

THURSDAY  
APRIL 25, 2024



# LAMP

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

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## Micro markets open at SSQ, other locations across post

by Chris Ward/Exchange Public Affairs

DALLAS – Service members without easy access to an Exchange or Express can still fuel up with better-for-you meals and snacks at the Army and Air Force Exchange Service's more than 230 micro markets.

Five of the markets are currently operational on Fort Leavenworth, with three more opening soon. Markets are open at the Single Soldier Quarters, Combined Arms Center Headquarters, Network Enterprise Center, Eisenhower Hall and at the SHARP Academy in the Old U.S. Disciplinary Barracks complex. Additional markets will open soon at Garrison Headquarters, Mission



Photo by Prudence Siebert/Fort Leavenworth Lamp

Garrison Command Sgt. Maj. Erika Rhine-Russell and Garrison Commander Col. Duane Mosier are joined by Fort Leavenworth/Whiteman Air Force Base Exchange General Manager Cynthia Gregg, Fort Leavenworth/Whiteman Exchange Services Business Manager Candy Bullock and Fort Leavenworth Exchange Services Operations Assistant Sasha King for a ribbon-cutting ceremony to officially open the unattended retail unit (URU) micro market April 22 at the Single Soldier Quarters. There are currently five URU micro markets on post, with three more being installed soon.

SEE MICRO MARKETS | A6

## Denim Day observed at PX



ABOVE: Three-year-old Ali Egerton and 5-year-old Ava Egerton, from Ireland, sneak peeks at service dog Buster as they pose for photos with him at the Denim Day photo booth April 24 at the Post Exchange. The Denim Day observance coincided with Buster's 12th birthday.

RIGHT: Gulden Taylor, Family Advocacy Program medical support assistant at Munson Army Health Center, receives kisses from Buster, Army University Victim Advocate Amanda Cherry's service dog, while taking a photo with him at the Denim Day photo booth April 24 at the Post Exchange. Taylor said many of her co-workers had dressed in denim as well.

Denim Day is observed the last Wednesday in April to reinforce the message that victims are not to blame for crimes against them, no matter what they are wearing.

Photos by Prudence Siebert/Fort Leavenworth Lamp



## April retirees honored

Thirteen officers, three chief warrant officers and one senior noncommissioned officer will be recognized for their service to the nation during the post retirement ceremony at 9 a.m. April 25 at the Frontier Conference Center. The ceremony will also be live-streamed at <https://www.facebook.com/USAGLeavenworth/>.

Retiring are: Lt. Col. Chase Crabtree, Combined Arms Center; Lt. Col. Eric Hong, Command and General Staff College; Lt. Col. Rodney Rudolph, Joint Center for International Security Force Assistance; Lt. Col. Theodore Ream, Mission Command Training Program; Lt. Col. Michael Tiongo, Command and General Staff School; Lt. Col. Jose Ramon Vasquez, MCTP; Lt. Col. Jason Ward, Mission Command Center of Excellence; Lt. Col. James F. Watts, MCTP; Maj. Michael P. Barr Jr., Mission Command Battle Lab; Maj. Matthew G. Easley, MCTP; Maj. Jose D. Enriquez, MCTP; Maj. Christopher Gehri, Combined Arms Center-Training; Maj. Kevin Wiley, MCTP; Chief Warrant Officer 4 Damien Tyran Knight, Army University; Chief Warrant Officer 4 Yvan F. Uyen, Special Troops Battalion; Chief Warrant Officer 3 Casimir Droleski, MCTP; and Sgt. 1st Class Camillya Belle, STB.



## AT A GLANCE

■ Due to severe weather threat, the **POSTWIDE YARD SALE HAS BEEN POSTPONED** to 8 a.m. to 3 p.m. May 11 in housing areas and the Bell Hall parking lot.. Call 913-684-1674 for more information.

■ Command and General Staff College students have **PRIORITY IN SCHEDULING LEGAL ASSISTANCE APPOINTMENTS** April 29 through June 14. Call 913-684-4944 for more information.

■ The **CATHOLIC SEND-OUT SERVICE** is 4-7 p.m. May 18 at Hunt Lodge.

■ The **CROSSROADS PROTESTANT COMMUNITY SEND-OUT SERVICE** is 10 a.m. to 1 p.m. May 19 at Merritt Lake.

■ The **FORT LEAVENWORTH EMERGENCY**

**COMMUNICATIONS CENTER/DISPATCH** has moved into the renovated Fort Leavenworth Police Station at 410 McPherson Ave., consolidating all police services in one location, including the Military Police Desk, Investigations, Traffic Accident Investigations, Conservation Law Enforcement, Patrol, Police Records and the Physical Security Office. Police can be reached 24 hours a day by calling 911 for emergencies and 913-684-2111 for non-emergencies.

# AER Campaign time is here!

## Have you checked the box?

by Scott Gibson/Fort Leavenworth Garrison Public Affairs Officer

### COMMENTARY

One of the things about getting to the point in your career when your hair turns white is you have a pretty good perspective because you can see things from every angle.

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

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

Are you a former enlisted soldier? Yes.

Are you a former officer? Yes. Are you a retiree? Yes.

Are you an Army Civilian Professional? Yes.

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

At publication time, the current status of the AER Campaign at Fort Leavenworth was at more than 53 percent of our goal to reach \$50,000 earned for the local AER program, according to Army

Community Service.

That seems pretty good, considering the campaign has been extended into June, right?

Well, peel the onion back and you'll see a couple of concerns that jump right out.

First thing, the vast majority of our current donations come from our retiree community. That doesn't really surprise me. Remember, I check that box. Our retirees in this area are particularly giving, and most of us likely have some type of AER story that we can look back on to fuel our positive feelings toward the program.

Here's the rub. This program is built on the premise that soldiers can help soldiers. However, our active-duty participation in the Fort Leavenworth AER drive currently only accounts for less than 10 percent of our current monetary goals and are donated by less than 2 percent of our active-duty

population.

We can do better.

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

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

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

I was now heading to Fort McNair in Washington, D.C.

No on-post housing was available anywhere near my duty sta-

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

Enter Army Emergency Relief.

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

Life changing.

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

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

Arriving at Fort Shafter, Hawaii, I was told that during my time at Officer Candidate School

and subsequent courses afterward, there had been an administrative error and I was paid too much. My leave and earnings statement upon arriving in Hawaii reflected "no pay due" just in time for setting up another new home in another high-cost area.

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

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

So, here's my call to action.

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

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

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



REACH US	SOLDIERS HELPING SOLDIERS since 1942	ARMY EMERGENCY RELIEF	ABOUT ARMY EMERGENCY RELIEF	WHO AER HELPS	HOW TO GET ASSISTANCE
<p>Reach AER at 1-866-878-6378 or access the 24-hour hotline through the American Red Cross at 1-877-272-7337</p> <p>Find AER on Instagram, Facebook, Twitter, LinkedIn and YouTube</p> <p>Visit us online at <a href="http://www.aerhq.org">www.aerhq.org</a> or scan the QR code for more information.</p>	<p><b>ARMY EMERGENCY RELIEF</b></p> <p>Army Emergency Relief 2530 Crystal Dr. Suite 1316F Arlington, VA 22202</p>	<p><b>ARMY EMERGENCY RELIEF</b></p> <p>Est. 1942</p> <p>Official nonprofit of the U.S. Army</p> <p>Call or visit us at 1-866-878-6678 <a href="http://www.aerhq.org">www.aerhq.org</a></p>	<p><b>Our Mission</b></p> <p>AER promotes financial readiness and helps relieve distress of Soldiers and their Families by providing grants, interest-free loans and scholarships.</p> <p>AER is <b>rated four stars</b> by Charity Navigator, putting it in the top 10 percent among all U.S. nonprofits.</p> <p><b>89 cents</b> of every dollar donated goes directly to programs that support Soldiers and Army Families.</p> <p><b>How We Help</b></p> <p>AER provides more than 30 categories of assistance. Here are just a few examples:</p> <ul style="list-style-type: none"> <li><b>Housing:</b> utility and rent deposits, mortgages, basic appliances, small home repairs and more</li> <li><b>Personal Vehicles:</b> repairs, rental vehicles and car seats</li> <li><b>Medical:</b> dental and medical expenses <b>not covered</b> by TRICARE, children's cranial helmets and heavy blankets</li> </ul>	<p>More than <b>4 million</b> Soldiers &amp; Families assisted since 1942</p> <p>More than <b>\$2 billion</b> in assistance since 1942</p> <p><b>Eligibility</b></p> <ul style="list-style-type: none"> <li>Active duty, retired and medically retired Soldiers and their eligible dependents</li> <li>Army Reserve and National Guard Soldiers on active duty for more than 30 consecutive days and their eligible dependents</li> <li>Army Reserve and National Guard Soldiers who are retiring and receiving DFAS Retired Pay and their eligible dependents</li> <li>Surviving Spouses and children of Soldiers who died while on active duty or as retirees</li> </ul>	<p><b>Quick Assist Program</b></p> <ul style="list-style-type: none"> <li>Allows chain of command to provide immediate assistance</li> <li>Company commander or first sergeant can approve loans up to \$2,000</li> <li>AER's most powerful program</li> </ul> <p><b>Direct Access to AER</b></p> <p>Soldiers are allowed two financial requests within a 12-month period without unit commanders' review with the following safeguards:</p> <ul style="list-style-type: none"> <li>Soldiers E-1 through E-4 must have completed Initial Entry Training</li> <li>Soldiers must have at least 12 months' time in service or have finished IET (whichever is greater)</li> <li>Unit commanders' approval is required for Soldiers determined to be at "high risk" (as per AR 600-85)</li> </ul> <p><b>How can you help?</b></p> <ul style="list-style-type: none"> <li>Remind fellow Soldiers about AER</li> <li>Support AER through donations</li> </ul> <p><a href="http://www.aerhq.org/donate">www.aerhq.org/donate</a></p>

## FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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# Stitched with Love

## Volunteers make blankets, hats for New Parent Support Program babies



by Dani Lander/Special to the Fort Leavenworth Lamp

For many new parents, the arrival of a baby is a joyous occasion filled with excitement and anticipation.

But with the thrill of welcoming a newborn comes the reality of sleepless nights, diaper changes and countless hours spent rocking a crib.

A couple of volunteers have been doing their part to help make those early days a little cozier for families on Fort Leavenworth.

Laura Benner, a retired Navy spouse who now calls Leavenworth home, has been crocheting handmade baby blankets for new parents on the post, and Sun Rodgers, Family and Morale, Welfare and Recreation Finance employee, has been crocheting baby hats for newborns.

Inspired by her own experiences as a military spouse and mother, Benner said she wanted to find a way to give back to the community that had given so much to her family.

"I know many times military families can feel like a number, but receiving handmade blankets and hats felt personal and made me feel welcomed," Benner said, referencing the Navy-Marine Corps Relief Society's "Baby's First Sea Bag" program that inspired her.

