

LAMP

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

THURSDAY
FEBRUARY 8, 2024



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Army Corrections Brigade hosts wellness day

by Melissa Kreitzer/Army Corrections Brigade Spouse

The Army Corrections Brigade hosted a Family Wellness Day Feb. 2 at McHugh Training Center. The event was intended to empower ACB families to be ready and resilient.

To prepare for the event, the holistic preventive care team identified trends that affected the readiness, health and well-being of the formation. For negative effects, information, education and resources would be applied. For positive effects, the team worked to amplify the effects.

This work cannot be done alone, it requires a village. The Fort Leavenworth community came together in an incredible way to support the Griffin Brigade's service members, families, and civilians by showcasing support providers and programs available, with more than 30 community agencies represented.

The brigade soldiers and spouses serve as a team and have a duty to support and honor that. Army families know when you care. They shouldn't meet the leaders for the first time on their best or worst days; there needs to be an established rapport, a relationship of trust that's built over time.

The Wellness Day agenda included a Spiritual Wellness Program overview, a quality-of-life-focused Garrison brief, an ACB Wellness Program discussion, and a "Stay Ready!" session given by the Ready and Resilient Performance Center.

Many organizations provided informational booths with resources for military families.

Reagan Sawyer, Army Community Service Relocation Program manager, noted the Fort Leavenworth Employment Readiness Program Team Facebook Page as a resource for job fair and employment information. Other resources and opportunities presented included the Military Spouse Education and Career Opportunities (MySECO) program for education and career guidance for military spouses, Strong-



Photos by Prudence Siebert/Fort Leavenworth Lamp

Spc. Sebastian Hernandez, Bravo Company, U.S. Disciplinary Barracks Battalion (Corrections), talks with Lisa Fernholz, transition services specialist, and Brianna Reed, financial counselor, at the Transition Assistance Program booth, one of several support program booths offering information about resources and services, during the Army Corrections Brigade Family Wellness Day Feb. 2 at McHugh Training Center.

hold Food Pantry for food, diapers and other military family needs, services such as the Neighborhood Navigator to learn about communities and tax consultation provided by Military OneSource, as well as child care solutions.

"In January, the Department of Defense implemented its new fee schedule for on-base child care designed to reduce fees for lower income military families. Addition-

ally, the Military Child Care in Your Neighborhood (MCCYN) is a DoD fee assistance program for eligible families who cannot access military-operated child care due to distance or waitlists," said Carole Hoffman, Child and Youth Services coordinator. "With fee assistance, a portion of your child care costs is paid to offset the costs of community-based care. This makes it easier for families to afford quality child care from

local community providers."

Unit commanders and their senior enlisted leaders were also present to meet and talk with the ACB families.

This interactive event provided families access to valuable tools and community resources to improve their overall well-being and quality-of-life.

The brigade intends for the Wellness Day to be an annual event.



ABOVE: While holding 3-month-old Ralph and 2-year-old Lilly, Erica Tucker and Sgt. Andrew Tucker, Headquarters and Headquarters Company, Midwest Joint Regional Correctional Facility Battalion (Corrections), talk with Sgt. Nick Arth, HHC, MWJRCF, and Robin Collie, Army Corrections Brigade Wellness Program coordinator and social worker, during the brigade's inaugural Family Wellness Day Feb. 2 at McHugh Training Center.

RIGHT: Chaplain (Maj.) Hyoseok Kim, Directorate of Pastoral Care deputy director, and Chaplain (Capt.) Hyangsook Choi, MWJRCF chaplain, perform "You Lift Me Up" between presenters at the Army Corrections Brigade Family Wellness Day Feb. 2 at McHugh Training Center.



AT A GLANCE

■ The next class in the six-week **CO-PARENTING WORKSHOP** is at noon Feb. 8 in classroom 145 in the Resiliency Center. Call 913-684-2822/2808 to register.

■ The next **CITY UNION MISSION DONATION PICK UP** in housing is Feb. 10. If intending to make a donation, residents need to complete the form at <https://docs.google.com/forms/d/e/1FAIpQLSc3c9LLMqTAXChpqMlKK64tj3O9fYvCILtwokAw8dPbJ0RbMw/viewform> by Feb. 9 to ensure their items are picked up.

■ The **SKIES OPEN HOUSE** is 5:30-7 p.m. Feb. 9 at Patch Community Center, 320 Pope Ave. Meet instructors and take a tour. Light refreshments will be

served. Call 913-684-3207 or text 913-704-7595 for more information.

■ The Family Advocacy Program's online training **A PARENT'S ROADMAP TO TEEN DATING** is at noon Feb. 12. Scan the QR code on page B1 or call 913-684-2822 to register.

■ The Army Community Service **5 LOVE LANGUAGES VALENTINE'S EVENT** is at 5:30 p.m. Feb. 13 in room 157 at the Resiliency Center, 600 Thomas Ave. Call 913-684-2822/2871/2800 for more information.

■ The Army Community Service **5 LOVE LAN-**

GUAGES FOR TEENAGERS is at 1 p.m. Feb. 14 in room 145 at the Resiliency Center, 600 Thomas Ave. Call 913-684-2822/2808 for more information.

■ The next **EMPOWERING FAMILIES LUNCH AND LEARN WORKSHOP SERIES CLASS "STEP AHEAD AT AGE 3"** is at noon Feb. 15 via Microsoft Teams. Call 913-684-2838/2871 to register or for more information.

