

THURSDAY
SEPT. 17, 2026



LAMP

SERVING THE COMMUNITY OF FORT LEAVENWORTH, KANSAS, FOR MORE THAN 55 YEARS

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‘Never forget’ Chapel service marks 9/11 anniversary with hymns, prayers

by Prudence Siebert/Editor

About 50 community members gathered to commemorate the events that changed the nation 25 years ago with hymns, prayers and scripture readings during a memorial and remembrance worship service Sept. 11 at Memorial Chapel.

Combined Arms Command Chaplain (Col.) Seth George provided reflection, reminding service attendees of the tragic events of Sept. 11, 2001.

“At 8:46 a.m., American Airlines Flight 111 was flown into the North Tower of the World Trade Center in New York City. At 9:03 a.m., United Airlines Flight 175 was flown into the

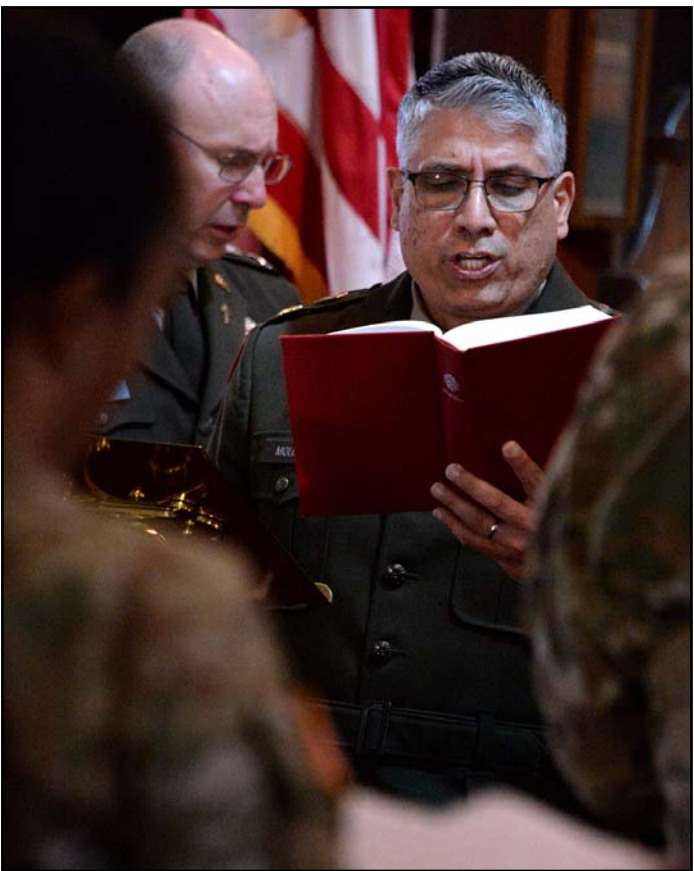
SEE 9/11 CHAPEL SERVICE
A4



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Combined Arms Command Chaplain (Col.) Seth George and Command and General Staff College Chaplain (Maj.) Younsoo Park sing “How Firm a Foundation” during the 9/11 memorial and remembrance worship service Sept. 11 at Memorial Chapel.

RIGHT: After offering a prayer for the families of the fallen, Religious Support Office Operations Chaplain (Maj.) Carlos Molina sings “O Beautiful for Spacious Skies” with those gathered for the 9/11 memorial and remembrance worship service Sept. 11 at Memorial Chapel.



STB welcomes new command team

by Prudence Siebert/Editor

Special Troops Battalion recently welcomed a new command team, with ceremonies last month and last week to mark the changes in leadership.

Outgoing Special Troops Battalion Commander Lt. Col. Michael Johnson passed the authority of command and associated responsibilities to incoming STB Commander Lt. Col. Michelle Shed during a ceremony Sept. 10 at the Frontier Conference Center.

STB Command Sgt. Maj. Kyisha Crawford assumed responsibility Aug. 28 after the battalion’s senior leader position had been vacant for most of the year due to the compassionate medical reassignment of her predecessor.

During the change of command, ceremony host Lt. Gen. James P. Isenhower III, commanding general of Combined Arms Command and Fort Leavenworth, said Johnson helped STB streamline processes to counter inadequate assets and oversaw the conversion of the 500th Military Police Detachment into the CAC Law Enforcement Activity. Isenhower said Johnson was also instrumental in CAC’s transition from a center to a command last year.

Johnson said he appreciated the passion that installation command teams’ have for taking care of soldiers, and he told Shed she had a huge task ahead of her.

“You will take care of not awe-

SEE NEW STB COMMAND TEAM
A7



Incoming Special Troops Battalion Commander Lt. Col. Michelle Shed accepts the colors from Combined Arms Command and Fort Leavenworth Commanding General Lt. Gen. James P. Isenhower III during her change of command ceremony with outgoing STB Commander Lt. Col. Michael Johnson Sept. 10 at the Frontier Conference Center.

Photo by Prudence Siebert/
Fort Leavenworth Lamp

AT A GLANCE

■ **JEWISH HIGH HOLIDAY SERVICES** are being offered in person and via Zoom at Beit-Echad in St. Joseph, Missouri, through Sept. 21. See page A2 in last week’s issue of the Lamp for more information.

■ **POPSICLES AT THE PARK** is 2-4 p.m. Sept. 18 at the Fort Leavenworth Frontier Heritage Communities Community Center Park at 220 Hancock Ave.

■ The **RUN/WALK FOR THE FALLEN** is at 8 a.m. Sept. 19 outside the Resiliency Center.

■ The **INTERNATIONAL FAMILY FISHING DERBY** starts at 9 a.m. Sept. 19 at Merritt Lake. The event is free for international students and their families. No license or equipment required.

■ Starting Sept. 21, the **INTERSECTION OF GRANT, BULLARD AND DICKMAN AVENUES**

WILL BE CLOSED for repaving for about three weeks. The outside north-bound lane of Grant Avenue will be closed as needed during work hours. Motorists will need to slow down and be aware of the construction equipment and workers in the area. During paving operations, sections of Harbord Drive will be closed and cannot be driven on — the road will reopen after it is safe to drive on. Residents living in the area will need to plan accordingly. No on-street parking will be permitted in the construction area between 7 a.m. to 6 p.m.

■ **REPAVING WILL BEGIN SEPT. 21** around the Combined Arms Command Headquarters building. No parking will be allowed in the lots south of the building, on Meade Avenue between Upton and McDowell and on McDowell Avenue north of Meade, through Sept. 25.

■ **APPOINTMENTS FOR ID CARDS and DEERS** can now be made online at <https://idco.dmdc.osd>.

[mil/idco/#/](https://home.army.mil/leavenworth/my-fort/all-services/id-cards-deers). For more information visit <https://home.army.mil/leavenworth/my-fort/all-services/id-cards-deers> or call 913-684-2636.

■ **RETIREE APPRECIATION DAY** starts at 8 a.m. Sept. 26 at the Lewis and Clark Center.

■ The adjusted Fort Leavenworth **MOTORCYCLE SAFETY FOUNDATION COURSE** dates are Sept. 29-30 for the **Basic Rider Course** and Sept. 22 for the **Advanced Rider Course**. Visit https://home.army.mil/leavenworth/6117/8516/3352/FY26_FLKS_MSFCourse_FY26.pdf.

■ The east entrance from Kansas Avenue into the **Shoppette** and the north entrance into the **Burger King** parking lot are closed for construction. **All traffic is to use the WEST ENTRANCE from Kansas Avenue and the SOUTH ENTRANCE into the Burger King parking lot.**

No Facebook?!? What now?

‘Old school’ methods become necessary when faced with elimination of key communication tool

COMMENTARY

by Prudence Siebert/Editor

Many of Fort Leavenworth’s organizations have been trying to figure out how to continue to effectively share messages since a recent Army directive (Optimizing Digital Media) shut down the majority of Facebook pages Armywide.

Installations have been authorized only one Facebook page per post to disseminate messages, with units and organizations now having to share their information all in one place instead of on their own Facebook pages.

For Fort Leavenworth, that singular site is the Fort Leavenworth Garrison Facebook page at <https://www.facebook.com/USAGLeavenworth/>, which is operated by the Fort Leavenworth Garrison Public Affairs Office. Additional platforms maintained by the office include Instagram and X, formerly Twitter, where the community can also find information.

Our population has become conditioned to check social media for information — including notices about closures, lost pets, e-mail addresses, phone numbers, hours of operation, etc. — and I have witnessed several people scrambling — panicking even — when faced with finding an alternative to Facebook to connect information with those who need it and keep their organizations’ missions and events viable and known.

Before social media, newspapers, radio and television were the usual ways to disseminate and find information. Word of mouth and posting paper flyers to community boards at schools, grocery stores and other shops were also go-to methods of sharing information. Even though these methods are now used to a lesser extent, due to the popularity and ease of Facebook — especially now that virtually everyone has a smartphone — most of the “old school” methods are still viable options.

Digital technology and the recent pandemic have made our society less likely to connect in person, but in-person events are also excellent ways to share information and continue to connect about resources and future events. The recent Post Activities, Information and Registration (PAIR) Day is a good example of this, an event that helped connect members of the community with resources and recreational and spiritual options that fit their needs and interests.

In-person and direct sharing can help connect those who would benefit or appreciate those services and events, while also connecting them with a real person rather than just a faceless e-mail address. I often find out about upcoming events and interesting feature story ideas when I am at another event and people are reminded to share that information when they see me. I will sometimes hear from Lamp readers who have sent the newspaper link or screenshots to their friends and colleagues to make sure they saw something they thought they could use or enjoy.

