

THURSDAY
MAY 9, 2024



LAMP

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CGSC Foundation awards scholarships

by Command and General Staff College Foundation

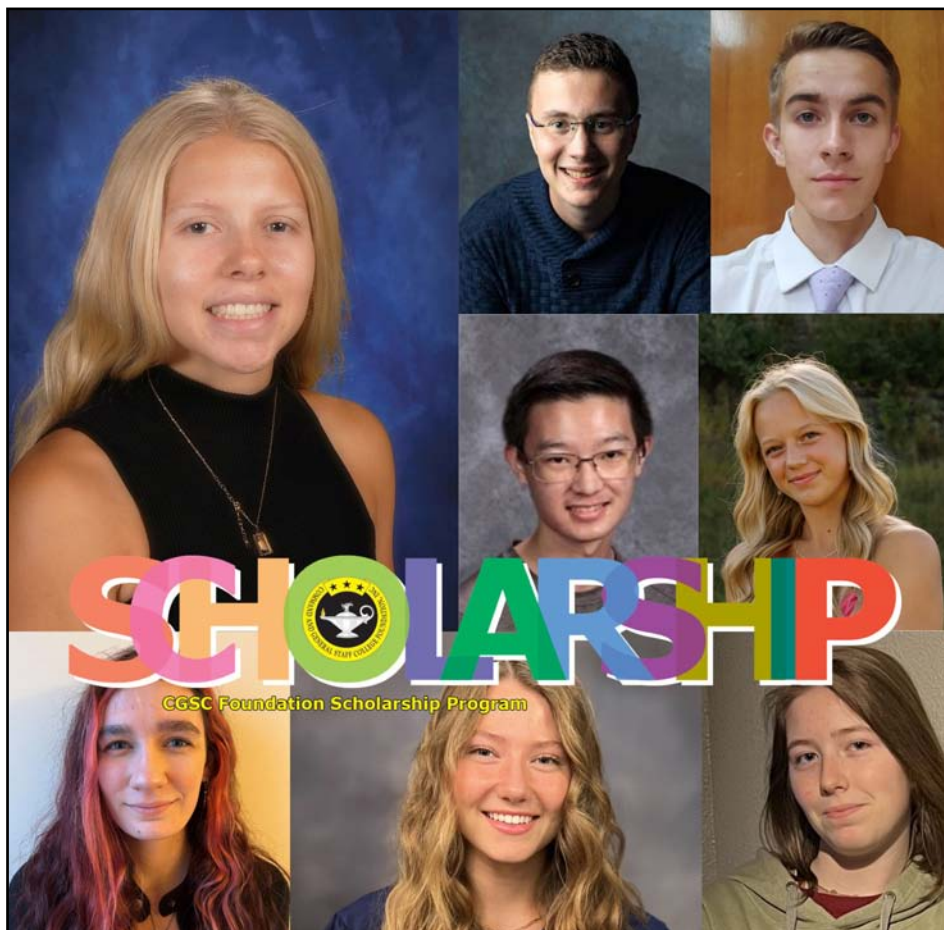
The Command and General Staff College Foundation announces the winners of its 2024 competitive scholarship program.

“We’re extremely proud to announce the winners of the 2024 CGSC Foundation Alumni Association Scholarship program,” said CGSC Foundation President and CEO Lora Morgan. “This is the fifth year we’ve run this program, and we had more applicants than ever before. What it really means to us is that we’re able to help more military families as we grow the program.”

“Congratulations to this year’s winners and thank you to their parents and grandparents for being life members of our alumni association.”

Three scholarships were awarded to high school students preparing to enter

SEE CGSC FOUNDATION SCHOLARSHIPS | A4



CGSC Foundation composite graphic

Command and General Staff College Foundation has announced the winners of its 2024 competitive scholarship program: Katherine Edwards, Antonio Laguna, Gabriel Sorensen, Elizabeth Post, Michael Im, Catherine Nance, Sarah Troyn and Julia Flynn.

Lamp to publish Memorial Day Special Section



Photo by Prudence Siebert/Fort Leavenworth Lamp

by Staff Report

A special Memorial Day issue of the *Fort Leavenworth Lamp* will be published online May 27.

To thank military members for their service, remember lost loved ones, share messages of support, congratulate recent graduates, share military discount offers and more, contact FMWR Marketing Director Mary Manago at mary.f.manago.naf@army.mil or 913-684-1702 for advertising rates and sponsorship options.

For editorial contributions, such as a letter to the editor or photographs and details about service members’ contributions, email *Fort Leavenworth Lamp* Editor Prudence Siebert at ftvlampeditor@gmail.com.

Deadline for advertising and editorial submissions is May 17.

The *Fort Leavenworth Lamp* is a weekly newspaper serving the Fort Leavenworth Community. The publication is a Family and Morale, Welfare and Recreation activity that is overseen by the Fort Leavenworth Garrison Public Affairs Office, and it requires advertising/sponsorship to function.

Please help support your local newspaper! Thank you!

Jagodzinski promoted to chief of guards

by Prudence Siebert/Editor

Department of the Army Security Guard Maj. Todd Jagodzinski was promoted to chief of guards in a short ceremony May 6 at Grant Gate.

Jagodzinski has served with DASG for 14 years, working day and night shifts manning the access control points to Fort Leavenworth and most recently serving as the training lieutenant. He has also been filling in as interim chief of guards since his predecessor’s departure from the position in December 2023.

“It’s family, it’s a family atmosphere,” Jagodzinski said about Fort Leavenworth. “I have fostered a lot of great friendships right out there (working the gate.)”

Joe Al-Shaer, chief of physical security, said he would like the promotion ceremony to become tradition.

“It is very important to get together when these things occur,” he said, noting to those assembled that they were there to recognize Jagodzinski for all of his hard work.

As chief of guards, Jagodzinski’s duties encompass all functions of overseeing the post’s access control points, from shift schedules to conferring with the training officer to hiring.

“I am responsible for anything and everything that these guys do, from training, access control at the gate, their administrative stuff — anything and everything that has to do with the lieutenants on down,” Jagodzinski said.

Al-Shaer said most people job hop to advance in the

SEE CHIEF OF GUARDS | A5



Photo by Prudence Siebert/Fort Leavenworth Lamp

New Chief of Guards Department of the Army Security Guard Maj. Todd Jagodzinski stands before his coworkers during his promoted ceremony May 6 at Grant Gate.

AT A GLANCE

■ The Unified School District 207 and FMWR **SUMMER KICK-OFF** is from 4:30-8 p.m. May 10 at Normandy Field/the USD 207 Track and Field Complex, with parking and a shuttle available at the Frontier Conference Center. Walking is recommended. See page A3 for more information.

■ The **POSTWIDE YARD SALE** is 8 a.m. to 3 p.m. May 11 in housing areas and the Bell Hall parking lot..

See page B1 or call 913-684-1674 for more information.

■ The free **STRONG B.A.N.D.S. AEROBATHON** is 8:30 a.m. to noon May 11 at Gruber Fitness Center. Call 913-684-5120 for more information.

■ The Rod and Gun Club’s **SPRING KIDS’ FISHING DERBY** is May 18 at Smith Lake, with registration

at 8 a.m., fishing from 9-11 a.m. and awards at 11:30 a.m.

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

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

MCC staff lauded during National Correctional Officers Week

by Peter Grande/USDB Historian

On May 5, 1984, former President Ronald Reagan proclaimed National Correctional Officers Week in the first week of May to recognize and celebrate the contributions of correctional officers who have the difficult and dangerous assignment of ensuring the custody, safety and well-being of those incarcerated in the nation's prisons and jails.

The Army Corrections Brigade exercises mission command over the Military Correctional Complex, which includes the U.S. Disciplinary Barracks and the Midwest Joint Regional Correctional Facility. The USDB is the Department of Defense's only maximum custody facility for felony inmates sentenced to more than 10 years to confinement up to life without parole and those sentenced to death. The MWJRCF is the Army's only operational level II facility and confines prisoners pending trial and inmates with sentences up to 10 years.

The correctional officers working in these facilities are Army soldiers with the

COMMENTARY

military police Military Occupational Skill 31E (formally 95C) and Marines with the primary MOS 5831. These military correctional noncommissioned officers and correctional specialists perform the same skill sets as their civilian counterparts in federal and state correctional facilities. Additionally, the experiential learning opportunities within the MCC facilities serve to hone the unique skill set that correctional officers need to perform detainee operations in a theater of war. Currently, there are more than 100 military police who work in the MCC as correctional specialists because of the worldwide shortage of 31E soldiers.

The public rarely hears anything positive about prisons or correctional officers. The media usually degrades correctional officers by referring to them as "guards." The term "guards" alludes to someone who watches

an inanimate object. Corrections is a people business, and correctional officers are constantly supervising, listening, watching, counseling and evaluating inmates.

Correctional officers are charged with providing public safety by ensuring the security, custody and control of the inmates. They have to deal daily with military prisoners, who through their anti-social behavior were convicted of violations of the Uniform Code of Military Justice.


These correctional officers are men and women who work their wartime mission every day. They operate behind several layers of chain-link fences, steel doors and solid concrete surrounded by inmates convicted of murder, assault and sexual offenses. Unlike the military police who patrol the Fort Leavenworth community armed with a weapon for their safety, the brave correctional officers are unarmed. They are equipped with a radio, personal

duress alarm and their interpersonal communicative skills.


They work shifts that rotate about every three months. They are constantly aware when off duty that they could be recalled in case of an emergency. They work closely with inmates with risk of communicative diseases, such as during the COVID-19 pandemic. They work in a world where the slightest privilege is an important concern to the inmates. They work under the constant potential of being assaulted and injured.

The MCC correctional officers are dedicated professionals. They treat inmates fairly, humanely and accord them the same respect and dignity as any member of the U.S. Armed Forces. They perform their duties on a "corrective, rather than punitive" command philosophy. They create an environment with the MCC to assist inmates in changing their behavior to become productive members of the military or civilian society.

Correctional officers deserve the Fort Leavenworth community's appreciation.



ARMY CORRECTIONS BRIGADE NATIONAL CORRECTIONS WEEK



What is "National Corrections Week?"
Our former President Ronald Reagan on May 5th, 1984, established National Corrections Week. Thus, to acknowledge the courage and heroism it takes to dedicate your life and career to such a role.

Now this week is dedicated to appreciating and honoring correctional officers across the nation. Their commitment to public safety and rehabilitation is the reason why we continue to honor them with National Corrections Week.

MAY 8th
➤ Volksmarch at 1100 @ FCC Parking Lot

MAY 9th
➤ Corrections week prayer luncheon at 1130 @ Frontier Chapel

MAY 10th
➤ ACB Flag Football Game at 0800 @ Gruber Fitness Field

Funds raised at annual AUSA golf tournament support soldiers

The 26th annual Association of the United States Army Henry Leavenworth Chapter Golf Classic and Silent Auction was conducted May 3 at Falcon Lakes Golf Course in Basehor, Kan., with great weather, lots of fun, food, prizes and auction items.

Because of all of the sponsors, community partners, volunteers, and players, our annual AUSA golf tournament was a success again this year. This is the only fundraiser that the Henry Leavenworth Chapter of AUSA does each year. And every cent that we raise at this event supports the soldiers and families on Fort Leavenworth, in the Kansas City Recruiting Battalion, and across the surrounding area, as well as the Leavenworth High School Junior ROTC program; the Army ROTC program at Kansas University in Lawrence, Kan., and its

LETTER TO THE EDITOR

satellite program at the University of Saint Mary in Leavenworth; and the Wreaths Across America program at the Leavenworth National Cemetery to honor our fallen.