■ Three Fort Leavenworth spouses — Vince Afaisen, Shanna Cheatham and Casie Rendon — are in the running for Armed Forces Insurance **MILITARY SPOUSE OF THE YEAR**. Visit <https://msoy.afis.org/meet-the-candidates> to vote by Feb. 9.

VOLUNTEER Organization Spotlight

STRONGHOLD FOOD PANTRY

by Monica Bassett, Stronghold Food Pantry founder and chief executive officer

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

At Stronghold Food Pantry we believe our volunteers are a vital piece of the Stronghold operation.

They are the heart of our mission; they bring an unwavering commitment to serving military families with compassion, respect and integrity by creating a welcoming environment.

With their enthusiasm, diverse perspectives, skills, pos-

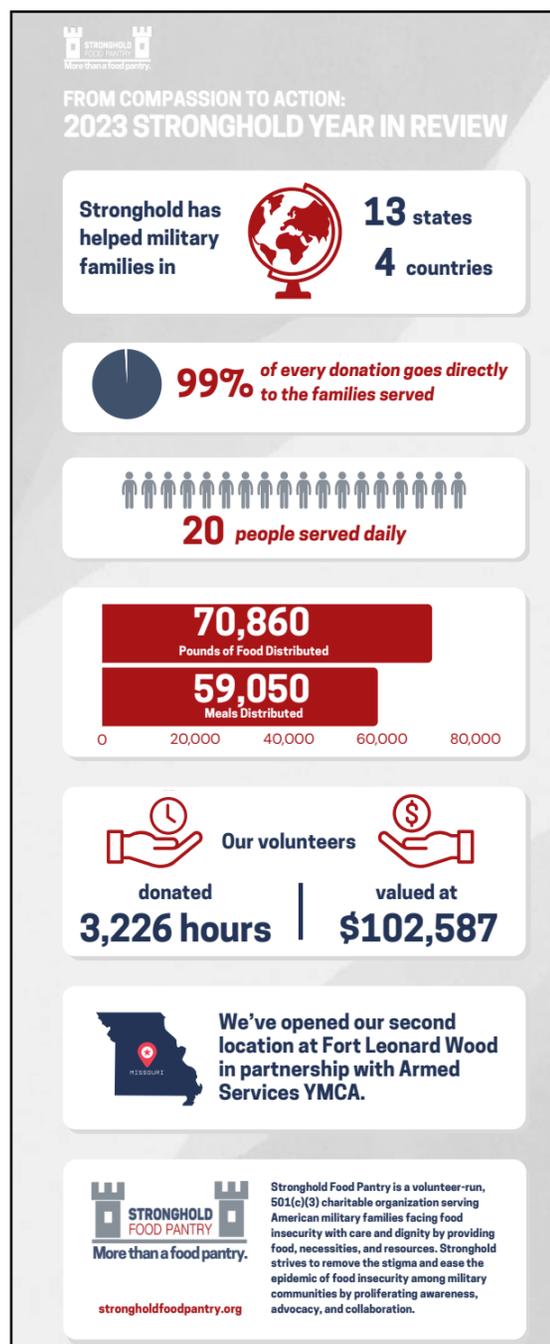
itive energy and passion, we are cultivating a valued and respected organization known for its excellence in volunteerism.

At Stronghold, we appreciate all of our volunteers. We have opportunities for everyone willing to get involved, including stocking shelves, sorting donations, writing newsletters, providing social content, distributing food to families in need, and so much more.

The goals of the volunteer role are to aid, support and care for those in need, and these goals can be reached in a variety of ways. Volunteerism can be far-reaching, and Stronghold volunteers can improve the lives of individuals in the military community.

The lasting impact of these tasks is significant, as they directly contribute to the well-being of military families. We are more than a food pantry. We are Stronghold.

STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS						
By Appointment Only						
www.strongholdfoodpantry.org						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Happy Bottoms 9:00-10:30 DONATIONS 12:00-2:00	6	7	8 PANTRY 11:00-1:00	9	10
11	12 Happy Bottoms 9:00-10:30 DONATIONS 12:00-2:00	13	14 PANTRY 11:00-1:00	15	16	17
18	19 CLOSED	20	21 CLOSED	22 PANTRY 9:00-10:30	23	24 OPEN PANTRY 10:00-11:00
25	26 Happy Bottoms 9:00-10:30 DONATIONS 12:00-2:00	27	28 PANTRY 11:00-1:00	29 SPECIAL EVENT 5:30-7:00		



UPCOMING events:

VOLUNTEER SIGN-UP
12:30 pm - 1:30 p.m.
Feb. 21
at Stronghold Food Pantry, 655 Biddle Boulevard, conference room (Armed Forces Insurance building)
Stronghold Volunteer On-Boarding Orientation is open for anyone who is interested in volunteering with Stronghold Food Pantry.

PAINTING WITH PATRONS
5-7 p.m.
Feb. 29
at Stronghold Food Pantry, 655 Biddle Blvd.
Stronghold is hosting a free painting class with a Kansas City artist. All supplies provided.

HAPPY BOTTOMS REGISTRATION AND PICKUP
9-10:30 a.m.
Feb. 12, Feb. 26

GROCERY DRIVE-THRU PICKUP
By appointment
Wednesdays and Thursdays
<https://www.strongholdfoodpantry.org/book-online>

DONATIONS DROP-OFF
Noon to 1:30 p.m.
Mondays

VOLUNTEER SIGN-UP!

CALLING ALL VOLUNTEERS!

Volunteers are a vital piece of the Stronghold community. We value their enthusiasm, diverse perspectives, skills, and passion.

