bulk trash options for residents.

Resources and Links

· On-post housing handbooks, trash and recycling guides from Frontier Heritage

Housing: https://www.frontierheritage communities.com/residents

· Fort Leavenworth Recycling Center: https://home.army.mil/leavenworth/my-fort/all-services/environme ntal-management

· City of Leavenworth Recycling https://www.leavenworth Center: ks.org/publicworks/page/leavenworth-recycling-center

· City of Lansing Curbside Recycling: https://www.lansingks.org/finance/page/ trash-recycling

• City of Platte City Recycling: https://www.plattecity.org/documentlist. aspx?categoryid=12924

· Household Hazardous Product Collection Point: https://home. army.mil/leavenworth/index.php/ my-

https://leavenworth.armymwr.com/pr

Station for household and bulk trash drop-off: https://www.leaven worthcounty.gov/departments/transfer_station/index.php

• Munson Army Health Center for medications: https://munson.tricare. mil/

• Fort Leavenworth Thrift Shop: https://www.facebook.com/Fort-Leavenworth - Thrift - Shop -211189988897157/

· City Union Mission, through partnership and coordination with Fort Leavenworth Frontier Heritage Communities: https://cityunionmission.org

• Fort Leavenworth Stray Facility: https://leavenworth.armymwr.com/ programs/stray-facility, www.FLSF. petfinder. com

• Salvation Army, Leavenworth: https://centralusa.salvationarmy.org/l eavenworth/

• Catholic Charities, Leavenworth: https://catholiccharitiesks.org/wherewework/leavenworth/

 Goodwill, Leavenworth: https:// www.mokangoodwill.org/locations/ goodwill-leavenworth-ks

• HOPE Thrift Store, Leavenworth: https://hopeleav.org/thrift-store/, https://www.facebook.com/HOPEThr ift-StoreLeavenworth/

· Leavenworth Mission Community Store/Food Pantry: https:// lvmission.org/, https://www.facebook.com/ Leavenworth-Mission/

Pet of the Week



HOUSING **UPDATES**



■ Curbside BULK PICKUP IS NO LONGER AVAILABLE. For large item recycling or disposal, see the options listed in the "PCS purge' resources" article on this page.

■ City Union Mission will be doing PICK-UPS OF GENTLY USED ITEMS May 24, June 14 and June 28. Residents will receive an e-mail from FLFHC the week of pick-ups with a form to sign up.

■ Temporary **ON-POST TRASH BINS** for summer PCS season are at W. Warehouse Road near the Directorate of Public Works, USDB Sales Store and FMWR Horse Stables. Do not leave items on the ground. Residents must load their own items. Follow posted guidelines.

■ To keep streets clear during busy moving season, PARK ONLY IN DESIG-NATED, PAVED AREAS. No parking is allowed on grass, sidewalks, patios or landscaped areas. Recreational vehicle parking is only permitted for up to 48 hours for loading/unloading; longer stays require FLFHC approval and a visible Exception to Policy notice. Garage storage is allowed if the door can close fully. For longterm storage, contact FMWR Outdoor Recreation.

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

Photo by Prudence Siebert/Fort Leavenworth Lamp

Lucille is a young adult female domestic shorthair/tuxedo cat available for adoption at the Fort Leavenworth Stray Facility. Spay surgery, vaccinations and microchipping are included in her adoption fee of \$100.

E-mail fortleavenworthstravfacility@gmail.com for an adoption application. Visit www.FLSF. petfinder.com for adoptable pet profiles. Call 913-684-4939 for more information or an appointment. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday; 9 a.m. to noon the second Saturday of the month; and by appointment for pre-approved adopters. Call 913-684-4939 to schedule an appointment.

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

Volunteer!

Help Shelter Pets!

They need your help for walks and general care!

They enjoy the love, attention, and affections, too

Several shifts to choose from Work with either our cats

Want to know how to join our team? Register at

https://vmis.armyfamilywebportal.com/.

member.

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

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



or dogs or both!



9400 NW Prairie View Rd 816-420-9000 www.worthharley-davidson.com



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

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



7AM - 2PM (EACH DAY)

801 RILEY AVE BUILDING 303



FOR MORE INFORMATION, CALL 913-684-2726 OR 913-684-2727







Send Out Services

<u>CrossRoads Protestant:</u> 18 MAY 25 Frontier Chapel, 625 Thomas Avenue Time: 1000 (10am) Taco bar and bounce houses afterwards

Roman Catholic: 17 MAY 25 Hunt Lodge Time: 1700 ***No Catholic Mass on SUN, 18 MAY 25



For more information, please call the Religious Support Office at 913-684-2210 or email christopher.w.weinrich.mil@army.mil



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TRACTORNAL CONTRACTORNAL CONTRAC

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

May 30



Come out and join us as the BOSS program gives back to the Community by playing movies inside the Post movie theater.

