

# LAMP

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## HHC, MWJRCF wins Barr Award



ABOVE: Army Corrections Command Commanding General Maj. Gen. Duane Miller, left, and ACC Command Sgt. Maj. Shawn Klosterman, right, present the 2023 Brigadier General Thomas F. Barr award to Company Commander Capt. Lionell Red Cloud and 1st Sgt. Derek Smith for Headquarters and Headquarters Company, Midwest Joint Regional Correctional Facility Battalion (Corrections), Feb. 20 outside the unit's company operations facility. The Barr Award, which HHC, MWJRCF also won last year, is presented annually to the best MP unit, company size or smaller, assigned to, attached to or supporting ACC.

Photos by Peter Grande/USDB Historian



## SAMS students assist SAG-U

by Prudence Siebert/Fort Leavenworth Lamp Editor

Two groups of School of Advanced Military Studies students in the Advanced Military Studies Program recently travelled to Wiesbaden, Germany, to assist Security Assistance Group-Ukraine as members of an operational planning team, where they were exposed to the complexity of the modern battlefield and worked on real-world problems.

A group of students joined a SAG-U team in December, and a second group followed on in February. This period marked the second-year anniversary of the Russian invasion and ongoing war in Ukraine.

AMSP student Maj. Sheila Holder, a member of the February group, said the two groups' projects complemented each other and were part of a fairly continuous planning effort.

"We relied on a lot of what the previous team did, plus the expertise of the staff that's already at SAG-U every day to inform what we were doing," she said.

AMSP student Maj. Timothy Reese, a member of the December group, said the school prides itself on being able to support missions and work on complex problems with the aid of SAMS students and alumni. He said the SAMS support to SAG-U can be helpful in planning for future operational challenges and thinking of problems in different ways.

"I think for everybody, especially for the folks at SAG-U who are working unbelievably hard on (the problem), I think it is hard not to make it very personal very quickly," Reese said. "You can't read some of the things we have to read or see some of the things we have

SEE SAMS ASSISTS SAG-U | A4

## Eagle Owl exercise at CGSC



Photo by Zac Schulte/Army University Public Affairs Office

Dr. Steven Rosson, associate professor, Department of Army Tactics, Command and General Staff College, leads a table-top exercise during Eagle Owl at Army University Feb. 21 at the Lewis and Clark Center. For two weeks, CGSC hosted more than 300 officers from the United Kingdom for the largest combined staff college exercise for U. S. Army Training and Doctrine Command, Eagle Owl. Each year, Eagle Owl brings together nearly 1,000 officers to learn joint planning and execution of large-scale combat operations. The regularly occurring exercise demonstrates a commitment to strategic and operational partnerships with allies like the U.K., and enhance the leadership, critical thinking and problem-solving skills of future leaders.

## AT A GLANCE

■ The Department of Defense wants to hear from **ACTIVE-DUTY MILITARY SPOUSES** about military life. Visit [dodsurveys.mil](https://dodsurveys.mil) and click on "go here" to enter your DoD identification number to access the survey.

■ Combined Arms Center and Fort Leavenworth Commanding General Lt. Gen. Milford Beagle's **STATE OF THE COMMAND PRESENTATION** is at 1:30 p.m. March 4 in the Eisenhower Auditorium at the Lewis and Clark Center for CAC uniformed and civilian personnel. Beagle will present the state of the command, share Defense Equal Opportunity Climate

Survey findings, and will have dialogue on topics affecting personal and professional well-being. Bus transportation will be available at 12:30 p.m. at the Mission Command Center of Excellence parking lot, 12:50 p.m. at the Frontier Chapel parking lot, and 1:05 p.m. in front of Sherman Hall. The presentation will be available via MS Teams for those who cannot break away from their offices with the link to be provided March 4. Maximum in-person participation is encouraged.

■ Munson Army Health Center will host an Amer-

ican Red Cross **BLOOD DRIVE** from 9 a.m. to 1 p.m. March 13 at the health center. Visit <https://RedCrossBlood.org> and search FortLeavenworth (one word) to schedule a donation time.

■ Many **SCHOLARSHIP APPLICATION DEADLINES** are approaching. Applications for the Poillon and other scholarships are available at the Army Education Center, 120 Dickman Ave. Visit the Fort Leavenworth Frontier Heritage Communities office for scholarship application forms for the Michaels Organization Education Foundation Scholarship.

# VOLUNTEER Organization Spotlight STRONGHOLD FOOD PANTRY



Photo by Prudence Siebert/Fort Leavenworth Lamp

Stronghold Food Pantry Founder and CEO Monica Bassett gives volunteers a tour of the pantry during a volunteer orientation session Feb. 21 in the basement of Armed Forces Insurance, 655 Biddle Boulevard. Bassett said Stronghold is committed to finding solutions to provide more fresh produce and healthier options for the community, which will be easier with the commercial-grade refrigerator that was recently donated by the Rotary Working for Vets KC, part of the Kansas City-Plaza Rotary Club in Kansas City, Mo. "Their support is invaluable to continuing our mission: to serve American military families facing food insecurity with care and dignity by providing food, necessities and resources whenever and wherever they are needed."

## Food pantry founder shares mission of battling military family food insecurity with volunteers

by Prudence Siebert/Editor

*Editor's Note: The Fort Leavenworth Lamp, together with Army Community Service, will be spotlighting a Fort Leavenworth organization each month leading up to the Volunteer Recognition Ceremony in April to let the community know about volunteering opportunities.*

An orientation session was conducted Feb. 21 for new and current volunteers at Stronghold Food Pantry in the Armed Forces Insurance building on Biddle Avenue.

"Where we are at now with Stronghold is obviously not where I started by myself in 2022 — that's where you come into play," Monica Bassett, Stronghold Food Pantry founder and chief executive officer, told the gathered volunteers. "We have had amazing volunteers who step up and say 'I've got this talent, this asset that could benefit the community.'"

Bassett said it was vital to not only have every legal aspect of the organization perfectly in place, but to also make sure the volunteers feel welcome.

Volunteers were provided a history of the organization, an overview of how the pantry functions, and a synopsis of the or-

ganization's mission: to help fellow community members.

"In 2023, I was very focused on cultivating the nature of how we treat our patriots, because we need to treat them with respect, with dignity, because at some point, everyone needs a hand up, whether it is financially or food or a child care crisis, when emergencies happen. Sometimes it is assistance because a loved one passes away," Bassett said. "At some point, people need a hand up, and right now, our community is hurting in this one aspect (of food insecurity), and if we can help with that, then we can create ripple effects across globally."

In the past year, Stronghold has helped provide food for military families in 13 states, four countries, with 5,000 pounds of food distributed in

Leavenworth and Lansing community and 70,000 pounds of food distributed in total.

Bassett said the on-boarding session for volunteers was important so that they understood why the pantry was stood up and why it is necessary on a military installation.

**"We have had AMAZING VOLUNTEERS who step up and say 'I've got this TALENT, this SKILL, this ASSET that could BENEFIT THE COMMUNITY.'"**

**— Stronghold Food Pantry Founder and CEO Monica Bassett**

SEE STRONGHOLD FOOD PANTRY | A3



Photo by Prudence Siebert/Fort Leavenworth Lamp

Stronghold Food Pantry Founder and CEO Monica Bassett shows volunteers where food and other items are kept, while sharing with them some of the pantry's procedures, during a volunteer orientation session Feb. 21 in the basement of Armed Forces Insurance, 655 Biddle Boulevard. To register in the Volunteer Management Information System at <https://vmis.armyfamilywebportal.com/>. Schedule appointments for groceries, diapers and other ongoing programs and special events at <https://www.strongholdfoodpantry.org/>.

## FORT LEAVENWORTH LAMP

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# Stronghold Food Pantry (continued from Page A2)

She said that more than 24 percent of military families are food insecure, a 2022 statistic that has increased considerably since food prices continue to escalate. Add to that military members waiting months for move reimbursements, with added interest and debt and other factors, and the situation becomes even more challenging.

Bassett said that because of how earnings statements are interpreted, military families often don't qualify for assistance, but the civilian equivalent, such as paying a mortgage versus basic housing allowance, allows a civilian counterpart to qualify.

"Stronghold helps fill that gap and help those military families," she said.

She said few are aware of the extent of food security issue and that military families are being disqualified for assistance.