At Stronghold, we have opportunities for everyone willing to get involved, including stocking shelves, sorting donations, distributing food, and so much more.

Together we are Stronghold.



If you would like to join the team please attend:

FEBRUARY 21, 2024
12:30PM
655 BIDDLE BLVD
CONFERENCE CENTER

Strongholdfoodpantry.org

FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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Member of 6888th dies just shy of 101

OBITUARY

by Elizabeth A. Helm-Frazier
and Carlton G. Philpot

Lena Derriecott Bell King quietly departed her earthly life Jan. 18, 2024, nine days before her 101st birthday on Jan 27, 2024.

She was born Jan. 27, 1923, in Washington, Georgia, the only child of Henry and Emma Jane Derriecott.

Lena was named after her grandmother, Lena Austin. At age 1, Lena's parents moved to her dad's hometown of Philadelphia, Pennsylvania, in the Germantown Section, a neighborhood of different races and cultures. After her parents' divorce, Lena lived with her mother and aunt. Her mother started a community garden, and all were welcome. In her grandfather's eyes, Lena could do no wrong. At an early age, Lena was active in local and national civic causes. She joined the local radio show fan club called "Grace Granger" and joined the National Youth Administration organized by First Lady Eleanor Roosevelt, whom she got to meet on a trip to Washington, D.C. One of Lena's childhood friends, Abram David, joined the Army Air Force and was killed in action during a combat mission. This inspired Lena to enlist in the Army Air Force at the age of 18.

Cpl. Lena Derriecott Bell (King) started her Army active-duty service Dec. 15, 1943, in Philadelphia, Pennsylvania. She completed basic training at Fort Des Moines, Iowa, and her first duty assignment was as a nurse at Douglas Army Airfield near Bisbee, Arizona. While stationed at Douglas, she met fellow Women's Army Corps member Pfc. Alma M. Philpot. Both enlisted in Philadelphia and became best friends. She met and married Drill Sergeant Hugh T. Bell. With his concurrence, she volunteered for overseas duty. Lena and this unique cadre of Women's Army Corps members completed overseas screening and light combat training at Fort Oglethorpe, Georgia, and departed by train in late January 1945 for Camp Shanks, New York. On Feb. 3, 1945, the women boarded the SS Ile de France and departed for Europe, as the first predominantly

black WAC unit to deploy overseas. The ship arrived in Glasgow, Scotland, on Feb. 12, 1945, and Lena and more than 700 other women boarded a train and arrived in Birmingham, England, late that same afternoon.

Lena was assigned to the 6888th Central Postal Directory Battalion, nicknamed the "Six Triple Eight." This unit consisted of 855 women and was the only battalion-size unit of predominantly African American females who served overseas during World War II. The mission in Birmingham was to clear the more than two years of backlog of mail in the European Theater of Operations, in six months. The unit's motto was "No Mail, Low Morale." Under the leadership of Maj. Charity Adams, they worked around the clock, three eight-hour shifts, seven days a week in harsh wartime conditions and rat-infested warehouses to clear the backlog of more than 17 million pieces of letters and packages in just three months. This broke all Army records. After England, the unit was reassigned to Rouen and Paris, France, from May 1945 to March 1946 to clear the backlog of mail.

By now the war was over and service members were waiting to return to the United States. In May 1945, Lena entered her name into an educational lottery and was selected for design school in Leicester, England. She finished design school and returned to the United States at Fort Dix, New Jersey, where she was honorably discharged Feb. 11, 1946.

She returned home to Philadelphia, and later Lena and her husband moved to Los Angeles, California, and had two children.

Lena used her G.I. Bill for the education benefits to obtain a registered nurse degree. She worked at Kaiser Permanente Hospital in West Los Angeles, where she was one of the Big 4, which was an elitist group of nurses. In 1971, she met and married Larry King. They were happily married for more than 20 years until his death.

After retiring from nursing in 1986, Lena moved to Las Vegas, Nevada, a city



Photo by Prudence Siebert/Fort Leavenworth Lamp

Lena King of Las Vegas, Nev., salutes while gathering with four other 6888th Central Postal Directory Battalion veterans around the monument honoring the battalion Nov. 29, 2018, by Smith Lake on Fort Leavenworth. Five of the seven known surviving members of the battalion viewed the monument and attended a dedication ceremony the next day. King died Jan. 18, 2024, just a few days before her 101st birthday.

that she loved. She loved to cook, was a faithful member of Desert United Methodist Church, was a community activist, and always had a birthday party.

Like many World War II Veterans, Lena did not talk much about her service. For 75 years, the Six Triple Eight did not receive public acknowledgment for the mission the unit's members accomplished. It was not until 2015, that retired Navy Cmdr. Carlton Philpot had a dream to build a monument honoring their unsurpassed mission accomplishments. Lena and four other members of the 6888th attended the Nov. 30, 2018, dedication of the 6888th monument at Fort Leavenworth. Lena credited Philpot for bringing their

history to the international spotlight, for giving them a parade they never had, and for obtaining the public recognition and honors the unit and its members received for their service. She was extremely pleased that Tyler Perry is making a movie about the 6888th to be released later this year.

In 2016, the Army Women's Foundation inducted the Six Triple Eight into its Hall of Fame. In February 2019, the Army posthumously awarded the 6888th its only award for exemplary performance, the Meritorious Unit Commendation. In May 2019, the U.S. ambassador to the United Kingdom dedicated a Blue Plaque at the King Edwards School in Birmingham, England, to mark

where the 6888th was stationed. In October 2019, Lena and the other surviving 6888th members received the 2019 Audie Murphy Award during the nationally televised American Valor Awards ceremony. She was also an Honor Roll Awardee at the World War II National Museum, New Orleans, Louisiana. On March 14, 2022, President Joe Biden signed the Six Triple Eight U.S. Congressional Gold Medal Act of 2021 into law. The medal is the highest civilian award in the United States.