Prepackaged snacks and drink can be purchased at the snack bar. No outside food or drinks are authorized.

For all movies children 12 and under MUST be accompanied by an ADULT! CASH only at the snack bar!



THE FORT LEAVENWORTH

SHARP TEAM

PRESENTS



LEAGUE PLAY STARTS TUESDAY, JUNE 3RD

GAMES TUES & THURS @ 5:30, 6:30, 7:30 P.M. DONIPHAN FIELD #1

Coaches Meeting: Wednesday, May 14 5:30 pm @ Gruber Fitness Center Letters of intent due by COB May 28th

Letters of intent due by COB May 2011 League awards will be given for regular season champions and 1st and 2nd place tournament champions. Open to Active Duty, DoD, Retirees and Contractors working at Fort Leavenworth ages 18 & older. For more info call: 913-684-3224/ 5136





For more info call: (913) 684-2736 • Or visit our website leavenworth.armymwr.com

Ike Skelton Combined Arms Research Library

May 1st - July 3rd Library Hours:

Mon-Thurs: 0700-1700 Fri: 0700-1630 Sat: 0900-1300 Closed Federal Holidays

3rd Floor by appointment





As PCS season approaches, we want to take a moment to review some important trash collection don'ts.







SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 PopUp Fort Belvoir	6 Closed	7 Closed	8 Closed	9 Closed	10
11	12	13	14 Open Pantry Happy Bottom 11:00 - 1:00	15	16	17
18	19	20	21 Open Pantry Happy Bottom 11:00 - 1:00	22	23	24
25	26	27	28 Open Pantry Happy Bottom 11:00 - 1:00	29	30	31

STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS







Hiring Our leroes

Fort Leavenworth CAREER SUMM

JUNE 12, 2025 | 9 AM - 4:30 PM CT



35+

expected employers

40%

expected offer rate

HiringOurHeroes.org/leavenworth

For more than a decade, Hiring Our Heroes has helped hundreds of thousands of transitioning service members, veterans, and military spouses find meaningfu employment through our comprehensive training and hiring events, fellowship , and online tools.

10k+

open positions

@HiringOurHeroes 😝 🙆 in

Frontier Conference Center

The DoD and Service Branches do not endorse any company, sponsor or their products or services

REGISTER NOW



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





Ms. Amanda Bonseigneur Lead SARC Office: 913-684-2810 Cell: 913-704-9620 Bldg 197, 632 McClellan Ave



Mrs. Dannielle Rothering Supervisory SARC Amanda.bonseigneur.civ@army.mil Teams: 520-669-3474 Teams: 571-588-0146 Teams: 571-588-0146 Cell: 913-704-5623 Bldg 197, 632 McClellan Ave



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



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



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



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



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

Ft Leavenworth SHARP Resource Center Building 197, 632 McClellan Ave Fort Leavenworth, KS 66027

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

We Have Realigned Under an Installation Model

AAFES, ACS, AFC, ARI, CDID, Cemetery, CID, CPAC, DeCA, Team 1 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.



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



ACB, MWJRCF, USDB



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





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

> **Sexual Harassment Complaint Reporting Option** Formal | Anonymous | Confidentia Sexual Assault Reporting Option

Restricted | Unrestricted | CATCH-Only **Retaliation Reporting Options**

Command | IG | SARC | DoD Safe Helpline | CPAC (DA Civ Only)











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

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

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

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

Stroller Walk Tuesdays,10:00am

Meet in front of **Resiliency Center**

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

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

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

Wigglesand Giggles

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





Childbirth Series May 5,12, 19, 5:00-7:00pm Resiliency Center Room 157

Dad's Night Out May 21, 6:00-8:00pm Restaurant TBD

Mom's Night Out May 28, 6:00-8:00pm Restaurant TBD

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

Anger Management: 8 Week Session May 1, 8, 15, 22, 29 & June 12,19, 26,1:30pm- 3pm

5 Love Languages of Teens May 14, 1:00-2:30pm



Stress Management May 15, 11:30am-1:00pm



May 16, 1:00-3:00pm **EFMP** Playground (Behind the Post Theater) Event for ages 2+



May 16, 1:00-3:00pm

Navigating the Teen Years May 28, 1:00-2:30pm

SAVE THE DATE!