Benner was new to crocheting when she picked up a crochet hook in October of 2022. Since then she has explored different ways to create with the craft and has made many blankets and animal toys for local babies.

Each blanket takes Benner several hours to complete, but she said she considers it time well spent. She uses soft, baby-friendly yarn in a variety of colors and patterns, ensuring each blanket is unique, like the baby it will wrap.

For Benner, the satisfaction comes not just from the act of crocheting itself, but from knowing she is making a positive impact on the lives of military families. She said she understands the challenges that come with military life, and she is committed to supporting those who serve.

Benner works with Army Community Service's New Parent Support Program to distribute the blankets to new parents.

The New Parent Support Program is available to parents from pregnancy to children 3 years of age. The program offers education in prenatal care, childbirth and newborn care. The program offers home visits to help new parents better understand the development changes they can expect in the first three years.

"In those first three years, those kiddos change so much, and if we can help parents get ahead of those changes and be aware that they are coming and how best to handle those somewhat challenging behaviors,



**ABOVE:** New Parent Support Program participant Jennifer Garrett kisses her 5-month-old son John after he received a crocheted baby hat made by volunteer Sun Rodgers April 15 at the Resiliency Center.

**LEFT:** Volunteer Laura Benner demonstrates how to swaddle a newborn in one of her crocheted creations using Jennifer Garrett's 5-month-old son John as a model as Garrett; Amy McCauley, child and family specialist with the New Parent Support Program; and volunteer Sun Rodgers, Family and Morale, Welfare and Recreation Finance employee, watch April 15 at the Resiliency Center.

Photos by Prudence Siebert/Fort Leavenworth Lamp



Photos by Prudence Siebert/Fort Leavenworth Lamp

**ABOVE:** Volunteer Laura Benner presents a crocheted bear to Jennifer Garrett's 5-month-old son John while delivering crocheted blankets to the New Parent Support Program to distribute to families with babies April 15 at the Resiliency Center.

**LEFT:** Volunteer Laura Benner demonstrates swaddles Jennifer Garrett's 5-month-old son John in one of her crocheted blankets while delivering donated blankets for New Parent Support Program babies April 15 in the Army Community Service classroom at the Resiliency Center.

it can be really helpful for the families," said Amy McCauley, child and family specialist with New Parent Support Program.

The New Parent Support Program also offers several social programs that include playgroups, stroller walks, and nights out for mothers and fathers. One new program is a Wednesday morning Toddler Time, which is a gentle introduction to a more formal playgroup, with circle time and free play.

"It is a hard transition for kids when they start preschool (if) we haven't had them practice those skills," McCauley said.

Jennifer Garrett, a mom who has used the New Parent Support Program with her 2-year-old daughter, Natalie, and 5-month-old son, John, said she and the children enjoy attending the playgroup.

"It's a bit of a break when (my daughter) plays in a safe space, and I can sit and chat with other moms;

we give each other advice," Garrett said.

With handmade blankets in hand and a wealth of classes available to them, new parents to Fort Leavenworth have many resources available to them. New Parent Support Program information and class times can be found at <https://leavenworth.armymwr.com/programs/acs/family-advocacy>. Call 913-684-2808 for more information.



See pages B2-3 for New Parent Support Program class and social event information.

# Leadership Kansas group visits post

Fort Leavenworth Garrison Commander Col. Duane Mosier addresses Leadership Kansas participants during their visit to post April 19 in the Emergency Operations Center.

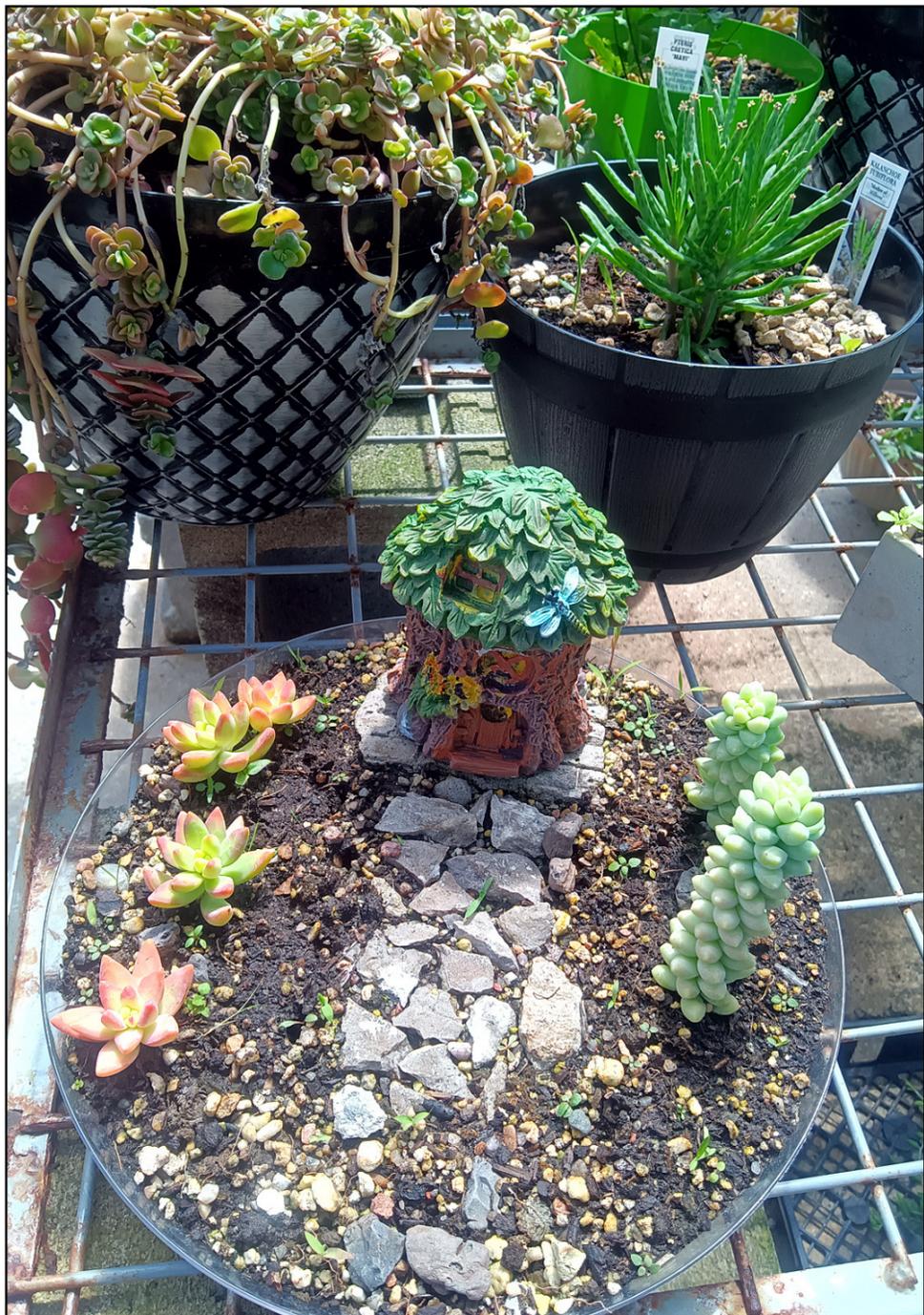
According to the organization's website, "Leadership Kansas is a statewide program designed to enhance and motivate future leaders from various Kansas communities. Each year, close to 500 people are nominated to apply for the program. After a thorough and thoughtful application and selection process, 40 individuals are selected to participate in the class. Leadership Kansas is dedicated to ensuring geographic, racial, occupational and gender diversity so that each class truly represents the state."

Photo by Scott Gibson/Fort Leavenworth Garrison Public Affairs Officer



## Open for the Season!

### Fairy gardens among offerings at Griffin Gardens Greenhouse



Photos by Prudence Siebert/Fort Leavenworth Lamp

Fairy gardens, priced at \$15, are among the offerings at Griffin Gardens Greenhouse, now open for the season at 819 Sabalu Road. Other items for sale at the greenhouse include vegetable, herb and flower plants, houseplants, trees and shrubs ranging from \$2-10.

Hours are 1:30-3 p.m. Mondays and Fridays, and 8:30-10:30 a.m. the first and third Wednesdays of the month.

Cash only, small bills requested. Military or CAC ID is required.

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# MAHC soldier promoted 9 months early through Army Recruiting Program

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

A Munson Army Health Center soldier was promoted to specialist last week, nine months early, and he earned a U.S. Army Recruiting Ribbon through the Army's Soldier Referral Program.

Spc. Jesse Martindale, Medical Department Activity, is a pharmacy specialist assigned to Munson Army Health Center. After graduating from Advanced Individual Training, Martindale spoke with friends back home about his experiences since joining the Army.

"I talked to them about the Army, what type of jobs are available, and one of them seemed interested in becoming a (combat medical specialist), so I told him more about that," Martindale said.

With his friend's permission, Martindale submitted his information and his friend's information at <https://www.goarmy.com/refer.html> so an Army Recruiter could follow up.

According to Soldier Referral Program guidance:

- Soldiers who refer a friend may qualify for advanced promotion.
- A valid referral is someone who enlists and ships to Basic Combat Training.
- Soldiers E-1 to O-10 can earn the Army Recruiting Ribbon when their referral ships to Basic Training.
- Soldiers E-1 to E-3 can get promoted to the next rank in 60 days, when your referral ships to Basic Training.
- Soldiers E-4 and E-5 can earn 10 promotion points toward the next rank.

Ultimately, Martindale's friend enlisted and shipped to BCT.

Martindale said that he got an e-mail from the captain at the recruiting station congratulating him for referring the soldier.

"I wasn't expecting to get anything out of it. I just put his name in, but now I'm glad I did," Martindale said.

Martindale's chain of command followed up with the recruiting station and before long had the paperwork to promote him to specialist.

"I'm very proud of him. He has a lot of integrity, he is a hard worker, and he is a smart guy," said Staff Sgt. John Langston, Munson Army Health Center Pharmacy



Defense Health Agency photo by Maria C. Yager

**Staff Sgt. Geteria Hunter congratulates fellow Munson Army Health Center soldier Spc. Jesse Martindale after Martindale was promoted from private first class to specialist through the Army's Soldier Referral Program April 19 in the MAHC Pharmacy. Eligible soldiers in paygrades E-1 to E-3 who refer a friend to join the Army can earn a promotion to the next rank once their friend ships out to Basic Combat Training.**

noncommissioned officer in charge.

As a pharmacy specialist, Martindale prepares and issues prescribed pharmaceuticals and medicines, while also maintaining pharmacy supplies and records under

the supervision of pharmacists and doctors. He evaluates orders, verifies dosage calculations and provides instructions to patients on how to properly take medicine.

"I do want to say thank you to everyone

here, especially the pharmacists and techs who have taught me a lot," Martindale said.

Those interested in participating in the program can direct their referral to <https://www.goarmy.com/refer.html>.