Lena was preceded in death by her parents; husband, Larry King; daughter, Margo Bell Meshack; son, Gregory Bell; and special friend, Charles Glover. She is survived by her grand-

daughter, Amber Meshack; her niece, Bobbie J. Leonard; her nephew, Thomas Crawford; great niece, Kimberly Leonard; great nephew, Derrick Collins; godson, Clynton Lowry; great friends Patrick and Suzie McCue, Gloria Rahman, Rev. Helen Jones, Norma Kidd, Carolyn Barge, Carlton G. Philpot, Sen. Patricia Spearman, Barbara Lewis, Elizabeth Helm-Frazier, Tyler Perry, Carlota Espinosa, Keri Selig, the 6888th family, her favorite ninth-grade mentee from Minnesota Olivia Halunen, her favorite TV personality Al Roker, and many other friends and supporters.



Photos by Prudence Siebert/Fort Leavenworth Lamp

Veterans who served during World War II with the 6888th Central Postal Directory Battalion — Pvt. Anna Mae Wilson Robertson of Milwaukee, Wis.; Pfc. Elizabeth Barker Johnson of Hickory, N.C.; Pfc. Deloris Ruddock of Laurel, Md.; Pvt. Maybelle Rutland Tanner Campbell of Woodbridge, Va.; and Cpl. Lena Derriecott Bell King of Las Vegas, Nev. — gather around the monument honoring the battalion the day before a ceremony dedicating the monument Nov. 29, 2018, by Smith Lake. The women, all in their 90s at the time, were five of seven known surviving members of the battalion.



Retired Master Sgt. Elizabeth Helm-Frazier hugs Lena King by the monument honoring the 6888th Central Postal Directory Battalion Nov. 29, 2018, in the Buffalo Soldier Commemorative Area on Fort Leavenworth. Helm-Frazier, of Maryland, joined the project team to help get the monument funded. King, of Nevada, served with the 6888th during World War II. She and four other 6888th veterans, all in the 90s, traveled from across the country to see the monument and attend the monument dedication ceremony. Lena died Jan. 18, 2024.

Army Nurse Corps officers at MAHC part of 123-year Army legacy

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

Munson Army Health Center celebrated the 123rd birthday of the U.S. Army Nurse Corps Feb. 2, which included recognizing four of MAHC's own.

Lt. Col. Gwendolyn O'Keefe

Lt. Col. Gwendolyn O'Keefe, MAHC deputy commander for nursing, is the senior nurse manager providing oversight of all nursing operations at MAHC and is part of the clinical leadership team.

"It has been a very rewarding 20 years. I've told my junior officers to take every opportunity in the Army and 'grow where you are planted,'" O'Keefe said, explaining that one take-away from her deployments is that people have to make things work, because sometimes lives depend on it.

Her assignments include traditional inpatient care at stateside medical centers equipped with cutting-edge technology and deployments in Iraq and Afghanistan caring for service members in the most austere environments. She has also provided patient care to thousands in the air over the Pacific Ocean with a Critical Care Transport Team conducting aeromedical evacuation missions of critically ill patients back to the United States.

Maj. Meredith Steggerda

Maj. Meredith Steggerda, MAHC chief of Public Health, is an adviser on public health matters, promoting health and wellness to prevent disease and injury of soldiers and military retirees, their families, and Army civilian employees at Fort Leavenworth through workplace and community health.

During the COVID-19 pandemic, Steggerda was assigned to a field hospital and deployed halfway around the world to the Middle East on a force health protection mission. She and her team were sent to monitor and care for service members and Defense Department civilians in the region against the emerging disease.

"We set up a contained mobile medical unit where we could care for patients and provide relief, evacuate those needing a higher level of care, and work to contain spikes in disease," she said, capturing the essence of the Army Nurse Corps, providing responsive and innovative nursing care integrated with the Army Medical Team to enhance readiness, preserve life and function, and to promote health and wellness



Defense Health Agency photo by Ashley Lobina

Munson Army Health Center celebrated the 123rd birthday of the U.S. Army Nurse Corps, Feb. 2, which included recognizing four of Munson's own: Lt. Col. Gwendolyn O'Keefe, MAHC deputy commander for nursing; Maj. Meredith Steggerda, MAHC chief of Public Health; Maj. Courtney Pernia, MAHC chief of ambulatory nursing; and Capt. Seth Hemker, currently serving in an administrative role as MAHC's Medical Company commander.

for all those entrusted to its care.

Maj. Courtney Pernia

Maj. Courtney Pernia, MAHC chief of ambulatory nursing, oversees primary care teams and programs in the health center's Patient-Centered Medical Homes.

"I always had a passion for nursing on my heart. I'm very thankful that I had the opportunity to support the Army's mission to take care of soldiers, family members and retirees," Pernia said. "Nurses are well known as one of the most trusted professions across the country, and I think adding the Army name to that lends even more confidence."

Capt. Seth Hemker

Capt. Seth Hemker, currently serving in an administrative role as MAHC's Medical Company commander, is responsible for the training, management and readiness of soldiers at the health center.

"What I like about the Nurse Corps is that there are so many things we can do, from direct patient care on an inpatient floor, to company command positions, to recruiting," Hemker said.