Soldiers from Fort Leavenworth and KC Recruiting Battalion were sponsored to participate in the tournament.

AUSA does incredible work to serve those who sacrifice so much for us.

Judy Bauer
President, Henry Leavenworth Chapter AUSA



AUSA mascot Sgt. Hero and driver Sgt. 1st Class Ivan Velazquez, U.S. Disciplinary Barracks Battalion (Corrections), head out to check on golfers during the Association of the United States Army Henry Leavenworth Chapter Golf Classic May 3 at Falcon Lakes Golf Course in Basehor, Kan.

Submitted photo

FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

The Fort Leavenworth Lamp is an authorized publication for members of the U.S. Army. Contents of the Fort Leavenworth Lamp are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or the U.S. Army Combined Arms Center and Fort Leavenworth. It is published weekly by the Fort Leavenworth Garrison Public Affairs Office, Fort Leavenworth, Kansas 66027, commercial telephone number 913-684-5267 (DSN prefix 552).

Everything advertised in the Fort Leavenworth Lamp shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor on the purchaser, user or patron.

If a violation of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All editorial content of the Fort Leavenworth Lamp is prepared, edited, provided and approved by the Fort Leavenworth Garrison Public Affairs Office. The appearance of advertising in this publication, including inserts or supplements, does not constitute an endorsement by the Department of the Army of the products or services advertised.

The Fort Leavenworth Lamp editorial office is in Room 221G, 290 Grant Ave., Fort Leavenworth, Kan., phone number 913-684-LAMP/526. For submission information, contact the command information officer at 913-684-1718, or e-mail the editor at ftvlampeditor@gmail.com.

The Fort Leavenworth Lamp advertising office is in the Family and Morale, Welfare and Recreation Marketing and Commercial Sponsorship Office in the Resiliency Center at 600 Thomas Ave, Fort Leavenworth, Kan. E-mail mary.f.manago.naf@army.mil or call 913-684-1702.

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ADP 7-0 Training now available

by Training Management Directorate, Combined Arms Center-Training

The Army's newest Army Doctrine Publication, ADP 7-0 Training, was released April 29.

ADP 7-0 establishes the concepts and principles of training and introduces training processes that are further expanded on in FM 7-0. This gives Army leaders a common framework to train soldiers and units effectively for operational employment.

Training doctrine expressed in the updated ADP and FM 7-0 Training, published in June of 2021, now align. This update supersedes the previous ADP 7-0 Training that was published in July 2019.

Chapter 1

Chapter 1 of the new ADP 7-0 addresses the training challenge of multidomain operations, introduces the fundamentals of training, and establishes the three elements of unit training proficiency: mission-essential task proficiency, weapon qualification and collective live-fire task proficiency.

Chapter 2

Chapter 2 describes responsibilities of not only unit commanders, but also the duties of other senior leaders who have direct involvement in ensuring that training is well-planned, resourced, evaluated and effective. It emphasizes the roles that all leaders, including senior NCOs, have in the training process and describes the importance of using unit training to develop leaders.

Chapters 2 and 3 both include emphasis on the importance of the NCO role in training – particularly with individual, crew and small team tasks.

Chapter 3

Chapter 3 discusses the nine Principles of Training that also appear in FM 7-0.

One of those principals, Fight to Train, is a fairly new principle that was introduced in 2021's FM 7-0. The principal describes the unit commander's duty to shield the unit from distractions and protect training. Higher echelon commanders have the responsibility to defend their subordinate units' approved training from unpredicted requirements and to underwrite risks to lower priority missions.

Chapter 4

Chapter 4 of the update provides an overview of training management.

The use of the Training Management Cycle is a major change from training doctrine in the previous ADP 7-0, which used the Army Operations Process. Training management is the process that

unit commanders use to prioritize, plan, prepare, execute, evaluate and assess unit training. It is a continuous and commander-driven process that starts with the unit commander establishing unit training priorities.

Training Management Cycle

The Training Management Cycle is the core framework of training management.

Planning and preparation in the Training Management Cycle is where the unit aligns training prioritized mission-essential tasks, weapons qualification and collective live-fire tasks with resources over time.

Planning horizons used for planning and preparation are long-range, mid-range and short-range.

Execution is the phase when training is conducted, and commander's training guidance is implemented. Unit leaders, not just commanders, must be present and engaged to provide ongoing guidance and direction during execution of training.

Evaluation should be against standards set in Training and Evaluation Outlines. Commanders assess training proficiency of their units. Units achieve training proficiency through training prioritized mission-essential tasks, weapons qualification and collective live-fire tasks.

To find ADP 7-0 and FM 7-0 on the Army Training Network, visit <https://atn.army.mil> or search the Army Publishing Directorate at armypubs.army.mil.

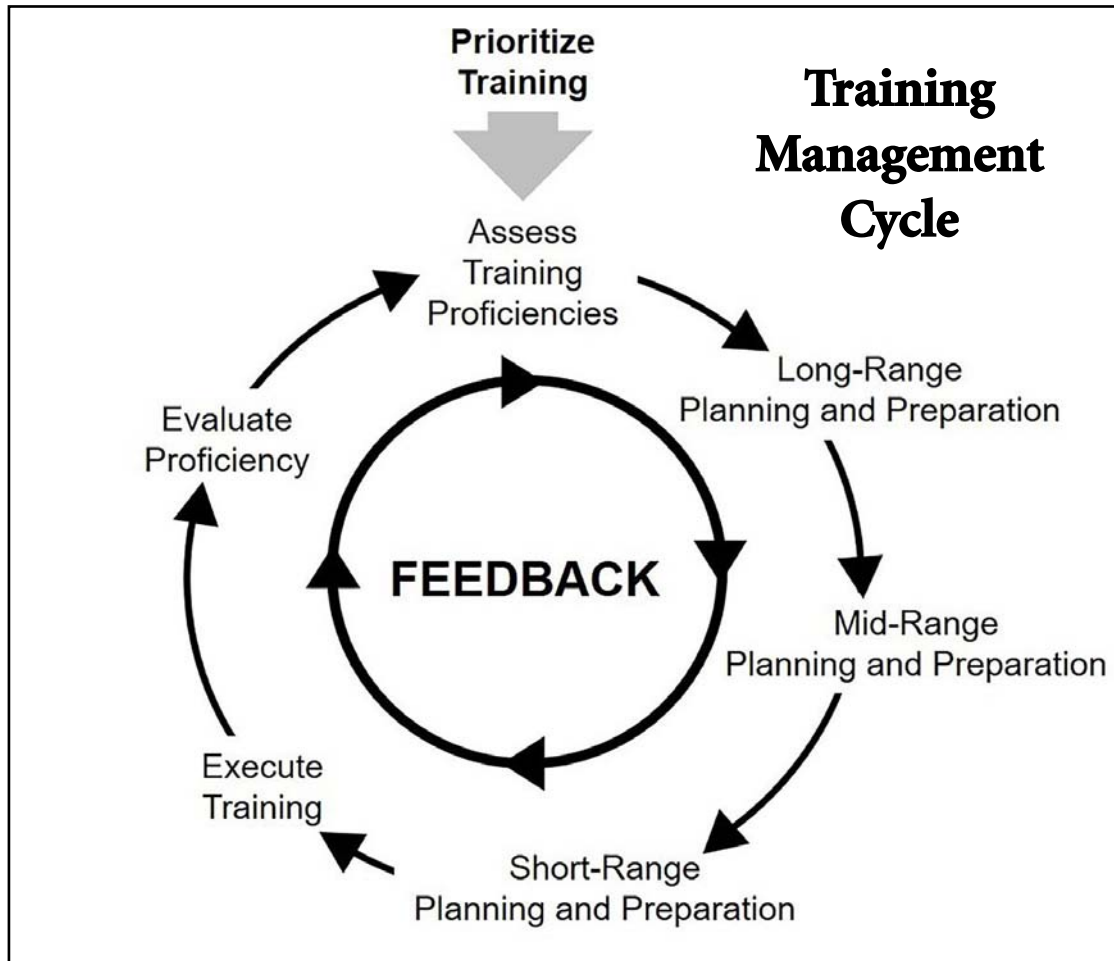
The Training Management Directorate, part of the Combined Arms Center-Training at Fort Leavenworth, is the Army's Training Management Proponent. As such, TMD develops Army training doctrine for publication, administers the Army Training Network, and maintains the Army Training Management System.

ADP 7-0 (Training), FM 7-0 (Training), the Platoon Leader's Guide to Training Management, the Small Unit Leader Tool, the Digital Job Book and much more can be found at <https://atn.army.mil>.

The Army Training Management System help desk answers questions on the Digital Training Management System (DTMS) and other unit training management topics. To reach the ATMS Help Desk, call 877-241-0347, 913-684-2700 or DSN 552-2700. The Help Desk is manned on weekdays from 5 a.m. to 6 p.m. Voicemail is available after hours. E-mail routine questions or non-urgent issues to usarmy.leavenworth.cac.mbx.dtms.hd@mail.mil. For chat, use the Help Desk Chat Link on ATN.

**ADP 7-0
TRAINING**

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Approved for public release; distribution is unlimited.
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HEADQUARTERS, DEPARTMENT OF THE ARMY



USD 207/FMWR to host Summer Kick-off May 10

by Unified School District 207

After a successful event last year, Unified School District 207 and Fort Leavenworth Family and Morale, Welfare and Recreation are hosting the Summer Kick-Off from 4:30-8 p.m. May 10 at Normandy Field/the USD 207 Track and Field Complex.

The event is free to the community and will feature mechanical rides, inflatables, music and food trucks/concessions available for purchase.

Walking is highly encouraged. If driving, park at the Frontier Conference Center, where a shuttle will be available.

For the safety of all in attendance, keep pets at home.

USD 207 and FMWR will have each station staffed to operate equipment, but child supervision will be the responsibility of parents/guardians.

In the event of inclement weather causing unsafe conditions, the event will be canceled.

Installation of a temporary fence began May 6 around Normandy Field/the USD 207 Track and Field Complex. Mid-week, additional equipment will be staged in the area. Anyone intending to use the area should exercise caution and refrain from tampering with equipment as it is delivered.

Keeping safety as a priority, the USD 207 Track and Field Complex will be closed to outside use after PT hours May 9 and all day May 10. Parking will not be available for outside use on the afternoon/evening of May 9 and all day May 10.



CGSC Foundation scholarships (continued from Page A1)

college:

- Katherine Edwards, senior at Leavenworth High School, won the \$5,000 Colonel Stephen E. "Brownie" Brown Scholarship, the top award for high school students.

- Antonio Laguna, senior at West Platte High School in Weston, Missouri, was awarded a \$1,000 scholarship.

- Elizabeth Post, senior at Leavenworth High School, was awarded a \$500 scholarship.

Two scholarships were awarded to college students continuing their education:

- Michael Im, freshman at the University of Kansas, was awarded a \$1,000 scholarship.

- Gabriel Sorensen, a presumptive freshman at Brigham Young University, was awarded a \$500 scholarship.

Three other students were awarded \$5,000 scholarships to Park University, in Parkville, Missouri, a CGSC Foundation scholarship program partner:

- Catherine Nance, high school senior in the Seton Home Study School program in Leavenworth.

- Sarah Troyn, junior at Kansas State University.

- Julia Flynn, freshman at Xavier University.