Information sources: websites, *Lamp*, MAPA
Official websites — primarily the Garrison’s <https://home.army.mil/leavenworth/> and FMWR’s <https://leavenworth.armymwr.com/> — provide information about Fort Leavenworth resources and organizations, as well as maintain event calendars.

To make sure the correct information is being received by those who need it, it is imperative that the sites be kept up to date. This requires consistent, and possibly frequent, input from organizations so that the correct, up-to-date information is posted. Updates can be sent to the webmaster at usarmy.leavenworth.id-t2.mbx.pao-inbox@army.mil.

Tell the *Lamp*, read the *Lamp*, use MAPA
For more than 55 years, the *Fort Leavenworth Lamp* has been a primary source for disseminating information to community members.

This works best when:
1.) information is shared with the *Lamp* and

SEE **WAYS TO STAY INFORMED** | A3

My Army Post App (MAPA) delivers info, notifications

by Sean Bergosh/Fort Leavenworth Public Affairs Office

An Army app launched about a year ago is helping disseminate information and real-time messages in lei of Facebook.

The My Army Post App provides mobile-oriented, real-time access to Fort Leavenworth services, important command information and community resources. I hope that as more users start using the app locally, the platform becomes the future hub of digital communication and outreach.

The My Army Post Application (MAPA) was developed by the Army Futures Command Army Software Factory as part of the Army’s focus on providing a supportive and enriching environment through its quality-of-life initiatives. The app aims to compile available services, programs and unit in-processing information within a single system to better inform installation stakeholders.

Fort Leavenworth is on the platform for community members to access real-time information for a wide variety of activities and programs. The app differs from Digital Garrison, a previous smartphone application for Army installations, by enabling user customization and the modernization of features, such as user-created contributions feeding live updates to other users.

“The My Army Post App is the latest Army enterprise-level solution to connect Army communities with relevant, accurate and tailorable information,” former Fort Leavenworth Garrison Public Affairs Officer Scott Gibson, who retired recently, said at the time of the app’s launch. “We want this new app to improve the lives of Fort Leavenworth soldiers, families, civilian employees and area retirees, and we have confidence that it will.”

Users can customize the app’s resources based on personal preferences to stay informed on closures, how busy a resource or gate is, or other important updates.

For example, if a soldier stationed at Fort Leavenworth lives off the installation and commutes to work daily, the soldier can view the real-time status of traffic at Grant and Sherman Gates and choose the least congested gate for a smoother commute.

User customization was identified as a critical feature during the initial pilot phase. The app was piloted at Fort Cavazos, Texas; Fort Meade, Maryland; Camp Humphreys, South Korea; Fort McCoy, Wisconsin; Fort Moore, Georgia; and U.S. Army Garrison Bavaria, Germany, to test the viability of the software and to collect actionable user feedback from a diverse pool of the Army community. Feedback from the pilot communities heavily influenced the features ultimately incorporated into the final product.

Current MAPA features include:

- Real time gate status
- Map directions
- Postwide push notifications (delays, closures)
- Newcomers and Departures information
- Installation job openings
- Allows individuals to switch installations when on temporary duty (TDY) or undergoing a permanent change of station (PCS)
- Bookmarks for frequently used resources
- Installation directory
- Emergency phone numbers
- Housing resources
- Installation event calendar

NEW feature: MAPA Chat Bot — Interact with an intelligent, 24/7 assistant that can answer Frequently Asked Questions (FAQs) for local installations

MAPA is a vital asset in Fort Leavenworth’s communication strategy for installation stakeholders with its app push notification capability.

“This is another tool in our communication toolbox that literally puts information about Fort Leavenworth in the palm of the users’ hands,” Gibson said. “The goal of this new app is that Army senior commanders will rely on MAPA to connect Army communities with installation services and command messaging.”

The app works in concert with Fort Leavenworth’s Garrison and the Directorate of Family and Morale, Welfare, Recreation websites, drawing on phone directories and other contact information to simplify the app transition process. The Fort Leavenworth Garrison Public Affairs Office and FMWR also maintain a community calendar for users to track upcoming events.

“I think MAPA (is) a great resource for community members looking to stay informed of upcoming community and FMWR events,” said Fort Leavenworth FMWR’s Marketing and Commercial Sponsorship Director Mary Manago. “We believe the app can help us reach younger, more smartphone-oriented people to better promote the terrific events FMWR offers throughout the year.”

MAPA was also designed to improve efficiency and reduce confusion for incoming service members and families during the PCS process. Service members can streamline their in-processing experience with links to Garrison newcomers resources and the official Installation Newcomers Guide.

Newcomers who want to learn more about housing options on Fort Leavenworth can explore the different housing villages in the “Resource” tab on the app. Each village entry has the contact information of its respective village mayor, map pins

to see the surrounding community, and links to the Fort Leavenworth Frontier Heritage Communities website to view housing floor plans and pictures.

The My Army Post app is live across 69 Army installations, with more than 340,831 user downloads.

Download the My Army Post Application for free on the Apple App Store and the Google Play Store.



FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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Every step a tribute

MAHC team remembers 9/11

by Christina Yager/Munson
Army Health Center Public Af-
fairs Officer

Before the day’s first pa-
tients arrived, soldiers and
civilian employees from
Munson Army Health
Center gathered the morn-
ing of Sept. 11 to honor the
courage, service and sacri-
fice associated with the re-
sponse to the 2001 terrorist
attacks at the World Trade
Center and the Pentagon.

The MAHC team com-
pleted 25 laps through the
health center’s stairwells
for a total of 2,200 steps
representing the 110 floors
of the World Trade Center.

“This was a moment to
reflect on the sacrifices of
all the first responders —
firefighters and police —
who answered the call that
day,” said event coordina-
tor Lt. Col. Baron
Moehlenbrock, chief of
clinical services. “It was
also an opportunity to re-
member the soldiers,
sailors, Airmen, and
Marines who sacrificed
during the military con-
flicts that followed Sept.
11.”

With each lap, partici-
pants honored the victims
of the attacks. Some wore
weighted ruck sacks as they
reflected on the firefighters
and other first responders
who climbed the World
Trade Center stairwells to-
ward danger to help others
that day.

For younger members of
the MAHC team, the event
also provided an opportu-
nity to connect personally
with a defining moment
they were too young to re-
member.

“I was only 1 year old on
Sept. 11, so I don’t have my
own memories of that day,”
said Radiology Specialist Spc.
Damon Morris. “Most of what I
know is what I learned in school,
but I felt it was important to par-
ticipate and take time to honor
those who lost their lives and
those who answered the call.”

For Moehlenbrock, the climb
carried a personal meaning. He
completed the event in memory
of Sgt. Shawn Hill, a South Car-
olina National Guard soldier who
died in Afghanistan in 2008.

“As I did my laps, I looked at
his name and also reflected on
him, his family and his soldiers,”
Moehlenbrock said. “It was a
chance for us to come together as
a team and remember that people
are still sacrificing every day.”

The physical demands of the
climb were intended to offer par-
ticipants the smallest sense of
what first responders faced while



Munson Army Health
Center team members
Spc. Damon Morris, Sgt.
Jessie Castro and Dr.
Patrick Armistead-Jehle
participate in a stair-
climbing tribute to re-
member Sept. 11, 2001,
before clinic hours begin
Sept. 11 at MAHC. The
MAHC team members
completed 25 laps
through the facility’s
stairwells; the 2,200
steps represented the 110
floors of the World Trade
Center towers, and with
each step, team members
reflected on the courage
and sacrifice of the fire-
fighters and other first
responders who an-
swered the call that day.

Photo by Christina Yager/Munson Army
Health Center Public Affairs

“It was a chance for us to
COME TOGETHER
AS A TEAM
and REMEMBER
that people are still
SACRIFICING
EVERY DAY.”
— Lt. Col. Baron Moehlenbrock
MAHC chief of clinical services

carrying their equipment up the
towers.

“As I started feeling my heart
rate go up and the beads of sweat
start pouring down, it really made
me think about the firefighters,”
Moehlenbrock said. “Firefighters
and soldiers are similar in that re-
spect — you have all your gear
and you’re carrying all of that just
to get to the fight.”

Although the stair climb was
solemn, Moehlenbrock said com-
pleting it alongside teammates re-
inforced the sense of shared
service across the health center.

“It was also good to be with
our teammates — the military
staff and civilian staff who
showed up this morning as we re-
member the events of this day, 25
years ago,” he said.



Photo by Christina Yager/Munson Army Health Center Public Affairs

Lt. Col. Baron Moehlenbrock, Munson Army Health Center chief of clinical services, participates in a memorial stair climb Sept. 11 at MAHC. Moehlenbrock organized the climb to honor the victims, first responders and fallen service members associated with the attacks 25 years ago and the military conflicts that followed. Soldiers and civilian employees arrived early before clinic hours and completed 25 laps through the military treatment facility’s stairwells —approximately 2,200 steps representing the 110 floors of the World Trade Center.

Ways to stay informed

(continued from Page A2)

2.) the community is in the habit of
reading the weekly newspaper. (Thank you
for reading!)

That seems easy enough, but I’m still
disheartened at how many people I run
into who are unaware of community
events and news, say they have never heard
of the *Lamp*, or who think there is still a
newsprint version of the newspaper
(which tells me they haven’t read it in quite
a while. The *Lamp* went completely digital
in 2022 when lack of ad sales during the
pandemic, and other factors, required the
production cost reduction.)

I still format each week’s publication so
that readers can flip through the pages on-
line, download to read on a desktop or
print to read and/or to post pages on re-
frigerators and in scrapbooks.