## Sign up now: MAHC Blood Drive is May 8



Defense Health Agency photo by Maria C. Yager

**Military family member Jenny Bouma gives blood during an American Red Cross Blood Drive March 13 at Munson Army Health Center. Munson Army Health Center will host another blood drive from 9 a.m.- 1 p.m. May 8.**

**Sign-up to donate at <https://redcrossblood.org>; search FortLeavenworth (one word) to schedule a donation time.**

# Micro Markets (continued from Page A1)



ABOVE and BELOW: A refrigerated unattended retail unit offers 24-hour food and beverage options for the nearly 300 soldiers who reside in the Single Soldier Quarters.

Command Training Program and the Military Corrections Complex.

Micro markets are fully automated self-serve stores located near where soldiers, Airmen, Guardians and Department of Defense civilians work unusual hours or in high-traffic or out-of-the-way areas.

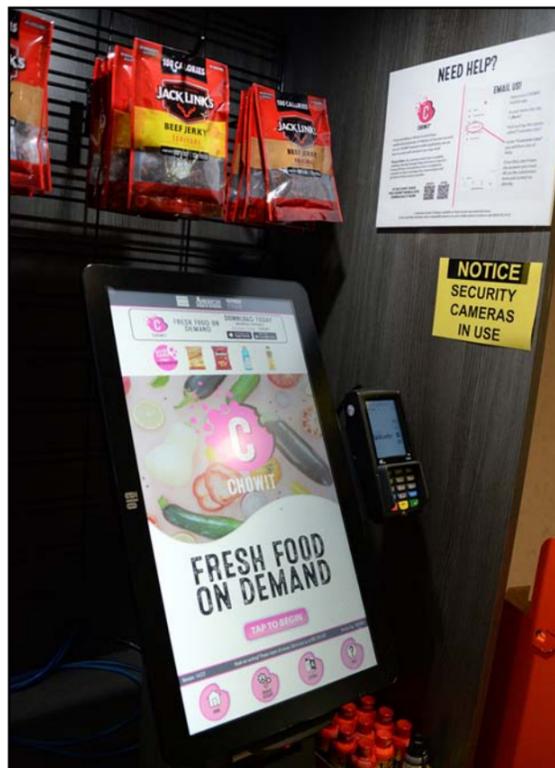
“The Exchange is all in to offer more convenience for the military community,” said Air Force Chief Master Sgt. Kevin Osby, Ex-

change senior enlisted advisor. “Micro markets are another example of the Exchange’s longstanding commitment to provide for military members wherever they are called to serve.”

First introduced in 2014, micro markets are a fast-growing segment with about 80 new locations opened in 2022, and about 80 more the next year.

Micro markets offer a wider product assortment compared with traditional

vending machines. Offerings vary by location, with most offering fresh salads, fruit and other better-for-you items. The healthier food offerings are part of the Exchange’s BE FIT 360 program that focuses on holistic wellness and a healthy lifestyle. Select micro market locations also offer over-the-counter medicines, personal hygiene items and other sundries.



Snack foods and sandwiches are among the offerings in the unattended retail unit micro market at the Single Soldier Quarters. The URU offers 24-hour food and beverage options for the nearly 300 soldiers who reside in the Single Soldier Quarters.

Photos by Prudence Siebert/Fort Leavenworth Lamp



### Current Micro Market Locations:

Single Soldier Quarters

Combined Arms Center Headquarters

Network Enterprise Center

Eisenhower Hall

SHARP Academy

### Opening Soon:

Garrison Headquarters

Mission Command Training Program

Military Corrections Complex

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leavenworth.ku.edu



# Family fun during Prevention in the Park



Photos by Prudence Siebert/Fort Leavenworth Lamp

**ABOVE:** Heather Odette pushes her 1-year-old son Oliver in a swing during the Prevention in the Park event April 19 at the EFMP Park. The Army Community Service Family Advocacy Program event offered parents and children the chance to get outside to have fun together and build family bonds. The event coincided with Child Abuse Prevention Month.

**RIGHT:** Odette's 3-year-old son Emerson slides down slides with his friend 3-year-old Elijah Vargas, son of Erica Vargas, during the Prevention in the Park event April 19 at the EFMP Park.



# SHARP hosts free Color Run



Photos by Lt. Col. Craig Arnold II/Mission Command Training Program sexual assault response coordinator and interim Combined Arms Center and Fort Leavenworth SARC

**ABOVE:** Runners gather for the start of the Combined Arms Center Sexual Assault Awareness and Prevention Month Color Run April 20 at the Old U.S. Disciplinary Barracks.

**RIGHT:** Melissa Kreitzer and Command Sgt. Maj. Joshua Kreitzer receive another blast of colored powder before crossing the finish line of the Color Run, presented by the Fort Leavenworth Sexual Harassment/Assault Prevention team, April 20 at the Old U.S. Disciplinary Barracks.



# Adopt a Pet!



Rocky is an adult male tabby currently available for adoption at the Fort Leavenworth Stray Facility. He has already been neutered, vaccinated and microchipped, which are included in his \$75 adoption fee.

See [www.FLSF.petfinder.com](http://www.FLSF.petfinder.com) or call 913-684-4939 for more information, or e-mail [fortleavenworthstray-facility@gmail.com](mailto:fortleavenworthstray-facility@gmail.com) for an adoption application. The facility is currently closed for repairs, but adoption appointments can still be arranged.

The facility is normally open from 11 a.m. to 4 p.m. Monday, Wednesday and Friday and 9 a.m. to noon the second Saturday of the month.

Visit [FLSF.petfinder.com](http://FLSF.petfinder.com) for additional Fort Leavenworth Stray Facility information and to see pets currently available for adoption.

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/>.

Pet portrait by Prudence Siebert/Fort Leavenworth Lamp

Fort Leavenworth Stray Facility  
is currently

**CLOSED FOR  
REPAIRS**

**We apologize for  
the inconvenience**

Please call 913-684-1669 to ask a question or make an appointment or message us on Facebook!



THURSDAY  
APRIL 25, 2024



# LAMP Post Notes

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

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

B1

**Fort Leavenworth  
Post-Wide Yard Sale**  
April 27th, 8AM - 12PM  
Open to the general public! \*

**Postponed to May 11th!**

\*ID will be scanned at the main gates beginning at 8am. Over the age of 16 years and older must provide current ID to enter. (Persons attempting to enter post with outstanding warrants or other legal issues will be denied access.) Residents and family members are allowed to sell at their residence. Service Members residing off-post, Retirees and DA Civilians can utilize the Old Bell Hall Parking Lot on a first come, first serve basis.

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

For Information please follow the Fort Leavenworth Facebook Page or call 913-684-1674

**Superheroes Unite!**  
**Canceled due to weather**

**EFMP Presents a Day in the Park!**  
@ the EFMP Playground

As part of Autism Acceptance Month, EFMP Families and DOD ID card holders are invited to join us for a day of FUN! There will be inclusive activities and games! Registration is required! Last day to register is April 24. Call 913-684-2871 or 913-684-2800 for more info

CELEBRATING THE MONTH OF THE MILITARY CHILD!

**Mr. Stinky Feet**  
SATURDAY, APRIL 27th  
@ 3:00 PM  
RESILIENCY CENTER FRONT LAWN  
600 THOMAS AVE.  
www.jimcosgrove.com

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**Rain location: Post Theater**

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For weather updates, like us on our Facebook page!  
www.facebook.com/cys.fleavenworth

QUESTIONS? (913) 684-1655  
leavenworth.armymwr.com

**The Thrift Store will be open the day of the Fort Leavenworth Yard Sale**  
**Saturday, 27 April 2024**  
**Yard Sale has been postponed to May 11th!**  
**(accepting donations after the Yard Sale)**

COME EXPERIENCE A

**NIGHT AT THE MUSEUM**

April 26, 2024  
5:30 - 7:30 PM  
Enjoy a guided tour of the Frontier Army Museum as it comes to life with special exhibits that are fun for the whole family.

**SIGN UP AT FFAM.US**

The Friends of the Frontier Army Museum  
100 Reynolds Avenue  
Fort Leavenworth, KS 66027

**Installation Access & Security Reminders**

- Increased security will be present – any refusal to comply with the directed security measures will result in access denial
- 100% ID check for \*ALL\* persons age 16+ entering the installation** – ID refusal will result in access denial
- Any person with an unsuitable criminal background or security concern will be denied access – **if you have an active warrant, you \*WILL\* be arrested!**
- Do not bring firearms onto the installation** – carrying of a firearm by any person other than police or security personnel is a federal offense!
- Marijuana (in any amount) or other illicit drugs are prohibited on the installation** – also a federal offense!
- Fort Leavenworth Police/Fire Dept Phone Numbers:**
  - Emergency: 911
  - Non-Emergency: 913-684-2111

**2024 Jewish Passover: Fort Leavenworth**

Jewish Passover: 22-30 APR

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

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

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

FREE ENTRY

FORT LEAVENWORTH PRESENTS

**Summer Kick-Off**

FEATURING  
GAMES · MUSIC · RIDES  
FOOD TRUCKS · INFLATABLES  
AND MUCH MORE!

**May 10, 2024**  
**4:30-8 pm**

AT THE USD 207  
TRACK & FIELD COMPLEX  
FTLVN CHILD SUPERVISION POLICY APPLIES  
GATE ACCESS REQUIRED

FOOD

## 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, 19th, 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  
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

## STRESS MANAGEMENT

Thursdays: Jan 18, Mar 14, May 16, July 18  
1130 - 1300 brown bag lunch class.  
ACS Conference Room 145  
Registration Required must register by the day before the class you want to attend.  
Classes are for 18 and over

This one-session FREE class helps attendees identify stressors and symptoms of stress as well as how to select and implement stress management skills to overcome stressors of any kind. Learn how to take control of yourself by learning to control your stress, instead of allowing the stress to control you. End the class with a structured relaxation exercise.

To register or for more information, call (913) 684-2800/2800

## SCREAM FREE Marriage & Parenting



ACS Conference Room 145  
600 Thomas Ave  
From 1:00 - 2:30pm  
Jan 3, Feb 7, Mar 6,  
Apr 3, May 1

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 relationship.

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

Call to register (deadline is day before training)  
913-684-2822 / 2808

## Co-Parenting Workshop

Jan 11, Feb 8, Mar 21, Apr 25,  
May 23, Jun 20  
@ 12-1:30pm  
ACS Classroom 145  
600 Thomas Ave

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

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

FREE and open to all DoD ID holders 18+  
Register by calling 913-684-2822/2808  
Deadline to register is day before class.  
Participants are encouraged to attend every class as each session will be different.

## MOM & ME CROCHETING

May 17  
1pm - 4pm  
Room 157  
600 Thomas Ave

Come on out and learn a new skill, or perfect 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 by May 10  
Call 913-684-2808/2800

FREE!  
Ages 8+

## Navigating the Teen Years



Jan 16, Feb 20,  
Mar 19, Apr 16,  
May 21, Jun 18  
@ 1-2:30pm

ACS Classroom 145  
600 Thomas Ave

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

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

We'll discuss:

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

FREE and open to all DoD ID holders 18+  
Register by calling 913-684-2822/2808  
Deadline to register is the day before class.