The CGSC Foundation's scholarship program is open to high school seniors who will begin their college studies in the next fall and for undergraduate college students returning to school. Applicants must be immediate family members (children, grandchildren and spouses) of a life member of the CGSC Foundation's Alumni Association.

The top scholarship for high school applicants in the program is the Colonel Stephen E. "Brownie" Brown Scholarship, named in honor of a U.S. Marine officer who retired from active duty in February 2009 and became an instructor at the U.S. Army Command and General Staff College in 2010. Due to medical complications from Spinocerebellar Ataxia (SCA), Brown retired from teaching at CGSC and currently lives in Stillwell, Kansas. His network of lifelong friends approached the CGSC Foundation to establish the scholarship in Brown's name to honor his lifetime of service and their friendship.

The Park University scholarships are for full-time students for the academic year (the award will be split between the fall and spring semesters). These scholar-



CGSC Foundation Scholarship Program

ships can be renewed for up to three years at Park University's discretion if recipients maintain full-time status, have a 3.0 GPA or higher, and demonstrate satisfactory academic progress.

High school recipients

Katherine Edwards

Katherine Edwards, senior at Leavenworth High School in Leavenworth, Kansas, won the \$5,000 Colonel Stephen E. "Brownie" Brown Scholarship.

She will graduate in May and plans to attend the University of Notre Dame in the fall to study chemistry while participating in ROTC. She chose chemistry because she said she enjoys the physical sciences and plans to eventually become a pharmacist in the military.

Edwards is a member of multiple honor societies, a student council representative, student athlete, and an active participant in multiple school groups and volunteer organizations, including LHS Junior ROTC.

Outside of school and extracurricular activities, she also enjoys skiing and CrossFit.

She plans to use her scholarship to help cover room and board in college.

Edwards's alumni sponsor is her mother, retired Lt. Col. Eugenia Edwards, a leader in the Command and General Staff School Air Force Element at the U.S. Army Command and General Staff College.

Antonio Laguna

Antonio Laguna, senior at West Platte High School in Weston, Missouri, was awarded a \$1,000 scholarship.

He will graduate in May and will attend Trinity University in San Antonio, Texas, to study anthropology.

He plans to continue his education, and earn master's and doctorate degrees in archaeology to become an archaeologist – combining his two passions, studying history and spending time outside working with his hands.

In his free time, he is an avid reader, and he is involved in many

community service projects.

He plans to use his scholarship to help pay for tuition.

His alumni sponsor is his father, retired Lt. Col. Jose Laguna, a professor at the U.S. Army Command and General Staff College, and a 2007 CGSC graduate and 2008 graduate of the School of Advanced Military Studies.

Elizabeth Post

Elizabeth Post, senior at Leavenworth High School, was awarded a \$500 scholarship.

She will graduate in May and will attend the University of South Florida to study speech and language pathology. She chose speech pathology to help others find a creative outlet to communicate and stand up for themselves.

She is interested in the arts and plans to minor in art so that she can incorporate art into her speech and language therapy sessions in her practice.

She plans to use her scholarship to help pay for tuition and other expenses.

Post's alumni sponsor is her father, Col. Riley Post, deputy director of The Research and Analysis Center at Fort Leavenworth and graduate of CGSC.

College recipients

Michael Im

Michael Im, freshman at the University of Kansas in Lawrence, Kan., studying chemical engineering with a concentration in biomedical engineering, was awarded a \$1,000 scholarship.

His interest in biomedical engineering began in seventh grade when he was introduced to bacteriophages and "became obsessed" with the potential of engineering bacteriophages to target tumor cells.

In his free time, he transcribes songs to piano sheet music and does 3D modeling in Blender and Tinkercad.

He plans to use his scholarship to help pay for tuition.

Im's alumni sponsor is his father, retired Col. Peter Im, director of Information Advantage Scholars at CGSC, and a 2004 CGSC graduate and 2005 gradu-

ate of the School of Advanced Military Studies.

Gabriel Sorensen

Gabriel Sorensen was awarded a \$500 scholarship. He plans to attend the Marriott School of Business at Brigham Young University in Provo, Utah, where he will major in strategic management and minor in communications. He is passionate about the field of business, and he plans to lift others up and provide opportunities through his future business endeavors.

He learned Portuguese while serving a two-year mission in Brazil, and he said he hopes to incorporate that experience and knowledge into his career.

He enjoys snowboarding, mountain biking and playing guitar.

He plans to use his scholarship for books and housing expenses.

Sorensen's alumni sponsor is his father, Maj. Travis L. Sorensen, a 2022 graduate of CGSC.

Park University Scholarship Recipients

Catherine Nance

Catherine Nance, senior in the Seton Home Study School program in Leavenworth, Kansas, was awarded a \$5,000 Park University scholarship.

She plans on studying special education. She wants to help children in her career, and she became interested in special education after teaching children's classes at her church.

In her free time, she enjoys music, sings and plays guitar. She also volunteers in her community.

Nance's alumni sponsor is her father, retired Lt. Col. William Stuart Nance, an assistant professor in the Department of Military History at CGSC, and 2014 CGSC graduate.

Sarah Troyn

Sarah Troyn, junior at Kansas State University in Manhattan, Kan., studying theater and film, was awarded a \$5,000 Park University scholarship.

She chose theater and film because she wishes to become a di-

rector of inspirational movies.

Her interests include fencing, volunteering, traveling and watching plays and ballets, and she is a member of multiple honor societies.

Troyn's alumni sponsor is her father, retired Lt. Col. Thomas James Troyn, a graduate of CGSC.

Julia Flynn

Julia Flynn, freshman at Xavier University in Cincinnati, Ohio, majoring in exercise science with a pre-physical therapy minor, was awarded a \$5,000 Park University scholarship. Flynn's \$5,000 Park University scholarship is sponsored by Park University in Parkville, Missouri.

She chose this field of study because she loves the idea of using science and medicine to help people. She is passionate about science and medicine, and looks forward to being part of a field that is continuously advancing with technology and practices. She plans on pursuing a career as a physical therapist in the Army, and is in Army ROTC at Xavier.

Flynn's alumni sponsor is her father, Lt. Col. Mark Flynn, a 2019 graduate of CGSC.

The CGSC Foundation welcomes donors who may not have eligible relatives but wish to support the scholarship program. Interested persons can support the scholarship program by visiting www.cgscfoundation.org/donate.

The CGSC Foundation will announce details about the 2025 scholarship program in fall 2024.

The CGSC Foundation was established December 28, 2005 as a tax-exempt, non-profit private corporation with the mission of supporting the U.S. Army Command and General Staff College at Fort Leavenworth. The CGSC Foundation supports the college in three overall areas: scholarship, outreach, and soldier and family support. Contributions to the CGSC Foundation are tax-deductible. To learn more about the CGSC Foundation and its mission, visit www.cgscfoundation.org.

Calvin of 500th MP Det. awarded MP Regimental Association scholarship

by U.S. Army Office of the Provost Marshal General

After careful consideration and review of all the applications received, Staff Sgt. Jeremy Calvin, of the 500th Military Police Detachment, Special Troops Battalion, Combined Arms Center, was named the recipient of the 2024 Military Police Regimental Association scholarship.

Calvin has displayed exceptional dedication, commitment, and outstanding academic achievements, making him a deserving recipient of this esteemed scholarship.

The Military Police Corps Excellence in Education MPRA Scholarship aims to support and recognize the academic excellence of professionals within our community who are pursuing higher education.

SSG Jeremy Calvin

2024 OPMG/MPRA EXCELLENCE IN EDUCATION SCHOLARSHIP WINNER

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Chief of Guards (continued from Page A1)

General Schedule system, and thus it is fairly unusual for someone to be with the organization for as long as Jagodzinski has been.

“He’s demonstrated a lot of loyalty to our organization and to the Garrison by staying in the guard force and taking the appropriate time and steps to promote,” Al’Shaer said.

Todd Lindstrom, physical security specialist, reiterated that sentiment.

“I think (the gate security job) is a stepping stone for people to get into the GS system, so, realistically, we don’t expect people to stick around for as long as Todd has been,” Lindstrom said. “The fact that he started out as a GS4 and has made his way up here is pretty impressive.”

Some things have changed in the years since Jagodzinski started, with hiring for security guards now starting at a higher pay scale and the organization being structured a bit differently.

Jagodzinski said the DASG is currently severely understaffed, with 20 of 27 positions currently filled and the authorization for additional over-hires if/when the regular positions are filled. The security guard position has the benefit of being a noncompetitive direct hire for veterans who qualify for the job. Anyone interested can submit his/her resume, DD214 and disability letter, if applicable, directly to Jagodzinski, or visit USAjobs.gov for the job listings.



ABOVE: Joe Al-Shaer, chief of physical security, and Todd Lindstrom, physical security specialist, pin Department of the Army Security Guard Todd Jagodzinski with the rank of major during his chief of guards promotion ceremony May 6 at Grant Gate.

LEFT: Joe Al-Shaer, chief of physical security, says a few words before promoting Department of the Army Security Guard Chief of Guards Todd Jagodzinski to major during Jagodzinski’s promotion ceremony May 6 at Grant Gate.



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Mothers, daughters support delivery of health care at Munson Army Health Center

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

With Mother's Day approaching May 12, some Munson Army Health Center employees reflected on the unique circumstance of working within the same organization as their mother/daughter.

Lisa Dunn Sr. and Lisa Dunn Jr.

Lisa Dunn Sr. worked on post at the Defense Commissary Agency for 16 years before transferring to MAHC in January 2023.

About a month later, her daughter, Lisa Dunn Jr., transferred to MAHC from the U.S. Army Combined Arms Center SHARP (Sexual Harassment/Assault Response and Prevention) Academy, also on Fort Leavenworth.

"I had been at the Commissary for a long time and wanted a change," explained Dunn Sr. about coming to work at the health center.

She works at the MAHC information desk, welcoming patients when they arrive at the health center, answering questions and helping them find what they need.

"What I like most about my job is all the nice people I come in contact with," Dunn Sr. said.

Her daughter has a similar outlook.

"I like being a friendly face that they can remember during their visits at Munson," said Dunn Jr., a medical support assistant in MAHC's Department of Public Health.

Both mother and daughter serve pivotal roles in maintaining the flow of information and facilitating a seamless patient experience.

"I get a lot of satisfaction assisting service members and their families with their health care," Dunn Jr. said.

And it is evident that patients



ABOVE LEFT: Lisa Dunn Jr. and her mother, Lisa Dunn Sr., both work at Munson Army Health Center. They said they both enjoy assisting Military Health System beneficiaries at MAHC to ensure positive patient experiences.

ABOVE RIGHT: Samantha Kiely and her mother, Mary Jo Torgler, work behind the scenes at Munson Army Health Center. Torgler said that they keep MAHC safe and supplied.



Defense Health Agency photos by Maria C. Yager

like them, as well.

"We get so many positive comments about them from patients," said Tiffany Dipman, MAHC's patient advocate.

Dipman manages the health center's patient satisfaction programs, including the Department of Defense Interactive Customer Evaluation and the Defense Health Agency Joint Outpatient Experience Survey. Dipman reviews all feedback provided by patients and routes them for appropriate action.

"Both of these ladies consistently receive the highest marks on all their patient interactions," Dipman said.

Dunn Jr. said that working at the same organization as her mother is great.

"We live together, as well, and I love that we get to spend so much

time together. It creates another bonding experience, even though it is work," she said.

And, with Mother's Day approaching, Dunn Jr. provided an assessment of her mom.