In addition to current requirements to join the Army, applicants for the Army Nurse Corps must complete a bachelor of science degree in nursing from an accredited college or university and maintain a license to practice nursing. As members of

the Army, they must also maintain proficiency in skills common to all soldiers.

The Army Nurse Corps provides nursing staff in support of U.S. Army and DoD medical plans. The corps serves in a variety of environments from military treatment facilities like MAHC to expeditionary units like field hospitals, forward surgical teams, and aeromedical evacuation units.

The diversity of assignments provides these soldiers the opportunity to "be all they can be" and for them is part of the appeal of Army nursing.

To learn more about career opportunities in the Army Nurse Corps, visit <https://goarmy.com/amedd/nurse.html>.

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CAC, AU host Directors of Training Conference

by Sarah Hauck/Army University Public Affairs Officer

FORT LEAVENWORTH – The 2024 Directors of Training Conference was hosted by the Combined Arms Center and Army University Jan. 23-25 at Fort Leavenworth.

Representatives from the centers of excellence and Army schools gathered to share ideas on how to meet the high demand for flexible, but effective training and instruction for soldiers across the Army, how to strengthen relationships to bolster these fast-pace changes and discuss actional plans to solve gaps they identified in the Army 2023 learning environment.

“The DOT Conference is a sleeves-up event. It’s an opportunity to have all the right people in the room at once to really make some decisions and accomplish some things,” Army University Provost Brig. Gen. David Foley said.

The Army’s perpetual pursuit of lethality requires constant adaptation to current operating systems and procedures.

The revolving door of modernization requires the most up-to-date and accurate training and education on the latest technologies, doctrine, equipment and methods.

Training goes beyond instruction with PowerPoint and falls to the Army’s Directors of Training (DOTs) and doctrine across the force’s centers of excellence to ensure each piece of instruction delivered aids in the soldier’s ability to fight and win in a contested environment.

Keeping pace with policy and leader initiatives require training to be adaptive, nimble, and improve quickly.

How DOTs can accomplish that without losing core lessons or falling behind was one topic discussed during the conference.

Through a series of working

groups and panel discussions, the DOTs analyzed the structure of the DOT community for potential improvement, ways to strengthen collaboration across training and doctrine leads, and resource options and stressors to meet critical and shifting priorities.

Outcomes and potential plans of actions were presented to Combined Arms Center and Fort Leavenworth Commanding General Lt. Gen. Milford Beagle Jr., Deputy to the CAC Commanding General Gregg Thompson, and Army University Deputy Provost Michael Johnson.

The 2024 DOT Conference was the first since 2019 due to the pandemic.

The event is usually conducted annually to assist DOTs and the Army learning environment community remain agile and aligned to provide critical training and education of an Army moving toward senior leadership priorities.



ABOVE: Dr. Keith Brawner, senior engineer, program manager, Institute of Creative Technologies, University Affiliated Research Center, addresses 2024 Directors of Training Conference attendees as the keynote speaker about artificial intelligence in Eisenhower Auditorium at the Lewis and Clark Center.



LEFT: Dr. Keith Beurskens, director, vice provost of Academic Affairs, leads a round-table discussion on day two of the 2024 Directors of Training Conference at the Lewis and Clark Center.

Photos by Dan Neal/Army University Public Affairs

New connection between training tools eliminates information gap

Linking Army Unit Calendar with Digital Training Management System

by Training Management Directorate, Combined Arms Center-Training

The Training Management Directorate at Fort Leavenworth, working in coordination with Army Forces Command and the Army G3, launched a new capability Jan. 25 to link the Army Synchronization Tool/Army Unit Calendar (AST/AUC) with the calendar in the Digital Training Management System (DTMS).

The AST/AUC and DTMS now have a data connection that eliminates a digital information gap across echelons. The previous data gap resulted in a manual process to enter relevant Army Unit Cal-

endar training event data into DTMS to allow planning and calendar refinement.

The manual process to transcribe event data from AST/AUC to DTMS was time-consuming, subject to clerical copy errors, and generally an impediment to the doctrinal planning process.

Realizing that both AST/AUC and DTMS had existing data connections with Army Vantage, the Training Management Directorate worked with FORSCOM to reconfigure the current data ex-

changes to enable Army Vantage to forward the AST/AUC source data to DTMS. Leaders at the unit level now have the ability to visualize, manage, validate, synchronize, plan and deconflict friction points based on a holistic view of unit availability.

Army Regulation 350-1, Army Training and Leader Develop-

ment, directs commanders and leaders to employ the Army Training Management System (ATMS) to plan, resource and manage unit training and to access Army standard training products. The AUC-DTMS data connection will reduce data-entry errors and allow training managers at the brigade level to incorporate their

commanders’ training objectives into key ReARMM (Regionally Aligned Readiness and Modernization Model) events. In other words, it will save time, fill a crucial data gap, and contribute to overall combat readiness.

The Training Management Directorate at Fort Leavenworth is the Army proponent for training management, and the executive agent of the Combined Arms Center for Army training doctrine ADP 7-0 Training and FM 7-0 Training. TMD is also the functional proponent for the Army Training Management System, which includes the Army Training Network and the Digital Training Management System.



Blood donations needed, especially after recent extreme weather

by Greater Kansas City and Northwest Missouri Chapter, American Red Cross press release

KANSAS CITY, Mo. (Jan. 24, 2024) — The American Red Cross continues to experience an emergency blood shortage as severe winter weather has further impacted the ability to rebuild the blood supply. Blood donors are urged to give now to help ensure lifesaving medical procedures are not delayed.