A new issue of the *Lamp* is posted on-
line each Thursday at <https://home.army.mil/leavenworth/about/news>. Individuals
can sign up to receive a reminder via e-
mail when the *Lamp* posts each week. E-
mail ftlvlampeditor@gmail.com to be

added to that weekly reminder distribu-
tion list. A notification that the *Lamp*
has posted is also sent out via the My Army
Post App each week. (See the related boxed
article on page A2 for more information
about MAPA.)

I would encourage every organization
and service provider to send their infor-
mation to the *Lamp* and webmaster (who
also updates MAPA) to help get the word
out.

And to stay informed, I’d encourage the
community to read the *Lamp* each week,
sign up for MAPA updates, and check the
Garrison and FMWR official websites for
event details and other information.

**More ways to promote events, organ-
izations**

Flyers with event information — in-
cluding time, date, location and point of
contact — are ideal for helping promote
events beforehand. Flyers can be e-mailed
to ftlvlampeditor@gmail.com to run in the
Lamp, as well as to the webmaster for post-
ing on multiple platforms. Flyers in PDF

or JPG formats are preferred. Flyers appear
in the “Post Notes” section of the *Lamp*
each week, and several upcoming events
are shared on the *Lamp*’s front page under
“At a Glance” as those event dates get
closer.

Information should be sent no later
than the Tuesday before the publication
date to be included in that week’s issue of
the *Lamp*.

The *Lamp*’s audience is the internal
Fort Leavenworth community, thus infor-
mation not relevant to a significant por-
tion of that population (which includes
service members, their families, employees
and retirees) might not be included. Place-
ment in the newspaper is determined by
the *Lamp* and Fort Leavenworth Garrison
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Businesses wishing to announce mili-
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9/11 chapel service

(continued from Page A1)



Photo by Prudence Siebert/Fort Leavenworth Lamp

Community members gather to reflect on the 25th anniversary of Sept. 11, 2002, with hymns and prayers during the 9/11 memorial and remembrance worship service Sept. 11 at Memorial Chapel.

South Tower of the World Trade Center. At 9:37 a.m., American Airlines Flight 77 was flown and crashed into Pentagon in Arlington County, Virginia. At 10:07 a.m., United Airlines Flight 93 was crashed into a field near Shanksville, Pennsylvania, and as you remember, the passengers and crew had fought those hijackers to prevent that plane from crashing into Washington, D.C.”

George said the phrase “never forget” is most appropriate.

“The truth is none of us can forget. We can’t forget where we were. We can’t forget what we were doing and how we felt. It’s one of the signature experiences of our generation. And I never cease to be amazed when I hear the stories, when I ask ‘What were you doing on 9/11? And where were you?’ Some of the people that are in this room have amazing and remarkable stories... Each of you got the word in various ways and realized that life was changing rapidly.”

George recounted the story of a port authority police officer who was buried, but survived, when the towers collapsed that day. He said the officer’s response to being asked what happened during that time was that he witnessed a lot of love.

“In all that darkness, there was a lot of love. I want people to understand that on 9/11, the darkest day in U.S. history, there was a lot of good that day, and there was a lot of light,” George said. “Since 9/11, we have all seen, experienced and shared a lot of love — a lifetime of it. Maybe we’ve had too much all at once, but we’ve been surrounded by people who were appalled by what happened on 9/11. ... We were around people who refused to let fear take over. And we knew that that evil that perpetrated our country and our countrymen had to be answered. Fear would not be an option. It would not change our resolve; it would not change the way in which we determined to craft our lives, to build our lives and to live our lives with purpose.”

George said evil does not understand the resolve of people who are driven and transformed by love. He said the events of 9/11 may have taken the last thread of innocence from the country, and many people have suffered hardships and tragedy, but God has used those sacrifices so that freedom and hope can be passed to the next generation.

“As we continue with this simple service of reflection, with some scripture and then some prayer, I hope that our prayers here will be an appropriate commemoration of those who loved this country to their last measure. I don’t believe they fell in vain. I don’t believe their sacrifice was in vain,” he said. “I hope that as we pray for the families, those who lost loved ones, those who sacrificed in many ways, some of you here as well, that the Lord would sustain you for the next coming years.”

George said the ongoing mission is being accomplished by those who love deeply and have the courage to drive out fear.

“9/11 will not be forgotten. The experiences will fade,” he said. “But it’s the next generation who embraces the love that was shared on 9/11 that will prepare them and equip them for how God will establish them and call them in the future.”

Chaplains and a religious affairs NCO provided scripture readings from 2 Thessalonians 2:7, Psalms 46, Psalm 91:1-6 and Isaiah 40:28-3; service participants sang hymns, including “How Firm a Foundation” and “O Beautiful for Spacious Skies;” and prayers were said for the fallen, their families and the deployed.

The service concluded with the playing of “Amazing Grace,” which began loudly in the sanctuary and faded as the bagpiper continued to play as he exited the chapel.



Photo by Prudence Siebert/Fort Leavenworth Lamp

Religious Support Office Operations Chaplain (Maj.) Carlos Molina says a prayer for the families of the fallen during the 9/11 memorial and remembrance worship service Sept. 11 at Memorial Chapel. “O Heavenly Father, on this solemn day of remembrance, we pause before you with grateful, heavy hearts and hearts filled with reverence. We remember those whose lives were taken on Sept. 11, 2001, and we especially remember the families who continue to carry the weight of that loss,” he prayed. “These losses may be as old as 25 years ago, and yet grief does not always follow a calendar. There are empty chairs, unanswered questions, memories that remain vivid, and moments when the absence of a loved one is felt anew. Give strength to those who are weary. Give courage to those who continue to carry their grief. Give comfort to those whose hearts still ache, and give renewed hope to those who wait upon you.”



Photo by Prudence Siebert/Fort Leavenworth Lamp

Combined Arms Command Deputy and Operations Chaplain (Lt. Col.) Josh Grimes offers a prayer for the deployed during the 9/11 memorial and remembrance service Sept. 11 in Memorial Chapel.



Religious Affairs NCOIC Master Sgt. George Butler, ABOVE, reads Psalm 46 before Mission Command Training Program Chaplain (Lt. Col.) Mark Miller, LEFT, says a prayer for the fallen during the 9/11 memorial and remembrance worship service Sept. 11 in Memorial Chapel.

Photos by Prudence Siebert/
Fort Leavenworth Lamp



Service attendees sing the hymn “How Firm a Foundation” during the 9/11 remembrance service Sept. 11 at Memorial Chapel.



Honoring the heroes who responded on Sept. 11, 2001, and since

USD 207 conducts annual Freedom Walk

on 25th anniversary of terrorist attacks



Photos by Sean Bergosh/Fort Leavenworth Garrison Public Affairs Office

ABOVE: Leavenworth High School Junior ROTC cadet Emily Kramer and Madeleine Alexander salute during the Unified School District 207 Freedom Walk event Sept. 11 at Normandy Field. The LHS JROTC Color Guard — comprised of Kenneth Kramer, Lansing High School senior; Ella Dall, Leavenworth High School senior; Madeleine Alexander, Leavenworth High School senior; Emily Kramer, Lansing High School senior; Timothy Schwennesen, homeschool senior; and Skye Connell, homeschool junior — posted the colors for the annual ceremony that commemorates Sept. 11, 2001.

RIGHT: Fort Leavenworth Fire Department Assistant Fire Chief Antonio Masisak and Deputy Fire Chief Dean Turner attend the USD 207 Freedom Walk Sept. 11 at the track and field complex by the district office.



Fort Leavenworth law enforcement and first responder representatives hold their hands over their hearts for the Pledge of Allegiance, recited by Fort Leavenworth Garrison Command Sgt. Maj. David Franks, during the Unified School District 207 Freedom Walk event Sept. 11 at Normandy Field. Representatives from Fort Leavenworth's law enforcement and first responder organizations were recognized for their service and sacrifice. Honorees included Dean Turner, Fort Leavenworth Fire Department; Jacob McGregor, Department of the Army Security Guards; 1st Lt. Axel Rivera, Combined Arms Command Law Enforcement Activity; and Capt. Thomas Prayne, Fort Leavenworth Police Department.

Photo by Sean Bergosh/Fort Leavenworth Garrison Public Affairs Office



Weston Historical Museum America 250 Signature Event

Adams, Jefferson, and the Legacy of the Founders
Founding fathers John Adams and Thomas Jefferson had differing views about governing, and they contributed generously to the nation. Both left important legacies for the United States.

Thursday, September 24

5:30 reception; 6-8 p.m. program

Location: Weston United Methodist Church Fellowship Hall, 533 Main Street, Weston, MO 64098

Free and open to the public.



Dr. Kurt Graham



Clay Bauske

Speakers:
Dr. Kurt Graham, President of the Adams Presidential Center, Quincy, Massachusetts
Clay Bauske, President of the Weston Historical Museum





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Prepare now for cold, flu season

MAHC health care team helps community get ready with recommendations, informational table Sept. 18 at Commissary

by Christina Yager/Munson Army Health Center Public Affairs Officer

While many people are winding down from summer and easing into pumpkin spice season, the health care team at Munson Army Health Center is already preparing the Fort Leavenworth community for cold and flu season.

MAHC's Public Health team will host an information table at the Fort Leavenworth Commissary from 10:30 a.m. to 1 p.m. Sept. 18 to share practical steps and resources that can help community members protect their health, care for their families and remain ready for the months ahead.

For students attending the Command and General Staff College, an illness lasting several days can disrupt a demanding schedule of time-sensitive instruction. That impact can be felt whether the student becomes sick or must step away from class to care for an ill child or another family member.