"She is the best mother that a girl could ask for," Dunn Jr. said. "She is appreciated much more than she knows, and I hope that she has a wonderful Mother's Day!"

Mary Jo Torgler and Samantha Kiely

Behind the scenes on the support services side of MAHC's mission, Mary Jo Torgler said she and her daughter, Samantha Kiely, keep MAHC safe and supplied.

Torgler is the safety and occupational health manager for the facility and has been at MAHC since 2001.

"I love working down the hall from my daughter, because we do at least get to see each other," Torgler said.

Kiely transferred to MAHC after working in logistics across the installation at the Joint Regional Corrections Facility for four years.

"I always wanted to work over here (at MAHC), so I kept applying for jobs until one finally stuck," said Kiely, who is the facilities sole supply technician. She is responsible for ordering all medical supplies for MAHC, including the dental, veterinary and mental health clinics, and the medical mission at the Military Corrections Complex.

"She hit the ground running and is a valued part of our team. Her efforts have a direct impact on patient care," said Tim

Clements, MAHC's logistics chief and Kiely's supervisor.

For Kiely, she said working at MAHC with her mom is a win.

"I love my team over here. It is such a great environment. And my mom brings me lunch all the time and that is nice," Kiely said. "Everything I'm proud to see in myself, I learned from her."

Kiely shared her gratitude in a message for her mother.

"Thanks for being the best mentor, guide and example a person could have asked for," Kiely said. "Love you — happy Mother's Day!"

To learn more about career opportunities at Munson Army Health Center, visit [USAJobs.gov](https://www.usajobs.gov) and search keyword "Military Treatment Facilities under DHA" and Fort Leavenworth, Kansas, for location.

VA hosts resource fair for women veterans

by Eastern Kansas VA Health Care

A Women Veterans PACT Act-Service Act, Benefits and Health Care Resource Fair was conducted May 4 at the Eisenhower Veterans Affairs Medical Center Campus in Leavenworth.

Women veterans are the fastest growing group in the veteran population.

Women veterans, however, are sometimes reluctant to reach out and apply for the benefits they earned with their service. They are busy with their lives, taking care of others many times, and may not realize or consider themselves veterans.

In the Fort Leavenworth area, there may be many spouses of currently serving veterans who themselves also served, but who have since separated from service. They may be focused on their spouses' military career, not realizing they are also veterans and may be eligible for VA health care and

other benefits.

The Eastern Kansas VA Health Care System offers Women's health services at each of their Topeka and Leavenworth Medical Centers, as well as the eight outpatient clinics across the region.

The May 4 event focused on women veterans from all eras, service branches, duty stations and military assignments.

Women veterans were able to enroll in VA health care, file VA service-connected disability claims, get information on toxic exposures and registries for burn pits, as well as obtain many resources from other service organizations.

Equine therapy is available to women veterans who receive care at the Leavenworth Medical Center, and the organization that offers that therapy was at the event with a miniature horse, Charlie.

Inside the Women's Clinic, a drum circle therapy session was in progress, and

anyone who wished to join in was welcome to try it.

Women's Clinic staff sponsored this event, giving tours of the Women's Clinic to veterans.

If you have any questions about whether you are eligible for VA health care, would like to talk with a veteran's service representative, or have a toxic exposure question, contact VA Outreach Sheli Sweeney at 785-559-8190 or michelle.sweeney@va.gov.

The PACT Act passed in 2022 and was upgraded March 5, 2024, opening access to VA health care and benefits for veterans exposed to toxins and other hazards while serving in the military – at home or abroad – and can now enroll directly in VA health care.

Effective March 5, three new groups of veterans eligible for VA health care years earlier than called for by the PACT Act:

1. Veterans who were exposed to toxins

or other hazards during military service;

2. Veterans who were assigned to certain duty stations in Southwest Asia or parts of Africa; and

3. Veterans who deployed in support of certain operations after Sept. 11, 2001.

What that means for veterans:

- If you served in Vietnam, the Gulf War, Iraq or Afghanistan, you can enroll.

- If you deployed to any combat zone after Sept. 11, 2001, you can enroll.

- If you deployed in support of the Global War on Terrorism, you can enroll.

For more information on the PACT Act of 2022 and the 2024 upgrade, go to <https://www.va.gov/resources/the-pact-act-and-your-va-benefits/>.

Also visit https://cms1files.revize.com/waupacacowi/WomenVeteransFactSheet101216_508.pdf for more information.

WORTH
Harley-Davidson
NORTH

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

Athletes swim-bike-run in CGSC Triathlon



Photo by Jason Bortz/Combined Arms Center Public Affairs Office

Command and General Staff College and Family and Morale, Welfare and Recreation Triathlon participants bow their heads as Chaplain (Maj.) Lane H. Sandifer, CGSC student, says a prayer before the swim-bike-run event May 4 at Harney Sports Complex. More than 60 competitors competed in the event that consisted of a 200-yard swim, 12.4-mile bike ride, and a five-kilometer run. The first-place male finisher was Joseph Berman with a time of one hour, two minutes, 18 seconds, and the first-place female was Merideth Johnson with a time of 1:19:17.



Command and General Staff College and Family and Morale, Welfare and Recreation Triathlon participants tackle the swim portion of the swim-bike-run event May 4 in Bernstein Memorial Pool at Harney Sports Complex.

More than 60 competitors competed in the triathlon, which consisted of a 200-yard swim, 12.4-mile bike ride, and a five-kilometer run.

The first-place male finisher was Joseph Berman with a time of one hour, two minutes, 18 seconds, and the first-place female was Merideth Johnson with a time of 1:19:17.

Photo by Jason Bortz/Combined Arms Center Public Affairs Office

Adopt a Pet!



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.

See www.FLSF.petfinder.com or call 913-684-4939 for more information, or e-mail fortleavenworthstrayfacility@gmail.com for an adoption application.

The facility is currently closed for repairs, but adoption appointments can still be arranged. The facility is normally open from 11 a.m. to 4 p.m. Monday, Wednesday and Friday and 9 a.m. to noon the second Saturday of the month.

Visit FLSF.petfinder.com for additional Fort Leavenworth Stray Facility information and to see pets currently available for adoption.

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

Photo by Prudence Siebert/Fort Leavenworth Lamp

THURSDAY
MAY 9, 2024



Post Notes

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

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

B1

Fort Leavenworth Post - Wide Yard Sale
May 11 . 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

The Wizard of Oz Youth Edition
May 7 & May 9
Doors open: 6:30PM
Show starts: 7PM
Post Theater

Come support our CYS kids for a night at the theater.

This is a family friendly presentation!

Info: (913) 684-3207

THE WIZARD OF OZ: YOUTH EDITION
By L. Frank Baum
With Music and Lyrics by Harold Arlen and E. Y. Harburg
Background Music by Herbert Stothart
Dance and Vocal Arrangements by Peter Howard
Orchestration by Larry Wickox
Adapted by John Kane for the Royal Shakespeare Company
Based upon the Classic Motion Picture owned by Turner Entertainment Co. and distributed in all media by Warner Bros.

SKIESUnlimited
CHILD-YOUTH SERVICES

Installation Access & Security Reminders

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

BOSS PRESENTS MOVIE NIGHT

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

May 3: FIVE NIGHTS AT FREDDY'S (PG-13)
May 17: KUNG FU PANDA (PG)

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

FREE ENTRY

FORT LEAVENWORTH PRESENTS
Summer Kick-Off

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

May 10, 2024
4:30-8 pm

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

Harrold Youth Center Worlds of Fun

Saturday, May 11, 2024
1000-1900
\$45 or \$10 w/season pass
6-12 grade
CYS/MST registered members

- Must sign up and pay by 1700, Thursday 05/09/2024
- Limited to the first 23 spots
- Must be registered with CYS/MST
- A sack lunch is included
- Bring extra spending money for souvenirs, games, food and snacks
- Please note the park is cashless!!

For more information please call @ 913-684-5118 or stop by the Harrold Youth Center @45 Biddle, Ft Leavenworth, KS

A SALUTE TO OUR MILITARY SPOUSES
the force behind the force.
MILITARY SPOUSE APPRECIATION DAY

Fort Leavenworth Rod & Gun Club
Garry Stephens Memorial Crappieathon
Saturday, 11 May 2024

Perry Lake – Perry, KS
Rock Creek Marina

Launch Time is 7:00 AM
Weigh in is at 2:00 PM

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



2024 STRONG B.A.N.D.S AEROBATHON

SCHEDULE
Saturday May 11th

Time	Class	Instructor
0905-0925	POWER CUT	Kim
Tear down/Set up		
0935-0955	ZUMBA TONING	Lydia
Tear down/Set up		
1005-1025	POWER CYCLING	Kim
Tear down/Set up		
1035-1055	ZUMBA	Lydia
Tear down/Set up		
1105-1125	SPIN	Karyn
Tear down/Set up		
1135-1155	HOT YOGA	Kim
Door Prize Give-A-Ways		

Griffin Gardens Greenhouse
Opening April 17th!

Monday & Friday 1330 - 1500
Wednesday 0830 - 1030

Located between Griffin Cuts Barbershop & the MWJRCF



KIDS FISHING DERBY



18

SATURDAY, MAY 18, 2024 AT 8:00 AM CDT

Spring Kid's Fishing Derby

Smith Lake, Fort Leavenworth

Fort Leavenworth Rod & Gun Club

Kid's Fishing Derby

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

When: Saturday, 18 May 2024
Registration begins at 0800
Fishing 0900-1100
Award Ceremony 1130

Where: Smith Lake, Ft. Leavenworth

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

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

There will be numerous door prizes given away, along with hotdogs and drinks for sale. There will be a limited amount of fishing worms for sale for \$1 a cup, first come first served.

To learn more, visit (and like) our Facebook page at: <https://www.facebook.com/FLVNRodandGun/>

May 2024

American Red Cross Learn-to-Swim Lessons

Lessons held at Bernstein Memorial Pool



Register at Harney Front Desk

Cost: \$32.00

Do Your Part, Be Water Smart



Preschool Aquatics Level 1 (*4 and 5 years old)

3:50 p.m. - 4:20 p.m. May 7, 9, 14, 16

Familiarize participants to the aquatic environment and help them acquire rudimentary basic aquatic skills.

Help participants begin to develop positive attitudes and safe practices in and around water.

No skill prerequisites required.

Preschool Aquatics Level 2 (*4 and 5 years old)

5:10 p.m. - 5:40 p.m. May 7, 9, 14, 16

Build on and improve skills learned in Preschool Aquatics Level 1.

Increase knowledge of water safety topics introduced in Preschool Aquatics level 1.

Prerequisites: successful demonstration of Preschool Aquatics Level 1

Parent and Child Learn-to-Swim (*6 months - 3 years old, w/ parent or guardian.)

4:30 p.m. - 5:00 p.m. May 7, 9, 14, 16

Helps participants feel comfortable in the water, explore breath control and submerging, changing body position in the water, play safely in the water.

Teaches Parents how to hold and support your child in the water, valuable water safety information to make your family safer in, on and around the water.

Fort Leavenworth Stray Facility is currently

CLOSED FOR REPAIRS

We apologize for the inconvenience

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



Fort Leavenworth Multicultural Gospel Service



June 7-9, 2024
Frontier Chapel

POC Elder Hank Young
816.582.5191
hankyoung711@yahoo.com

Hiring Our Heroes
U.S. Chamber of Commerce Foundation



HIRING EVENT

Fort Leavenworth Career Exploration & Hiring Fair

Connecting World-Class Military Community Talent With American Employers

Thursday, June 13, 2024
Frontier Conference Center
350 Biddle Boulevard
Fort Leavenworth, Kansas 66027

Event Schedule

Job Seeker Workshops
9 - 11 a.m.