## 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

leavenworth.armymwr.com

## 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.

## 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

## MUFFINS WITH MOM

May 3rd  
2pm - 4pm  
EFMP Playground (Behind the Post Theater)

FREE! Event is for ages 2+

Celebrate Mom in the month of May! Kids can play, plant a seedling to take home, and enjoy a muffin!

All supplies are provided. Please RSVP by April 26th  
Call 913-684-2808/2800



## April 2024

Child Abuse Prevention Month (CAPM)  
Month of the Military Child (MOMC)

### Volunteer Recognition Ceremony

April 16, 10:30am - 12:00pm  
Frontier Conference Center  
"Shining a Light on our Volunteers"

### New Parent Support Program

**Stroller Walk**  
Tuesdays, 10:00am - 11:00am  
Weather Dependent

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

**Breastfeeding Class**  
April 8, 5:00pm - 7:00pm  
Resiliency Center, Room 157

**Newborn Care Class**  
April 15, 5:00pm - 7:00pm  
Resiliency Center, Room 157

**Dad's Night Out**  
April 17, 6:00pm - 8:00pm  
Restaurant is TBD

**Potty Training**  
April 22, 5:00pm - 7:00pm  
Resiliency Center, Room 157

**Mom's Night Out**  
April 24, 6:00pm - 8:00pm  
Restaurant is TBD

### Family Advocacy

**Scream Free Marriage & Parenting**  
April 3, 1:00pm - 2:30pm  
Resiliency Center, Room 145

**Navigating the Teen Years**  
April 16, 1:00pm - 2:30pm  
Resiliency Center, Room 145

**Anger Management**  
April 18, 11:30am - 1:00pm  
Resiliency Center, Room 145

**Co-Parenting Workshop**  
April 25, 12:00pm - 1:30pm  
Resiliency Center, Room 145

### Relocation Readiness

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

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

**Moving with Kids**  
April 18, 10:00am - 11:30am  
Resiliency Center, Room 157

### Exceptional Family Member Program

**EFMP Refreshing Conversations**  
April 4, 10:00am - 11:00am,  
Exchange Food Court

**EFMP Recreational Bowling for EFMP Members and their Families**  
April 6, 12:00pm - 2:00pm  
Strike Zone Bowling Center

**Empowering Families Lunch & Learn Workshop**  
April 18, 12:00pm - 1:00pm,  
Microsoft Teams

**Sensory Storytime**  
April 19, 10:00am - 11:00am,  
Combined Arms Research Library

### Employment Readiness Program

**Federal Employment**  
April 10, 12:00pm - 2:00pm  
Resiliency Center, Room 157

**Resume Writing for the Volunteer**  
April 24, 12:00pm - 1:00pm  
Resiliency Center, Room 157

### Child Abuse Prevention Month (CAPM) Activities

**Storytime**  
April 3 & 17, 10:00am  
April 10 & 24, 2:00pm  
Resiliency Center, Room 145

**Painting Hope: Rocking Against Child Abuse (Rock Painting)**  
April 5, 2:00pm - 4:00pm,  
Resiliency Center

**Child Abuse Brief (open to all on the installation)**  
April 11, 11:00am - 12:30am,  
Post Theater

**Prevention in the Park**  
April 19, 2:00pm - 4:00pm,  
EFMP Playground

**\*Wear Blue on Tuesdays to raise awareness\***

Resiliency Center, 600 Thomas Ave, Building 198  
913-684-2800/ 913-684-HELP(4357)  
Hours: Monday - Wednesday, & Friday, 7:30am - 4:30pm [closed 11:30-12:30]; Thursday, 1:00pm - 4:30pm  
Follow us on Facebook! @FortLeavenworthACS  
Follow us on Twitter! @LeavenworthACS

# EFMP RECREATIONAL BOWLING

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



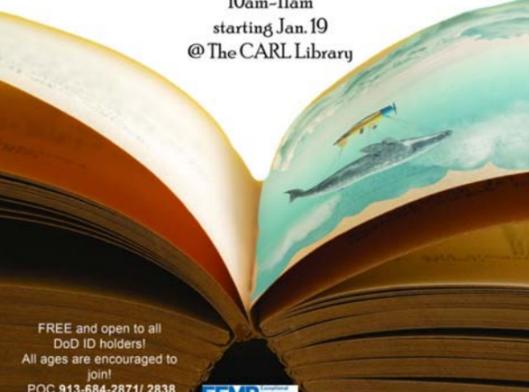
Meet other EFMP families!  
EFMP Recreational Bowling is a fun way to socialize, and sharpen fine motor skills.

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

# EFMP presents: SENSORY STORY TIME

Every 3rd Friday of the month  
10am-11am  
starting Jan.19  
@ The CARL Library



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

# Playground Palooza!

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

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

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

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



**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  
@ the ACS classroom  
in The Resiliency Center  
10:00 am - 11:00 am



Oct 5  
Nov 2  
Dec 7  
Jan 4  
Feb 1  
Mar 7  
Apr 4  
May 2  
Jun 6

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

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

## Military Children: Brave, Fearless and Resilient

# Fort Leavenworth Month of the Military Child April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 MOMC Proclamation Signing HYC at 4pm	2	3	4	5 SKIES Music Recital FREE Movie Trolls Band Together	6 MOMC Arts & Crafts
FREE BUCKET OF BALLS & SOFT DRINK AT TRAILS WEST GOLF COURSE ALL MONTH KIDS RIDE/PLAY FREE						
7	8	9	10	11	12	13 PAIR DAY & Kids Fest
COMMUNITY-WIDE PURPLE UP! ON APRIL 15! SPIRIT WEEK IS M - F APRIL 15 - 19						
14	15 Purple Up! Day and start of Spirit Week	16 Wear Blue for Child Abuse Prevention Month	17 Super Hero Day! (Dress like your favorite Super Hero)	18 ACS Moving With Kids Inside Out/ Mismatch Day	19 YS MLB Pitch/ Hit & Run FREE Movie Paw patrol: The Mighty Pajamas Day	20
21	22	23	24	25	26 Operation Megaphone Lock-in Must register with CYS (grades 6-12)	27 Jim Cosgrove & The Hiccups Concert
28	29	30	KIDS BOWL FREE EVERY SUNDAY AND THURSDAY AT THE STRIKE ZONE ALL MONTH!			

## MOMC Highlights

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

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

**Free Movie Nights**  
7pm @ The Post Theater  
Trolls:  
Trolls Band Together April 5  
Paw Patrol: The Mighty Movie April 19

**MOMC Arts & Crafts**  
April 6 10am - 2pm @ The Arts & Crafts Studio.

**PAIR Day/ Kids Fest**  
April 13 10am-2pm @ Harney Sports Complex

**Jim Cosgrove & The Hiccups Concert**  
April 27 3pm @ The Resiliency Center

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

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

## Family Advocacy Program Presents: Father/Daughter Tea Party

June 1 // 1PM - 4PM  
Frontier Conference Center Ballroom

June is Dads Make a Difference Month and Family Advocacy Program is hosting a Father/Daughter Tea Party!

The event is for Dads to have fun with their Daughters and encourage continued quality activities.

Recommended for 10 and under.  
Dress is business casual.  
Get out the Sunday outfits or Dress Blues.

Planned activities for Father/Daughter to share, Tea Time, and take home surprises.

Registration is required and must be done by May 24th.  
Info: (913) 684-2822

## Family Advocacy Program presents: FATHER - SON SCAVENGER HUNT

JUNE 8  
9AM - 11AM  
HUNT LODGE  
800 WAINWRIGHT ST.

Come celebrate Dad's Make a Difference Month with ACS and FAP. This event is recommended for Active-Duty service member Fathers and their Sons 12 and under.

Event is weather permitting, it will be cancelled if there is rain or storms. Registration is required and can be done by May 31st. Be sure to register early!  
For more info: (913) 684-2800/2800



## VOLUNTEER BASICS

JAN 10 • MARCH 13 • 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 MOVES INTO THE VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS).

REGISTRATION IS NOT REQUIRED, JUST SHOW UP.

INFO: (913) 684-2835

April isn't just about spring flowers, it's also Month Of The Military Child! Swing by the Community Center office from April 3rd through the 30th to snag a special treat bag in honor of our military kids. When you pick up your bag, don't forget to enter our raffle for a chance to win an amazing outdoor play gift basket. Join us in celebrating our resilient military children!

Winner will be announced on April 30th.



## Update

As of: 19 October

# ACS WILL BE CLOSED THURSDAYS FROM 0800-1300 FOR STAFF TRAINING.

FOR IMMEDIATE ASSISTANCE: 913-684-1669  
FOR VICTIM ADVOCATE: 913-683-2537

We are sorry for the inconvenience.

**33rd ANNUAL**  
**COMMAND & GENERAL STAFF COLLEGE TRIATHLON**  
 FORT LEAVENWORTH, KS 4 MAY 2024

**8:00AM - HARNEY SPORTS COMPLEX**

**SWIM** 100 YD **BIKE** 12.1 MI **RUN** 3.1 MI

**PRICING** Individual Racer: \$70  
 Relay Team of 2 or 3: \$85  
 Register by 19 APR to guarantee your t-shirt!

**REGISTER IN PERSON** Harney Gym, Gruber Gym, and The Resiliency Center (600 Thomas Ave, Rm 223)  
**FOR MORE INFO** CALL: 913-684-1674

**RACE BRIEFING & SHIRT PICKUP** 3 MAY - 4:00PM-6:00PM  
 Frontier Conference Center 350 Biddle BLVD, Ft Leavenworth

Thank you to all our sponsors (No Federal Endorsement Implied)

FLSC Annual Charity **GOLF** SCRAMBLE

**APRIL 27TH**

Two Fun Events One Amazing Day

**WESTERN NIGHT**  
 BEER BIRDIES BBQ BOURBON

Trails West Golf Course 1 PM • Frontier Conference Center 6 PM

**ADULT SPORTS**

**Softball** LEAGUE

LEAGUE PLAY STARTS TUESDAY, JUNE 4TH  
 GAMES TUES & THURS @ 5:30 - 8:30 P.M.  
 DONIPHAN FIELD #1

Coaches Meeting: Thursday, May 16 - 5:30 p.m.  
 Gruber Fitness Center

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 information, call (913) 684-3224/ 5136  
 Team rosters due by Wednesday, May 29

**Intramural**

3rd Annual Fort Leavenworth Softball Tournament!