"Cold and flu season can affect an entire

household," said Michelle Grant, MAHC Public Health nurse. "Preparing before respiratory illnesses begin circulating more widely can help families protect their health, manage illness at home and reduce the risk of sickness disrupting important family, work and school commitments."

Most people who contract influenza recover within a few days to less than two weeks, according to the Centers for Disease Control and Prevention. However, influenza can cause serious complications, particularly among young children, older adults, pregnant women and people with certain chronic health conditions.

The MAHC team will focus on three practical ways community members can prepare: receive an annual influenza vaccination, stock appropriate supplies at home and practice healthy daily habits.

"The best time to prepare for an illness is before someone in your household becomes sick," Grant said. "Getting vaccinated, keeping basic health supplies on

hand and knowing how to access care can make an unexpected illness easier to manage."

The CDC recommends annual influenza vaccination for people 6 months and older who do not have a contraindication. For most people, September or October is an ideal time to receive the vaccine. MAHC has ordered seasonal influenza vaccines and plans to administer flu shots through a series of outreach events starting in October, pending availability. Visitors can stop by the information table at the Commissary to learn about seasonal influenza vaccination opportunities available on Fort Leavenworth.

The team will also share information about preparing a home medicine cabinet with items such as a working thermometer, tissues, hydration supplies and appropriate over-the-counter medications for symptom relief. Visitors can learn about MAHC's free over-the-counter medication program and speak with the team about using medica-

tions safely.

Additional topics will include proper handwashing, cough etiquette, cleaning frequently touched surfaces and staying home when sick. The CDC recommends staying home and away from others while experiencing a respiratory illness and returning to normal activities after symptoms have improved overall and an individual has been fever-free without fever-reducing medication for at least 24 hours.

Community members can learn how to contact the appointment line or the TRI-CARE Nurse Advice Line when they need guidance about an illness or injury and also learn how to activate prescriptions before arriving at the MAHC Pharmacy to help reduce wait times.

"We want community members to talk with us now, learn what resources are available and make a plan before illness occurs," Grant said. "A little preparation can help protect your family and keep cold and flu season from sidetracking your schedule."

MAHC command team helps LHS students prepare for workforce

by Christina Yager/Munson Army Health Center

LEAVENWORTH, Kansas — For Munson Army Health Center Director Col. Tiffany R. Bilderback, volunteering at Leavenworth High School's mock interview event Sept. 9 was more than an opportunity to support local students. It was also a return to her high school alma mater.

Bilderback attended Leavenworth High School during her junior and senior years as a member of a military family stationed at Fort Leavenworth. Last week, she returned alongside MAHC Senior Enlisted Advisor Sgt. Maj. Devon S. Woodard to help the school's juniors practice job interviewing with prospective employers.

"It was really special to return to my former high school with Sergeant Major Woodard and pour back into the school that gave so much to me," Bilderback said. "As I spoke with the students, I was impressed by their maturity and by how thoughtfully they answered the questions."

The mock interviews were for an introductory unit in the school's required financial literacy course, said LHS Career and Technical Education Coordinator Gelia Dodin.

"In the state of Kansas, all of our juniors are required to take a class called financial literacy," Dodin said. "Our introductory unit is all about how to get a job."

Throughout the unit, students learned how to complete employment applications and tax forms, understand paychecks, write cover letters without relying on artificial intelligence and tailor resumes to specific jobs.

Dodin said that this is the second year LHS has conducted the mock interview exercise, but the participating junior class is the first that has been required to complete the financial literacy course for graduation.

Woodard asked students to discuss their goals, strengths, problem-solving skills and ability to perform under pressure.

"It is especially good for them to talk to adults they have never met before, because that is what an actual interview is like," Woodard said.

The leaders also spoke with students about their own paths after high school, demonstrating that careers do not always follow the same route.

When Bilderback was a high school junior, she began considering Army ROTC as a way to attend college. High school students who apply for ROTC are eligible for scholarships covering up to the full cost of tuition based on merit and grades, plus \$420 per month for personal expenses and \$1,200 per year for books. Bilderback earned a four-year ROTC scholarship, studied biomedical engineering at Marquette University in Wisconsin and was commissioned as a second lieutenant in the Army.

"When I realized I could get a college education and continue to compete in sports for free — it was a no brainer — why not



Munson Army Health Center Director Col. Tiffany R. Bilderback interviews a student during Leavenworth High School's mock interview event Sept. 9. Community participation in the mock interviews connected students with professionals who make hiring decisions and understand what employers seek in prospective employees.

Photos by Christina Yager/Munson Army Health Center Public Affairs



Munson Army Health Center Director Col. Tiffany R. Bilderback discovers her senior class photo at Leavenworth High School while volunteering at the school Sept. 9 in Leavenworth. Bilderback and MAHC Senior Enlisted Advisor Sgt. Maj. Devon Woodard volunteered to interview students at LHS's mock interview event.

give it a try?" Bilderback said. "I thought I would serve my initial obligation and get out. I even had orders to leave the Army in 2015, but for a number of reasons, I decided to stay."

Woodard, however, did not envision an Army career when he was a high school junior. He initially attended college for a year before joining the Army. He said military service helped him develop focus, establish goals and pursue additional education, including a bachelor of science in healthcare administration and a master of science in management.

Together, their experiences showed students that some careers begin with a plan

while others take shape as people encounter new opportunities.

Bilderback, who now holds multiple degrees, including a master of healthcare administration and a master of arts in strategic studies, said engagement beyond the installation helps military leaders better understand and serve the communities surrounding them.

"The military is a representation of our society; we are part of the community," Bilderback said. "The better we understand the community we support, the better we can tailor that support to its needs. It is important for people to see military members interacting in the community and recog-

nize that we are people and neighbors, too."

Dodin said the community participation in the mock interviews, which also included other sectors of the local community, was essential because it connected students with professionals who make hiring decisions and understand what employers seek in prospective employees.

For Bilderback, the event brought her personal and professional journeys together: a former military-connected student returned as an Army medicine leader and healthcare administrator to help today's students take their next steps.

New STB command team

(continued from Page A1)



ABOVE: Ceremony host Combined Arms Command and Fort Leavenworth Commanding General Lt. Gen. James P. Isenhower III delivers remarks during the change of command ceremony between incoming Special Troops Battalion Commander Lt. Col. Michelle Shed and outgoing STB Commander Lt. Col. Michael Johnson Sept. 10 at the Frontier Conference Center.

RIGHT: Incoming Special Troops Battalion Commander Lt. Col. Michelle Shed addresses the battalion's soldiers and civilians during the STB change of command ceremony Sept. 10 at the Frontier Conference Center.

Photos by Prudence Siebert/Fort Leavenworth Lamp



Photo by Jonny Wagner/Combined Arms Command Public Affairs

Special Troops Battalion Command Sgt. Maj. Kyisha Crawford assumes responsibility during a ceremony with then-STB Commander Lt. Col. Michael Johnson, right, and 1st Sgt. Juan Negron Tiru, center, Aug. 28 at the Frontier Conference Center.

some things until it becomes routine, and you'll have experiences that will make you question a lot of things. But within all that, there will be one universal truth — you are in a position to change lives every single day. You can never do it alone, but you're surrounded by amazing, passionate professionals,” Johnson said.

Isenhower said Shed comes from a large military family that has helped shape her values and dedication. He said she has gained experience in her previous assignments that will help her determine the best use of STB's resources.

During her remarks, Shed told Crawford that she is excited to

have her as her battle buddy.

“Command is a team sport, and I could not have asked for a better senior enlisted leader to stand beside me. I look forward to leading this formation with you, taking care of our people, enforcing standards, and ensuring this battalion remains ready,” she said.

Shed said she has been incred-

ibly impressed with the professionalism, competence and commitment she has seen as she has been observing the soldiers and civilians of the battalion over the past few weeks.

“I'm humbled to serve as your commander. You can expect me to work hard, listen and communicate clearly, and in return, I ask

that we take care of one another, uphold the standards and remain ready,” Shed said. “Our mission is important. We support the Combined Arms Command, Fort Leavenworth and the Army by developing trained and ready soldiers. We will continue to do that mission exceptionally well.”

Fellows challenged to strengthen writing culture, include more junior voices at Harding Project workshop

by Jessica Brushwood/Army University Press Public Affairs

Army leaders at the Harding Project workshop Sept. 9-10 challenged Harding fellows and journal teams to strengthen professional writing across the Army, stressing its importance in sharing lessons learned, improving decisions and adapting during transformation.

Held in person at Fort Leavenworth and virtually, the workshop brought together representatives from 21 Army journals — including five first-year Harding fellows who are currently at the University of Kansas in Lawrence, Kansas — to review progress and equip fellows and editorial teams to steward the journals going forward.

The Harding Project is named after Maj. Gen. Edwin Harding, who revived the *Infantry Journal* between the world wars. By selecting captains, master sergeants and chief warrant officers to serve at the Army's branch journals, the fellowship keeps them relevant, accessible and focused on soldiers' needs.

Workshop keynote speaker Lt. Gen. Jim P. Isenhower, commanding general of Combined Arms Command and Fort Leavenworth, said professional writing strengthens collective thinking across the Army.

“Written discourse is really important — it's going to help us figure out what the right path is for our Army,” Isenhower said. “More minds are always better than one. When you foster that dialogue and disseminate it across the field ... collectively we are going to make much better decisions.”

Sergeant Major of the Army Michael Weimer, who joined virtually, told the Harding fellows the progress of professional writing in the Army has been exciting to see. Weimer said the Army is seeing stronger critical thinking and debate across topics including talent management, professional development and doctrine.