Hiring Fair
11 a.m. - 2 p.m.

Workshop topics include understanding compensation and negotiation, SkillBridge and training opportunities, and preparing for interviews.

Job seekers will network with representatives from local, regional, and national organizations hiring for open positions.

VFW POST 56 AUXILIARY RUMMAGE SALE

WHEN: JUNE 22ND
TIME: 9AM-2PM

LOCATION: VETERANS PARK BEHIND VFW BUILDING

Access to Veteran's Park is via 6th st

WHITE-DONLAN-HAGEMASTER MOH
LEAVENWORTH POST 56
523 CHEROKEE ST



IN CASE OF RAIN EVENT WILL TAKE PLACE INSIDE THE VFW HALL



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

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Happy Bottoms 8:30-10:30	3	4
5	6 DONATIONS 12:00-2:00	7	8 PANTRY 11:00 - 1:00	9 Happy Bottoms 8:30-10:30	10	11
12	13 DONATIONS 12:00-2:00	14 Stronghold U 9:00-10:00	15	16 Happy Bottoms 12:30-2:30	17	18
19	20 OPEN PANTRY 12:30-2:00	21	22 PANTRY 11:00 - 1:00	23	24	25
26	27 MEMORIAL DAY	28 Happy Bottoms 11:00-12:30	29 PANTRY 11:00 - 1:00	30	31	

STRONGHOLD

Featured Program: Child Wellness

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

Register online & join us in person.

www.strongholdfoodpantry.org

Hunger Buster Pack

POWERED BY: FTLV THRIFT STORE

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

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

Stronghold: Happy Bottoms Program
Powered by: Rapid Response Charities

Free Monthly Diaper Distribution
Email: contact@strongholdfoodpantry.org

STRONGHOLD FOOD PANTRY

VOLUNTEERS NEEDED!

Protestant Women of the Chapel

END OF THE YEAR INSTALLATION CEREMONY

May 14th 8:30-11am

Please join us for our last program of the year as we install our new board for 2024-2025 year & celebrate with food, fun and fellowship!

Interested?

Call us at (913)303-8105 or send us an email at contact@strongholdfoodpantry.org

WWW.STRONGHOLDFOODPANTRY.ORG

WE NEED HELP WITH:

- Processing donations
- Packing distribution goods
- Distributing groceries
- Bookkeeping
- Website Administration
- Diaper Distribution
- Donation pickups

-- PCS'ing --

We pick up & find homes for

Pantry/food items
cleaning supplies
toiletry items

To homeless shelter, food pantries, needy families

Pam Meier: 913-306-5108

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

May, June & July Kids Arts & Crafts

Messy Art

\$12 per class

Ages 4 - 6

Friday
May 10
10:30am - 11:30am
12:30pm - 1:30pm

Tuesday
June 11
12:30pm - 1:30pm

Friday
June 14
10:30am - 11:30am

Tuesday
July 9
12:30pm - 1:30pm

Friday
July 12
10:30am - 11:30am

Ages 7+

Thursday
May 16
11am - 12pm

Thursday
June 20
11am - 12pm

Thursday
July 18
11am - 12pm

Color Me Happy

\$10 per class

Parent & Toddlers

Thursday
May 9
10:30am - 11:30am

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

Thursday
June 13
10:30am - 11:30am

Thursday
June 27
10:30am - 11:30am

Thursday
July 11
10:30am - 11:30am

Thursday
July 25
10:30am - 11:30am



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

Summer Studio Days

\$15 per class

Kids Ages 6 - 11
Tuesday - Friday
July 30 - August 2
10:30am - 11:30am

Youth Ages 12+
Tuesday - Friday
July 30 - August 2
1pm - 3pm

Need to beat the
summer heat?
Come to the Studio!

Kids Arts & Crafts

Crafts

\$20 per craft

**Mother's Day Gift
Flower Pots & Cards**
Friday
May 3
2:30pm - 4pm

**Father's Day Gift
Mosaic Coaster & Card**
Wednesday
June 5
10:30am - 12pm

Art History

\$15 per class
(ages 7+)

Rice Krispies & Rembrandt
Wednesday
May 15
12:30pm - 2:30pm
Thursday
May 16
4pm - 6pm

Rocket Pops & Ross
Tuesday
June 18
11am - 1pm
Wednesday
June 19
1pm - 3pm

Cookies & Carle
Tuesday
July 16
11am - 1pm
Wednesday
July 17
1pm - 3pm



Cost includes all supplies!

Come see what's new at the Studio!

leavenworth.armymwr.com



May, June & July Watercolor Workshops

\$25 per workshop

Watercolor (Basic Techniques)
Thursday, May 16
Tuesday, July 9
6:30pm - 8pm

Watercolor (Florals)
Thursday
May 30
6:30pm - 8pm

Watercolor (Landscapes)
Thursday, June 6
Tuesday, July 23
6:30pm - 8pm

Watercolor (Color Theory)
Tuesday
July 16
6:30pm - 8pm

Cost includes all supplies!

Watercolor by the Lake (plein-air)
Thursday
June 20
9am - 10:30am

Watercolor by the Lake (plein-air)
Tuesday
July 30
6:30pm - 8pm



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

OPEN STUDIO

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

Multi-Craft Room

Come use our provided supplies
to craft with the whole family!

Painting Studio

Provided watercolor and
acrylic supplies to create your
own masterpiece.

Framing Studio

Must take Intro to Framing
before using DIY
Framing Studio.

Pottery Studio
(Coming Soon!)

Modern Calligraphy

Basics

\$20 per class

Tuesday
April 30
12:30pm - 1pm

Wednesday
July 10
10:30am - 12pm

Special Projects

Thank you/Grad Cards
Tuesday
May 14
12:30am - 2pm

Birthday Cards
Wednesday
July 24
10:30am - 12pm

Intermediate

\$20 per class

Tuesday
May 7
12:30 - 2pm

Wednesday
July 17
10:30am - 12pm



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





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

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) 684-2035

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) 651-7176

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



Connect with Us!
Facebook
Twitter
LinkedIn
leavenworth.armymwr.com



The Fort Leavenworth Frame Studio

Custom Framing
& DIY Studio

Tuesday - Friday
10am - 5pm

Must complete
Intro to Framing
Workshop before using
the DIY Frame Studio.
Hourly fee applies.

Call to register or
stop by the studio!

IS NOW
OPEN!

Come see us!

Arts & Crafts Studio

310 McPherson Ave
(913) 684-3373

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

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

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

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

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

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



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 sides: 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

May, June & July Workshops



Framing Studio

Intro to Framing

\$40 per class

Intro to Framing
Must pre-register
Thursday
May 9
10am - 2pm

Intro to Framing
Must pre-register
Saturday
May 25
10am - 2pm

Intro to Framing
Must pre-register
Thursday
June 13
10am - 2pm

Intro to Framing
Must pre-register
Saturday
June 22
10am - 2pm

Intro to Framing
Must pre-register
Thursday
Jul 11
10am - 2pm

Intro to Framing
Must pre-register
Saturday
July 27
10am - 2pm



Must take Intro to Framing before using DIY Framing Studio.

Acrylic

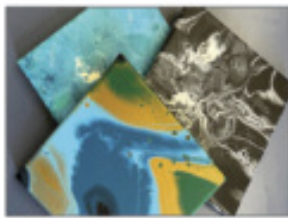
\$35 per class

Acrylic Painting (Fawn)
Tuesday
May 14
6pm - 8pm

Acrylic Pour
Wednesdays
May 22
June 26
12:30pm - 2:30pm

Acrylic Painting (Water Lilies in Pond)
Friday
July 19
10:30am - 12:30pm

Acrylic Pour
Tuesday
July 23
1pm - 3pm



Crafts

\$35 per class

Wooden Welcome Sign
Friday
July 26
11:30am - 1:30pm

Patriotic Wooden Panel
Tuesday
June 4
12:30am - 2:30pm



scan for more info

Call now to register!
913-684-3373

Paint & Sip

\$35

Must be 21 years or older.
BYOB



Spring Tulips
Friday
May 10
6pm - 8pm



Lemon Tree
Friday
June 14
6pm - 8pm



Flamingos
Friday
July 12
6pm - 8pm

Cost includes all supplies!

Come see what's new at the Studio!



leavenworth.armymwr.com

May 2024



Event Schedule

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

New Parent Support Program

Stroller Walk
Tuesdays, 10:00am - 11:00am

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

Childbirth Class
May 6, 13, & 20, 5:00pm - 7:00pm
Resiliency Center, Room 157

Dad's Night Out
May 22, 6:00pm - 8:00pm
Restaurant is TBD

Mom's Night Out
May 29, 6:00pm - 8:00pm
Restaurant is TBD

Exceptional Family Member Program

EFMP Refreshing Conversations
May 2, 10:00am - 11:00am,
Resiliency Center, Room 145

Muffins With Mom
May 3, 2:00pm - 4:00pm
EFMP Playground

EFMP Recreational Bowling for EFMP Members and their Families
May 4, 12:00pm - 2:00pm
Strike Zone Bowling Center

Playground Palooza
May 14, 9:00am - 10:00am
EFMP Playground

Family Advocacy

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

Muffins With Mom
May 3, 2:00pm - 4:00pm
EFMP Playground

5 Love Languages of Teenagers
May 8, 1:00pm - 2:30pm
Resiliency Center, Room 145

Stress Management
May 16, 11:30am - 1:00pm
Resiliency Center, Room 145

Mom & Me Crocheting
May 17, 1:00pm - 4:00pm
Resiliency Center, Room 145

Navigating the Teen Years
May 21, 1:00pm - 2:30pm
Resiliency Center, Room 145

Co-Parenting Workshop
May 23, 12:00pm - 1:30pm
Resiliency Center, Room 145

Personal Financial Counseling

Lunch & Learn Series: Continuation Pay
May 7, 11:45am - 1:00pm
Resiliency Center, Room 145

Lunch & Learn Series: Life Insurance Check-Up
May 21, 11:45am - 1:00pm
Resiliency Center, Room 145

Resiliency Center, 600 Thomas Ave, Building 198
913-684 - 2800/ 913-684-HELP(4357)

Hours: Monday - Wednesday, & Friday, 7:30am - 4:30pm (closed 1130-1230); Thursday, 1:00pm - 4:30pm

Follow us on Facebook! @FortLeavenworthACS
Follow us on Twitter! @LeavenworthACS

Handicap access at the front of Building 198

Military Spouse Appreciation Day
USD207 Summer Kick Off Event at the Field
May 10, 4:30pm - 8:00pm
FREE T-Shirt as a Thank You Gift!