Father Daughter Tea Party June 1, 2:00-4:00pm

Father/Son Scavenger Hunt June 7, 9:00-1100am



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

facebook.com/FortLeavenworthACS

facebook.com/FortLeavenworthFMWR

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



ACS Family Advocacy New Parents Support Program **Toddler Time**

Playgroup

Free toddler play group.

Open to ages 2-3 years old with adult.

· Offers an introduction to preschool routines, explores educational concepts, and builds social skills through hands on experiences and activities.

> Wednesdays @ 9:00am

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

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



CROCHETING



Jan 31, Feb 21, Mar 14, Apr 18, May 16 1pm - 3pm **Room 145**

600 Thomas Ave

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

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

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

> > MWF

FREE!

Ages 8+

Languages of Teenagers

5 Love

MWR

e 📀

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

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

ACS Classroom 145 Feb 12, May 14, Aug 13, Nov 12 1-2:30pm FREE Open to all DOD civilians, active duty, and etired military that are caregivers raising teen Call to register (deadline is day before class) 913-684-2822 / 2808



Fridays

10am -11am

ACS Playroom

600 Thomas Ave

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

FREE

Ages 3-12 months

Register by COB

Thursday



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





www.facebook.com/acs.fortle

MWR

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

83

We wanna go..



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

Brand new, fun, and physical classes taught by a certified black belt in Tae Kwon Do. ENROLLMENT IS OPEN NOW!

> **Tuesdays &** Thursdays

Ages 6 - 12 at 4pm

Ages 6 - 12 at 5pm

Joint class w/ Parent or Guardian

Gruber Fitness Center Martial Arts Room 200 Reynolds Ave Ft. Leavenworth, KS

Classes will remain open until full. Call for more info: 913-684-3207

Leavenworth.armymwr.com

Come get a kick out of Tae Kwon Do!

Now offering new classes at S







Teen Employment Workshon





0900-1100 Hunt Lodge Vainwright S **Geared toward Active** Duty Dads with sons ages 12 and under, this FREE event celebrates Dads Make a Difference Month. There will be multiple outdoor stations where

June 7

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

clothes, sunscreen, and bug spray. Water will be provided. V 😓 怂 🥌

Call 913-684-2808/ 2822 to register b



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



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

Time: 6PM • Restaurants TBD

ACB

MWR

DAD'S NGHT

OUT

Dad's Night Out is offered by ACS New Parent Support Program for Dads of children ge to get o

2025 DATES: Jan 22 • Feb 19 • March 19 • April 23

May 21 • June 18 • July 23 • Aug 20 Sept 17 • Oct 22 • Nov 12 • Dec 3 e: 6PM • Restau



house without the kids and Childcare, food, and drinks are meet at a restaurant. The focus not provided. of this event is to improve social connections and get to For Dads with children 0-3 years old. learn different parts of town. For more info: (913) 297-3212 or (913) 684-2800 📩 💟 👶 🍛 MWR ACS ACS **New Parent Support** Prenatal Classes 2025 **Childbirth Classes:** Series of three clo Jan 6th, 13th, 27th Mar 3rd, 10th, 17th May 5th, 12th, 19th July 14th, 21st, 28th Sep 8th, 15th, 22nd Nov 3rd, 17th, 24th Newborn Care Classes: Feb 3rd April 7th June 2nd Free August 4th October 6th for December 1st Expectant **Breastfeeding Classes:** Parents! February 10th April 14th June 9th 600 Thomas Ave August 11th Room 157 October 20th All classes are from December 8th 5 pm - 7 pm Contact 913-297-3212 De Contact 913-297-3212

DoD Safe Help Sexual Assault Support for the DoD Community safehelpline.org | 877-995-5247





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

RMY COMMUNITY SERVIC

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

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

RELOCATION READINESS PROGRAM

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

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

Hearts Apart Bowling for Families of Deployed Service Members May 3, 12:00-2:00pm Strike **Zone Bowling Center** *Registration Required

PCS SEASON IS HERE!

Smooth Move offered upon request.