“I truly do believe the Harding Project was like an EpiPen for the Army just to get us doing what we've always done,” Weimer said.

During the workshop, Harding Project leaders pointed to measurable growth. Since the 2024 launch of the Line of Departure website, a centralized hub for all Army journals, readership has risen from about 11,000 views to more than 70,000 views per year. The number of authors across the broader journal network has also increased about 2.5-fold.

Maj. Rose Horswill, director of the Harding Project, said fellows are backed by a strong professional community as they work to rein-vigorate professional writing, continuing a pattern she traced from the period after World War I to today's post-Global War on Terrorism environment.

“Here we are, post GWOT, with a massive period of transformation going on in our Army right now, and we still need those voices. We can't let the voices from the bottom disappear,” Horswill said.

Maj. Kathleen Cylkowski, a first-year Harding fellow and KU journalism and mass communications graduate student, said that mission drew her to the program.

“I believe in the importance of supporting soldier professionalism. A great way to do that is by encouraging soldiers in different branches and at different ranks to explore and write about the profession,” Cylkowski said.

Junior enlisted soldiers and NCOs must be part of that effort, said Sgt. 1st Class Indira Krager, deputy director of the Harding Project, who asked senior leaders how more enlisted writing could be encouraged.

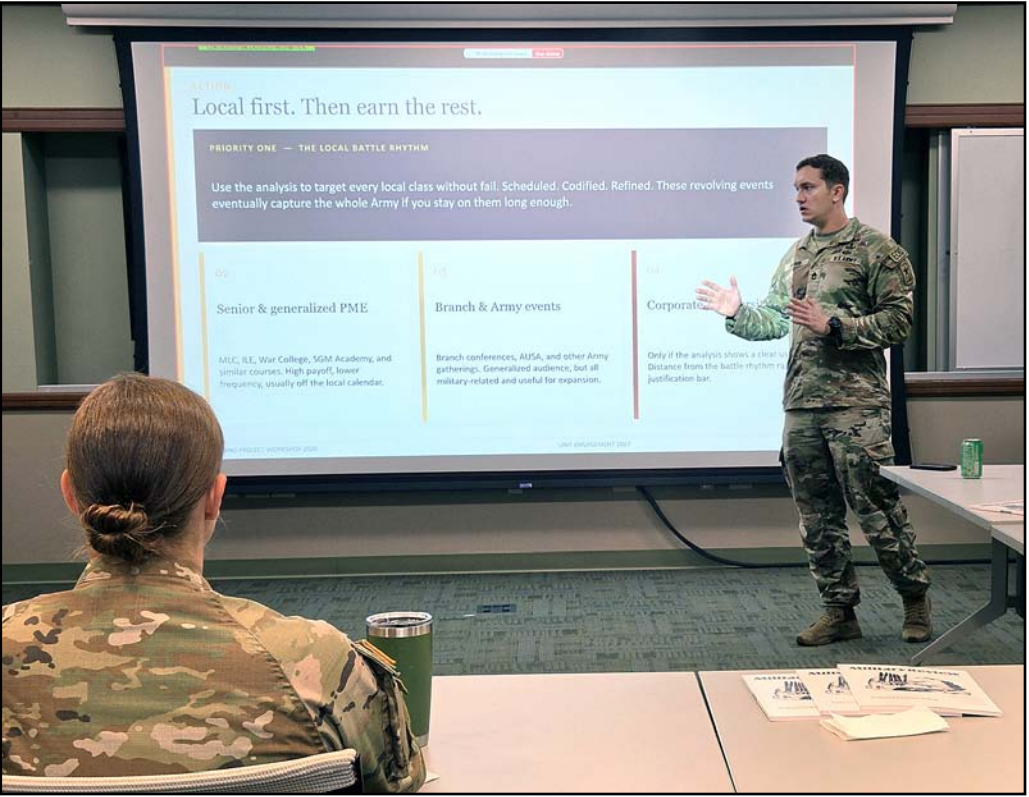


Photo by Jessica Brushwood/Army University Press Public Affairs

Sgt. 1st Class Marcel Blood, outgoing deputy director of the Harding Project, speaks with Harding fellows during the third annual Harding Project workshop Sept. 10 at Fort Leavenworth. During the session, fellows developed and shared action plans to take back to their respective journals and foster discourse within their communities.

“Junior enlisted soldiers need to know they do not have to wait until they are a senior NCO to have something worth saying,” Krager said. “They are often the ones closest to the problems, seeing what works and what does not every day.”

Both Isenhower and CAC Command Sgt. Maj. Shaun Curry emphasized the need for increased encouragement and tangible support for continued growth of a writing culture.

Curry said fear of failure often keeps people from contributing.

“It wasn't until I was a sergeant first class or staff sergeant that I went back to school. It was an NCO that pulled me aside that

told me I had a talent.”

In addition to keynote remarks, workshop participants developed a five-year strategy, unit engagement plans, and discussed amplifying articles for real-world impact.

Fellows also learned about Project Victor, a new artificial intelligence-powered platform that will bring the Army's institutional knowledge into one interface and provide another venue for professional discourse.

Learn more about the Harding Project and find all of the U.S. Army journals on the Line of Departure website at <https://www.lineofdeparture.army.mil/>.

Glimpse of past offered at Military Living History Day



Photo by Arjean Smith/Friends of the Frontier Army Museum

Visitors peruse Maj. Jon Krisko’s World War I display during Military Living History Day Sept. 12 in front of the Frontier Army Museum. Krisko said there were 12 historians and five nationalities representing WWI for the event. The event featured more than a dozen displays by military reenactors ranging from the French Revolution to the Global War on Terrorism, representing more than 250 years of military history. Krisko said the earliest time period depicted included some local history — a reenactor representing a French civilian at the French Fort de Cavagnial, which was active near here from 1744-1764. He said some lesser-covered Cold War history was covered, and two active-duty Army officers portrayed soldiers involved in the Invasion of Grenada. “My pitch to visitors was that everything in our display were things that the average American soldier would have seen, carried, and/or used in France during 1917-1918. A main portion of our display was a French Hotchkiss M1914 heavy machine gun position, which 1.) served as a teaching point on machine gun employment during the Great War, 2.) helped illustrate the point that we relied heavily on foreign equipment, particularly French, during the war, and, 3.) just looks really cool. The other items on display included uniforms, field equipment, rangefinding equipment, infantry weapons and an authentic WWI field desk.” For hands-on opportunities, Krisko said visitors could estimate range using a WWI vintage rangefinder, crawl under “barbed wire” entanglements, test their mettle with some bayonet training, as well as try on period uniforms and crawl inside the pup tent.



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Adoptable

Pets of the Week:

Stella & Ella



Stella and Ella are 2-year-old shepherd-boxer mixes available for adoption at the Fort Leavenworth Stray Facility. They can be adopted separately or together.

Submit an adoption application online at <https://new.shelterluv.com/matchme/adopt/FLSF/Dog>. Military affiliation is not required to adopt from FLSF. The adoption fee for a dog is \$155, which helps cover some of the care received, including spay/neuter, microchipping and vaccinations to date. Visit <https://www.petfinder.com/member/us/ks/fort-leavenworth/fort-leavenworth-stray-facility-ks174/> for adoptable pet profiles.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open noon to 3 p.m. Tuesday and Thursday, and by appointment as needed. Call 913-335-0788 or e-mail FLSFadopt@gmail.com for an appointment or more information.

Volunteers are needed to help cover pet care shifts, walk dogs, clean kennels and more. Foster homes for adoptable pets are also needed. Volunteer orientation sessions are conducted at 10 a.m. the second Saturday of the month. To apply to volunteer with the Fort Leavenworth Stray Facility, visit <https://vmis.armyfamilywebportal.com/>, enter ZIP code 66027, then search for “stray animal facility.”



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Air Quality

Good

23

AQI

4° C

Light rain

13 kph

Wind

97%

Rain

93%

Humidity

Emergency numbers

Saved Events

Events you bookmark will appear here.

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Events

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PKSG

Deser

Air

Plan D

AM-RO

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PET FESTIVAL

Community Pet Care Event

Saturday, Sep. 19

2:30 - 4:30 PM

KANSAS COUNTRY STORE

728 Cherokee St.

Cats + Dogs Welcome!

Shaved Ice, Silent Auction, 50/50 Raffle

Offering:

Nail Trim

\$10

Rabies vaccine

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DAZPPV (dog)

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FVR-CH (cat)

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(cat or dog)

Rabies, DAZPPV or FVR-CH, & microchip

\$4 Shaved Ice

\$10 Nail Trim

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THURSDAY
SEPT. 17, 2026



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FRIDAY, SEPTEMBER 18th

Join us for **POPSICLES IN THE PARK!**

Come enjoy a cold, sweet treat! This is a great opportunity to build community, reconnect with old friends or make new ones!

2:00 pm - 4:00 pm

Where: Frontier Heritage Community Center Park
220 Hancock Ave.

All community members are welcome!

THURSDAY, SEPTEMBER 24th

LET'S PLAY BINGO!

9AM - 11AM

THURSDAY SEPTEMBER 24th

220 HANCOCK AVENUE, FT. LEAVENWORTH KS

2026 International Family Fishing Derby

WHO
Open to all Fort Leavenworth International Students and their Families

WHERE
Merritt Lake, Ft. Leavenworth

WHEN
September 19, 2026
0800: Registration Opens
0900 to 1100: Family Fishing
1130: Closing Activities and Announcements

Cost is free to all international students and their families.
No license or equipment required.

This event is made possible by the CGSC Foundation, the Fort Leavenworth Rod & Gun Club, Fishing's Future, and Team HALO Outdoors. The CGSC Foundation will also provide hot dogs and drinks for all registrants.