**SOFTBALL** Tournament

Tournament starts Wednesday May 1st  
 Tournament ends Friday May 31st  
 Info: (913) 684-3224/ 684-5136

Coaches Meeting Thursday April 18th  
 5:30 pm @ Gruber Fitness Center  
 Games: Mon. & Wed.  
 5:30PM-8:30PM @ Doniphan Field #1

(Active Duty, DoD Civilians, Retirees, Dependents, Spouses, and Contractors)  
 Team Rosters and/or letters of intent due COB Wednesday, April 24th.  
 Awards for tournament runner ups, and tournament champions.  
 Must be 18 years old or older

**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

Brunner Range  
**2024 LEAGUE SCHEDULE**

Winter Combo  
 4 January - 7 March

Spring Combo  
 21 March - 23 May

Summer Warm-up  
 6 June - 11 July  
 18 July - 22 August

Fall Combo  
 5 September - 7 November

Winter Warm-up  
 14 November - 19 December

Each league has a one-time payment of \$25  
 Payment is held for prizes at the end of each league.  
 Combo leagues shoot on Thursday evenings. Teams consist of 5(4+) shooters.  
 All teams take turns supplying an evening meal at approximately 5:30 pm with shooting commencing at 6:00 pm. Summer and Winter Warm-up leagues are individual with the same fee but no food.  
 Contact Brunner Range for more information (913) 651-8132

**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

Starting Monday April 15th, 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)			(0915) Zumba (Lydia)
1030						Hot Yoga (Kim)
1630	30/30 Split (Kim)		Power Cycling (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

**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

**CONTACT** For more info: 949-291-0386

**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**



# Fort Leavenworth 2024 Events

**MAY 4 - CGSC TRIATHLON**  
Harney Sports Complex • 8AM - 11AM • \$70 Individual, \$85 for relay team

**MAY 11 - AEROBATHON**  
Gruber Fitness Center • 8:30AM - 12PM • FREE

**MAY 18 - 1000LB/400LB CLUB MEET**  
Gruber Fitness Center • 8AM - 5PM • FREE  
Sign up at Gruber Fitness Center or call 913-684-5120 prior to event.

**MAY 25 - DISC GOLF TOURNAMENT**  
Frisbee Golf Course • 8AM - 2PM • FREE  
Sign up at Gruber Fitness Center or call 913-684-5120 prior to event.

**MAY 1 - MAY 31 - WALK/RUN ATHON**  
Gruber Fitness Center & Harney Sports Complex • FREE  
Done at your own pace at your own time



**COMMIT - STAY FIT!**  
#STRONGBANDS

**STEP 1** Attend featured fitness events at your garrison

**STEP 2** Wear your STRONG B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle

**STEP 3** Gain valuable fitness tips throughout May by visiting ArmyMWR.com/STRONGBANDS




## May 1 - May 31 • Walk/Run Athon

### Gruber Fitness Center and Harney Sports Complex

Participants will track the amount of miles they walk or run when using any of the treadmills at Gruber Fitness Center or Harney Sports Complex throughout the month of May.

The person who runs/walks the most amount miles for each division will be the winner. Divisions will be as follows:  
Male: 18-39, 40-64, and 65+  
Female: 18-39, 40-64, and 65+

Miles only count if done at Gruber or Harney. Staff may ask to look at milage on treadmill to verify amount submitted.

Sign up for this FREE event any day in the month of May.

For more info: (913) 684-5120

**COMMIT - STAY FIT!** #STRONGBANDS ArmyMWR.com/STRONGBANDS




## May 11 • Aerobathon

### 8:30AM - 12PM • Gruber Fitness Center

Get ready because we are hosting an Aerobathon, as part of our Strong B.A.N.D.S. events!

At this event, our Group Fitness Instructors will offer 15 minute demonstrations of their classes for patrons to try out. Tryout as many classes as you would like.

Anyone who completes all classes will win a free 10 punch aerobic pass.

Registration is NOT required, just show up

FREE event!

For more info: (913) 684-5120



## May 18 • 1000LB/400LB Club

### 8AM - 5PM • Gruber Gym

Participants will do 1 rep max in the squat, deadlift, and bench press, Participants will have 3 attempts at each exercise.

The highest successful attempt in each exercise will be added together.

Male participants whose total weight equals or is more than 1000lb will win a t-shirt, and female participants whose total weight equals or is more than 400lbs will win a t-shirt.

Division winners:

- Male heavyweight 180lb and up
- Male lightweight 179lb and below
- Female middleweight 160lb and up
- Female lightweight 159lb and below

Registration is required and can be done at Gruber or by calling, (913)-684-5120. You must register and reserve a time slot prior to event – Event is FREE!

- Not allowed: Wrist straps, knee wraps, bench shirts, squat suits.



## May 25 • Disc Golf Tournament

### 8AM - 2PM • Disc Golf Course

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.

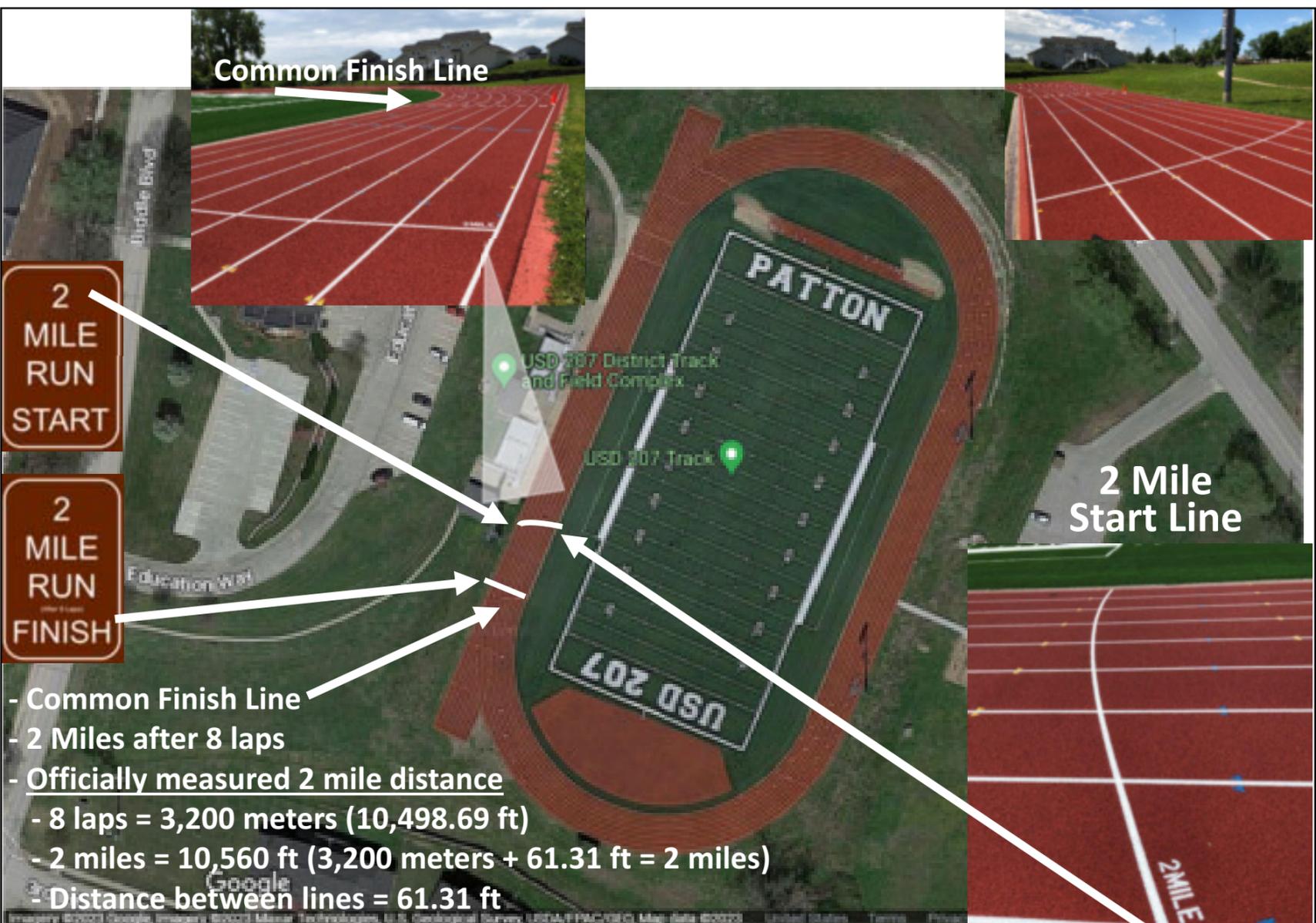
Prizes will be given out for 1st, 2nd, and 3rd place.

Staggered start from 0800-0900.

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

FREE event!

# Attention track users: Official start/stop points required for ACFT accuracy



**Common Finish Line**

**2 MILE RUN START**

**2 MILE RUN FINISH**

**2 Mile Start Line**

- Common Finish Line
- 2 Miles after 8 laps
- Officially measured 2 mile distance
- 8 laps = 3,200 meters (10,498.69 ft)
- 2 miles = 10,560 ft (3,200 meters + 61.31 ft = 2 miles)
- Distance between lines = 61.31 ft

Unified School District 207 graphic

When using the officially measured “start” and “stop” points, the two-mile run at the Unified School District 207 Track/Normandy Field is within an accuracy of +/- six inches.

If the officially measured “start” and “stop” points are not used, the Army Combat Fitness Test will not be accurate.

# WE ARE HIRING!

**APPLY NOW**

## \$50,500

**2024-25 SY Base Salary**  
Additional compensation for years of teaching experience at an accredited school.

### OPEN POSITIONS

- ▶ Special Education Teacher
- ▶ Occupational Therapist
- ▶ Speech and Language Therapist




# NOW OPEN ENROLLMENT

## FOR THE 2024-2025 SCHOOL YEAR

# Apply Now

by USD 207

**UNIFIED SCHOOL DISTRICT 207 IS HIRING** certified special education professionals for the 2024-25 school year. Joining the USD 207 team opens up mentorship and growth opportunities at one of Kansas' top-rated school districts. Not only has the district's starting pay increased to \$50,500, but it also offers comprehensive health, wellness and future planning benefits.

Learn more at <https://sites.google.com/usd207.org/usd207-recruiting/home/the-perks?authuser=0&fbclid=IwZXh0bgN->

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For available positions, visit [https://fortleavenworth.tedk12.com/hire/in dex.aspx?fbclid=IwZXh0bgNhZW0CM-TAAAR2J\\_nZ8pMOz3RN9ZVQT0DxOl82Xq0TogQXXLwS34xlGZPKXyO4g7Qgvmrg\\_aem\\_ATIiN4OJjKKJZWcSvLnsjiFwLB-W b B k A G \\_ k 5 E k p t - pAKID0uHDc88thqUhlua8A\\_amVKGu0PKtvZ3uSLRbnZzHymqU](https://fortleavenworth.tedk12.com/hire/in dex.aspx?fbclid=IwZXh0bgNhZW0CM-TAAAR2J_nZ8pMOz3RN9ZVQT0DxOl82Xq0TogQXXLwS34xlGZPKXyO4g7Qgvmrg_aem_ATIiN4OJjKKJZWcSvLnsjiFwLB-W b B k A G _ k 5 E k p t - pAKID0uHDc88thqUhlua8A_amVKGu0PKtvZ3uSLRbnZzHymqU).