The national blood supply remains at critically low levels. Blood drives have been canceled in nearly every state where the Red Cross collects blood. As a result, nearly 15,000 blood and platelet donations have gone uncollected in January alone. In addition to dangerous road conditions, many Americans have dealt with flight and shipping delays, and the Red Cross is no different. Snow, ice and extreme temperatures have made it tougher to move vital blood

products across the Red Cross network, affecting deliveries to hospitals in some locations.

Much of the country has warmed up, and individuals are urged to make an appointment now to give blood or platelets by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767). As a thank-you, all those who give Feb. 1-29, 2024, will receive a \$20 Amazon.com gift card by e-mail. Visit RedCrossBlood.org/Heart for details.

The nation is currently facing the lowest number of people giving blood in 20 years.



American Red Cross

When fewer people donate blood, any disruption to blood donations – like recent weather systems – can have a huge effect on the availability of blood products and dramatic consequences for those in need of emergency

blood transfusion. Generous blood donors are vital to ensuring those in need of transfusions have access to lifesaving care.

New Blood Donor Rewards program

Since announcing an emergency blood shortage earlier this month, thousands of donors across the country have answered the call to help. In appreciation for all those who take the time to help save lives, the Red Cross is pleased to launch an all-new Blood Donor Rewards program. This program offers a new way for the Red Cross to say thank-you for the generous donations that

are critical to patients counting on lifesaving care. All donors will now earn points for their donations that accumulate each time they roll up a sleeve to give. Donors automatically started earning points on Jan. 1, 2024, and they can redeem points any time of year to receive e-gift cards or save them to redeem and claim an exclusive Red Cross merchandise item in the next calendar year. For more information, visit RedCrossBlood.org/Rewards.

About the American Red Cross

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40 percent of the nation’s blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a non-profit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, visit redcross.org or CruzRojAmericana.org, or follow on social media.

Chapels announce Easter season services

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

Protestant Ash Wednesday service, 7:30 a.m. Feb. 14 at the Lewis and Clark Center

Anglican Ash Wednesday service, 7 p.m. Feb. 14 at Memorial Chapel

Lenten Lunches, noon to 1 p.m., Feb. 14, Feb. 21, 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

Anglican Services

Anglican Ash Wednesday service, 7 p.m. Feb. 14 at Memorial Chapel

Catholic Services

Ash Wednesday service, noon, Feb. 14 at Pioneer Chapel

Stations of the Cross, 5:30-7 p.m., Feb. 16, 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



*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

WORTH
Harley-Davidson
NORTH

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

100 percent of Army housing to be inspected

by Fort Leavenworth Frontier Heritage Communities

Congress has mandated the inspection of 100 percent of all family housing on Army installations by a third-party contractor appointed by the Department of the Army.

On behalf of the Army Housing Office, Fort Leavenworth Frontier Heritage Communities is sharing the "Family Housing Letter," at right, from the Department of the Army.

Residents should have received a door hanger last week, prompting them to scan the barcode in order to schedule an appointment for an upcoming housing inspection in their home.

The inspection period will begin Feb. 6 and extend throughout the month, concluding on or around Feb. 29.

These inspections aim to gather information on the current state of privatized housing inventory, and residents can anticipate inspections in their homes lasting approximately 60-90 minutes.

Certified inspectors, independent of Fort Leavenworth Frontier Heritage Communities, the housing project owner, and Fort Leavenworth Government, will conduct these inspections. They will assess home interiors, building systems, common areas, property exteriors and drainage from the homes, and landscaping to identify

and address any potential life, health and safety issues.

Congressional oversight mandates that these inspections are not optional.

Residents will be contacted by the third-party inspectors, if an appointment is not scheduled in advance.

The Department of the Army initiative aligns with several National Defense Authorization Act mandates aimed at enhancing privatized military housing programs. Ensuring safe housing for service members and their families is a top priority for the Army, as well as for Fort Leavenworth Frontier Heritage Communities.

Fort Leavenworth Frontier Heritage Communities

appreciate residents' advance support and cooperation with this Congressionally mandated requirement.

Call Army Housing at 913-684-5681 with questions or concerns with scheduling.

It is important to note that this initiative does not interfere with the normal operating hours of Fort Leavenworth Frontier Heritage Communities. The FLFHC Community Management office and Maintenance office will remain available for all housing and maintenance questions and work order requests during and after the inspection process.



Photos by Sean Bergosh/Fort Leavenworth Garrison Public Affairs Office

LEFT and ABOVE: Brian White, part of an inspection team from Bureau Veritas, conducts a mock housing inspection with village mayors Feb. 6 in a vacant home in the Nez Perce Village. The inspection, mandated by Congress, reviews home interiors, building systems, common areas, property exteriors, drainage, and landscaping to identify potential health and safety issues.

Pet of the Week



Photos by Prudence Siebert/Fort Leavenworth Lamp



Nadia is an 11-year-old calico cat currently available for adoption at the Fort Leavenworth Stray Facility. She has already been spayed, vaccinated and microchipped, which are included in her \$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 (Feb. 10) from 9 a.m. to noon.

See www.FLSF.petfinder.com or call 913-684-4939 for more information, or e-mail 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/>.



Volunteer!
Help Shelter Pets!



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

Several shifts to choose from

Want to know how to join our team?

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

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

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

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

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

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

Work with either our cats or dogs or both!