"I wasn't aware when I started helping people in 2021... I wore rose-colored sunglasses because I thought everyone was just the same because of the way I lived, that everyone must be living in the same way. It was until I took (the sunglasses off) that I realized that, no, they might have the same house because we're on post and (the houses) all look alike, but what is happening within that home is different," she said. "Everyone's circumstances are different, whether you are enlisted or officer, these things do not make a difference — if you are in need,



Photo by Prudence Siebert/Fort Leavenworth Lamp

**Stronghold Food Pantry Founder and CEO Monica Bassett shows volunteers where food and other items are kept, while sharing with them some of the pantry's procedures, during a volunteer orientation session Feb. 21 in the basement of Armed Forces Insurance, 655 Biddle Boulevard. To volunteer, register in the Volunteer Management Information System at <https://vmis.armyfamily-webportal.com/>. Schedule appointments for groceries, diapers and other ongoing programs and special events at <https://www.strongholdfoodpantry.org/>.**

that is why we are here, and that is what we established Stronghold to be."

She asked the volunteers to take that to heart and have passion

for volunteering. She told them that if they find they want to continue volunteering with Stronghold after they PCS, there are remote ways they can still help.

"I have found that feeding people is my passion, it is my life's work, this is my jam. But I want everyone to have that same kind of feeling when they give up their

time because time is valuable. I want you to feel that same sense of reward and accomplishment when you give to Stronghold."

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3	4 DONATIONS 12:00-2:00	5 Happy Bottoms 8:30-10:30	6 PANTRY 11:00 - 1:00	7 Happy Bottoms 8:30-10:30 PANTRY 12:30 - 2:00	8	9
10	11	12	13 PANTRY 11:00 - 1:00	14	15	16
17	18 DONATIONS 12:00-2:00	19	20 OPEN PANTRY 12:30-2:00	21 Happy Bottoms 8:30-10:30	22	23 SPECIAL EVENT
24	25 DONATIONS 12:00-2:00	26 Happy Bottoms 8:30-10:30	27 PANTRY 11:00 - 1:00 Stronghold U 5:30p	28 Happy Bottoms 8:30-10:30	29	30

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More than a food pantry.

## SAMS assists SAG-U (continued from Page A1)

to see without feeling immensely for the Ukrainian people, in general, and especially for the Ukrainian military, as they are fighting a pretty terrible fight.”

Reese described the war in Ukraine as an especially hard fight, a complex problem that even the U.S. Army might struggle with in some ways. He noted that what is being done, by SAG-U and the Ukrainians, is impressive.

“There is a lot of internal pressure to do well and come up with something, even if it only helps a little bit,” he said. “It’s not bleak, because there are so many people who are feeling immensely pressured to do something that will help, and some of the things we are doing, I think, probably will.”

Reese said that if applied to a large-scale map, the situation would look like both sides have been holding and not advancing much, and that two key technology pieces are making the war more complicated for both sides.

“There are drones everywhere, which makes it impossible not to be seen, makes it very easy to target things, and it is very low cost, so both sides can keep doing it, kind of indefinitely,” he said. “Counter electronic warfare makes it very difficult for either side to communicate effectively, which makes it hard to coordinate large-scale operations.”

Reese said use of these technologies explains, in part, why neither side has seen much advancement since the first year of the war.

“When you are trying to advance — trying to take territories if you are the Russians, trying to liberate territories if you are the Ukrainians — having units moving large distances away from each other, at high rates of speed, and (then) if you can’t talk to each other, it very rapidly starts to break down the coordination you need to synergize effects, and so it is much easier for both sides to be defensive most places, most of the time.”

Holder, who deployed to Afghanistan in 2013, said the experience of working on the joint team allowed the SAMS students to see what the modern battlefield, with drones and electronic warfare, looks like.

“We really got the opportunity to see that first hand, and that informs us, so that we can bring that in to our next assignment,



Submitted photo

**Two groups of School of Advanced Military Studies students in the Advanced Military Studies Program recently travelled to Germany to assist Security Assistance Group-Ukraine. The first session group supported the mission in December 2023, and included Dr. Jim Greer, Col. Jamie LaValley, AMSP students Air Force Lt. Col. James Corless, Maj. Shameek De Lancy, Maj. Blair Downey, Lt. Col. Joshua McAuliffe, Marine Corps Maj. Aric Ramsey, Maj. Timothy Reese, Space Force Maj. Moises Rendon, Maj. Joseph Tereniak and Maj. Dallas Wiggins. The groups of AMSP students and faculty were part of larger teams that included members from Combined Arms Center, the U.S. Air Force Curtis LeMay Center, National Defense University, the Army War College, the Marine Corps Warfighting Lab and 1st Special Force Command.**

back to the force, what lessons we are learning from this war.”

The weeks the AMSP teams worked in Germany coincided with classroom exercises regularly conducted throughout the academic year at Fort Leavenworth, and allowed them to gain real-world experience.

“How would you pass up that opportunity? You can do it for pretend or you can go and help people who are doing it for real,” Reese said.

Reese, who deployed to Iraq in 2014 and 2015 and to Jordan in 2020, said that during the wars fought over the past 20 years, the United States has generally had advantages in the areas of technology and troop strength.

“This war is very, very different. Both sides have pretty comparable levels of technology, which complicates things a lot, (and) they are both enormous armies,” he said. “Our experiences have prepared us pretty well to think about these problems, but there are not very many people in the Army today who have actually dealt with them the way the Ukrainians are in real time.”

Reese said the operational tempo in Ukraine is a little bit slower during winter and that both sides need to reconstitute

from recent losses. The spring, with frozen ground turning into muddy terrain, brings additional challenges.

“There is a deep part of the winter when the ground will freeze and things will be fairly good for operations, then that part of the world, kind of all of Eastern Europe, in the spring — the very tail of the winter to the start of the spring — it gets very, very muddy, so the ground basically thaws out, there is a lot of rain that time of year, it becomes very, very difficult to do maneuver operations, especially because the geography of Ukraine has a lot of flat steppe, and that just turns into mud and becomes very, very difficult to operate in,” he explained.

Holder said she appreciated the experience of working on a joint staff, which was a first for her, and the opportunity to travel outside of the academic setting to work on real-world problems.

“From my perspective, Fort Leavenworth can be kind of a bubble, you are in a very academic environment, and then when you go from here to somewhere ... where they are working hard at a higher op tempo, the problems feel really real, and so that juxtaposition between here and there is a little difficult to adjust to,” she said. “Then you realize the magnitude of the problem

that you are working on, and how Ukraine is fighting for their independence as a nation, and that is a complex problem.

“We were able to bring together a diverse set of experiences and diverse set of skills to work on some problems. What we’ve been working on in school is just expanding how we can think about problems and think outside of the box, so I think that is really why we were brought in, to do that.”

The School of Advanced Military Studies, as stated on Army University’s website, “educates select armed forces, interagency and allied members to become critical and creative thinkers, agile and adaptive leaders, and skilled practitioners in doctrine and operational art. The goal of SAMS is to enable senior leaders to drive the operations process to achieve favorable strategic, operational and tactical outcomes. The Advanced Military Studies Program is a graduate-level education program intended to develop effective planners who engage and enable senior leaders understanding of the operational environment further enabling them to visualize and describe viable solutions to complex operational problems.”



Photo by Sgt. 1st Class Cory Krassinger

**Two groups of School of Advanced Military Studies students in the Advanced Military Studies Program recently travelled to Germany to assist Security Assistance Group-Ukraine. The second session group, seen here in February with Security Assistance Group-Ukraine Commander Lt. Gen. Antonio Aguto Jr., included Dr. Bruce Stanley, Col. Jamie LaValley, AMSP students Air Force Maj. Andrew Griffin, Maj. Sheila Holder, Maj. Sven Jenson, Maj. Christopher Kletzien, Marine Corps Maj. Brian Lander, Maj. William Lueck, Lt. Col. Joshua McAuliffe, Maj. Dana Messer, Marine Corps Maj. Aric Ramsey, Maj. Matthew Reilly and Maj. Christopher Speller.**

## Continued support to Ukraine top of mind as SecArmy visits Europe

by Col. Martin L. O'Donnell/Army News Service

GRAFENWOEHR, Germany — The Honorable Christine Wormuth, Secretary of the U.S. Army, visited Lucius D. Clay Kaserne in Wiesbaden, Germany, and Grafenwoehr Training Area in Grafenwoehr, Germany, Feb. 14 and 15, respectively, to discuss continued support to Ukraine, as well as to check on U.S. Army readiness and quality of life for soldiers and their families on the continent.