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

- kitchenware
- cookware
- small appliances



https://leavenworth.armymwr.com/

EFMP/ Waiting Families

RECREATIONAL

OWLIN

Every first Saturday of the month 12:00pm - 2:00pm

Strike Zone Bowling Center

165 Fourth St

EMPLOYMENT READINESS PROGRAM

Resume Writing May 7, 12:00-2:00pm & **Evening 5:00-7:00pm

Federal Employment May 14, 12:00-2:00pm **Evening 5:00-7:00pm

Interview Skills & Professionalism May 21, 12:00-2:00pm **Evening 5:00-7:00pm

Teen Employment May 30, 10:00am-12:00pm

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

ARMY VOLUNTEER CORPS

Volunteer Basics May 9, 12:00 - 1:00pm

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





FINANCIAL READINESS

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

EXCEPTIONIAL FAMLY MEMBER PROGRAM (EFMP)

*Registration Required for EFMP events

EFMP Refreshing Conversation May 1, 10:00-11:00am

EFMP Recreational Bowling May 3, 12:00-2:00pm Strike Zone Bowling Center

facebook.com/FortLeavenworthFMWR

ARMY EMERGENCY **RELIEF (AER)** provides

emergency assistance to active duty service members, their families, and retired service members.

For emergency financial assistance, apply at https:// www.armyemergencyrelief.org/ and call the ACS main line during duty hours to follow up.

SURVIVOR OUTREACH SERVICES

SOS Paint & Brunch Saturday, May 10, 2025 10:00am-1:00pm Resiliency Center/Bldg. 198

Follow SOS@ https:// www.facebook.com/ FortLeavenworthSurvivorOutr eachServices/

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



Childcare not provided

Registration is required, and must be done the day before the class.

For more info or to registe call, (913) 684-2808/2822

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Meet other EFMP families!

is a fun way to socialize, and sharpen fine motor skills.

EFMP Recreational Bowling



Employment Readiness Program Classes

Utensils

Read

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

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

When: M-F 0730-1630

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

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

Items available

Pots with Lids

Pre-Packed Kitchen Kit: 1 Bowl (mixing) 1 Pitcher 1 Colander 1 Large Kitchen Knife 4 Steak Knives 1 Peeler 1 Cookie Sheet Cutting Board 1 Cutting Board 1 Skillet 2 Pots with Lids 4 Plates 4 Bowls 4 Coffee cups 4 Forks 4 Spaces 2 Serving Spoons 1 Spatula 4 Plastic Glasses 1 Can Opener 1 Set of Measuring Spo 1 Measuring Cup 1 Pot Holder 4 Spoons 4 Knives Additional Items Cheese Graters Plates Bowls Coffee Cups Square Table Circle Tables Pizza Cutters Spaghetti Servers Folding Chairs Strollers Baby Gates Booster Seats Blenders Coffee Makers Crock Pots Toasters Whisks Glass Baking Dishes-Rectangle Glass Baking Dishes-Circle Muffin Pans Hand Mixers Cribs High Chairs Pack and Play Laundry Baskets Sleeping Mats Irons Ironing Boards Trash Cans Rice Cookers Microwaves Indoor Grills Electric Skillets Panini Grills Plastic Glasses Veggie Steamers Large Kitchen Kniv Mixing Bowls Skillets

Resume Writing: Jan 8* • Feb 12* • Mar 12* • Apr 9* May 7* • June 11* Evening Classes: pr 9 • May 7 • June 11 - 5PM - 7PM Registration required for evening classes Federal Employment: lan 15* • Feb 19* • Mar 19* • Apr 16* May 14* • June 18* **Evening Classes:** Apr 16 • May 14 • June 18 - 5PM - 7PM Registration required for evening classes Interview Skills & Professionalism: Scan QR Code for more info Jan 22* • Feb 26 * • Mar 26* • Apr 30* May 21* • June 25* ing Classes *Classes are from 12PM - 2PM* May 21 - 5PM - 7PM Registration is required for n required for eve evening classes only. Open to DoD ID card holders. 🍪 🔝 🚥 For more info call: (913) 684-2800



convenience and immediacy in communication offered by text messaging, many people are more likely to readity che essages and respond quickly as compared to email or answering a phone call. As ophercriminals and scammers are w ted with the most effective means to communicate with unsuspecting victums, and due to the proliferation of cell phon imately 310 million in the U.S. as of 2024), sending a convincing scam via text can be an effective method f elements to engage unsuspecting individuals. A single reply by one victim can net a cybercriminal hundreds or ev ds of dollars; the potential amounts are even higher with multiple replies.

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

- Speeding and Parking Ticket Scams This scam involves a text indicating recipient's vehicle was exceeding the speed limit or parked illegally, and a citation was issued; it then requests payment to avoid a court appearance.
- Jury Duty Text Scam Seemingly sent from a court with a claim the recipient missed jury duty and is required to pay a fine or provide personal information to avoid jail time or fines.
- Other Government Agency Scams Within a month of the establishm the Department of Government Efficiency (DOGE), scammers began targeting government personnel with DOGE themed scams.