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



THURSDAY
FEBRUARY 8, 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

SKIES OPEN HOUSE
Feb 9
320 Pope Ave
5:30PM-7:00PM

GYMNASICS
BALLET JAZZ & TAP
GHITAR PIANO UKULELE
VIOLIN ART

Meet the Instructors!
Take a tour!
Enjoy some light refreshments,
and come learn a new skill!

For more info call:
913-684-3207 or text
913-704-7595

SKIES Unlimited

FREE FAMILY FUN!

JANUARY 1ST- MARCH 31ST
AFWC NEW YEAR Challenge

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

2024

OPEN TO ALL FORT LEAVENWORTH

(913)758-3403
patricia.g.allen9.ctr@health.mil

FORT LEAVENWORTH THRIFT SHOP
COMMUNITY ASSISTANCE GRANTS

Applications available at the Thrift Shop
1025 Sheridan Drive, Building 1049

Hours of Operation:
Tuesday, Wednesday, Thursday
from 9:30 AM - 2:30 PM

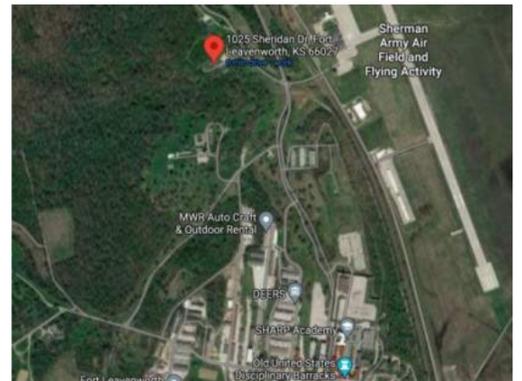
GRANTS ARE AVAILABLE FOR ELIGIBLE ORGANIZATIONS, NOT INDIVIDUALS

APPLICATIONS MUST BE COMPLETED AND RETURNED TO THE THRIFT SHOP BY FEBRUARY 27TH

OPEN SATURDAY Feb. 10

Fort Leavenworth Thrift Store

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



Fort Leavenworth Stray Facility
Second Saturday is Back!

Every second Saturday of the month

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

You can find all of our adoptable pets at:
www.petfinder.com Fort Leavenworth
fortleavenworthstrayfacility@gmail.com

913-684-4939

510 Organ Ave
Fort Leavenworth, KS 66027

Teen Parenting Can Be Tough. Join The Family Advocacy Program For An Online Training About Safe Dating For Teens

A Parents Roadmap to Teen Dating

When: Monday, February 12, 2024, 12:00-1:00PM

Register Here:

BOSS PRESENTS MOVIE NIGHT

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

February 9: **Mutant Mayhem** (PG)
February 23: **THE MEG** (PG-13)

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

FORT LEAVENWORTH FMWR

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

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

RECREATION
Haney Sports Complex (913) 684-2190
Gruber Gym (913) 684-5120
Outdoor Equipment Rental (913) 684-3395
Brunner Range (913) 651-8132
Auto Crafts (913) 684-3395
Rod & Gun Club (913) 684-2055
Hunt Lodge (913) 684-1830
Stables and Horses (913) 684-1703
Stray Facility (913) 684-4934

BUSINESS OPERATIONS
Strike Zone (913) 651-2195
Trails West Golf Course (913) 652-7176
Frontier Conference Center (913) 684-3825
12th Brick Grille (913) 684-2293
RV Storage & POV Lot (913) 651-7176
Clean Paws Pet Wash (913) 651-7176

Contact with 1st Lt. Facebook: Fort Leavenworth FMWR
Or call: leavenworth.armymwr.com

5 Love Languages Valentine's Event

February 13 // 5:30PM - 7:30PM
ACS Classroom 157

The 5 love languages focus on 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. Light refreshments will be served.

Registration is required and can be done by Feb. 9th.

FREE and open to DoD ID card holders 18+.

For more info: (913) 684-2822/2871/2800

Scan the QR Code for more info about FAP.

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

"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+
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 EFMP DoD ID holders!
All ages are encouraged to join!
POC: 913-684-2800

Light refreshments will be provided.

ACS New Parent Support Prenatal Classes

Free for Expectant Parents!

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

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

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

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?

Time to lose the diaper?
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

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

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.

Employment Readiness Program Classes

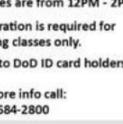
ACS Classroom • Resiliency Center, 600 Thomas Ave.
Wednesdays • 12PM - 2PM*



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



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

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



MWR | ACS | INFO: 913-684-2652 / 2800

ANGER MANAGEMENT

ACS Family Advocacy Program Presents:

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




- 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



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




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 913-681-2388 Business Hours Tue/Wed/Thu/Fri @ 10a-3p

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




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 ages 3-9 \$205.00
3 Park Freedom Pass Adult \$245.00 and Child ages 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, Dallas, New Orleans, Boston, Las Vegas, New York, and much more!