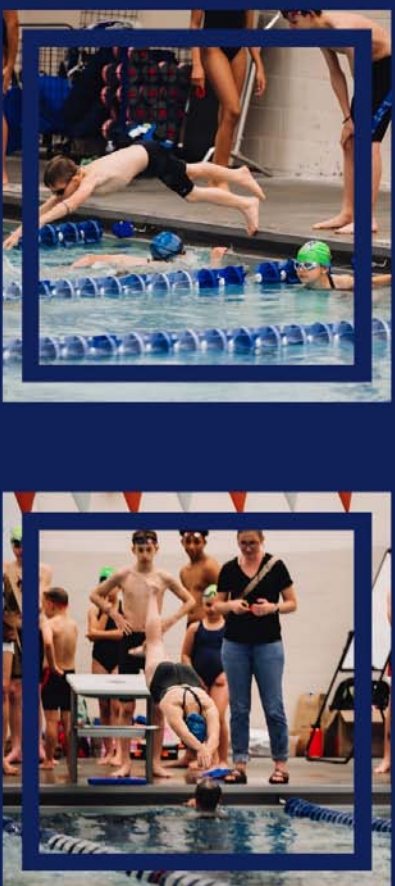
Fort Leavenworth Lancers

INTRASQUAD SWIM MEET

SEP 17/18, 2026
6-8PM

Harney Gym
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This meet is for all swimmers!
Check "Events" on our web page to RSVP.
Volunteer sign up coming soon.
Contact Coach Jackie with questions.



Family Advocacy Program Brief
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Recognizing and reporting potential Domestic Abuse and Child Abuse is not always black and white.

Have big questions?
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The Family Advocacy Program (FAP) is Command supported and Soldier focused. FAP is the Army's official program for preventing and responding to Family violence.

This free, mandatory, annual training will educate Soldiers and leaders about preventing, identifying and correctly reporting Domestic abuse and Child abuse. (In accordance with AR 350-1)

2026 TRAINING DATES:
From 1300 - 1500
• 27 MAY
• 24 JUNE
• 15 JULY
• 23 SEPTEMBER
• 9 DECEMBER

Training is free and for 18+. There is no registration required. For more information call: 520-692-6378 / 6303





FORT LEAVENWORTH'S 16th ANNUAL RUN WALK FOR THE FALLEN 2026 FORT LEAVENWORTH

Join us in remembering those who have made the ultimate sacrifice.

SATURDAY, SEPT 19th
@ The Resiliency Center
600 Thomas Ave
Fort Leavenworth, KS

- Registration starts at 6:30 am
- Opening Ceremony at 8:00 am
- Followed by a 3 mile run / walk

This event is a go at your own pace, stroller friendly, and family friendly route.

Event is open to the public. Those without access can apply for a visitor's pass online by using the QR code below. Passes can be obtained 10 days or less before the event. Call 913-684-1830 for more information.







FORT LEAVENWORTH 2026 RETIREE APPRECIATION DAY & HEALTH FAIR

CHANGE TO RAD DATE

****NEW DATE SATURDAY, 26 SEPTEMBER 2026****

LEWIS & CLARK CENTER
REGISTRATION STARTS AT 0800
OPENING PROGRAM STARTS AT 0900
VENDORS OPEN AT 1000

MUNSON ARMY HEALTH CLINIC WILL HOST A HEALTH FAIR WITH FLU SHOTS (IF AVAILABLE) FOR TRICARE BENEFICIARIES

THE POST EXCHANGE AND COMMISSARY WILL HAVE SPECIALS DURING THE DAY.

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TRICARE.MIL • SOLDIERFORLIFE.ARMY.MIL • DFAS.MIL

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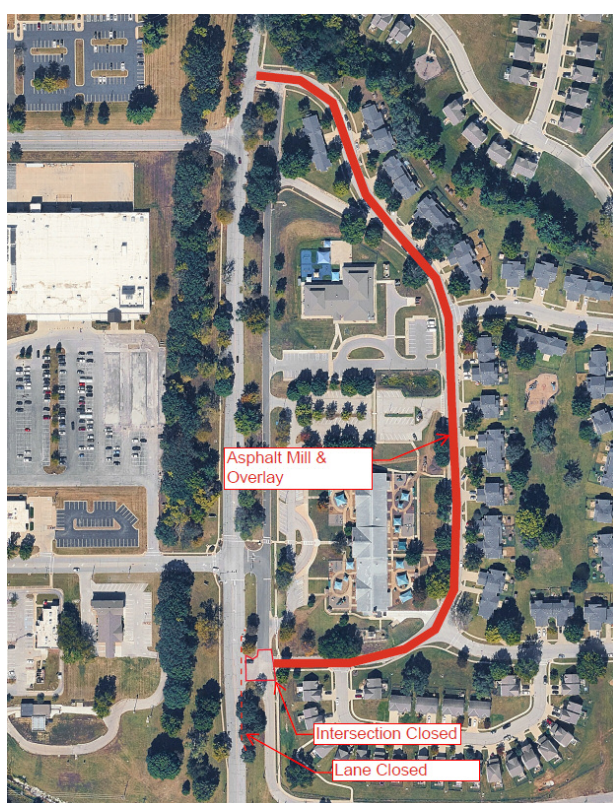
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OCTOBER 24, 2026

HOSTED BY THE FORT LEAVENWORTH SPOUSES' CLUB
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JOIN THE FUN AND VOLUNTEER!

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2026 HORSE SHOW**

Join the Fort Leavenworth Hunt for a fun, family-friendly day of showcasing equestrian sports. Come out and support our FLH foxhounds. Everyone is welcome!

Sunday, October 18th
8am - 4pm
Wainwright Riding Complex
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Concessions available for purchase.
All riding disciplines are welcome!

Riders must register at flhsecretary2@gmail.com
All riders must have a Hold Harmless Waiver, wear heeled boots, ASTM approved helmet, and have proof of Negative Coggins.
Junior Riders (under age 18) must be accompanied by their parent or guardian to participate. Must be able to access Fort Leavenworth.
Call 913-684-1703 for more information

Scan here for visitor pass info

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Distinguished Speaker Series

SAVE the DATES

Join Us this Fall for Two Presentations of the
Distinguished Speaker Series

Wednesday, Oct. 14
Speaker
Col. (Ret.) Gregory Fontenot
Topic: Post-Vietnam War Reform of the U.S. Army

Wednesday, Nov. 18
Speaker
Dr. Trent Lythgoe
Topic: Civil-Military Relations

J.W. Crancer's
530 Delaware St.
Leavenworth, Kansas

Reception begins at 5:30 pm. Dinner begins at 6:00 pm.
Presentation begins at 7:00 pm.

Speakers and topics subject to change.

20th Anniversary
Command and General Staff College Foundation
and Alumni Association

Upcoming Events

August 26
Colin Powell Lecture

September 3
Mentor and Leadership Social

September 19
International Family Fishing Derby

October 2
Organizational Day

October 14
Distinguished Speaker Series

November
Foundation News Magazine Published

November 18
Distinguished Speaker Series

January 28
Ethics Symposium

February 17
Distinguished Speaker Series

March 8-10
National Security Round Table

April 21
Distinguished Speaker Series

April 28
Leadership Symposium

May
Foundation News Magazine Published

Learn about the CGSC Foundation's mission and programs at:
www.cgscfoundation.org

**Fall 2026 Speaker Series
History Brunch**

Presented by the Frontier Army Museum & The Friends of the Frontier Army Museum (FFAM)

Light refreshments served at 10:30a
Presentations begin at 11a.m

Saturday September 26th
"History of Kansas Public Health: Disease Prevention to Modern State and Federal Collaboration" with Dr. Emily Morrow Ph.D.

Saturday October 10th
"Trail System Through Kansas During the Civil War" with Dr. Darin Tuck

Saturday November 14th
"Quilting History: The Lewis and Clark Expedition" With Diane Pickman & Susie Taylor

Saturday December 5th
"Fort Leavenworth: History of Missile Defense in the Midwest" with LTC Bryan Taylor

Events are free to the public and will be located at the
Frontier Army Museum 100 Reynolds Ave Fort Leavenworth, KS

All presentations will be streamed live and recorded on the
Friends of the Frontier Army Museum Facebook page:
<https://www.facebook.com/ftleavenworthffam>

**Join the fun at your
CGSC Organizational Day!**

3-6 p.m. • Oct. 2, 2026 • Lewis and Clark Center Patio

Free food, drinks and fun activities for the whole family!

- Family Scavenger Hunt!
- Dunk "the Dean" Tank!
- Library Crafts for the Kids!
- Cornhole Tournament!
Sign up during registration

Plus, we'll have bouncy houses for the kids, a water and popcorn station, and yard games.

First 100 students to register will receive a t-shirt!

Register Now
www.cgscfoundation.org/events/org-day-2026

Thank you in advance for coming out for a fun day for the incoming students and families of CGSC Classes of 2027.
For more information, contact:
Stephenie Cole • Director of Operations • Command and General Staff College Foundation
scole@cgsc.org • (913) 651-0624

The Command and General Staff College Foundation, Inc., is a 501(c)(3) tax-exempt, non-profit educational foundation.

WE ARE EXCITED TO ANNOUNCE OUR YARD OF THE MONTH CONTEST!

It's time to show off your community pride and help make our neighborhoods look their absolute best!

Here is everything you need to know to participate:

1. HOW TO PARTICIPATE

- Nominate your yard or a neighbor's by the 20th of each month.
- Submit via DM or comments with address and picture.