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



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

a history of Attention Deficit Hyperactivity Disorder (ADHD), Developmental Delay, behavioral problems, impulsivity, psychi ds should not be given the degree of self-management or resp

HOME ALONE?

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

BABYSITTING?

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



- Birth 4 years Direct supervision, NEVER LEFT ALONE
- Birth 4 years Direct supervision, NEVER LEPT ALONE (Ages 3 to 6 Immediate supervision, MUST be within excession to nearing distance -respond to an emergency in 30 seconds (Ages 7 to 9 Mentered supervision, 1f in a playground or yard access to adult supervision at all times (Ages 10 A 11 Self-care supervision up to 2 hours with access to adult supervision (Ages 15 to 14 Self-care supervision up to 5 hours (Ages 15 to 14 Self-care supervision up to 6 hours) MUST be within eyesight or hearing distance from supervising adult with the ab

- not be dropped off at Fåd nce.

- ade and above May walk to and from school and supervised activities alone g school year children 9 & younger must be escorted across heavy traffic roads e... Grant. Hancock and Biddle)
- CURFEW (Children must b Ages 15 and younger is 2230-0600 ho Ages 16 and 17 is 0030-0600 hours. ted for by a parent during the following time pe

s? Call Family Advacacy Program Manager (FAPM) at (2007 - . Military Police at (913) 684-3456 ramolete Supervision of Children and Home Alone Post Policy please contact the FAPM. lanager (FAPM) at (913) 684-2822, Behavioral Health at (913) 684-





are available

crosswalk

can see you

attention when approaching a

right before you cross

- Watch for vehicles turning left or crosswalks When opening your vehicle • Whenever possible, cross streets door be alert for bicyclists When paralleling a sidewalk and making a right turn, be sure to at crosswalks or intersections, where drivers expect pedestrians • Wear bright or reflective clothing check your right rear during reduced visibility so drivers

• Walk on sidewalks whenever they • Put away all distractions and pay attention to the road Look up from your phone and pay Always look out for pedestrians · Obey the posed speed limit Yield to pedestrians in

S UP DRIVERS

7 March 2025









FLKS Garrison Safety Office: usarmy.leavenworth.id-training.mbx.safe@army.mil

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





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

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





Small Group meetings to dive deeper into the Word

PCSing overseas with pets?

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

Call 913-684-6510 to discuss requirements

by name

PCS Prep: OCONUS & Pets

Planning a PCS move with pets somewhere outside the continental United States?

Contact the Fort Leavenworth Veterinary Treatment Facility at 913-684-6510 to discuss requirements to take your pets overseas, to include Hawaii and Alaska.

There are different requirements based on location, and in some cases it is necessary to begin the process to obtain a health certificate for your pet months in advance

Contact the Fort Leavenworth Veterinary Treatment Facility for more information at 913-684-6510.

B7

Griffin Gardens Greenhouse Opening April 21st!

Monday, Wednesday, Friday (closed 2nd Wed for training) 1300 - 1500



History Brunch: The Four Chaplains

Saturday, June 14, 2025 10:30AM – 11:30AM Frontier Army Museum 100 Reynolds Avenue, Fort Leavenworth, KS, 66027, United States (map)





Four recent graduates of the Army Chapiain School boarded the SS Dorchester with about 900 other military personnel on 23 January 1943 bound for Europe during World War II. Their story of faith and sacrifice will be discussed during this presentation. Presented by Dennis Branson.



139st Annual Memorial Day Remembrance Ceremony May 26, 2025 / 9am Leavenworth National Cemetery

Shuttles will depart 'flag pole' every 15 minutes to event site beginning at 8am and will return to 'flag pole' upon conclusion of event. Parking available around areas of 'flag pole'.



Event sponsored annually by the Leavenworth Memorial Day Committee, Inc.



Volunteers Needed

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

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

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



Please contact Megan Hunter if interested <u>megan.m.hunter4.civ@army.mil</u>

> Frontier Army Museum 100 Reynolds Ave Fort Leavenworth, KS

Base visitors: REAL ID Required after May 7, 2025

Know the difference

Fort Leavenworth Rod & Gun Club Kid's Fishing Derby

Who: Open to the public – All kids thru age 15 Kids will compete in five separate age groups: 4 and under, 5-6, 7-9, 10-12 and 13-15.