“The world is watching, both our friends and foes,” Wormuth said. “What the United States and its Army have done and continue to do to support Ukraine matters — to Ukraine, to our NATO Allies and to the United States, because standing up for Ukrainian sovereignty strengthens deterrence against Putin’s unprovoked aggression in Europe.”

While at Lucius D. Clay Kaserne, she visited U.S. Army Europe and Africa headquarters, as well as the Security Assistance Group-Ukraine, which oversees

the full-spectrum of security assistance to the Armed Forces of Ukraine. Wormuth also visited the International Donor Coordination Center, which coordinates resources — lethal and non-lethal security force assistance — from amongst the international community to enable donor countries from around the world to provide military equipment, training and aid to the Armed Forces of Ukraine.

She also spoke with commanders and staff, including Gen. Darryl A. Williams, the commander of U.S. Army Europe and Africa and NATO’s Allied Land Command, who noted the important work of the command has far-reaching implications.

“We are a global Army,” Williams said. “While our efforts — whether it’s supporting Ukraine, employing the ‘3D’ (diplomacy, development and defense) approach in Africa, or implementing NATO’s new regional defense plans — have resonance on the two continents, our service component command overseas, the lessons we are capturing in re-

gards to drones and remote maintenance, and our experimentation, have world-wide application.”

Wormuth’s interactions with USAREUR-AF, SAG-U, and the IDCC, which all support Ukraine, come as the U.S.-led Ukraine Defense Contact Group met for the 19th time on Feb. 14.

While in Wiesbaden, Wormuth also spoke with battalion command teams from a variety of units to get an update on their readiness and issues affecting quality of life for those under their care. Following an update on the state of Army-owned housing and barracks in Europe, Wormuth emphasized the Army’s commitment to increase investment in barracks and sustainment to improve the quality of living of soldiers and applauded the progress on the Vincenzo family housing project.

At Grafenwoehr, she and Williams met with Basic Leader Course students attending the 7th Army Noncommissioned Officer Academy, the U.S. Army’s oldest NCO academy, before observing reconstitution training of a battalion from Ukraine’s 77th Airmo-

bile Brigade.

The United States is one of more than 30 countries providing such training to help Ukraine.

Of the more than 120,000 Ukrainians the international community has trained at more than 80 different training areas located around the world, the United States has trained about 19,000, including about 17,400 soldiers at U.S. Army Garrison Rheinland-Pfalz, Baumholder, and Grafenwoehr and/or Hohenfels training areas in Germany.

The reconstitution training Wormuth observed, along with other platform training, and staff and leadership training, is currently facilitated by 7th Army Training Command; the Joint Multinational Training Group-Ukraine, which is comprised of members of the 155th Armored Brigade Combat Team, Mississippi Army National Guard; 2nd Cavalry Regiment; a battalion from the 101st Airborne Division’s 3rd Brigade Combat Team; a battalion from the 1st Armored Division’s 1st Brigade Combat Team; and others.

“This is a smart investment,” said Wormuth, who noted national security begins well past America’s border. “The money the United States is spending is an investment in Ukraine’s self-defense, an investment in the strength of the NATO alliance and an investment in America’s deterrence posture in Europe.”

A consistent refrain Wormuth heard from the U.S. soldiers involved in the training was the value of the mission and the benefits to themselves and their formations.

“What these soldiers are learning, what they are experimenting with, whether it is drone technology or tactics, electronic warfare, or more, is making our Army more lethal, and better able to defend the nation — anywhere,” Wormuth said.

Before returning home, Wormuth traveled to Munich, Germany, for the 60th Munich Security Conference, a leading forum for debating the most pressing challenges to international security. This was Wormuth’s fourth trip to the region.

# Aussie spouse graces local community theater stage

by George Marcec/Fort Leavenworth Garrison Public Affairs Office

Lyndall Barber, spouse of Australian Maj. Nicholas Barber, Command and General Staff Officer Course student, has brought her acting skills to Fort Leavenworth and is “trodding the boards,” in “Into the Woods” with the River City Community Players, Leavenworth’s community theater troupe.

She said she is from a strong, supportive community in Australia and has felt that same level of support and connection from the Fort Leavenworth community and the Leavenworth-Lansing area.

Barber took the long journey from a small mining town in northern Western Australia to Kansas, yet she said she feels artistic expression is universal.

“I love the experience of being in the audience at the theatre — the pleasure of watching a story be told through song and spoken word. I aspire to provide this experience and feeling to others,” she said.

While artistic expression may be universal, Barber shared some subtle distinctions between her Australian and Leavenworth

community theater experiences.

“One difference is that, instead of dodging kangaroos at dusk, I have to keep an eye out for deer, raccoons and skunks when I drive home from rehearsals,” she said.

Acting and singing in theatrical productions often requires all of the characters to communicate in the same language or accent. Barber caught a break and doesn’t have to affect an American English accent for this play.

“Fortunately, ‘Into the Woods’ is set in a fairytale kingdom, which has meant that the Baker’s Wife (the role she plays) can have an Australian accent,” she said.

“Being involved with the RCCP has provided the additional joy of being able to meet some wonderful local people, outside of the military community,” she added.

“Into the Woods” runs March 1-3, and March 8-10 at the historic Hollywood Theater at 500 Delaware St. in downtown Leavenworth. Ticket and schedule information is available at the Leavenworth Kansas Community Theater Facebook page: <https://www.facebook.com/LeavKSCommTheater>.



Lyndall Barber, spouse of Australian Maj. Nicholas Barber, Command and General Staff Officer Course student, rehearses for her role of the Baker’s Wife in the upcoming Leavenworth community theater production of “Into the Woods.” “Into the Woods” runs March 1-3, and March 8-10. Visit [www.facebook.com/LeavKSCommTheater](https://www.facebook.com/LeavKSCommTheater) for ticket information.

Photo by Melanie Marcec/Special to the Fort Leavenworth Lamp

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# Army dentist shares best practices for children's dental health



File photo by Prudence Siebert/Fort Leavenworth Lamp

Pre-kindergarten student Peyton Wilbanks demonstrates how to properly brush teeth for Smith Dental Clinic dental assistants and his classmates during a National Children's Dental Health Month presentation Feb. 6, 2017, at MacArthur Elementary School. Smith Dental Clinic personnel talked to the children about proper brushing techniques — brushing in a circular motion while making sure all teeth surfaces as well as the tongue are brushed — as well as what foods are good and bad for teeth.

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

Children don't come with instructions, so one U.S. Army dentist at Fort Leavenworth shared what parents should know about helping their children establish good oral hygiene habits for life.

#### Start early

"Start brushing your child's teeth as soon as they erupt in the mouth. For most kids this is at age 6 months," said Maj. Yu-Sheng (David) Chen, commander of Smith Dental Clinic.

He recommends using fluoridated toothpaste two times per day — in the morning and at night before bed.

"Many do this upon waking, as part of their normal morning routine, but I recommend waiting until after breakfast, which eliminates bacteria accumulated overnight and any food deposits from breakfast," Chen said.

For infants, parents may use a clean finger or wear a specially designed silicone finger brush, brushing about six seconds per tooth, Chen said. As infants get older and more teeth come in, parents can start brushing their child's teeth with a regular, child-sized, soft-bristle toothbrush for about two minutes total, twice a day.

"The correct amount of toothpaste for a child under

2 years old is the size of a grain of rice. For children, age 3 and up, the correct amount is the size of a pea," Chen said.

After brushing at bedtime, Chen said snacks or drinks containing sugar, including milk, should not be allowed. Water is okay.

"Any substance consumed after brushing will remain on the teeth all night, which can cause tooth decay," Chen said.

He said that flossing can wait a little bit longer for most children.

"Most kids have good spacing in their primary dentition, or baby teeth," Chen said. "It is still a good idea to start practicing flossing at age 2. Then by age 3, flossing is required every night at bedtime."

Chen said starting oral hygiene early will reduce bacteria that can harm teeth and will help children get accustomed to dental care.

#### Visiting the dentist

"Parents may schedule a visit to the dentist as soon as the first tooth erupts, if they have any concerns, but if they are practicing good oral hygiene, it is okay to wait until the child is 18 months old," Chen said.

A dentist can ensure teeth are coming in properly and identify any problems early, he said.

Between visits, parents need to be the ones doing the brushing, up until about age 6 or 7.