2. HOW TO VOTE

- Look for our special monthly voting post after submissions close.
- Simply 'Like' the photos of the yards you love most!

3. HOW TO WIN

- The top three yards with the most 'Likes' win!
- Prizes: official lawn sign, feature on our Facebook, and a \$25 Scooters Gift Card.

SEPTEMBER (Early Autumn):
Welcome the changing season with late-summer blooms, warm rustic accents, and cozy porch decor!

OCTOBER (Spooktacular Yards):
Halloween and fall themed decor take center stage!

NOVEMBER (Harvest & Gratitude):
Highlight your cozy fall yard setups, Thanksgiving touches, and peak autumn colors!

DECEMBER (Holiday Lights & Cheer):
Show us your best winter wonderland, light displays, and festive cheer!

* Holiday decor 1 month/30 days prior to holiday and removed two weeks after. NO rooftop decorations.



SEPTEMBER 2026

WE ARE STRONGHOLD

Every Wednesday, the doors are open — at Fort Leavenworth.
Our Ambassador Program meets families where they are, nationwide.

☒ Open Pantry — Ft. Leavenworth, every Wed, 11:00A-1:00P

☒ Pop-Up Pantry — Sept 22, Tampa, FL

☐ Community Events

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Open Pantry 11:00A-1:00P	3 Stronghold x SBUX Time TBD	4	5
6	7	8	9 Open Pantry 11:00A-1:00P	10	11	12
13	14	15	16 Open Pantry 11:00A-1:00P	17	18	19
20	21	22 Pop-Up Pantry Tampa, FL	23 Open Pantry 11:00A-1:00P	24	25	26
27	28	29	30 Open Pantry 11:00A-1:00P			

Not near Fort Leavenworth? Find your nearest Ambassador — supporting families in 26 states.


strongholdfoodpantry.org

contact@strongholdfoodpantry.org



Justin S. Willmeth
MAJ, USA
CAC & FLKS Program Manager
913-684-1692
justin.s.willmeth.mil@army.mil



Kionna L. Huewitt
MSG, USA
CAC & FLKS MEOA
913-684-2848
kionna.l.huewitt.mil@army.mil

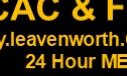
CAC & FLKS MEO Team
usarmy.leavenworth.CAC.mbx.t2com-cac-eo@army.mil
24 Hour MEO Hotline - 913-680-7037
or scan QR code below

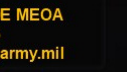


Dustin C. Mathy
SFC, USA
CAC & FLKS MEOA
520-687-9730
dustan.c.mathy.mil@army.mil



Matthew J. Ewert
SFC, USA
Army Corrections BDE MEOA
913-547-6006
matthew.j.ewert.mil@army.mil





ART & ILLUSTRATION



Do you have an inspiring artist / insatiable doodler at home?

Need an outlet for all of that creative energy?

SKIES Art & Illustration classes focus on improving drawing techniques, developing original characters and helping to curate individual style.

Each class session will build on a project such as a mini comic book, realistic self-portrait, animal drawings, shoebox theaters or flip books.

SKIES Unlimited
Supporting & Inspiring Youth, Encouraging & Nurturing Talent




Tuesdays at
Patch Community Center
320 Pope Ave
Fort Leavenworth, KS

Ages 6 - 9
4:15 - 5:15

Ages 10 - 17.99
5:30 - 6:30

\$12 a lesson, at least three lessons per monthly project.
 Stand-alone classes are also available.
 Bring your favorite pencil! The rest of the supplies will be provided.
 Must be currently registered with CVS to enroll.
 For more information call 913-684-3207



Kids full of energy? Looking for an outlet outside of your living room?
Save your furniture and sign them up for these SKIES Brand New classes!
Go ahead and let them.....

RUN, JUMP, BOUNCE!

**Tuesdays @ the
Patch Community Center Gym**
320 Pope Ave
Fort Leavenworth, KS

9am - 9:45am \$13 per 45 min session
Just for Littles 1 - 3 yrs with Parent

10am - 11am \$15 per 60 min session
Just Family Fun Mixed ages 2+ with Parent

11:15am - 12:15pm \$15 per 60 min session
Just Fun 6+

Call 913-684-3207 or text 913-704-7595 for more info



The graphic has a dark blue background. At the top, the year "2026" is written in large white font, with a red checkmark over the second zero. Below it, the words "GENERAL ELECTION" are written in bold red capital letters. There are three white stars on each side of the title. Below the title is a row of seven red vertical bars of varying heights. A horizontal white line separates the header from the date entries.

SEPT
19

Deadline to transmit UOCAVA ballots.

OCT
13

Deadline to register to vote or update your voter registration to change address or name only to participate in the 2026 general election.

OCT
14

First day of advance voting. Advance ballots by mail are transmitted. In-person advance voting may begin. Check with your county election office for specific times and locations.

OCT
27

Advance in-person voting must begin for all counties.

NOV
3

GENERAL ELECTION
(All mail ballots must be received on Election Day. NEW IN 2026)

DEC
1

Last day for State Board of Canvassers to certify official results.

VOTEKANSAAS.GOV

The bottom of the graphic features a stylized American flag with white stars on a blue field and red and white stripes, curving upwards from left to right.

There is hope.



FORT LEAVENWORTH SUNDAY CHAPEL SERVICE & MINISTRIES



VBS, 4-6 August!
Sign up at Frontier Chapel

0830	CROSSROADS PROTESTANT TRADITIONAL BIBLICAL SERMON SERIES, HYMNS, CHOIR, CGSC MINISTRY, CHILDREN'S CHURCH, SUNDAY CLASSES FOR ALL AGES AFTER CHAPEL	PIONEER CHAPEL 500 POPE AVE
0900	CATHOLIC RELIGIOUS PROGRAM & MASS RELIGIOUS EDUCATION, CONFESSION, ADORATION, DAILY MASS (AUG-MAY) @ PIONEER CHAPEL (TUES-FRI, 1200), CWOC, KofC	FRONTIER CHAPEL 625 THOMAS AVE
0930	MEMORIAL HISTORIC FAMILY WORSHIP WITH HISTORIC CHRISTIAN LITURGY "TO KNOW HIM, AND MAKE HIM KNOWN"	MEMORIAL CHAPEL 626 SCOTT AVE
1000	MULTICULTURAL GOSPEL VIBRANT WORSHIP, BIBLE STUDIES, DANCE, YOUTH, CHILDREN'S CHURCH MISSIONALLY INVESTED	PIONEER CHAPEL 500 POPE AVE
1100	CROSSROADS PROTESTANT CONTEMPORARY BIBLICAL SERMON SERIES, MUSIC MINISTRY, COMMUNITY INVESTED, CHILDREN'S CHURCH, SUNDAY CLASSES FOR ALL AGES BEFORE CHAPEL	FRONTIER CHAPEL 625 THOMAS AVE
VARIOUS	JEWISH MEETS FOR SABBATH WORSHIP, LUNCH-AND-LEARN CLASSES, AND SIGNIFICANT HOLY DAYS	MEMORIAL CHAPEL 625 THOMAS AVE

Fort Leavenworth Chapel's vibrant ministries: PWOC, CWOC, Men of the Chapel, High School/Junior High Student Ministry, CRU Barracks Dinner and Study, Navigators, Officer Christian Fellowship (OCF) Home Groups, Holy Smokes, Discipleship Breakfast!

HELP AVAILABLE TO LOCATE YOUR RELIGIOUS PREFERENCE
CONTACT OUR MAIN OFFICE AT FRONTIER CHAPEL: 913-684-2210
FAMILY LIFE COUNSELING CHAPLAIN: 913-680-7336 @ PIONEER CHAPEL OFFICE
EMERGENCY ON-CALL DUTY CHAPLAIN: 913-683-2158



Register Online for the 2026-2027 year



stay tuned
Fall Bible Studies
coming soon!



CROSSROADS WEEKLY MINISTRIES

Bring In, Build Up, Send Out

As of: 15 July 2026



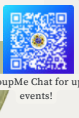
SUNDAY		
Childcare (6 wks - 3 yrs old) avail from 0815-1230 in Frontier Chapel		
0830-0930	CROSSROADS PROTESTANT TRADITIONAL SERVICE BIBLICAL SERMON SERIES, HYMNS, CHOIR, CHILDREN'S CHURCH (Pre-K-5 th)	PIONEER CHAPEL
0945-1045	SUNDAY SCHOOLS CHILDREN: Pre-K-K, 1 st -2 nd , 3 rd -4 th , 5 th -6 th , 7 th -8 th , HS ADULT: MULTIPLE VOLUNTEER LED BIBLE STUDIES	PIONEER CLASSROOMS FRONTIER CLASSROOMS
1100-1200	CROSSROADS PROTESTANT CONTEMPORARY SERVICE BIBLICAL SERMON SERIES, PRAISE BAND, CHILDREN'S CHURCH (Pre-K-5 th)	FRONTIER CHAPEL
1215-1345	CROSSROADS *MONTHLY* FELLOWSHIP MEAL FELLOWSHIP MEAL AFTER COMMUNION SUNDAYS	FRONTIER FELLOWSHIP HALL
MONDAY		
1800-1930	CAMPUS LIFE MILITARY (YOUTH GROUP) TEENAGE (6 th - 12 th Grades) BIBLE STUDY AND FELLOWSHIP	HARROLD YOUTH CENTER
TUESDAY		
0600-0730	OCF DISCIPLESHIP TRAINING BREAKFAST DISCIPLESHIP IN THE PROFESSION OF ARMS, BREAKFAST	PIONEER FELLOWSHIP HALL
0830-1100	PROTESTANT WOMEN OF THE CHAPEL COORDINATION AND FELLOWSHIP	FRONTIER FELLOWSHIP HALL
1800-1900	PROTESTANT WOMEN OF THE CHAPEL BIBLE STUDY	FRONTIER FELLOWSHIP HALL
WEDNESDAY		
0900-1130	PRECEPT BIBLE STUDY BIBLE STUDY AND FELLOWSHIP	FRONTIER FELLOWSHIP HALL
1730-1900	FAMILY NIGHT AND FELLOWSHIP (START: 2 SEP) DINNER, FAMILY DEVOTIONAL, BREAKOUT GROUP STUDIES	FRONTIER FELLOWSHIP HALL
THURSDAY		
0600-0730	MEN OF THE CHAPEL FELLOWSHIP AND STUDY	FRONTIER FELLOWSHIP HALL
VARIOUS DAYS & TIMES	WEEKLY NEIGHBORHOOD BIBLE STUDIES VOLUNTEER LED BIBLE STUDIES AT HOMES	VARIOUS ON AND OFF-POST HOMES



Kickoff 27 August, 2026

CATHOLIC WOMEN OF THE CHAPEL

JOIN US FOR THE
2026-2027 SEASON!!