When: Saturday, 24 May 2025 Registration begins at 0800 Fishing 0900-1100 Award Ceremony 1130

Where: Merritt Lake, Ft. Leavenworth

How: Rod & Gun Club member's kids – FREE Non-members - \$3.00 each

Awards presented for 1st, 2nd, & 3rd place finishers along with a Big Fish award in each age group

There will be numerous door prizes given away, along with hotdogs and drinks for sale. There will be a limited amount of fishing worms for sale for \$2 a cup, first come first served.

> Fort Leavenworth Rod & Gun Club Catfish Tournament Saturday, 31 May 2025

> > Perry Lake – Perry, KS Slough Creek Marina

Launch Time is 6:30 AM Weigh in is at 2:00 PM

\$5.00 entry fee for R&G Club members \$10.00 entry fee for non-members Big Fish Pot is \$10

5 largest fish will be weighed in per person. Channel, Flathead, and Blue catfish all count for creel total.

> Boat or shore fishing allowed. No jug or trot lines allowed.





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

Fun ShootSpecial Fun ShootsLeague ScheduleIst Saturday of every month4 January1 February1 February5 April3 May7 June5 July2 August6 September4 October1 November6 DecemberMary1 November6 DecemberMary1 November6 DecemberMaryNaturdayMaryNovember6 DecemberMaryNaturdayMaryB October<			
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			William Printer

REAL ID Driver License

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

C Meets the new federal security standards

-\$5 May be used to board domestic flights

Enter MILITARY BASES, secure federal facilitie and reclear power plants starting May 2, 2025.

Anyone coming onto base as a sponsored gues the deadline will need a Real ID.

5 U.S. Department of Defense ID, including IDs issued to dependents are considered to be Real ID compliant

Standard Driver License

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

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

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





Instructional Class Spring Catalog



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

frontierccu.org (913) 651-6575





310 McPherson Ave

913-684-3373

Paint & Sip

\$35

Must be 21

years or older.

BYOB

Flower Crown Cow

Friday,

May 9

May, June & July

Workshops

Watercolor

\$30 per workshop pre-registration required

Watercolor (Landscape 1) Tuesday, May 13 6pm - 8pm

Watercolor (Landscape 2) Tuesday, May 20 6pm - 8pm

Lake (plein-air) Tuesday, June 3 6pm - 8pm Watercolor by the

Watercolor by the

Lake (plein-air) Tuesday, June 10 6pm - 8pm

Framing

\$40 per class

Intro to Framing *Must pre-register

Fridays May 9, June 13, July 11 10am - 2pm

Saturdays 10am - 2pm

May 24, June 28, July 26

scan for more info

Call now to register! 913-684-3373





Basics

\$20 per class

Tuesday July 15

6:30pm - 8pm Special Projects

Birthday Cards Tuesday July 29 6:30pm - 8pm

Acrylic

\$35 per class

Acrylic Pour Wednesday, July 30 11am - 1pm

Intermediate

\$20 per class

Tuesday July 22 6:30pm - 8pm



Crafts

\$35 per class

Patriotic Wooden Sign Tuesday, May 13 1pm - 3pm Friday, May 30 11am - 1pm

Flower Wreath Tuesday, June 10 11am -1pm Thursday, June 19 6pm - 8pm



MWR

Come see what's new at the Studio!

leavenworth.armymwr.com

May, June & July

Kids Weekly Classes

Messy Art

\$12 per class

Ages 7+

Thursday May 15 10:30am - 11:30am

Thursday May 29 10:30am - 11:30am

Thursday June 26 10:30am - 11:30am

Thursday July 10 10:30am - 11:30am Parent & Toddlers

Color Me Happy

Thursday May 8 10:30am - 11:30am

Thursday May 22 10:30am - 11:30am

Thursday June 5 10:30am - 11:30am

Thursday June 19 10:30am - 11:30am



Summer **Studio Days**

\$15 per class

Kids Ages 6-11 **Tuesday - Friday**

Kids Summer Events

Crafts

Mother's Day Gift

10:30am - 12pm

Father's Day Gift

10:30am - 12pm

\$20 per craft

& Card

May 1

& Card

June 12

Thursday

Thursday

Art History

\$15 per class (ages 7+)

Muffins & Michelangelo Wednesday May 14 1pm - 3pm

Rocket Pops & Ross Tuesday June 17 1pm - 3pm Wednesday June 18 11am - 1pm







onth from 10am - 2pm

Every 4th Saturday of the nth from 10am - 2pm

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

available for all of your framing needs!

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



My Army Post App

Step 2: Select your base



Select Your Community \rightarrow

Step 3: Stay in the know!