"If a child cannot tie

their own shoes or write their name legibly, a child does not have the fine motor skills necessary to brush their teeth well," explained Chen.

Even children physically capable of brushing their teeth may not have the maturity and attention to detail that it takes to do a good job, he said.

"Up until about 7 to 10 years of age, parents need to watch their children brush and make sure that they are removing all the plaque," Chen said.

By the time children are teenagers, parents should still check the teeth periodically to make sure their teenagers are removing the plaque when brushing and not cutting corners, he said.

"Cavities are preventable with good dental care," Chen said.

In addition to twice-daily brushing, and once-daily flossing and rinsing, families should visit their dentist for regular check-ups, he said.

Eligible military family members can find a dentist through the TRICARE Dental Program. The program is an enrollment-based, voluntary dental plan for family members of active-duty service members.

To learn more about the TRICARE Dental Program and covered benefits visit <https://tricare.mil/covered-services/dental/tdp>.

## Senior enlisted leader from Medical Readiness Command, West visits Munson Army Health Center

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

FORT LEAVENWORTH, Kansas — The senior enlisted leader from U.S. Army Medical Readiness Command, West, met with soldiers Feb. 14 at Munson Army Health Center.

Command Sgt. Maj. Jennifer A. Francis was on post to provide a brief on the U.S. Army Medical Command to officers at the Command and General Staff College's Pre-Command Course.

She included a stop at MAHC, one of 11 military treatment facilities in the region, to talk with soldiers who deliver day-to-day care to service members, retirees and their families.

"MRC, West, is responsible to provide regionally ready, globally responsive medical forces, health service support and force health protection to conserve the fighting strength, so it is important for me to visit our units and talk directly with our soldiers and their leaders to ensure from the top down that we are all working toward the nested priorities established by the (U.S. Army) Surgeon General," Francis said.

These priorities, identified by Lt. Gen. Mary K. Izaguirre, U.S. Army Surgeon General and commanding general, U.S. Army Medical Command, include combat ready medical forces, the ability to sustain health, a culture of continuous transformation, and strengthening the profession.

At MAHC, the command team and the medical company work to give the health center's soldiers training opportunities in and outside the facility that contribute to technical and tactical proficiency.

"We take a proactive approach and try to give our soldiers plenty of opportunities to work on training and readiness," said Sgt. Maj. Jason Trevino, MAHC's senior enlisted leader.

In January, soldiers from MAHC's pharmacy headed to Irwin Army Community Hospital at Fort Riley, Kansas, the nearest MTF with inpatient capabilities.

"We went to Fort Riley to work on some of our inpatient pharmacy skills, mixing IVs, nebulizer inhalers and other medica-



Photo by Munson Army Health Center Public Affairs

Command Sgt. Maj. Jennifer A. Francis, right, visits with Munson Army Health Center staff members Sgt. William Dobbin, Staff Sgt. Alexander Langston and Capt. Jacob VanBemmel Feb. 14 at the MAHC Pharmacy.

tions. It really did help getting back to that familiarization," said MAHC Pharmacy Specialist Sgt. William Dobbin, adding that he'll soon head to Fort Sam Houston, Texas, for the Pharmacy Operations Course.

"You learn how to handle a pharmacy in a deployed setting, where you are probably the only pharmacy tech," Dobbins said.

Other MAHC soldiers recently completed a 90-day rotation at Brooke Army Medical Center, San Antonio, Texas, where they were able to integrate into the surgical ward and perform tasks critical to their

MOS.

Later this year, MAHC soldiers will attend Delayed Evacuation Casualty Management training at Fort Riley's Medical Simulation Training Center. This course provides training on Tactical Combat Casualty Care, interventions and prolonged field care to prepare medics to sustain health during large-scale operations.

"It is our duty to train our soldiers, so we look for any and every opportunity to get after it," Trevino said.

At the end of her visit, Francis said that

she enjoyed engaging with MAHC's soldiers and credited the team for its focus on both readiness and health care delivery.

Munson Army Health Center serves more than 13,000 Military Health System beneficiaries on Fort Leavenworth and in the greater Kansas City area. Core services include primary care, pharmacy, laboratory, radiology services and public health.

Visit <https://Munson.TRICARE.mil> to learn more about medical services at Munson.

# Commissary CLICK2GO reaches \$100M in sales

by DeCA Corporate Communications

FORT GREGG-ADAMS, Va. – Commissary CLICK2GO, the Defense Commissary Agency's online shopping and curbside pickup service, reached \$100 million in sales Feb. 16.

"This is a significant milestone for us because it shows the improvements that we've made to our online shopping experience, and that we are providing a strong benefit that our military community is using," said Dr. Theon Danet, DeCA's executive director of the IT Group and chief information officer. "We're excited about the future of Commissary CLICK2GO and how we can add even more value for commissary patrons."

The \$100 million in sales was generated through 686,185 completed Commissary CLICK2GO orders since the service launched in May 2021. Basket sizes for those orders averaged around \$125.

"Commissary CLICK2GO gives our customers the best of both worlds," Danet said. "It allows them to place their orders online and save the time they would normally spend shopping in stores. Also, curbside pickup enables them to collect their orders at their convenience by choosing a time slot that works best for them."

Using Commissary CLICK2GO, or CC2G, also provides additional benefits. Patrons have better control of their budget because it's easier to see how grocery costs are adding up, and they can make adjustments if they are exceeding their grocery budget. It can also help to prevent impulse purchases.

Shoppers can make their preferences known with detailed notes and comments for individual items.

Patrons have access to other savings resources through the website, such as viewing their local commissary sales flyer and product promotions, clipping digital coupons and learning about commissary store brands.

CC2G offers cooking resources, such as recipes and dietitian-approved meal solutions, as well as product information like ingredients and nutritional facts for each product.

Marketing and outreach to commissary customers were vital to reaching the \$100 million mark, Danet said. In addition, the expansion of item availability at every commissary and the expansion of order windows contributed to more sales. Enhancements in the areas of information technology, payment processing, management and support were also key to the program's efforts.

Patrons can access CC2G by logging into their shop.commissaries account at <https://shop.commissaries.com> from their computer or mobile device. The CC2G app is available for free download through Google's Play Store or Apple's App Store.

As DeCA looks to increase the benefits of the program for service members and their families, the agency is actively exploring how to add doorstep delivery to homes and onsite support to military units.

Visit <https://corp.commissaries.com/shopping/click-2-go> for more information about CLICK2GO.



Photo by Lisa Sweet/Fort Leavenworth Lamp

Signs outside the main entrance of the Fort Leavenworth Commissary advertise Click2Go, the store's online shopping option, first offered during the pandemic in 2021.

Download on the App Store

GET IT ON Google Play

DOWNLOAD THE MOBILE APP

## ON THE GO

### Savings, One Tap Away!

[shop.commissaries.com](https://shop.commissaries.com) | tablet • mobile

Recap | Maintenance | Reminders | Events | Mayors

## Bulk Pre Inspections

The annual bulk pre-inspection time is swiftly approaching. Below, you will find the detailed schedule indicating when inspectors will be in your area. If you anticipate being unavailable during these times, kindly utilize the provided contact information to arrange an alternative inspection appointment. Your cooperation is greatly appreciated.

### 26 February (Week 1)

M – Infantry Barracks  
T – Kansas 790-815 / 7th CAV / 4th ART / Wint  
W – Hatch / Grierson  
Th – Biddle / Pick  
F – Kansas 2-64

### 4 March (Week 2)

M – Kansas 57-124  
T – 6th INF - Odd  
W – 6th INF - Even  
Th – 1st CAV / 1st CAVCT  
F – Harry Bell / Rose

### 11 March (Week 3)

Spring Break - Open to Schedule Appointments

### 18 March (Week 4)

M – Hollowell - Odd  
T – Hollowell - Even  
W – Dodge / Dragoon / Johnson / Swift  
TH – Make up Day  
F – Make up Day

To schedule/reschedule:  
Sarah Terry  
[STERRY@TMO.com](mailto:STERRY@TMO.com)

## CALLING ALL MILITARY SPOUSES!

The 2024 Active-Duty Spouses Survey is out. It assesses the impact of military life on spouses and their families. Unlike many surveys about military family life, **THIS SURVEY IS A REPRESENTATIVE SAMPLE AND IS AUTHORIZED BY THE DEPARTMENT OF DEFENSE.** This is our opportunity to share what is working and what is not working in this military life we all live. It will take about 10 minutes!