Employment Readiness Program

Federal Employment
May 8, 12:00pm - 2:00pm
May 15, 5:00pm - 7:00pm
Resiliency Center, Room 157

Interview Skills & Professionalism
May 22, 12:00pm - 2:00pm
Resiliency Center, Room 157

Evening Resume Writing
May 22, 5:00pm - 7:00pm
Resiliency Center, Room 157

Army Volunteer Corps

Volunteer Basics
May 15, 12:00pm - 1:00pm
Resiliency Center, Room 157

Relocation Readiness

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

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

Survivor Outreach Services

Paint & Brunch Social
May 11, 10:00am - 1:00pm
Resiliency Center, Room 157



ACS PRESENTS: LUNCH & LEARN MILITARY MONEY

EVERY OTHER TUESDAY
ACS CONFERENCE ROOM
11:45 - 1:00

May 7
Continuation Pay
BRS, TSP Vesting & Retirement



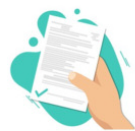
BRING A LUNCH & WE'LL LEARN TOGETHER! (SPOUSES WELCOME)

May 21
Risk Management: Life Insurance Check-Up
(How much do you have, how much do you need?)

with our Personal Financial Counselor (816-500-3163)

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

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

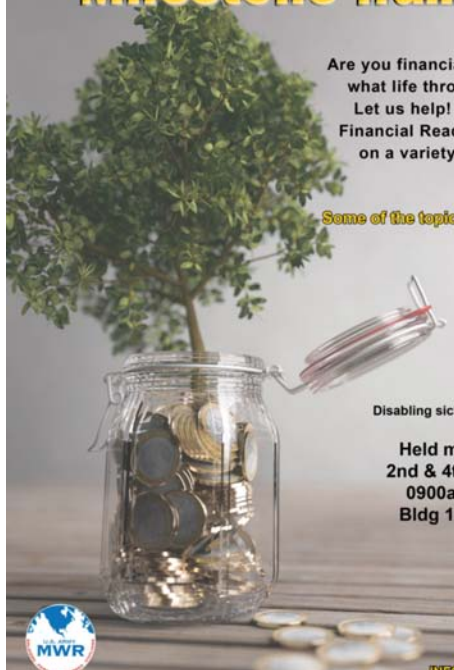


Financial Readiness Milestone Training

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: 913-684-2852 / 2800

ACS New Parent Support Prenatal Classes

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

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

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

Free for Expectant Parents!

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

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

ACS New Parent Support Potty Training

Are you ready?

Time to lose the diapers?

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

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

Stroller Walk & Talk

Meeting at
The Resiliency Center
600 Thomas Ave
Every Tuesday Morning
March - May
10am - 11am
June - Sept
9am - 10am

This is a FREE opportunity to meet other parents of small children, get healthy and socialize all while enjoying the walking paths of Ft. Leavenworth!

Offered to expecting parents and to parents of children through 3 years of age. Must bring your own stroller. Register the day before!

POC 913-297-3212

MOM'S NIGHT OUT

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

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

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Moms with children 0-3 years old.

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

DAD'S NIGHT OUT

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

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

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Dads with children 0-3 years old.

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

STRESS MANAGEMENT

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

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

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

SCREAM FREE Marriage & Parenting

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

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

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

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

Co-Parenting Workshop

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

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

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

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

MOM & ME CROCHETING

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

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

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

Please RSVP by May 10
Call 913-684-2808/2800

FREE!
Ages 8+

Navigating the Teen Years

Jan 16, Feb 20, Mar 19, Apr 16, May 21, Jun 18
@ 1-2:30pm
ACS Classroom 145
600 Thomas Ave

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

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

We'll discuss:
Teen Mental Health
Substance Abuse
Raising Teens in a Digital Age
Understanding Social Media
Teen Sexualized Behaviors

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

5 Love Languages of Teenagers

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

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

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

Open to all DOD civilians, active duty, and retired military that are caregivers raising teens
Call to register (deadline is day before class)
913-684-2822 / 2808

leavenworth.armymwr.com

ACS FAP Presents: 5 Love Languages for Couples

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

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

Deadline to register is day before each class.
FREE and open to DoD ID card holders 18+.
For more info: (913) 684-2811/2808

Scan the QR Code for more info about FAP.

Play Morning

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

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

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

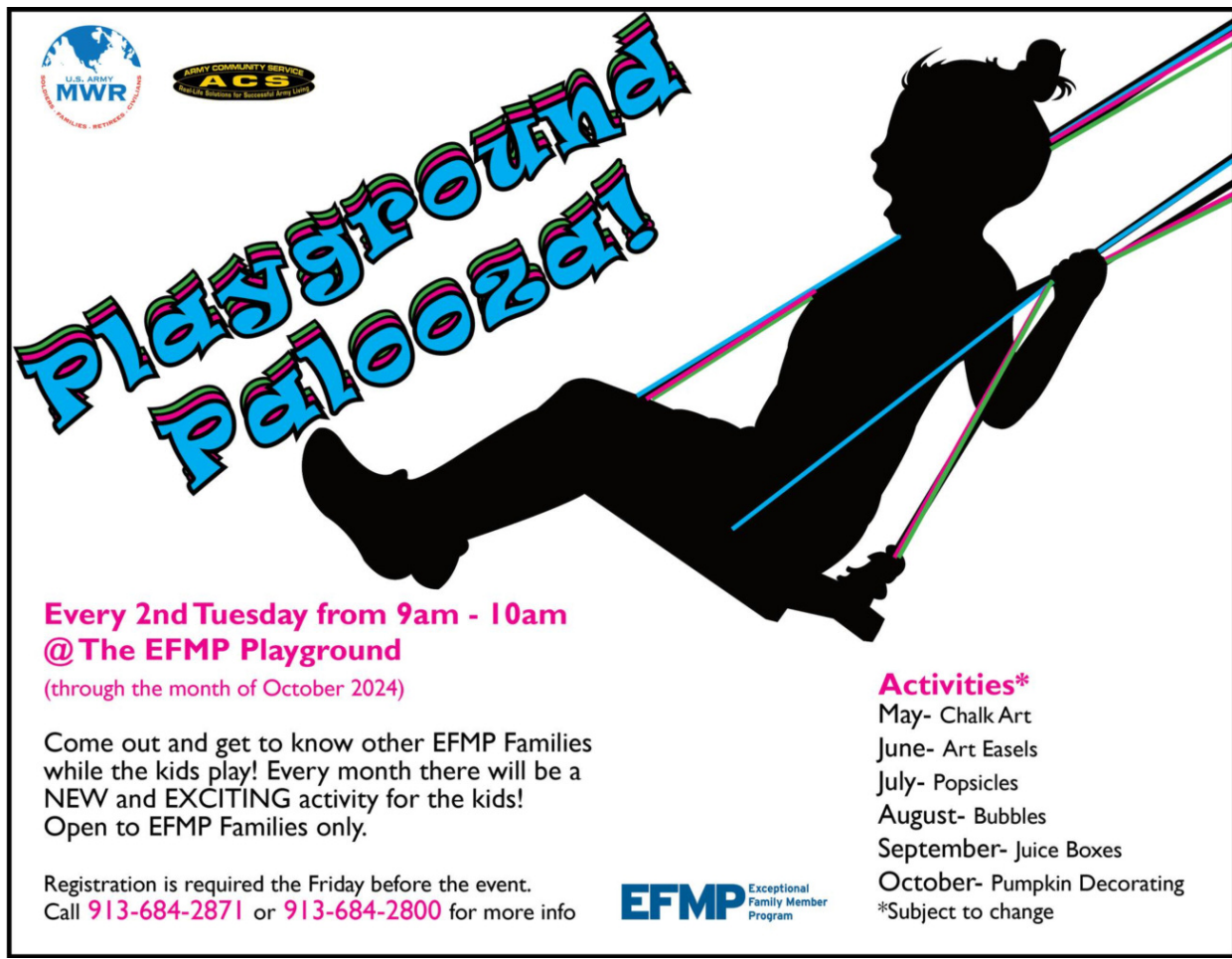
Army Community Service | Resiliency Center | 600 Thomas Ave. | Fort Leavenworth, Kansas
Registration required, cut off is day before event (913) 297-3212 or (913) 684-2800

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.



Playground Palooza!

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

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

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

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

EFMP Exceptional Family Member Program

EFMP RECREATIONAL BOWLING

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

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

All ages welcome!
FREE for the entire family including shoes! Bumpers, bowling ramps, and lightweight bowling balls are available.

Pre-registration is required the Wednesday before the event. Call 913-684-2800 for more info or to register

EFMP presents:

SENSORY STORY TIME

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

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

YOUTH SPORTS & FITNESS SUMMER CAMPS

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

Basketball Camp
Dates: July 22-25
Age Group Time Cost
5-8yrs. 0900-1000 \$40
9-10yrs. 1000-1100 \$40
11-14yrs. 1300-1400 \$40

Challenger Sports International Soccer Camp
Camps run: Monday - Friday
Camp Dates: June 3 - 7 • July 8 - 12 • July 29 - Aug 2
Age Group Time Cost
Ages 5-8 0900-1000 \$110
Ages 9-11 1000-1200 \$125
Ages 12-14 0900-1200 \$165
Ages 15-18 1300-1600 \$165

Baseball Camp
Dates: July 15-18
Age Group Time Cost
5-8yrs. 0900-1000 \$40
9-10yrs. 1000-1100 \$40
11-14yrs. 1300-1400 \$40

Enroll online!
Enroll online via website or by calling Parent Central 684-5138. Enrollment required current CYS registration, sports physical NOT required for camps.

For more info call, CYS Youth Sports at 683-1362/2050.

YOUTH SPORTS SUMMER GOLF PROGRAM

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

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

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

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

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

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

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

Info: (913) 684-7525/7526

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

Family Advocacy Program Presents

Father/Daughter Tea Party

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

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

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

Recommended for 10 and under.

Dress is business casual. Get out the Sunday outfits or Dress Blues.

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

Registration is required and must be done by May 24th.

Info: (913) 684-2822

NEW AT SKIES!

K-POP DANCE!

Channel your inner Pop Star with our NEW K-Pop Dance Classes! Enrolling Now!

Patch Community Center
320 Pope Ave
Bldg #345
913-684-3207

Classes for ages 5 - 7 and ages 7 - 11 are held at Patch Community Center. Must be registered with CYS

Please wear indoor only shoes to help protect our dance floors!

Taught by a Nationally Ranked K-Pop Dancer!

Scan here for the Spring/ Summer Catalog

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

"Refreshing Conversations"

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

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

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

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

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

Family Advocacy Program presents:

FATHER - SON SCAVENGER HUNT

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

Come celebrate Dad's Make a Difference Month with ACS and FAP.

This event is recommended for Active-Duty service member Fathers and their Sons 12 and under.

Event is weather permitting, it will be cancelled if there is rain or storms.

Registration is required and can be done by May 31st. Be sure to register early!

For more info: (913) 684-2808/2800

SKIES PRESENTS

THE CLASSICS DANCE RECITAL

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

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

FREE Admission!

Contact 913-684-3207 for more information
SKIESUnlimited

DG FUN & RELAXATION

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

MAKING THE CONNECTION

Available on the App Store

GET IT ON Google play

KIDS BOWL FREE!

Kids 18 & under will receive **TWO FREE Games!**

Strike Zone Bowling Center
Wednesday - Saturday
10am - 4pm

Promotion runs from **May 22 - August 10**

Contact the Strike Zone for more information on how to sign up!
913-651-2195

Starting Monday April 15th, 2024

Fort Leavenworth Group Fitness Classes

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0930	Zumba (Lydia)		Zumba (Lydia)			(0915) Zumba (Lydia)
1030						Hot Yoga (Kim)
1630	30/30 Split (Kim)		Power Cycling (Kim)			

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

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

*Power Cut classes are held in the Bubble Gym



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



<https://leavenworth.armymwr.com>

STRIKE ZONE BOWLING CENTER

SUMMER TRIOS LEAGUE

Strike Zone Bowling Center
 Thursdays at 6:30 (practice 15 minutes prior)
 Meeting: May 9 at 6:30pm
 League Starts: May 16 at 6:15pm
 12 week league from May 16 - August 8

3 person teams - 3 games per night
 Any combo of men and women
 \$10 per week/ per person/ \$1 Shoes
 Have-a-Ball option - additional \$7 per week

Ages 18+
 Call 913-651-2195 for more info

Softball LEAGUE

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

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

League awards will be given for regular season champions and 1st and 2nd place tournament champions.
 Open to Active Duty, DoD, Retirees and Contractors working at Fort Leavenworth ages 18 & older.