**25**

THURSDAY, APRIL 25, 2024 AT 5:30 PM CDT

### The French in Kansas in the 18th Century: Fort de Cavagnial by Donald Wade Davis

100 Reynolds Ave, Fort Leavenworth, KS, United States, Kansas 66027




## MAJ. GEN. JAMES URSANO SCHOLARSHIP PROGRAM FOR DEPENDENT CHILDREN

Applications accepted January 1 to April 1 for following academic year

The Maj. Gen. James Ursano Scholarship Program is based on applicants' financial needs and was established to assist dependent children of Soldiers in obtaining their first undergraduate degrees.

"I'm so grateful for this opportunity that I've been able to receive all four years; it's definitely been a great help. They have helped me out so much, and I'm so grateful that I want to donate back to Army Emergency Relief."

**Aidan Ursano** scholarship recipient

Go to [aerhq.org/scholarships/child](http://aerhq.org/scholarships/child) or scan the QR code for more information about this program.




## URSANO SCHOLARSHIP OVERVIEW

### ELIGIBILITY

In the last 16 years, more than 70,000 scholarships totaling over \$137 million have been awarded to Army children.

- ★ Dependent children of active duty, retired or National Guard and Reserve Soldiers on Title 10 Orders for the full academic year.
- ★ Children must be enrolled full-time for the entire academic year and be under the age of 24.
- ★ Recipients may receive scholarship funds for up to four years of full-time enrollment but must reapply each academic year.
- ★ Student must remain unmarried for the entire academic year.

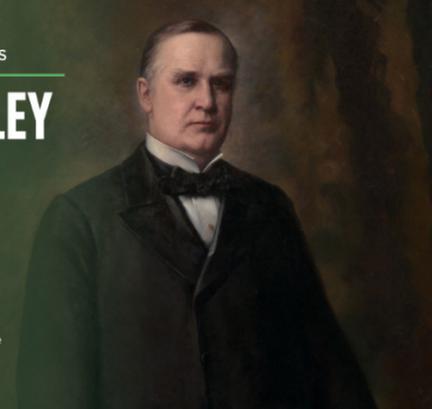
AERHQ.org ★ 866-878-6378  
2530 Crystal Dr., Suite 13161  
Arlington, VA 22202




## World Leaders in Wartime: William McKinley

Ft. Leavenworth Series

May 1 @ 3:00 pm - 4:15 pm Hybrid Event



THE FORT LEAVENWORTH SERIES

# WILLIAM MCKINLEY

### WORLD LEADERS IN WARTIME

AMANDA NAGEL  
Associate Professor of Military History,  
U.S. Army Command and General Staff College

## FT. LEAVENWORTH EDUCATION CENTER

# GRADUATION CEREMONY

### CLASS OF 2024



JUNE 3, 2024, 3:00 PM  
LEWIS & CLARK CENTER  
100 STIMSON AVE. FT LEAVENWORTH, KS

GRADUATING SOON?  
SERVICE MEMBERS, DEPENDENTS, VETERANS, AND CIVILIANS WHO HAVE COMPLETED AN ACCREDITED CERTIFICATE, ASSOCIATE, BACHELOR, OR MASTER'S LEVEL OF EDUCATION ARE WELCOME TO PARTICIPATE.

PLEASE REGISTER FOR ATTENDANCE BY MAY 10, 2024.

EMAIL US AT [USARMY.LEAVENWORTH.USAG.MBX.EDUCATION@ARMY.MIL](mailto:USARMY.LEAVENWORTH.USAG.MBX.EDUCATION@ARMY.MIL) TO RECEIVE AN APPLICATION.  
QUESTIONS: 913-684-2496

WE ARE EXCITED TO SEE YOU ON GRADUATION DAY!

## Your Commissary Leader

### FT. Leavenworth

**Address and Phone Number:**  
310 Kansas Ave. Bldg. 691  
Ft. Leavenworth Kansas 66027  
913-684-4901

**Store Director Name and Contact Information:**

Name: Anthony Gardner  
E-Mail: [Anthony.Gardner@deca.mil](mailto:Anthony.Gardner@deca.mil)  
DSN: 552-4901  
Commercial: 913-684-4900  
Cell: 804-503-9215

Tuesday-Friday 0800-0900 will be Self-Checkout only.  
*Proud, Committed and More.*

Store Operating Hours:	
Sunday	1100-1800
Monday	1000-1900
Tuesday	0800-1900
Wednesday	0800-1900
Thursday	0800-1900
Friday	0800-1900
Saturday	0900-1900




# CYS is hiring!

Great Pay! Amazing Benefits!  
@ Fort Leavenworth  
**APPLY NOW!**  
[ArmyMWR.com/cyscareers](http://ArmyMWR.com/cyscareers)






# 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.*

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**

**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: 855.696.2934

## CYS Summer Enrollment Starts!

April 15th at 9am

**Middle School & Teen Camp Weeks**  
Must have completed 6th-12th Grade  
Level of Interest: Youth Center

**SKIES Classes**  
Gymnastics  
Private Music Lessons  
Jr. Golf Lessons  
And more!  
All classes & lessons will open as the schedule is generated by FMWR.

**Youth Sports & Fitness**  
Golf Program  
Fitness Camp  
Baseball Camp  
Basketball Camp  
Challenger Soccer Camp

**Youth Babysitting Basics Classes**  
(\$15 per week)  
Call Parent Central  
For more details

**Contact Parent Central**  
For help with:  
CYS Registration  
WebTrac Account Access  
Enrollments  
684-5138  
684-4956

**Go to CYS WebTrac**  
Use WebTrac account to enroll (MFR)

# Trails West Golf Course APRIL Specials to Recognize Month of the Military Child

EVERY DAY	MON-FRI	Weekends After 3pm:
Children get a FREE bucket of balls & soft drink at the Driving Range.	Children can ride along or play for FREE!	Children can ride along or play for FREE!

Dependents of ID card holders are eligible for these specials.  
Stop by or Call Trails West Golf Course at 913-651-7176

# Strike Zone Bowling Center APRIL Specials to Recognize Month of the Military Child

**THURSDAYS and SUNDAYS 4pm-8pm**

Children & Youth can BOWL 2 FREE games w/Shoes & Receive a FREE soft drink

Dependents of ID card holders are eligible for these specials.  
Call the Strike Zone at 913-651-2195

## YOUTH SPORTS SUMMER GOLF PROGRAM

**JUNE 11 - AUGUST 1**  
TUE & THURS // 4PM - 7PM  
TRAILS WEST GOLF COURSE

Enrollment dates: April 15 - June 11  
Open to boys & girls 8-17 years old

\$65 for the first child  
\$55.25 for each additional child

Enroll your child in a sport they can play their entire life! 100% parent participation required. Parent will coach/chaperone their child on the course.

First time youth golfers are recommended to go through SKIES Instructional Golf clinic prior to starting the Summer Golf League.

To begin, please complete enrollment online via WebTrac, or by calling Parent Central at (913) 684-5138/4956.

Enrollment requires current CYS registration. Sports physicals are required for this program.

Info: (913) 684-7525/7526

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

CYS eligible patrons create or use your current account on MILITARYCHILDCARE.COM (Visit FAQ section on site)

Submit a Request for Care (RFC) for each child in each Child Care Option listed below that fit your care needs.

Facility Program & Care Option descriptions for ages 6 weeks-5th grade available on MILITARYCHILDCARE.COM

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

Visit CYS website & Facebook pages  
[www.leavenworth.armymwr.com](#)   [www.facebook.com/cys.ftleavenworth](#)   [www.facebook.com/cys.ftlvntecenter](#)   CYS Parent Central: 913-684-5138 or 4956

<p><b>MAIN CHILD DEVELOPMENT CENTER:</b> FULL-DAY CHILDCARE &amp; PRESCHOOL PROGRAM Open 6:00am-6:00pm</p> <p>(1) Request Full-Day Preschool when care needed the Summer prior to Kindergarten. (2) Request KG School Year Care if needed &amp; attending USD 207 (or applied to attend). [See Osage's BLUE info box on the right.] &gt;&gt; Must turn 5 by/on 31 AUG 2024 to be KG eligible in Kansas. (3) This program is NOT affiliated with the USD 207 Preschool/Pre-K Program. Transportation is NOT available. *CYS is recruiting on-post Family Child Care providers.</p>	<p><b>FULL-DAY</b> 6 WEEKS THRU 5 YEARS (1) Not started KG. Refer to info</p>	<p><b>PART-DAY PRESCHOOL</b> SCHOOL YEAR 24-25 3-5 years 3 CLASS OPTIONS</p>	<p><b>OSAGE KG &amp; SCHOOL AGE CARE FACILITY:</b> CYS PART-DAY PRESCHOOL CLASSES 3 Class Options September thru May (all are 3 hour classes) 2-Day AM (8-11am on T/TH) / 3-Day AM (8-11am on M/W/F) 4-Day PM (12:15-3:15pm on M-TH)</p> <ul style="list-style-type: none"> <li>Must turn 3yrs on or prior to first day of class.</li> <li>Request multiple classes to increase chances for placement.</li> <li>No "Toilet Trained" restriction.</li> <li>Under 3? Choose a Need Date on/after child turns 3 years old.</li> </ul> <p>(1) This program is NOT affiliated with the USD 207 Preschool/Pre-K Program. Transportation is NOT available.</p>
<p><b>OSAGE KG &amp; SCHOOL AGE CARE FACILITY:</b> 2024 KG &amp; SCHOOL AGE (1st-5th) CAMP WEEKS Full-Day Summer Program Open 6:00am-6:00pm REQUEST MUST BE BASED ON GRADE COMPLETED IN MAY 2024</p> <ul style="list-style-type: none"> <li>"Completed KG" &amp; "1st-5th School-Age Care" are separate Care Options based on grade COMPLETED.</li> <li>Request each camp weeks needing care.</li> </ul> <p>&gt;&gt;&gt;Current School Year 23-24 contract holders are given the opportunity to request Continuity of Care directly with Osage in the Spring. Requests in MCC are ONLY needed when past the deadline.</p>	<p><b>SUMMER 2024</b> COMPLETED KG &amp; 1st-5th Grade *6th-12th Grade see HYC info</p>	<p><b>SCHOOL YEAR 24-25</b> ENTERING KG &amp; 1st-5th Grade *6th-12th Grade see HYC info</p>	<p><b>OSAGE KG &amp; SCHOOL AGE CARE FACILITY:</b> SCHOOL AGE SCHOOL YEAR CHILDCARE Before/After School Open 6:00am - 6:00pm Transportation to/from FTLVN schools included. (USD 207 only) REQUEST MUST BE BASED ON GRADE ENTERING IN AUGUST 2024</p> <ul style="list-style-type: none"> <li>KG &amp; School-Age (1st-5th) Care Options are separate</li> </ul> <p>(1) Upcoming KG: Make additional Full-Day Preschool request when care is needed the Summer prior to KG. &gt;&gt;&gt;Before Only, After Only, &amp; Before/After care options include USD 207 No-School Days &amp; Early-Out Fridays &amp; the first 2 weeks of school when KG only attends 1/2 days.</p>
<p><b>NO WAITLIST REQUIRED</b> FOR YOUTH 6TH-12TH GRADE [COMPLETED OR CURRENTLY ATTENDING]</p> <p>Enrollment into a Middle School &amp; Teen program is first come-first serve for CYS eligible &amp; registered youth. Check out the Teen Center Facebook page for details on: Summer Camp Weeks, FREE Open Recreation time, &amp; the FREE After School Program that includes pick-up at on-post &amp; off-post middle/high schools, &amp; Winter &amp; Spring Break Camp Weeks.</p>	<p><b>HARROLD YOUTH CENTER</b> 6TH-12TH GRADE</p>	<p><b>HOLIDAY CAMPS</b> ATTENDING KG &amp; 1st-5th Grade *6th-12th Grade see HYC info</p>	<p><b>OSAGE KG &amp; SCHOOL AGE CARE FACILITY:</b> SCHOOL AGE WINTER &amp; SPRING BREAK CAMP WEEKS Full-Day Program Open 6:00am-6:00pm</p> <ul style="list-style-type: none"> <li>KG &amp; School-Age Care Options are separate.</li> <li>Make request based on grade currently enrolled.</li> <li>USD 207 Calendar determines camp weeks. Available to request starting September 9, 2024.</li> <li>CYS will be closed on Federal Holidays.</li> <li>Request is not required for children in a current School Year contract.</li> </ul>