### HOW DO I TAKE THE 2024 SURVEY?

1. Go to <https://www.dodsurveys.mil>
2. Click the "DON'T HAVE A TICKET" button
3. Put your 10-digit BENEFICIARY DOD ID NUMBER found on the back of your Military ID Card. This ensures only military spouses are the ones completing the survey and they are completing it only one time. It is an anonymous survey.
4. Put in your DAY of birth and click the GET MY TICKET NUMBER button.
5. Click Start Survey

# Easter season services ongoing at chapels

Fort Leavenworth Lent and Holy Week services

**Easter Sunrise Service**, 7 a.m. March 31 at Pioneer Chapel  
(Regular chapel schedule March 31)

**Protestant Christian Services**  
Lenten Lunches, noon to 1 p.m. Feb. 28, March 6 and March 20 at Frontier Chapel, room 153

Good Friday service, CrossRoads Protestant Community, 5 p.m. March 29 at Frontier Chapel

**Multicultural Gospel Service**  
"Stir Up the Gifts," African attire/potluck Sunday, 10 a.m. Feb. 25 at Pioneer Chapel

**Catholic Services**  
Stations of the Cross, 5:30-7 p.m. Feb. 23, March 1, March 15 and March 22 at Pioneer Chapel

Holy Thursday Mass, 6 p.m. March 28 at Pioneer Chapel

Good Friday service, 6 p.m. March 29 at Pioneer Chapel  
Easter Vigil Mass, 8 p.m. March 30 at Pioneer Chapel  
Easter Mass, 9:30 a.m. March 31 at Frontier Chapel

## SUNDAY, 31 MARCH 2024, 0700



# EASTER SUNRISE SERVICE

Pioneer Chapel, 500 Pope Avenue

**Uniform: Army Service Uniform/Army Green Service Uniform with Service Cap or Civilian Attire**

Light Reception Follows inside Pioneer Chapel

For Information Call 913.684.2210

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



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# WORTH

Harley-Davidson

## MOTORCYCLES

# NORTH

9400 NW Prairie View Rd  
816-420-9000

[www.worthharley-davidson.com](http://www.worthharley-davidson.com)



# Pet of the Week



James is a 6-month-old tabby kitten 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.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday, and by appointment for pre-approved adopters. The facility is also open the second Saturday of each month (March 9) from 9 a.m. to noon.

See [www.FLSF.petfinder.com](http://www.FLSF.petfinder.com) or call 913-684-4939 for more information, or e-mail [fortleavenworthstrayfacility@gmail.com](mailto:fortleavenworthstrayfacility@gmail.com) for an adoption application.

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/>.



Photos by Prudence Siebert/Fort Leavenworth Lamp

Fort Leavenworth Stray Facility

## Second Saturday is Back!



**Every second Saturday of the month**

We're back to being open every 2nd Saturday of the month for visitation and adoption/fostering of the animals at the facility!

You can find all of our adoptable pets at:  
[www.petfinder.com](http://www.petfinder.com) Fort Leavenworth

[fortleavenworthstrayfacility@gmail.com](mailto:fortleavenworthstrayfacility@gmail.com)

913-684-4939 510 Organ Ave  
Fort Leavenworth, KS  
66027

## Help Shelter Pets!

*They need your help for walks and general care!*  
*They enjoy the love, attention, and affections, too!*

Several shifts to choose from

Want to know how to join our team?

Register at <https://vmis.armyfamilywebportal.com/>.

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

After you train, you shadow two shifts. Then you are ready to help shelter pets!

Watch the **Fort Leavenworth Stray Facility** Facebook page for training events!

Once you register, train, and shadow, you can sign up for any shift you can cover.

Children under 18 can help, but they must be accompanied by an adult the entire shift.

Work with either our cats or dogs or both!






## WANTED

**Fort Leavenworth Sponsors  
Civilians WG6/NAF4/GS-9**



**and Permanent Party Military MAJ's and Above**

**The International Military Student Division is Welcoming  
CGSOC -Class AY 24 US Sponsor Families to Volunteer Today**



**Please Contact:  
Mr. David M. Bornn  
(913) 684-7323**

[david.m.bornn.civ@army.mil](mailto:david.m.bornn.civ@army.mil)

THURSDAY  
FEBRUARY 29, 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



You are invited to a panel presentation:

### The Current and Future Use of AI within the Department of Defense

Strengths • Weaknesses • Unknowns

March 5 • 3:30-5 p.m. • Marshall Auditorium • Lewis and Clark Center

Presented By:



**Brian Weaver**  
Chief Executive Officer  
Torch.AI



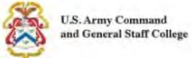
**Scott Cohen**  
Chief Executive Officer  
Jaxon AI



**Peter Im**  
Director,  
Information Advantage  
Scholars Program,  
U.S. Army Command  
and General Staff College



**Col. Kris Saling**  
Futures Chief/Acting Director,  
Innovation Directorate,  
U.S. Army Recruiting Command



OPEN SATURDAY **March 9**

### Fort Leavenworth Thrift Store

- ❖ Location: 1025 Sheridan Drive, Building 1049
- ❖ OPEN: 9am – 2:30pm
- ❖ Phone: 913-651-6768



**THE 2024 MICHAELS ORGANIZATION  
EDUCATION FOUNDATION SCHOLARSHIP  
APPLICATIONS ARE NOW  
AVAILABLE!**

High School seniors or graduates pursuing higher education with college or trade school qualify.

**IMPORTANT DATES:**

- February 5: Application forms available at all offices of the Michaels Organization.
- March 9: Suggested deadline for college students to request grade transcripts from their registrars to ensure that part of the application will be received before April 15, 2024.
- April 15: Final deadline for all parts of the application for a 2024 The Michaels Educational Foundation Grant. Mail the application form, references, essay, and grade transcripts to Dr. Bruce W. Johnson, The Michaels Educational Foundation, P.O. Box 90708, Camden, NJ 08101.

YOU CAN DOWNLOAD YOUR APPLICATION AT  
<https://tmo.com/scholars/#for-scholars>

**2024  
MPRA ANNUAL  
SCHOLARSHIP  
PROGRAM**

APPLICATIONS NOW ACCEPTED

**Deadline: March 31, 2024**

[www.mpraonline.org/scholarship](http://www.mpraonline.org/scholarship)



### Scholarship Opportunities

Note-This information is provided to US Army School Liaison Officers as information of common interest regarding various scholarship opportunities throughout the United States.

Such information is not an actual or implied endorsement of these colleges/universities/organizations by the US Army, Fort Leavenworth FMWR, and/or Fort Leavenworth CYC.

[https://home.army.mil/leavenworth/application/files/7816/3284/5772/Fort\\_Leavenworth\\_SLO\\_Scholarship\\_List\\_September\\_2021.pdf](https://home.army.mil/leavenworth/application/files/7816/3284/5772/Fort_Leavenworth_SLO_Scholarship_List_September_2021.pdf)

### World Leaders in Wartime: Winfield Scott and Joint Warfare in 1847-1848

March 6 @ 3:00 pm - 4:15 pm Hybrid Event

THE FORT LEAVENWORTH SERIES  
**WINFIELD SCOTT**  
WORLD LEADERS IN WARTIME

LT. COL. NATHAN JENNINGS  
Associate Professor,  
U.S. Army Command and General Staff College

**Welcome!** FORT LEAVENWORTH DISTRICT 207

**2024-2025 ONLINE ENROLLMENT** OPENS IN MARCH!

QUESTIONS@USD207.ORG

# DONATE BLOOD

WED. MARCH 13  
9 A.M. - 1 P.M.  
MUNSON ARMY  
HEALTH CENTER

Sign up  
at

[REDCROSSBLOOD.ORG](http://REDCROSSBLOOD.ORG)



Equip  
Encourage  
And Anchored



PWOC SPRING RETREAT 2024

MARCH 22-24TH  
COUNCIL GROVE, KANSAS

SEE SELINA HUGGARD TO GET REGISTERED!

REGISTRATIONS DUE BY MARCH 5TH

**Fort Leavenworth Trails**  
Maintained by Volunteers



Download the map

Fort Leavenworth Trails are multi-use. Share the trail with foot, bike, and horseback. Dogs must remain on leash.

Most of the trails on Fort Leavenworth are volunteer maintained. Join the group on Facebook to discuss trail condition and learn how you can help improve and sustain the trails.