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



MEETING: MAY 8TH AT 6:30 PM START: MAY 15TH AT 6:15 PM

12 WEEK LEAGUE: MAY 15TH - AUGUST 8TH

THURSDAYS AT 6:30 PM

(PRACTICE AT 6:15 PM) 3 PERSON TEAMS - 3 GAMES PER NIGHT

ANY COMBO OF MEN & WOMEN

\$10 per week, per person • Shoes \$1 Have-a-Ball Option for an extra \$7 per week

Starting May 3rd, 2025

Fort Leavenworth Group Fitness Classes

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530						
0900						Power Yoga (Kim)
0930		Zumba (Lydia)		Zumba (Lydia)		
1200						
1630		Zumba (Lydia)	Power Cycling (Kim)	Zumba (Lydia)		
1700	Power Yoga (Kim)					

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

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

*Power Cut classes are held in the Bubble Gym



Single Ticket For \$5.00

10 Tickets For \$45.00

20 Tickets For \$80.00



https://leavenworth.armymwr.com



May 17 & May 18

1st Annual Kickball Tournament 9AM - 7PM • Gruber Diamond

Games: Saturday and Sunday , 9AM-7PM at Gruber Baseball Field.

There will be a coaches meeting on Wednesday, April 30th at 5:30PM at Gruber Fitness Center.

Letters of Intent are due by COB Wednesday, May 7th.

Open to Active Duty, DoD Civilians, Retirees, Dependents, Spouses, and Contractors working at Fort Leavenworth ages 18 and older.

League awards given for tournament runner ups and tournament champions.

FREE event!

For more info: (913) 684-5136/3224

COMMIT-STAY FIT!

#STRONGBANDS ArmyMWR.com/STRONGBANDS





May 24 • Disc Golf Tournament 8AM - 2PM · Disc Golf Course

0

Two-person team plays 18 holes, best shot rules.

The two-person best shot format will be used. Both players throw from each lie (starting with the tee shot), then the team chooses which of the resulting lies to continue play from, until the hole is completed.

For score integrity purposes, each team is required to keep the score of their opposing twosome. Teams will be sent onto the course with another team and will keep scores for both their own team and the opposing team. Any team that does not participate with an opposing team will not be eligible to win the tournament.

Prizes will be given out for 1st, 2nd, and 3rd place.

Staggered start from 0800-0900.

Registration is required and can be done at Gruber Fitness Center or by calling, (913) 684-5120

FREE event!

COMMIT-STAY FIT!

#STRONGBANDS ArmyMWR.com/STRONGBANDS



dnesday 5:30PM - 8:30PM at Doniphan #1

Thursday Youth / Adult **Bowling League**

Meeting May 23rd at 6:30p

Start May 30th at 6:15

8 Week Handicap League

May 30th - July 18th

2 Person Teams

1 Youth Bowler Under 18 Years Old

1 Adult Bowler 18 Years Or Older

\$7.50 Per Bowler or \$15.00 Per Team

Shoes Included



Games: Every Monday and Wed	nesday 5:30PM - 8:30PM at Doniphan #1.			
	g on Wednesday, April 16th at 5:30PM at Fitness Center.			
Letters of Intent are due by COB Wednesday, April 30th.				
	etirees, Dependents, Spouses, and Contractors venworth ages 18 and older.			
· / · / · / · / · / · · · ·	s given for tournament tournament champions.			
FI	REE event!			
For more info	o: (913) 684-3224/5136			
BARE STATE Registration state Registration state PITNESS June 9 - 12 Cost \$40 Age Groups Time	CHALLENGER SPORTS SOCCER CAMP Camps run Monday - Friday			
5 - 8 yr s 0900-1000	June 2 - 6 / July 7 - 11 / July 28 - August 1			
9 - 14 yr s 1000-1100	Age Groups Time Cost			
	3 - 4 yrs 0900-1000 \$110 5 - 6 yrs 1030-1200 \$125			
BASEBALL	7 - 9 yrs 0900-1200 \$165			
July 14 - 17	10-14 0900-1200 \$165			
Cost \$40				
Age Groups Time	Enrollments will end on the first day of each camp. Challenger			
5 - 8 yrs 0900-1000 9 - 10 yrs 1000-1100	Sports Soccer Camp enrollments can only be done at CYS Parent			
11 - 14 yrs 1300-1400	Central. Fitness, Baseball, and			
	Basketball Camp enrollments can be completed at Parent Central or			
BASKETBALL	with Webtrac if participant is			
July 21-24 Cost \$40	centrally registered.			
Age Groups Time	Call 913-684-7525 / 7526 for more information			
5 - 8 yrs 0900-1000				
9 - 10 yrs 1000-1100 11 - 14 yrs 1300-1400				
leavenworth.armymwr.com				