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

FUN SHOOT

Brunner Range
 1st Saturday of the Month

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

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

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

Info: (913) 651-8132
 701 Sheridan Drive

Brunner Range 2024 LEAGUE SCHEDULE

Winter Combo
 4 January - 7 March

Spring Combo
 21 March - 23 May

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

Fall Combo
 5 September - 7 November

Winter Warm-up
 14 November - 19 December

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

WEIGHTLIFTING

First Class is Free!

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

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

FOR MORE INFO, (913) 684-2190

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

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

HAVE A BALL @ THE STRIKE ZONE BOWLING CENTER & SNACK BAR!

The Strike Zone
 165 Fourth St
 913-684-BOWL



Fort Leavenworth 2024 Events

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

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

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

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

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




COMMIT - STAY FIT!
#STRONGBANDS

STEP 1 Attend featured fitness events at your garrison

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

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

May 1 - May 31 • Walk/Run Athon

Gruber Fitness Center and Harney Sports Complex

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


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

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

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

For more info: (913) 684-5120

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




May 11 • Aerobathon

8:30AM - 12PM • Gruber Fitness Center

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

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

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

Registration is NOT required, just show up

FREE event!

For more info: (913) 684-5120



May 18 • 1000LB/400LB Club

8AM - 5PM • Gruber Gym

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

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

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

Division winners:

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

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

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



May 25 • Disc Golf Tournament

8AM - 2PM • Disc Golf Course

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

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

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

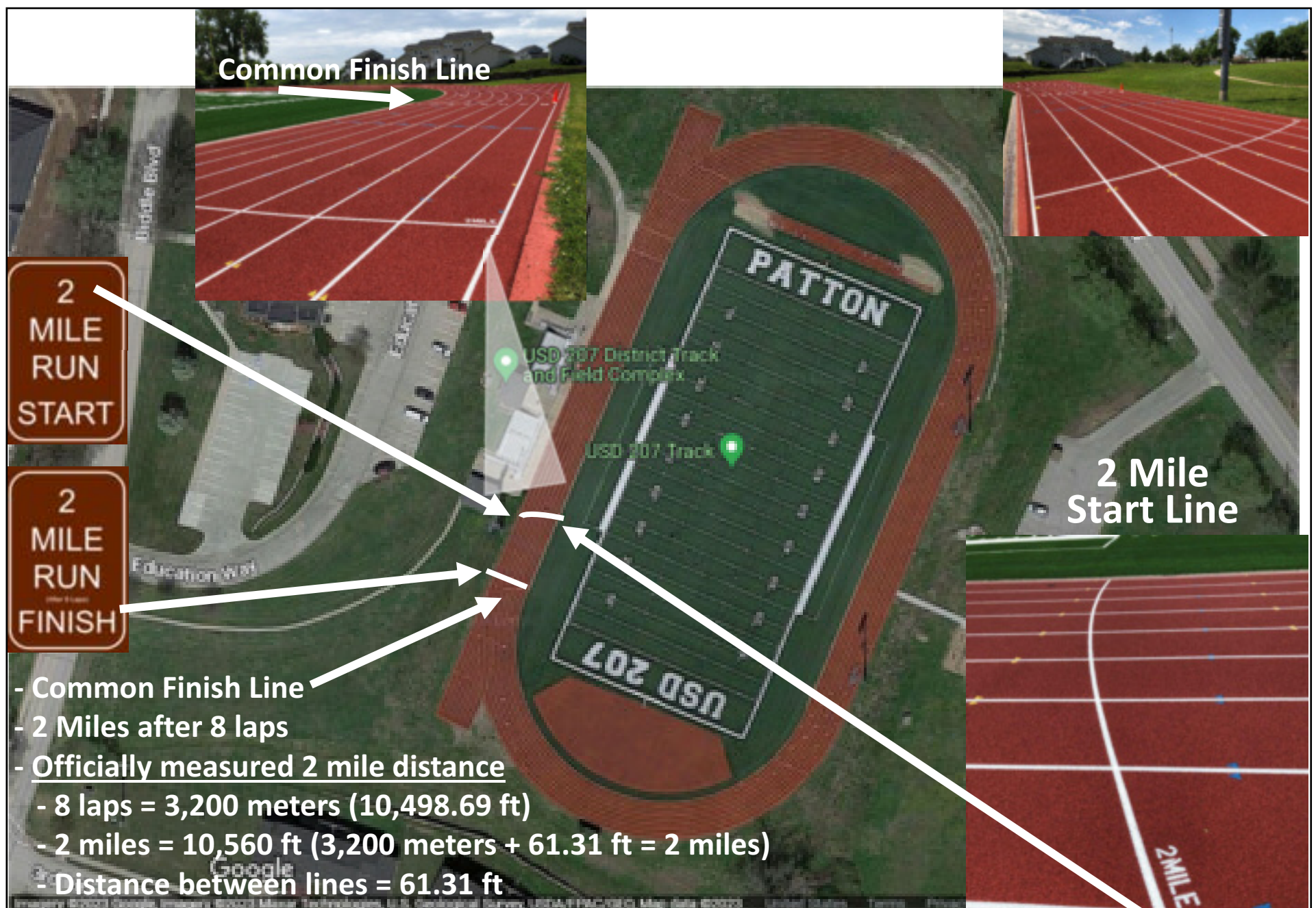
Prizes will be given out for 1st, 2nd, and 3rd place.

Staggered start from 0800-0900.

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

FREE event!

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



Common Finish Line

2 MILE RUN START

2 MILE RUN FINISH

2 Mile Start Line

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

Unified School District 207 graphic

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

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

WE ARE HIRING!

APPLY NOW

\$50,500

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

OPEN POSITIONS

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




by USD 207

UNIFIED SCHOOL DISTRICT 207 IS HIRING certified special education professionals for the 2024-25 school year.

Joining the USD 207 team opens up mentorship and growth opportunities at one of Kansas' top-rated school districts.

Not only has the district's starting pay increased to \$50,500, but it also offers comprehensive health, wellness and future planning benefits.

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

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For available positions, visit https://fortleavenworth.tedk12.com/hire/index.aspx?fbclid=IwZXh0bgNhZW0CM-TAAAR2J_nZ8pMOz3RN9ZVQT0DxOl82Xq0TogQXXLwS34xlGZPKXyO4g7Qgvmrg_aem_ATIiN4OJjKKJZwCvSvLnsjiFwLB-W b B k A G _ k 5 E k p t - pAKID0uHDc88thqUhl8A_amVKGu0PKtvZ3uSLRbnZzHymqU.

FT. LEAVENWORTH EDUCATION CENTER

GRADUATION CEREMONY

CLASS OF 2024



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

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

PLEASE REGISTER FOR ATTENDANCE BY MAY 10, 2024.

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

WE ARE EXCITED TO SEE YOU ON GRADUATION DAY!

NOW OPEN ENROLLMENT FOR THE 2024-2025 SCHOOL YEAR

Apply Now



CYS is hiring!

Great Pay! Amazing Benefits!
@ Fort Leavenworth
APPLY NOW!
ArmyMWR.com/cyscareers





Your Commissary Leader

FT. Leavenworth

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

Store Director Name and Contact Information:

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

Tuesday-Friday 0800-0900 will be Self-Checkout only.

Proud, Committed and More.

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





EXCHANGE YOU MADE the GRADE you get the REWARDS!

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

X
EXCHANGE
\$10 REWARDS!
Average **B** students

ENTER FOR A CHANCE TO WIN A \$2,000, \$1,500 OR \$500 REWARDS! GIFT CARD!
See an Associate for details and entry forms.



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>



FORT LEAVENWORTH We Are HIRING

JOIN OUR TEAM

Open Position:

- Services Operations Assistant (RPT)
- Customer Experience Associate
- Customer Experience Host
- Barista (INT)
- Cook (Qdoba)
- ...and MORE!

Apply Now

More Information
www.applymyexchange.com

Questions, contact Recruiting Manager Karen Martin at 660-563-3001 ex 207 or martinke@cafes.com




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

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



MILITARY
CHILDCARE.COM

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

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

Make sure you are requesting the best Care Option(s) for your childcare needs...

Go to our [CYS Facebook](#) page or [FMWR-CYS website](#) to review the:

Fort Leavenworth CYS Care Options & Waitlist Guide

MILITARY
CHILDCARE.COM

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

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

It's that easy!

To get started, visit:
[MilitaryChildCare.com](#)
For questions/support, call: 855.696.2934



CYS Summer Enrollment Starts!

April 15th at 9am

Middle School & Teen Camp Weeks
Must have completed 6th-12th Grade (Level of Harrod Youth Center) for enrollment info.

SKIES Classes
Gymnastics
Private Music Lessons (Piano & Flute)
Jr. Golf Lessons
And more!
(All classes in these sessions will open as the schedule is approved by CYS for FY24.)

Youth Sports & Fitness
Golf Program
Fitness Camp
Baseball Camp
Basketball Camp
*Challenger Soccer Camp (Must enroll at Parent Central)

Youth Babysitting Basics Classes
12-18 year olds
Call Parent Central for complete info.

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

Go to CYS WebTrac for more details!
Use WebTrac account to enroll 24/7!

ARMY EMERGENCY RELIEF

SUPPORTING SOLDIERS AND THEIR FAMILIES SINCE 1942

Annual Campaign March 1 - June 14, 2024

YOUR DONATION HELPS SOLDIERS AND FAMILIES IN NEED
OFFICIAL NONPROFIT OF THE U.S. ARMY

Fort Leavenworth CYS Care Options & Waitlists on MILITARYCHILDCARE.COM

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

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

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

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

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

MAIN CHILD DEVELOPMENT CENTER:
FULL-DAY CHILDCARE & PRESCHOOL PROGRAM
Open 6:00am-6:00pm

- (!) Request Full-Day Preschool when care needed the Summer prior to Kindergarten.
- (!) Request KG School Year Care if needed & attending USD 207 (or applied to attend). [See Osage's BLUE info box on the right.]
- >> Must turn 5 by/on 31 AUG 2024 to be KG eligible in Kansas.
- (!) This program is NOT affiliated with the USD 207 Preschool/Pre-K Program. Transportation is NOT available.
- *CYS is recruiting on-post Family Child Care providers.

FULL-DAY
6 WEEKS THRU 5 YEARS
(!) Not started KG.
Refer to info

PART-DAY PRESCHOOL
SCHOOL YEAR 24-25
3-5 years
3 CLASS OPTIONS

OSAGE KG & SCHOOL AGE CARE FACILITY:
CYS PART-DAY PRESCHOOL CLASSES
3 Class Options September thru May (all are 3 hour classes)
2-Day AM (8-11am on T/TH) / 3-Day AM (8-11am on M/W/F)
4-Day PM (12:15-3:15pm on M-TH)

- Must turn 3yrs on or prior to first day of class.
- Request multiple classes to increase chances for placement.
- No "Toilet Trained" restriction.
- Under 3? Choose a Need Date on/after child turns 3 years old.
- (!) This program is NOT affiliated with the USD 207 Preschool/Pre-K Program. Transportation is NOT available.