# Updated Fort Leavenworth recreation points of interest, trail map available for download

## Volunteers sought to help with trail improvements



Use the QR code at left to download the multi-use trail map, which also features recreational points of interest such as the dog parks and fishing lakes, and a map of hunting areas, or visit <https://store.avenza.com/products/fort-leavenworth-trails-fort-leavenworth-trail-keepers-map>. The map, seen below, can be made larger and turned for easier viewing with the downloaded file.



Join the Trail Keepers group on Facebook using the QR code at right to learn more about volunteer opportunities to assist with trail improvements, sustainability and maintenance.

**BOSS PRESENTS MOVIE NIGHT**

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

**March 8** **March 22**

PG PG-13

*Ruby Gillman*  
**TEENAGE WRAKERS**

**THE MEG: THE TRENCH**

Come out and join us as the BOSS program gives back to the Community by playing movies inside the Post movie theater. Prepackaged snacks and drink can be purchased at the snack bar. No outside food or drinks are authorized.

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

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

Join us for our Annual **Easter Bunny Bunch**

Saturday, March 30th  
9am-12:30pm  
The Frontier Conference Center

**Special Event Pricing**

Adults : \$23.50  
Children (4-12) : \$12.50  
Kids 3 and under : \$4.00

Call 913-684-3825  
or stop by the FCC to reserve your spot today!  
Your choice of one hour seating times:  
9am, 9:45 am, and 10:30 am

A very special visitor will be hopping by to visit with the kids! There will be children's activities including crafts and photos!

Reservations are OPEN NOW  
Space is limited.  
Reservations CLOSE March 22nd

For more information visit [leavenworth.armymwr.com](http://leavenworth.armymwr.com)

**MENU**

Gourmet Denver Style Egg Strata  
Applewood Smoked Bacon and Sausage  
Seasoned Potatoes O'Brien  
Fresh Buttermilk Biscuits with Country Gravy

Organic Spring Greens with Assorted Dressings  
Assorted Cheese and Charcuterie Display  
Southern Fried Chicken  
Smoked Gouda Au Gratin Potatoes  
Chef Carved Roast Baron of Beef with Au Jus and Horseradish Sauce  
Fresh Green Beans with Roasted Garlic  
Premium Chicken Bites  
Four Cheese Macaroni and Cheese

Assorted Fresh Baked Desserts

Coffee  
Juice  
Milk

**Fort Leavenworth Post-Wide Yard Sale**  
April 27th • 8AM - 3PM  
Event is open to the public! \*

\*ID's will be scanned at the main gates beginning at 8 am, everyone 16 years and older must provide a current ID to enter. (Persons attempting to enter post with outstanding warrants or other security issues will be denied access.)

Residents living on-post 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

please join us for a **STRONGHOLD BABY shower**  
honoring 25 amazing mom's to be!

March 23, 2024 at 11am  
655 Biddle Blvd, Fort Leavenworth

Please RSVP Online.  
[strongholdfoodpantry.org](http://strongholdfoodpantry.org)

GIFTS CAN INCLUDE...

- Car Seats
- Pack N' Plays
- Dr. Brown Bottles
- Diaper Subscription
- Wipes
- Baby Room Accessories
- Blankets & Knitted Items
- Reusable Mother's Tote

**STRONGHOLD FOOD PANTRY**  
More than a food pantry.

**Volunteers Needed!**

**Stronghold Food Pantry is seeking volunteers to fill the following positions:**

**GRANT WRITER:** Research grant opportunities, draft grant proposals, and submit grant applications.

**SKILLS REQUIRED:** prior experience in grant writing, technically capable, able to study and learn new funding programs, independent worker, with great communication skills.



**Volunteers Needed!**

**Stronghold Food Pantry is seeking volunteers to fill the following positions:**

**WEBSITE ASSISTANT:** Maintain and update a Wix website.

**SKILLS REQUIRED:** Strong Wix knowledge, excellent technological skills, self motivated, detail oriented, great communication skills, professional.

**Volunteers Needed!**

**Stronghold Food Pantry is seeking volunteers to fill the following positions:**

**CONTENT CREATOR:** Create social media content. Post on all social media platforms.

**SKILLS REQUIRED:** strong technological skills, thorough knowledge of social media platforms, highly skilled at creation of content, self motivated, professional, attention to detail.

## 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.

## 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

Connect with Us! Facebook: Fort Leavenworth FMWR  
Website: leavenworth-armymwr.com

## "Refreshing Conversations"

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

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

## 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.

## Empowering Families Lunch & Learn Workshop Series

12 - 1 pm via Microsoft Teams

- September 21: Help, My Child is Struggling in School
- October 19: Let's Talk IEPs
- November 16: Challenging Behavior? Tips for Home and School
- January 18: Understanding & Supporting Sensory Needs
- February 15: Step Ahead at Age Three
- March 21: Movin' On: Preparing for Your Next Move
- April 18: Strategies for Supporting Your Child with Autism

For more information or to register, contact 913-684-2838 and 913-684-2871.

## 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

## 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

## 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, 18th, 25th

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

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

Free for Expectant Parents!

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

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

## ACS New Parent Support Potty Training

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

Are you ready?

600 Thomas Ave Room 157  
2/26, 4/22, 6/17, 8/19, 10/28, 12/16  
5 pm - 7 pm

FREE For Parents of Children aged 0-4 years  
\*Pre-registration Required!  
Deadline is Friday before class  
Contact 913-297-3212

## 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

## 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

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

As of: 19 October

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

We are sorry for the inconvenience.

### Employment Readiness Program Classes

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



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



**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

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



### 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: 913-684-2835 / 2880

ACS Family Advocacy Program Presents:

### ANGER MANAGEMENT

December 14 • February 15 • April 18  
Thursdays from 11:30AM - 1PM  
ACS Conference Room, Room 145

Learn how to identify the different kinds of anger and ways anger is expressed. Build skills to deal with strong and destructive behavior and emotions.

FREE and open to DoD ID card holders 18 and above.

Childcare not provided.

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

For more info or to register call, (913) 684-2808/4357




### 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



### DOMESTIC VIOLENCE EDUCATION AND SUPPORT GROUP

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

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

Where:  
Resiliency Center  
600 Thomas Ave  
Room 145

FOR QUESTIONS CALL 913-683-2537





### 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) 684-2808/2800




### Fort Leavenworth Career & Education Fair

2 April, 10 am to 2 pm  
Frontier Conference Center

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

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

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

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

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



### - Family Advocacy Program - Victim Advocacy Program

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

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

Safety Planning

Victim Advocacy Services

Education & Support Group



### Join our ACS/FAP team for STORY TIME!




To be held in Room 145, 600 Thomas Ave

April 3, 2024 10:00 am  
April 10, 2024 2:00 pm  
April 17, 2024 10:00 am  
April 24, 2024 2:00 pm

For ages 0-4  
All Children in attendance will receive a FREE book to enjoy at home!

For more information or to make a reservation contact 913-684-2811

This activity is part of the ACS/FAP/NPSP Child Abuse Prevention activities at Fort Leavenworth. Registration required. Deadline day before event.

### COMING WORK WITH CYS

Commissary Privileges\* for all CYS Employees

## NOW HIRING

- Medical, Dental, Vision & Life Insurance Benefits\*
- Retirement & 401K
- Flexible Work Hours
- Paid Time Off (Vacation & Sick)
- Career Progression & Paid Training
- Tuition Reimbursement Possibilities
- Priority Child Care Placement and Employee Child Care discounts
- Tax-free Shopping Privileges at AAFES
- Job transfer program worldwide through Civilian Employment Assignment Tool

APPLY NOW!  
ArmyMWR.com/cyscareers




SCAN TO LEARN MORE

### AVAILABLE NOW! on MILITARY CHILDCARE.COM

WINTER CAMP offers have started! Do you need care?

Limited space... Make requests NOW!

#### School Out & Seasonal Camp Care Options

Camp Dates are based on the USD 207 School Calendar & Federal Holiday closures.

Winter Break Week 1	Winter Break Week 2	Spring Break
Mon. - Fri. 18 - 22 DEC 2023	Tues. - Fri. 26 - 29 DEC 2023	Mon. - Fri. 11 - 15 MARCH 2024

A separate Request For Care must be submitted for each week for the KG or 1st-5th Grade option

Requests for these camp weeks are NOT needed for children enrolled in the SY23-24 Before and/or After School Program at Osage.

Contact CYS Parent Central Office for more information: 913-684-5138 or 4956







### 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 HOURS INTO THE VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS).