## CHILD & YOUTH SERVICES Youth Sponsorship Program INFORMATION FOR PARENTS

Did you recently receive PCS orders and have a school-aged child or teen that's worried about moving? Maybe you've heard them wonder:

- Who will my new friends be?
- What will my new school look like? What activities/sports are available?
- What are the other kids wearing?

The Youth Sponsorship Program connects your child to another youth in the new community to answer these questions and so much more.

**Why should my child request a sponsor? A sponsor:**

- Allows your child to get to know their community before they arrive.
- Provides them with someone who can show them the ropes in their new community.
- Helps reduce social isolation, leading to a healthier transition with reduced stress and at-risk behaviors.
- Gives youth a youth perspective of their new community and school.

- Allows you to focus on other aspects of transition, knowing that your child's needs are being met.

**What does the Youth Sponsorship Program provide for my child?**

- Their Youth Sponsor will provide a welcome packet and information about their new community before arrival.
- Upon arrival, their Youth Sponsor will arrange for them to have a tour of the community and, once you know which school they will be attending, provide information about the school and arrange for a tour there as well.
- The program hosts various activities and events that will help your child meet new people, learn about their school and community.

**How do I get a sponsor assigned to my child?**

- Once you receive PCS orders, contact the School Liaison Officer at your current installation.

**Your Opinion Matters!**

# TENANT SATISFACTION SURVEY

March 4, 2024 to May 3, 2024

Your feedback can make a BIG DIFFERENCE in the quality of life for Army families.

## Your Army Wants to Hear from You!

\*Completely confidential

We are investing significantly in housing improvements to ensure quality living conditions are provided to our Soldiers and families. Survey feedback will guide the Army's efforts to provide quality, safe and secure housing.

The completely confidential survey will be emailed from [ArmyHousingSurvey@celassociates.com](mailto:ArmyHousingSurvey@celassociates.com). For additional questions, please contact your local Army Housing Office.

SKIES PRESENTS

# THE CLASSICS DANCE RECITAL

May 22nd  
The Post Theater  
Doors Open at 6:30pm  
Performance begins at 7:00pm

Come out and support the SKIES dancers! Performances will include Creative Movement, Pre-Ballet, Jazz and Tap, and Ballet students.

FREE Admission!

Contact 913-684-3207 for more information  
SKIESunlimited

## YOUTH SPORTS & FITNESS SUMMER CAMPS

Fitness Camp			
Camp Dates: June 10-13	Time	Cost	
Age Group	0900-1000	\$40	
5-8yrs.	1000-1100	\$40	
9-14yrs.	1300-1400	\$40	

Basketball Camp			
Dates: July 22-25	Time	Cost	
Age Group	0900-1000	\$40	
5-8yrs.	1000-1100	\$40	
9-10yrs.	1300-1400	\$40	

Challenger Sports International Soccer Camp			
Camp Dates: June 3-7 + July 8-12 + July 29 - Aug 2	Time	Cost	
Age Group	0900-1000	\$110	
5-8yrs.	1000-1100	\$40	
9-14yrs.	1300-1400	\$40	

**Enroll online!**  
Enroll online via webtrac or by calling Parent Central 684-5138. Enrollment requires current CYS registration, sports physical NOT required for camps.  
For more info call, CYS Youth Sports at 684-1302/2050.

### March & April Craft Workshops

Acrylic	Crafts
<b>\$35 per class</b> <b>Acrylic Painting (Robin Nest)</b> Wednesday March 6 12:30pm - 2:30pm  <b>Acrylic Pour</b> Wednesday March 27 11:30am - 1:30pm  <b>Acrylic Painting (Happy Hedgehog)</b> Wednesday April 10 12:30pm - 2:30pm  <b>Acrylic Pour</b> Wednesday April 24 11:30am - 1:30pm	<b>\$30 per class</b> <b>Birthdays Banner Craft</b> Tuesday March 5 11:30am - 1:30pm  <b>Wooden Welcome Sign</b> Friday April 26 11:30am - 1:30pm  <b>Intro to Framing \$40</b> *Must pre-register* Thursday March 7 or April 11 10am - 2pm  <b>Intro to Framing \$40</b> *Must pre-register* Saturday March 23 or April 27 10am - 2pm

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

### Kids Crafts

Color me Happy	Art History
<b>\$10 per class (Parent &amp; Toddler)</b>  Wednesday March 6 10:30am - 11:30am  Thursday March 28 10:30am - 11:30am  Wednesday April 10 10:30am - 11:30am  Thursday April 25 10:30am - 11:30am  <b>Kids Messy Art</b> <b>\$12</b>  Thursdays (ages 7+) March 21, April 18 10:30am - 11:30am  Fridays (ages 4 - 6) March 22, April 12 10:30am - 11:30am 12:30pm - 1:30pm	<b>\$15 per class (ages 7+)</b>  <b>Apples &amp; Adams</b> Wednesday March 20 12:30pm - 2:30pm Thursday March 21 4pm - 6pm  <b>Donuts &amp; Da Vinci</b> Wednesday April 17 12:30pm - 2:30pm Thursday April 18 4pm - 6pm

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

Bunny in Tall Grass  
Friday  
March 1  
6pm - 8pm

Umbrella in the Rain  
Friday  
April 12  
6pm - 8pm

Cost includes all supplies!

**Call now to register!**  
913-684-3373

**Come see what's new at the Studio!**

## The Fort Leavenworth Frame Studio

**IS NOW OPEN!**

**Custom Framing & DIY Studio**  
Tuesday - Friday  
10am - 5pm

Must complete Intro to Framing Workshop before using the DIY Frame Studio. Hourly fee applies.  
Call to register or stop by the studio!

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

**Intro to Framing:**  
(\$40 a class must pre-register)

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

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

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

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

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

### March & April Watercolor

Courses	Workshops
<b>\$175 = 5 classes</b>  <b>Watercolor 201 (Intermediate Course)</b> Every Thursday March 28 - May 2 6pm - 8pm  <b>Watercolor 301 (Advanced Landscapes)</b> Every Thursday March 28 - April 25 12pm - 2pm  Cost includes all supplies!	<b>\$25 per workshop</b>  <b>Watercolor (Basic Techniques)</b> Tuesday April 2 9:30am - 11am  <b>Watercolor (Color Theory)</b> Tuesday April 9 9:30am - 11am  <b>Watercolor (Spring Florals)</b> Tuesday April 16 9:30am - 11am  <b>Watercolor (Landscapes)</b> Tuesday April 23 9:30am - 11am

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

### Calligraphy

Basics	Intermediate
<b>\$20 per class</b>  Tuesday March 26 11:30am - 1pm  <b>Mother's Day Cards</b> Tuesday April 9 11:30am - 1pm	<b>\$20 per class</b>  Tuesday April 2 11:30am - 1pm

**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!)**

**Call now to register!**  
913-684-3373

**Come see what's new at the Studio!**

## FORT LEAVENWORTH FMWR

**CHILD AND YOUTH SERVICES**  
Parent Central and Outreach Services (913) 684-5138  
Youth Sports and Fitness (913) 684-7525  
SKIES Unlimited (913) 684-3207

**ARMY COMMUNITY SERVICE**  
(913) 684-2800  
EFMP, FAP, ERP, AER, MFLC  
And much more!

**RECREATION**

Haney Sports Complex (913) 684-2190	Brunner Range (913) 651-8132	Hunt Lodge (913) 684-1830
Gruber Gym (913) 684-5120	Auto Crafts (913) 684-3395	Stables and Horses (913) 684-1703
Outdoor Equipment Rental (913) 684-3395	Rod & Gun Club (913) 684-2035	Stray Facility (913) 684-4934

**BUSINESS OPERATIONS**

Strike Zone (913) 651-2195	12th Brick Grille (913) 684-2293
Trails West Golf Course (913) 651-7176	RV Storage & POV Lot (913) 651-7176
Frontier Conference Center (913) 684-3825	Clean Paws Pet Wash (913) 651-7176

# 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.

## 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.

APRIL 2024

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

**STRONGHOLD FOOD PANTRY**  
MORE THAN A FOOD PANTRY

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

## COLLECTING DONATIONS

**Operation Deploy Your Dress**  
is collecting donations to build our shop inventory

\*Formal & Cocktail Attire (dresses and suits)  
\*Shoes, Jewelry & Handbags

All items should be clean & free of tears, snags or stains

SEND US A FB MESSAGE OR EMAIL ODDYDLSC@GMAIL.COM

**STRONGHOLD**

**Featured Program: Child Wellness**

**MAY 14, 2024**  
9:00 AM  
655 BIDDLE BLVD  
FORT LEAVENWORTH, KS

Register online & join us in person.