OSAGE KG & SCHOOL AGE CARE FACILITY:
2024 KG & SCHOOL AGE (1st-5th) CAMP WEEKS
Full-Day Summer Program Open 6:00am-6:00pm
REQUEST MUST BE BASED ON GRADE COMPLETED IN MAY 2024

- "Completed KG" & "1st-5th School-Age Care" are separate Care Options based on grade COMPLETED.
- Request each camp weeks needing care.
- >>>Current School Year 23-24 contract holders are given the opportunity to request Continuity of Care directly with Osage in the Spring. Requests in MCC are ONLY needed when past the deadline.

SUMMER 2024
COMPLETED KG & 1st-5th Grade
*6th-12th Grade see HYC info

SCHOOL YEAR 24-25
ENTERING KG & 1st-5th Grade
*6th-12th Grade see HYC info

OSAGE KG & SCHOOL AGE CARE FACILITY:
SCHOOL AGE SCHOOL YEAR CHILDCARE
Before/After School Open 6:00am - 6:00pm
Transportation to/from FTLVN schools included. (USD 207 only)
REQUEST MUST BE BASED ON GRADE ENTERING IN AUGUST 2024

- KG & School-Age (1st-5th) Care Options are separate
- (!) Upcoming KG: Make additional Full-Day Preschool request when care is needed the Summer prior to KG.
- >>>Before Only, After Only, & Before/After care options include USD 207 No-School Days & Early-Out Fridays & the first 2 weeks of school when KG only attends 1/2 days.

NO WAITLIST REQUIRED
FOR YOUTH 6TH-12TH GRADE
[COMPLETED OR CURRENTLY ATTENDING]

Enrollment into a Middle School & Teen program is first come-first serve for CYS eligible & registered youth.
Check out the [Teen Center Facebook page](#) for details on: Summer Camp Weeks, FREE Open Recreation time, & the FREE After School Program that includes pick-up at on-post & off-post middle/high schools, & Winter & Spring Break Camp Weeks.

HARROD YOUTH CENTER
6TH-12TH GRADE

HOLIDAY CAMPS
ATTENDING KG & 1st-5th Grade
*6th-12th Grade see HYC info

OSAGE KG & SCHOOL AGE CARE FACILITY:
SCHOOL AGE WINTER & SPRING BREAK CAMP WEEKS
Full-Day Program Open 6:00am-6:00pm

- KG & School-Age Care Options are separate.
- Make request based on grade currently enrolled.
- USD 207 Calendar determines camp weeks. Available to request starting September 9, 2024.
- CYS will be closed on Federal Holidays.
- Request is not required for children in a current School Year contract.

Your Opinion Matters!

TENANT SATISFACTION SURVEY

March 4, 2024 to May 3, 2024

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

Your Army Wants to Hear from You!

*Completely confidential

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

The completely confidential survey will be emailed from ArmyHousingSurvey@cetassociates.com. For additional questions, please contact your local Army Housing Office.

CHILD & YOUTH SERVICES Youth Sponsorship Program INFORMATION FOR PARENTS



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

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

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

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

- Allows you to focus on other aspects of transition, knowing that your child's needs are being met.
- What does the Youth Sponsorship Program provide for my child?**
- Their Youth Sponsor will provide a **welcome packet and information** about their new community before arrival.
 - Upon arrival, their Youth Sponsor will arrange for them to have a **tour of the community** and, once you know which school they will be attending, **provide information about the school** and arrange for a tour there as well.
 - The program hosts various activities and events that will help your child **meet new people, learn about their school and community.**
- How do I get a sponsor assigned to my child?**
- Once you receive PCS orders, contact the School Liaison Officer at your current installation.

THE US ARMY GARRISON FORT LEAVENWORTH EQUAL EMPLOYMENT OPPORTUNITY OFFICE

Presents

FY24 Mandatory Face to Face ANTI-HARASSMENT/ NO FEAR ACT AND EEO TRAINING

LOCATION: POST THEATER

2nd Quarter
20 March 2024, Wednesday: 1030-1130 (Employees)
1300-1400 (Supervisors)

3rd Quarter
2 May 2024, Thursday: 0900-1000 (Employees)
1030-1130 (Supervisors)

18 June 2024, Tuesday: 1300-1400 (Supervisors)
1430-1530 (Employees)

(Employees) = Civilian Employees,
(Supervisors) = Supervisors, and Military Supervisors of Civilian Employees

For FY24 face to face training is mandatory. On-line training is no longer valid. The Ft. Leavenworth Garrison EEO office will track attendance for IMCOM employees only. Other organizations are welcome to attend training, but they must track and report training separately.

For additional information, please contact:
EEO: Kale E. Webster, EEO Specialist, kale.e.webster.civ@army.mil



Donation Day FAQs

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

COMMUNITY MANAGEMENT OFFICE: (913) 682-6300

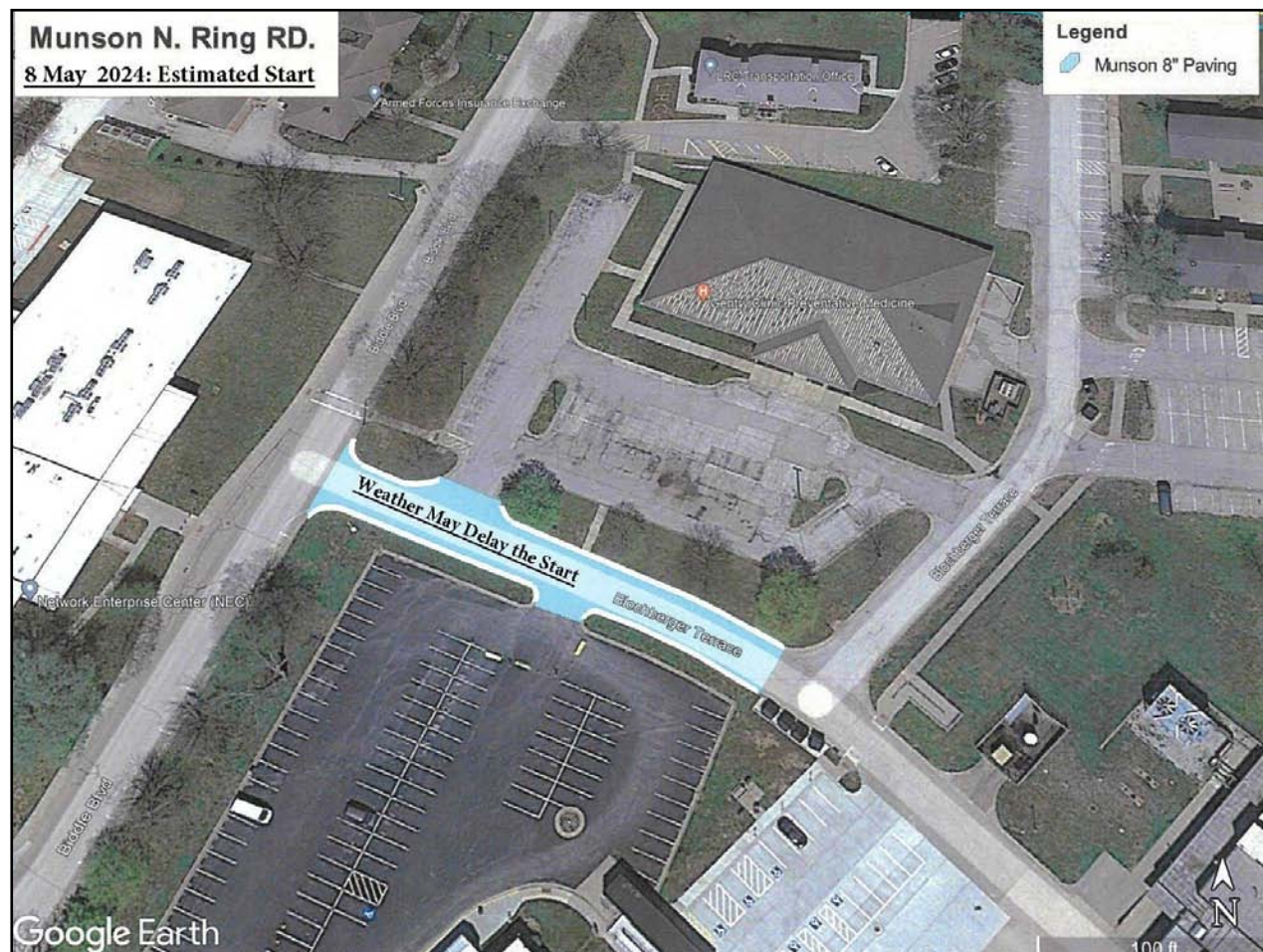
REASONS TO CONNECT WITH 988

You can call, text, and chat the 988 Suicide & Crisis Lifeline to talk about a lot of things.

988 SUICIDE & CRISIS LIFELINE

MUNSON NOTES

MAHC ring road construction



In an effort to improve the Munson Army Health Center infrastructure, the MAHC ring road will be closed for about three weeks for resurfacing and paving. The Gentry Clinic parking lot will be accessible from Blockberger Terrace. Be mindful of the construction area indicated in blue and the risks of parking near the construction site, and avoid walking through the construction area.



Munson Army Health Center Public Affairs

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

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

Mental Health Awareness Month

Your child doesn't have to feel like this.

Signs of possible mental health problems in youth can vary, but may include:

- Emotional outbursts; irritability
- Persistent sadness lasts two weeks or more
- Difficulty concentrating or sitting still
- Changes in sleeping or eating habits
- Frequent headaches or stomachaches
- Withdrawing from or avoiding social interactions

Take the first step and seek help at www.tricare.mil/mentalhealth.

MentalHealthAwarenessMonth is an opportunity to familiarize yourself with resources available to help service members, families and veterans who struggle with mental health challenges. During May, MAHC will be highlighting #MentalHealth resources, information, and programs available. Visit the MHS Mental Health Hub at <https://health.mil/Military-Health-Topics/Mental-Health>. Visit www.tricare.mil/mentalhealthTRICARE webpage to learn more about mental health services covered by TRICARE.

No Referral Required

REHABILITATION CLINIC PELVIC FLOOR THERAPY

Do you experience any of the following?

- Incontinence
- Pain with Intercourse
- Pelvic Pain
- Pregnancy/post-partum discomfort
- Rectal pain/constipation

Make an appointment today at the Munson Rehabilitation Clinic for pelvic floor physical therapy!

No referral required!

913-684-6338/6138

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 find your 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.

Eat Better

Schedule a consultation with our registered dietitian.

Nutrition COUNSELING

Call 913-684-6250 to schedule an appointment.

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

Munson Army Health Center is currently accepting applications for the following positions:

- Supervisory Health System Specialist GS-12 <https://www.usajobs.gov/job/788659300>
- Physician (Pediatrics) GP-14 <https://www.usajobs.gov/job/781431600>
- Medical Technician GS-7 <https://www.usajobs.gov/job/787523800>

Please click on the link or visit USAJobs.gov and search for Military Treatment Facilities under DHA, Fort Leavenworth, Kansas to apply.

USAJOBS

USAJOBS.GOV

NEW CONTENT
EVERY THURSDAY



LAMP

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

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ADVERTISING: 913-684-1702

The *Fort Leavenworth Lamp*, an FMWR activity, needs sponsors/advertisers to exist! Please support your local newspaper! Thank you!

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