REGISTRATION IS NOT REQUIRED. JUST SHOW UP.


INFO: (913) 684-2835

### DG FUN & RELAXATION

Explore new hobbies in your free time with on-post events & recreation activities in the Digital Garrison App!

POWERED BY DISCHARGE



MAKE THE CONNECTION

Download on the App Store

GET IT ON Google play

## Intramural Volleyball League

**Season Starts: April 2**  
 Games: Tues. and Thurs  
 5:30PM - 8:30PM  
 Harney Sports Complex

Coaches Meeting: Thurs. March 21 at 5:30PM at Gruber Fitness Center.

Team Rosters and/or Letters of Intent due COB Wed. March 27.

This is a co-ed league.

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

League awards given for regular season champions, tournament runner ups, and tournament champions.

Info: 913-684-3224/684-5136



## Spring Intramural League

Trails West Golf Course // 306 Cody Road  
 League Starts: March 25 // 5PM Shotgun start  
 Registration: March 22 by 5pm  
 \$35 per player// \$70 per Team

2-person Best Ball contest  
 8 weeks of regular season play to get seeding for the playoffs

Playoffs on Monday and Thursday with the Top 16 regular season finishers.

MWR Golf gift certificates presented to Top 4 regular season finishers and Top 3 playoff finishers

Need a team? We can help!  
 Info: (913) 651-7176



PRIZES | CONTESTS | FOOD | FUN

## Trails West Member Appreciation Golf Tournament

**March 24**  
 12PM Range, Putting & Simulator Contest  
 1PM Shotgun Start

FREE and open to all Greens Fees Pass Holders!  
 Includes: greens, cart, range, meal, & scoring post event Hole and flight prizes. Registration ends March 21st.

Info: (913) 651-7176



## FUN SHOOT

**Brunner Range**  
**1st Saturday of the Month**

**Jan 6 - Dec 7 2024**  
 Feb 3, Mar 2, Apr 6, May 4, Jun 1, Jul 6, Aug 3, Sep 7, Oct 5, Nov 2.

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

Space is limited so register early.

Rental guns and shells are available or bring your own.

Prizes and awards distributed at the end of each shoot.

Info: (913) 651-8132  
 701 Sheridan Drive



## 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(+/-) 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



## WEST COAST SWING

### Golf Simulator League

2 person Scramble 9 Holes

WEEK 1 : SPANISH BAY  
 FEB 11-17  
 WEEK 2: SPYGLASS HILL  
 FEB 18-24  
 WEEK 3: TORREY PINES  
 FEB 25-MAR 2  
 WEEK 4: PEBBLE BEACH  
 MAR 3-9

**\$40 PER PLAYER/  
 \$80 PER TEAM**

FLEXIBLE TEE TIMES, WEEKLY PRIZES, OVERALL CHAMPIONSHIP WINNER, WIN FREE SIMULATOR SESSIONS!

CONTACT TWGC TO SIGN UP TODAY  
 913-651-7176



## Lucky Leprechaun

Trails West Golf Course  
 March 16 // 10AM Shotgun Start

Come and celebrate St. Patrick's Day at our 4 person scramble!  
 Fee - \$50 Members // \$60 Non-Members  
 Last day to register is March 13th.  
 Fee includes tournament fees, green fees, cart fees, range, food & beverage  
 Participants can also enjoy flight prizes and hole prizes.  
 Join us before for a cup of Irish Coffee and after for Corned Beef & Cabbage.  
 Open to the public  
 Info: (913) 651-7176



## YOUTH SPORTS & FITNESS SPRING

**APRIL 8 - MAY 23**

**REGISTRATION**  
 FEB. 5 - MAR. 4

All youth must have an updated sports physical before first practice. Enrollment can be done at all OYS locations if Centrally registered. Webtrac enrollments can only be done with current Youth Sports Physical on file.

Volunteer Coaches needed!  
 For more info call: 684-7525 or 684-7526.

- Soccer - 5 - 14yrs (\$50)  
 April 8 - May 23
- Baseball - (5-12 years)  
 Kinder - 6th grade (\$50)  
 April 8 - May 23
- Girls Kid Pitch Softball (8-12 years)  
 3rd - 6th grade (\$50)  
 April 8 - May 22
- Start Smart Baseball - 3 - 4yrs (\$30)  
 \$36 optional participant kit  
 April 15 - May 16



## BOSS soldiers

here's what's happening

"let your voice be heard"

updated monthly

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




## BOWL Your Socks Off!

**March 21**  
 5pm - 7pm

Strike Zone Bowling Center  
 165 Fourth St

Come join EFMP in supporting **World Down Syndrome Day** at The Strike Zone!  
 Bowl in your most fun, and colorful socks to help raise awareness for individuals with Down Syndrome.

**FREE EVENT!**

Pre-registration is required.  
 Registration ends March 19th!  
 Contact 913-684-2871/2838

Open to all DOD ID card holders and dependents.



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"s gets you free sodas for the family (6 max) and all "B"s or better gets you \$2 off any pizza. Games may be used by all family members.

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



## Clean Paws Pet Wash

Open 24 hours a day!  
 Merritt Lake Parking Lot  
 Cash, Coin and Card

Info: (913) 651-7176



## Cosmic Bowling at the Strike Zone

Every Saturday Night

**\$12 all you can bowl for 2 hours**  
 includes shoe rental

Info: (913) 651-2195  
[Leavenworth.armymwr.com](http://Leavenworth.armymwr.com)



Starting Monday January 8th, 2024

**Fort Leavenworth Group Fitness Classes**

**GRUBER FITNESS CENTER** - 200 Reynolds Ave. - 664-5120  
Mon-Fri: 0500-1800, Sat and Sun: 0800-1700

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0900	(0915) Zumba (Lydia)		(0915) Zumba (Lydia)		Zumba (Stephanie)	Zumba (Lydia)
1630	3030 Spin (Kim)		Power Cycling (Kim)			

**HARNEY SPORTS COMPLEX** - 185 Fourth St. - 664-2190  
Mon-Fri: 0500-1800, Sat and Sun: 0800-1700

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

\*Power Cut classes are held in the Bubble Gym

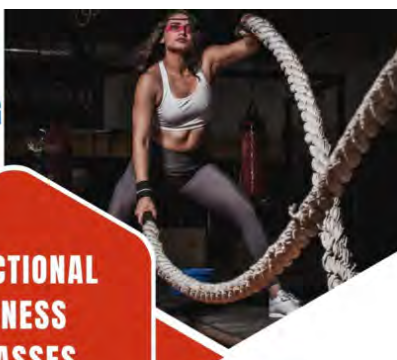


Single Ticket For **\$5.00**  
10 Tickets For **\$45.00**  
20 Tickets For **\$80.00**



<https://leavenworth.armymwr.com>

**918 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!

**DECIDE TO COMMIT TO SUCCESS**

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

**WE OFFER 24/7 Gym Access**  
(After registration)

**LET'S GO!**

**JANUARY 1ST- MARCH 31ST  
AFWC NEW YEAR Challenge**

- 3 WAYS TO WIN  
-MOST IMPROVED BODY COMPOSITION  
-MOST WEIGHT LOSS  
-MOST POINTS ACCUMULATED

OPEN TO ALL FORT LEAVENWORTH

(913)758-3403

[patricia.g.allen9.ctr@health.mil](mailto:patricia.g.allen9.ctr@health.mil)

**PICKLEBALL LEAGUE!**



**3 weeks of play**

- Wednesdays 5-7pm
- Free-play (all ages) 4-5pm
- August 23 - Sept. 6
- Doubles teams
- Location: (Old) Patton Jr. High, Bldg. 392
- Don't have a partner? We'll assign you one!

**Sign up here:**



**Contact 913-292-4994 for more information**



**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
  - Plates
  - Bowls
  - Coffee Cups
  - Blenders
  - Coffee Makers
  - Crock Pots
  - Toasters
  - Rice Cookers
  - Microwaves
  - Square Tables
  - Circle Tables
  - Folding Chairs
  - Laundry Baskets
  - Irons
  - Ironing Boards
  - Trash Cans
  - Air Fryers
  - Indoor Grills

**Operation Prevention Community Brief**

**April 11th**

11am - 12:30pm

Post Theater

375 Grant

For more info call  
913-684-2808/ 2800

**Child Abuse**

**in Preventing**

**is the First Step**

**Knowledge**

Come join the Family Advocacy Program to learn valuable information about recognizing, reporting, and helping to prevent child abuse and/or neglect, and domestic violence/ intimate partner violence. Training is FREE and open to all Spouses, DOD Civilians, and Service Members 18+.