[www.strongholdfoodpantry.org](http://www.strongholdfoodpantry.org)

**STRONGHOLD FOOD PANTRY**  
MORE THAN A FOOD PANTRY

**KIDS SAFEsleep**  
CRIB CLINIC

**THE SPOUSE TOOLKIT**  
**AER**

**The Spouse Toolkit**  
8 Ways AER Supports Army Spouses

- HEALTHCARE ASSISTANCE:** Assists with dependent dental care, special-needs equipment like cranial helmet and heavy blankets, medical co-pays.
- RELICENSING GRANTS:** Provides need-based grants to help alleviate state relicensing and recertification fees.
- SCHOLARSHIPS:** Offers the Shinseki Spouse Scholarship to provide assistance for up to four academic years of full-time study or eight years of part-time study.
- PASSPORT & VISA FEES:** Provides assistance for visa and passport application fees to promote Family unity and reduce the financial burden of maintaining two separate households.
- RENT & LODGING:** Offers housing assistance to help with initial deposit, rent and temporary lodging.
- SURVIVOR SUPPORT:** Provides surviving Spouses and children of active-duty and retired Soldiers with monthly monetary support to ensure our own are always taken care of.
- CHILDCARE ASSISTANCE:** Assistance for Families to help alleviate the costs of daycare and before- and after-school care.
- PET TRANSPORTATION ASSISTANCE:** Offers zero-interest loans to help alleviate the financial burden of transporting pets during PCS moves.

## The 2022 PACT Act

### EXPANDED HEALTH CARE ELIGIBILITY

Calling all Women Veterans who were exposed to burn pits or other toxins during deployment.

Talk to your VA provider today about any concerns you may have related to your exposure.

Read more about presumptive illnesses associated with exposure here:  
<https://www.va.gov/resources/the-pact-act-and-your-va-benefits/>  
 1-800-MyVA111 (800-698-2411)

VA U.S. Department of Veterans Affairs

## WOMEN VETERANS PACT Act-SERVICE Act and HEALTH RESOURCE FAIR

**Saturday, May 4, 2024**  
**0930-1230**

VA LEAVENWORTH MEDICAL CENTER  
 4101 S. 4TH ST. TRFWY  
 WOMENS' CLINIC, MAIN BUILDING  
 (DIRECTLY ACROSS FROM ENTRANCE LOBBY)  
 Leavenworth, Kansas 66048

### NO APPOINTMENT NEEDED

- VA Health Care-Apply on site
- Veterans Service Reps-File a VA Disability Claim
- Toxic Exposure information and screenings\*
- VA Women's Clinic services and staff w/tours

**Services:** Hearing tests, toxic exposure screenings  
**Demonstrations:** Equine Therapy, Drum Circle, Clinic tours  
**Information:** Intimate Partner Violence, Suicide Prevention, Presumptive Conditions, VA Service Act-Breast Cancer screening eligibility  
**Resources:** Veterans Organizations and Resource partners

### For more information:

- VA.GOV/PACT
- Topeka VA Facebook TOPEKAVAMC
- Or call **785.559.8190**

\*screenings may be done for enrolled veterans



# BOSS soldiers

here's what's happening

"let your voice be heard"



updated monthly



BOSS  
 BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

recreation & leisure • events • meetings  
 qualify of life • community service

## 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

## Employment Readiness Program Classes

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



Scan QR Code for more info!

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

Registration is required for evening classes only.

Open to DoD ID card holders.

For more info call: (913) 684-2800

**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

**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

**Interview Skills & Professionalism:**  
 Feb 21\* • May 22\*  
 July 24\* • Aug 21\*



### 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

## ARMY COMMUNITY SERVICE LOAN CLOSET

FORT LEAVENWORTH, KANSAS  
 913-684-2830/2800

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

**When:** Monday - Wednesday & Friday 0800-1600 (closed during 1130-1230); Thursday 1300-1600

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

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

### Items available:

#### Pre-Packed Kitchen Kit:

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

#### Additional Items Available:

- Cheese Graters
- Pizza Cutters
- Spaghetti Servers
- Tongs
- Whisks
- Glass Baking Dishes-Rectangle
- Glass Baking Dishes-Circle
- Muffin Pans
- Hand Mixers
- Square Tables
- Circle Tables
- Folding Chairs
- Laundry Baskets
- Irons
- Ironing Boards
- Trash Cans
- Air Fryers
- Indoor Grills

Strike Zone Bowling Center's

# GOOD GRADES SPECIAL

NOON - 7 PM

October 21, January 6, March 23 & May 25

Kids! Bring in your report cards and receive one free game for every "A" or equivalent. Straight "A" gets you free sodas for the family (6 max) and all "B's" or better gets you 5¢ off any pizza. Games may be used by all family members.

Strike Zone • 165 Fourth Street • (913) 651-2195  
<https://leavenworth.armymwr.com>

## EXCHANGE YOUR MADE THE GRADE

you get the REWARDS!

**X**

EXCHANGE

**\$20 REWARDS!**

Straight **A** students

**X**

EXCHANGE

**\$10 REWARDS!**

Average **B** students

ENTER FOR A CHANCE TO WIN A \$2,000, \$1,500 OR \$500 REWARDS! GIFT CARD!

See an Associate for details and entry forms.

## FORT LEAVENWORTH LEISURE TRAVEL SERVICES TOP TICKETS

**Disneyland Military Salute Offer 2024:**

- 3 DAY Park Hopper Our Price \$268.50 W/Genie \$357.75
- 4 DAY Park Hopper Our Price \$314.25 W/Genie \$433.00

**Disney World Military Salute Offer 2024:**

- 4 DAY Park Hopper Our Price \$365.00...W/Water Park and Sports Center \$395.00
- 5 DAY Park Hopper Our Price \$385.00...W/Water Park and Sports Center \$415.00
- 6 DAY Park Hopper Our Price \$399.75...W/Water Park and Sports Center \$435.00

**Universal Orlando Military Freedom Offer 2024:**

- 2 Park Freedom Pass Adult \$210.00 and Child age 3-9 \$205.00
- 3 Park Freedom Pass Adult \$245.00 and Child age 3-9 \$240.00

**Universal Hollywood:**

- 1 Day General Admission Adult and Child 3+ \$112.00

**Go City Go Card:**

Sightsee and save with a Go Card! Discover the best attractions, tours and experiences, all on one pass.

Worldwide: Austria-Vienna, UAE- Dubai, Mexico-Cancun, and Italy-Rome

State side: Orlando, Miami, Chicago, Los Angeles, San Francisco, Oahu, New Orleans, Boston, Las Vegas, New York, and much more!

Leisure Travel Services  
 310 McPherson, Bldg 464  
 (913) 684-2580  
[leavenworth.armymwr.com](http://leavenworth.armymwr.com)

## We have KC Royals Tickets for the 2024 season!

Exclusive Military Rate for tickets and parking.

Ticket prices are based on tiers and vary depending on opponent.

For more info call, or stop by Leisure Travel Services.  
 (913) 684-2580  
 310 McPherson Ave (located inside the old USDB)  
 Or check out our website, [leavenworth.armymwr.com](http://leavenworth.armymwr.com)

## STRIKE ZONE Birthday Packages

**SILVER PACKAGE**  
 \$16 per person  
 2 hours of bowling with shoes  
 ♦ 2 slices of pizza  
 ♦ Small beverage of choice  
 ♦ Free game pass for future use  
 ♦ Birthday themed plates, cups and napkins  
 ♦ 1 Free Laser Maze play for each guest

**BRONZE PACKAGE**  
 \$13 per person  
 ♦ 2 hours of bowling with shoes  
 ♦ Small beverage of choice  
 ♦ Free game pass for future use  
 ♦ Birthday themed plates, cups and napkins  
 ♦ 1 Free Laser Maze play for each guest

Party Enhancements  
 Birthday Pins \$20

Call us today to book your party! 913-651-2195

## 2024 Worlds of Fun/Oceans of Fun Gold Season Pass

Available Now @ Fort Leavenworth Leisure Travel Services

**\$94.50**



310 McPherson Ave BLDG 464, Fort Leavenworth 913-684-2580 Business Hours Tue/Wed/Thu/Fri @ 10a-3p



## Donation Day FAQs

- 1) When is Donation Day?  
 Donation Day is every 2nd Saturday of the month. Please have items for donation out before 8:00 a.m.
- 2) Where can I donate items?  
 Items can be left on the curb in front of your home. Please place items in a clear bag or box clearly labeled FOR DONATION.
- 3) What items can I donate?  
 City Union Mission will take donations of household goods, clothing, toys, etc. Furniture will also be picked up, as long as it is in good condition for resale.
- 4) What will happen in the event of inclement weather?  
 Please follow us on Facebook for updates to the community.

COMMUNITY MANAGEMENT OFFICE: (913) 682-6300

## Ready for the Big Screen? Book A Post Theater Birthday Party!

Event Space: \$225

Small Snack Package\*: \$6 per kid includes drink, kid size popcorns, candy  
 Large Snack Package\*: \$8 per kid includes drink, medium popcorns, candy  
 \*minimum of 10

Call 913-684-2736 to book your party

# MUNSON NOTES



**SPORTS PHYSICALS  
ARE CURRENTLY  
UNAVAILABLE**

### Temporary Suspension of Sports Physicals

Due to provider staffing, sports physicals are currently unavailable from Munson Army Health Center, but they can be obtained off post. Unfortunately, sports physicals, on their own, are not a TRICARE-covered benefit. While MAHC has offered sports physical in previous years, the staffing this summer cannot support the extra service at this time without impacting access for patients with acute and/or chronic healthcare needs. MAHC continues to prioritize services to ensure we meet the soldier readiness mission and access to care standards and will fulfill that mission with systems already in place.

MAHC providers may complete sports physical paperwork in conjunction with a TRICARE-covered physical, like a school physical or routine physical; however, appointments for routine physicals may be delayed, when medically appropriate, until late summer/early fall when staffing recovers.

### 3 tips to help you prioritize your mental health:

**1. Schedule Time for Self-Care:**

Make time for yourself daily to rejuvenate your mind, body, and soul. It's not indulgent; it's essential.

**2. Cultivate Meaningful Connections:**

Strengthen bonds with loved ones to create a supportive network that fosters belonging and understanding.

**3. Practice Mindfulness:**

Ground yourself in the present moment. Breathe deeply and focus your gaze on the things around you.

**Your mental health is a priority.**



Munson Army Health Center Public Affairs

**Munson Army Health Center's basement at 550 Pope Ave. is one of the designated tornado shelters on post.**

If a tornado watch is activated after duty hours, Medical Department Activity personnel will open the health center for those needing shelter. The building will remain open until all watches or warnings are lifted.

## HEALTH QUESTIONS WHILE YOU'RE ON THE GO?

**A REGISTERED NURSE IS ONLY A CALL OR CLICK AWAY**



[MHSNurseAdviceLine.com](https://MHSNurseAdviceLine.com)

Web chat, video chat or find your country-specific phone number 24/7

Munson Army Health Center is hiring:  
**Physician (Pediatrics)**  
<https://www.usajobs.gov/v/job/777561300>  
**Physician Assistant**  
<https://www.usajobs.gov/v/job/784711600>  
**Clinical Social Worker**  
<https://www.usajobs.gov/jo/b/784493400>

**Practical Nurse (Special Salary Available)**  
<https://www.usajobs.gov/v/job/784710800>  
This is a Direct Hire solicitation. Salary negotiation may be available for those candidates who are new to federal service. Student loan repayment may be authorized.

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EVERY THURSDAY



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to go directly to

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