Leisure Travel Services
310 McPherson, Bldg 464
(913) 684-2388
leavenworth.armymwr.com



HARLEM GLOBETROTTERS 2024 WORLD TOUR

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 T-Mobile Center



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

Event Space: \$225

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

Call 913-684-2736 to book your party





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
Mon. - Fri.
18 - 22 DEC 2023

Winter Break Week 2
Tues. - Fri.
26 - 29 DEC 2023

Spring Break
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




DG FUN & RELAXATION

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

MAKING THE CONNECTION

Download on the App Store | GET IT ON Google play



Starting Monday January 8th, 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)			
0900	(0915) Zumba (Lydia)		(0915) Zumba (Lydia)		Zumba (Stephanie)	Zumba (Lydia)
1430	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						
1430		*Power Cut (Kim)		*Power Cut (Kim)		

*Power Cut classes are held in the Bubble Gym

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

leavenworth.armymwr.com

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

BOSS soldiers

here's what's happening

"let your voice be heard"

updated monthly

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

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 CYS 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

Saturday Morning Youth League

Meeting Jan 6, 2024 @ 10:00am
Starts Jan 13, 2024 @ 9:45am
12 Week Handicap League
Jan 13 - April 6

Little Rollers- Ages 3-5
(2 games per week w/bumpers- \$8 a week)

Dragons- Ages 6-9
(3 games per week w/optional bumpers- \$11 a week)

Explorers- Ages 10-18
(3 games per week no bumpers- \$11 a week)

NOW HIRING

Commissary Privileges* for all CYS Employees

COME WORK WITH CYS

- 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

* Conditions apply

SCAN TO LEARN MORE

GOOD GRADES SPECIAL

Strike Zone Bowling Center's

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

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

Come see what's new at the Studio!

Craft Workshops 2024



Kids Crafts 2024

Acrylic
\$35 per class

Acrylic Pour
Tuesday
Jan 16
10:30pm - 12:30pm

Acrylic Painting (Winter Snow Scene)
Wednesday
Jan 24
12:30pm - 2:30pm

Acrylic Painting (Cute Cupcake)
Wednesday
Feb 14
12:30pm - 2:30pm

Acrylic Pour
Wednesday
Feb 28
12:30pm - 2:30pm

Crafts
\$30 per class

Intro to Framing
Must pre-register
Saturday
Jan 20
10am - 1pm

Valentine's Day Craft
Wednesday
Jan 31
12:30pm - 2:30pm

Wooden Growth Chart
Wednesday
Feb 7
10:30am - 12:30pm

Intro to Framing
Must pre-register
Saturday
Feb 24
10am - 1pm



Call now to register!
913-684-3373

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



Northern Lights Night Sky
Friday
Jan 19
6pm - 8pm

Daydreaming Fox
Friday
Feb 9
6pm - 8pm



Actual paintings will differ from images
Cost includes all supplies!

Color me Happy (Parent & Toddler)
\$10 per class

Thursday
Jan 18
10:30am - 11:30am

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

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

Kids Messy Art
\$12

Thursday (ages 7+)
Jan 25
10:30am - 11:30am

Friday (ages 4 - 6)
Feb 9
10:30am - 11:30am
12:30pm - 1:30pm

Thursday (ages 7+)
Feb 15
10:30am - 11:30am

Art History
\$15 per class (ages 7+)

Oreos & O'Keeffe
Wednesday
Jan 17
12:30pm - 2:30pm

Thursday
Jan 18
4pm - 6pm

Strawberries & Seurat
Wednesday
Feb 21
12:30pm - 2:30pm

Thursday
Feb 22
4pm - 6pm



leavenworth.armymwr.com

Come see what's new at the Studio!

Watercolor Courses & Workshops 2024



Calligraphy Workshops 2024

Courses
\$175 = 5 classes

Watercolor 101 (Beginning Course)
Every Tuesday
Jan 23 - Feb 21
10am - 12pm

Watercolor 301 (Advanced Landscapes)
Every Thursday
Jan 18 - Feb 15
12:30pm - 2:30pm

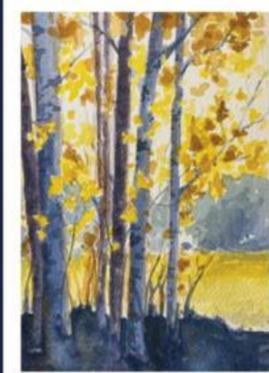
Workshops
\$25 per workshop

Watercolor (Basic Techniques)
Thursday
Jan 18
6:30pm - 8pm

Watercolor (Color Theory)
Thursday
Jan 25
6:30pm - 8pm

Watercolor (Valentine's Day Florals)
Thursday
Feb 1
6:30pm - 8pm

Watercolor (Landscapes)
Thursday
Feb 15
6:30pm - 8pm



Call now to register!
913-684-3373

scan for more info

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!)

Cost includes all supplies!

Basics
\$20 per class

Tuesday
Jan 16
1pm - 2:30pm

Friday
Feb 16
10:30am - 12pm

Intermediate
\$20 per class

Tuesday
Jan 23
1pm - 2:30pm

Friday
Feb 23
10:30am - 12pm

Valentine's Day Cards
Tuesday
Jan 30
1pm - 2:30pm

Birthday Cards
Friday
March 1
10:30am - 12pm



Reoccurring Classes
MUST PRE-REGISTER

Intro to Framing
\$30 per class
Every 4th Saturday of the month
10am - 1pm

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



leavenworth.armymwr.com

PAINTING WITH OUR PATRONS

STRONGHOLD FOOD PANTRY
655 BIDDLE BLVD
02/29/24 @ 5:00P



Peanut Butter & Jelly Food Drive

Please help us to help others.

Your Armed Forces Bank, in partnership with Frontier Community Credit Union, are collecting jars of Peanut Butter & Jelly that we will deliver to local food pantries February 16th. All donations are greatly appreciated.

Armed Forces Bank
2901 S 4th St
Leavenworth, KS

ARMEDFORCESBANK
This is who we are

Armed Forces Bank
320 Kansas Ave
Ft Leavenworth, KS

Frontier Community Credit Union
690 Eisenhower
Leavenworth, KS

Frontier Community Credit Union
301 Kansas Ave
Ft Leavenworth, KS