FORT LEAVENWORTH SCHOOL DISTRICT CURRENT OPENINGS:

- Special Education Para Educators
- Accounts Payable
- Assistant Director of Special Services
- Full-Time Bus Driver
- Full-Time Bus Aide

WE ARE NOW ACCEPTING APPLICATIONS FOR THE 2025-26 SCHOOL YEAR! ---->



www.usd207.org 913-651-7373

Strike Zone Bowling Center's

CHILD & YOUTH SERVICES



CYS has been informed the Flu vaccine is no longer available in the community. Per CYS Regulation, CYS will not require proof of Influenza vaccination at this time. Suspended registrations (for this reason)



have been updated to Active status & are now eligible to enroll again.

Parent Central Office 913-684-5138 or 4956



October 19, January 11, March 29 & May 24

Kids! Bring in your report cards and receive one free game for every "A" or equiva-lent. Straight "A"s gets you free sodas for the family (6 max) and all "B"s or better gets you \$2 off any pizza. Games may be used by all family members.

> Strike Zone · 165 Fourth Street · (913) 651-2195 https://leavenworth.army





make some memories!



Priority Childcare Placement & Employee Childcare Dis Regular Full-Time/ Part-Time & FLEX Hours Available Medical, Dental, Vision, & Life Insurance Benefits * Paid Leave, & Paid Federal Holidays for Full-Time & Part- Tim Access to Commissary & AAFES Shopping Privileges & MWR Facilities Job Transfer Program Worldwide Through Civilian Employ ent Assignment Tool

*Conditions Apply







MUNSON NOTES

MUNSON NOTICES

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

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

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

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

MUNSON ARMY HEALTH CENTER





■ 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 familiy members. These items are available without a prescription or medical appointment. These self-care items are comparable to those available for purchase from retail stores and include pain relievers, cough medicine, allergy medication, antibiotic ointment, lice treatment and much more. Visit https://munson.tricare.mil/Health-Services/Pharmacy and scroll down to the Over-the-Counter Medication Program for details.

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

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

MUNSON NOTES continue on page B12.

Measles: It Spreads Before You Even See It.

Military families PCSing or traveling, especially to TX, KS, OH, IN, OK, NM (especially West Texas!), should CHECK WITH THE LOCAL HEALTH DEPARTMENT at their destination for current measles outbreak status. If it's a high-transmission area, supplemental measles vaccines may be needed for infants 6-11 months and anyone not fully vaccinated. Early doses are supplemental and don't replace the standard MMR vaccine schedule. Contact your healthcare provider (913-684-6250) BEFORE traveling to discuss. Stay safe & informed!



https://newsroom.tricare.mil/News/TRICARE-News/Article/4162211/want-to-learn-about-tricare-for-life-check-out-this-handbook

MUNSON NOTES

Safely dispose of expired medications before PCSing



Safely dispose of old and expired medications before your move.

Munson Army Health Center's medication disposal receptacle is located in the pharmacy lobby near Window No. 1 for patients to discard the majority of their unused medications.

Several exclusions apply, including syringes, needles, and liquids greater than 4 ounces.

If a dangerous medication is on the FDA Flush List and a drug take-back program is not available, patients can dispose of the medication by flushing it down the toilet to avoid misuse and accidents.

Learn more at https: //munson.tricare.mil /Health-Services /Pharmacy.

<u>Speak up!</u> 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



MUNSON ARMY HEALTH CENTER Call Center 913 684-6250

- Primary Care
- Dental
- Optometry
- Mental Health







- epresent 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!

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





STAY HYDRATED THIS SUMMER

Proper hydration allows your body to cool down during the hot summer months.

MEET YOUR WATER GOALS!

 Carry a water bottle for easy access on the go Choose water instead of sugary drinks when eating out Add fruit to your water to give it flavor



- Medical Records
- Pharmacy
- Referrals
- Nurse Advice Line
- More

munson.tricare.mil

SCHOOL AND

SCHEDULE

Munson Army Health Center

913-684-6250

Patients must provide required forms for their school or organization. Contact your school or organization for the current form.



CONTACT US | Phone: 913-684-5267 | E-mail: ftlvlampeditor@gmail.com | On the Web: https://home.army.mil/leavenworth/about/news

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