Bring your Unit and check off a Training Requirement for FY 24.



EXCHANGE **YOU MADE THE GRAD** you get the REWARDS!

**\$20 REWARDS!**  
Straight A students

**\$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)



GET YOUR TICKETS NOW AT  
**FORT LEAVENWORTH LEISURE TRAVEL SERVICES!**

310 McPherson Ave, Bldg 464

913-684-2141

**Saturday 6 APRIL @ 2PM**

**\$36 or \$56**

Tickets Must Be Purchased By 27 March

Event Takes Place At The F-Acble Center

UNITED STATES DISCIPLINARY BARRACKS  
BATTALION (CORRECTIONS)

**Dining In**

2024



19 APRIL @ 1700

RIVERFRONT COMMUNITY CENTER  
123 S. Esplanade Street | Leavenworth, KS

\$35 SFC & BELOW  
\$40 MSG & ABOVE

Full Course Meal | Grog Ceremony | Company Skits  
Guest Speaker | Camaraderie | Tradition



Contact your Company leadership to purchase tickets  
TICKET SALES END 2 APRIL 2024

**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 913-681-2580 Business Hours Tue/Wed/Thu/Fri @ 10am-7pm



The International Military Student Division cordially invite to...

**Know Your World Guyana**

A 45-minute cultural experience, All Military & Civilians welcome!

Lewis and Clark Center  
Eisenhower Auditorium  
20 March at 3:45 p.m.



## March & April Craft Workshops

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



scan for more info

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



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

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



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



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

Cost includes all supplies!



## Kids Crafts

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

**Kids Messy Art**  
**\$12**

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

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

leavenworth.armymwr.com



## March & April Watercolor

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



scan for more info

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



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

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

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

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

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

**Pottery Studio (Coming Soon!)**

## Calligraphy

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

**Reoccurring Classes**  
**MUST PRE-REGISTER**

**Intro to Framing**  
**\$40 per class**  
Every 2nd Thursday & 4th Saturday of the month  
10am - 2pm

**Paint & Sip**  
**\$35 per session**  
Every 2nd Friday of the month  
6pm - 8pm  
Must be 21 years or older.  
BYOB




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

leavenworth.armymwr.com



## MILPARENTS ROCK: Rock Painting

**April 5, 2PM - 4PM**  
Resiliency Center // 600 Thomas Ave.

April is National Child Abuse Prevention Month. During April, FAP / NPSP will be sponsoring events focused on stress reduction and family fun. Come celebrate with us to honor military parents and children by painting rocks for your own personal rock garden.

Supplies will be provided. This event will be hosted outside, and is open to parents and their children.

Registration is required and can be done until March 29th.  
Event is FREE and open to DoD ID card holders 2+.  
For more info or to register call. (913) 684-2808.







**VACATION SALE ENDS MARCH 15**

# SPRING BREAK ADVENTURES



SAVE BIG AT OVER 30 HOTEL BRANDS WITH MARRIOTT BONVOY THROUGH AMERICANFORCETRAVEL.COM



MARRIOTT BONVOY



# MUNSON NOTES

## MAHC names NCO, Soldier of Quarter



Photos by Maria-Christina Yager/Munson Army Health Center Public Affairs

Sgt. Malik Childs, left, and Spc. Richard Osei, right, were named Munson Army Health Center's NCO and Soldier of the Quarter. Childs is a medical laboratory specialist who collects samples from patients and performs chemical and biological medical tests in the lab to help providers diagnose disease and other conditions. Osei is a pharmacy specialist who works with a pharmacist to prepare and issue prescribed pharmaceuticals and medicines, maintain pharmacy supplies and records.

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

A REGISTERED NURSE IS ONLY A CALL OR CLICK AWAY



MHSNurseAdviceLine.com

Web chat, video chat or first year country-specific phone number 24/7



Get health care advice • Find a health care provider • Schedule same or next day appointments when recommended by nurse • Get an online "absence excuse" or "sick slip" • Receive help for urgent, emergent care and traveling beneficiaries

MTF enrollment, command guidance and recommendations by a registered nurse may be required. If you have an emergency, call 911 or go to the nearest emergency room.

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**Munson Website**  
www.Munson.TRICARE.mil

Information updated weekly!  
Check us out!

913-684-6000  
Information Desk



**COVID-19 & Flu Vaccines are now available at Munson! Walk-in only on the 3rd floor MAHC! Starting 4 Dec.**

- Walk-ins available from 0800-1200 and 1300-1530.
- Go to 3rd floor front desk and ask for a walk-in Flu or COVID-19 vaccine.
- Wait times may vary depending on patient care demands.
- A physician's appointment is necessary for scheduled child and adolescent immunizations, including the Respiratory Syncytial Virus (RSV) vaccination.

There's still time to get a flu vaccine if you haven't yet this season. You can get a flu vaccine at the same time as a COVID-19 vaccine.

**Sign up for EFMP...Don't Wait!**

Do you have a Family Member that is enrolled in EFMP? Medical and/or educational documentation must be kept current as the condition changes or every three years, whichever comes first. Updates can be completed every 90 days. The EFM is enrolled permanently in the program unless medical and/or educational needs warrant case closure or the sponsor is separated from the military. You can find the expiration date for EFMP by logging into [efmp.army.mil](http://efmp.army.mil).

**EFMP** EXCEPTIONAL FAMILY MEMBER PROGRAM NOVEMBER 2023

The Exceptional Family Member Program is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational and medical services to families with special needs. Additionally, these special needs are considered when the Army assigns them a new post.

**WHO IS CONSIDERED AN EXCEPTIONAL FAMILY MEMBER**

An exceptional family member is a spouse or child with a physical, emotional, developmental or medical condition that requires special housing, living conditions, language assistance, and medical attention.

**WHO YOU KNOW!**

Exceptional Family Member Program (EFMP) is now able to assist in a variety of ways to help you and your family. A successful EFMP enrollment is a key to receiving special housing, medical, educational, and other services. For more information, visit [efmp.army.mil](http://efmp.army.mil).

**SENIOR LEADER'S DASHBOARD ACCESS**

Senior Commanders and CDAs can now access the EFMP Senior Leader Dashboard. The dashboard allows Senior Commanders and CDAs to view a more comprehensive view of EFMP enrollment and services for their units. For more information, visit [efmp.army.mil](http://efmp.army.mil).

**EFMP** EXCEPTIONAL FAMILY MEMBER PROGRAM NOVEMBER 2023

**NEWS HIGHLIGHTS**

Supporting the Needs of the Soldiers and Family Members (SOFAM) EFMP Guide (Effective 10/1/2023) has been published. This guide provides information on how to use the EFMP system, how to update your enrollment, and how to request services. For more information, visit [efmp.army.mil](http://efmp.army.mil).

**FREQUENTLY ASKED QUESTIONS**

How long does it take to complete an EFMP enrollment? It typically takes 1-2 weeks to complete an EFMP enrollment. The time it takes to complete an enrollment depends on the complexity of the enrollment and the availability of the necessary documentation. For more information, visit [efmp.army.mil](http://efmp.army.mil).

**EFMP MEDICAL/EDUCATIONAL ENROLLMENT**

Medical/educational enrollment is a mandatory requirement for all EFMP members. It involves providing documentation of the member's condition to the EFMP system. For more information, visit [efmp.army.mil](http://efmp.army.mil).

**NOTICES**

Service Number	Start Date	End Date
1000000000	10/01/23	10/31/23
1000000001	11/01/23	11/30/23
1000000002	12/01/23	12/31/23

**RESOURCES**

For more information, visit [efmp.army.mil](http://efmp.army.mil).

**Breast Cancer Doesn't Wait Until October!**

Schedule your mammogram today!

**Call Now 913-684-6140**

Tons of availability!  
Radiology Clinic Munson!

**Pharmacist Questions?**

**PHARMACY**

The pharmacists at Munson are available to talk to you directly about your medications. They can help you understand how to use your medicine correctly, what your medicine is supposed to do, and the possibility of reactions or side effects. You can also talk to your pharmacist about what to store and take medication, what foods or activities to avoid, and how to do if you miss a dose. If you would like to talk to someone about your medicines, please dial (913) 684-6250 opt 2, and your pharmacist can help.