General Meetings:
Thursdays, 0845-1045
Pioneer Chapel Fellowship Hall
cwocfortleavenworth@gmail.com

Join our GroupMe Chat for updates and events!

Chaplain Family Life Center

100% Confidential & Faith Informed

Pastoral Counseling Services

(Individual, Couple, & Family)

Free for all Service Members, Retirees, DoD/DA Civilians and Dependents

Pastoral counseling provides compassionate support for individuals, couples, and families facing challenges such as anxiety, depression, communication difficulties, conflict, parenting concerns, and spiritual struggles—providing faith-informed guidance to strengthen relationships and promote healthy growth in every season of life.



To book an appointment scan here:





Located at the back of Pioneer Chapel
500 Pope Ave., Bldg. 56
Fort Leavenworth, KS 66027
Government Cell: (913) 680-7336
joshua.m.portwood.mil@army.mil
<https://cal.com/chaplainportwood>



Catholic RELIGIOUS EDUCATION

REGISTRATION

2026-2027 SCHOOL YEAR





ST. IGNATIUS CATHOLIC COMMUNITY
FORT LEAVENWORTH



Register today and join us as we grow in faith together



LEARN • GROW • SERVE • BELIEVE

Questions? Contact the CRE Steering Committee at creftleavenworth@gmail.com

SCAN THE QR Code TO REGISTER

Looking for Community?

Join Campus Life Military



FB: Ft. Leavenworth Club - Campus Life Military

IG: @campuslifefortleavenworth

Samantha Odle

(605) 569-3820 / sodle@yfc.net

YOU'RE INVITED

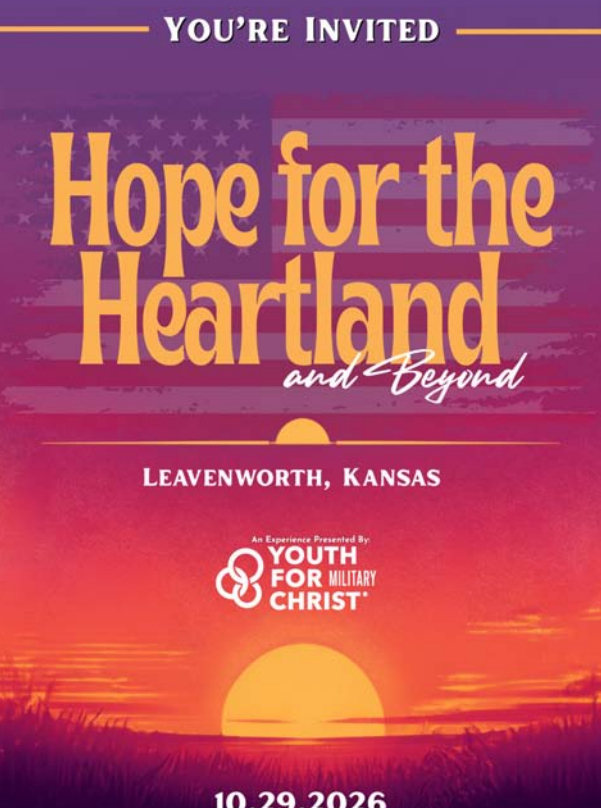
Hope for the Heartland

and Beyond

LEAVENWORTH, KANSAS

An Experience Presented By
YOUTH FOR MILITARY CHRIST

10.29.2026



Starting August 24th, 2026

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	Body Pump (Corey)		Spin (Karyn)		Body Pump (Corey)	
0600		Slow Flow (Leslie)		Slow Flow (Leslie)		
0900			Body Pump (Tara)		Body Pump (Tara)	Body Pump (Corey)
1000	Foundations Pilates (Hannah)			Full Body Pilates (Hannah)		
1300	Body Pump (Tara)					
1630		Body Pump (Corey)	Power Cycling (Kim)	Gentle Yoga (Brandie)		
1700	Power Yoga (Kim)					

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

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

*Power Cut classes are held in the Bubble Gym



Single Ticket For \$5.00

10 Tickets For \$45.00

20 Tickets For \$80.00



<https://leavenworth.armymwr.com>

SPIN!

GRUBER FITNESS CENTER
200 REYNOLDS AVE
FORT LEAVENWORTH, KS

Wednesdays at 5:30am
@Gruber Fitness Center

We're back! Join us every Wednesday morning for an amazing high energy low impact cardio workout set to awesome music!

Karyn Smith has been Spin certified since 2008 and is the recipient of a 5yr MWR service award.

Beginner to Advanced levels welcome!

Open to all DOD ID card holders 18 years and older. Call for more info: 913-684-3224/5136

FOUNDATIONS PILATES - MONDAY 10:00
FULL BODY PILATES - THURSDAY 10:00
AT GRUBER FITNESS CENTRE

Mat Pilates

WITH HANNAH

IMPROVE POSTURE BUILD CORE STRENGTH IMPROVE FLEXIBILITY

FOR ALL FITNESS LEVELS

Fall Fitness Sampler

October 24 • 8:30AM - 1PM

Gruber Fitness Center • 200 Reynolds Ave.

Get ready to fall into fitness!

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 be eligible for a prize!

Registration is NOT required, just show up

FREE event!

For more info: (913) 684-5120

Time	CLASS	Instructor
8:30- 8:45 AM	SPIN	Karyn
	Tear down and Set-up	
8:55-9:10 AM	FOUNDATIONS PILATES	Hannah
	Tear down and Set-up	
9:25- 9:40 AM	BODY PUMP	Tara
	Tear down and Set-up	
9:55-10:10 AM	SLOW FLOW	Leslie
	Tear down and Set-up	
10:25-10:40 AM	YOGA/POWER CUT/CYCLING	Kim
	Tear down and Set-up	
10:55-11:10 AM	FULL BODY PILATES	Hannah
	Tear down and Set-up	
11:25-11:40 AM	TOTAL BODY HIIT	TJ
	Tear down and Set-up	
11:55-12:10 PM	PRE and POST-NATAL PILATES	Hannah

2026 Post Championship

FORT LEAVENWORTH TRAILS WEST GOLF COURSE

SEPTEMBER 26TH & 27TH

Saturday, 26 September - Round 1
Sunday, 27 September - Round 2

Tees Times Starting at 0800

\$110 MEMBER \$125 NON-MEMBER

Entry fee includes, Greens Fee for Round 1 and Round 2, Range Access, Door Prizes, Division Prizes, Saturday and Sunday Breakfast Buffet (Cart fees additional for non members)

Players must select their division upon registration. Any changes must be made by 23 September, no later than 1700 hours.

Participants carrying a 5.0 handicap or below defaults to Open Division. Ladies', Seniors', and Super Senior divisions are both Gross & Net.

2026 Post Championship — September 26th & 27th

☐ Open Division (Blue Tees)
☐ Handicap Division (White Tees)
☐ Ladies' Division (Red Tees)
☐ Senior Division (55+ White Tees)
☐ Super Senior (65+ Gold, 75+ Red)
☐ Junior Division (13 & Under) (Red Tees)

Name: _____
Phone #: _____
Email: _____
Member _____ Non-Member _____
*Players must have 30 days of eligible scores posted to USGA GHIN account to be eligible for Net Divisions
GHIN# _____

OPEN STUDIOS

-Ask About Hourly Rates-

Pottery Studio

We have all the supplies you need for hand-building and wheel throwing. We also offer a variety of customizable bisque pieces ready for you to glaze!

Painting Studio

Provided watercolor and acrylic supplies to create your own masterpiece.

Multi-Craft Studio

Great for the whole family with supplies for any craft, personalized gift, or project you have in mind!

Framing Studio

Assemble your own frames in our DIY Studio! Participants must take the Intro to Framing class before using the DIY Studio.

OFFERINGS

-At The Studio-

-Custom & DIY Framing
-Diplomas/Promotion Certs
-Military Prints & Fine Art
-Restoration & Repairs
-Retirement Gifts
-Laser & Rotary Engravings
-Sublimation & DTF Transfers
-Pottery & Ceramics
-Watercolor & Acrylic Classes
-Resiliency Through Art
-Private Events/Parties

Fort Leavenworth
Arts & Crafts Studio
September 2026

September 1 Pottery: Throwing Basics Part 1 Time: 6pm-8:30pm Cost: \$45	September 17 Watercolor-Basics Time: 1pm-3pm Cost: \$30	September 24 Pottery: Throwing Basics Part 2 Time: 6pm-8:30pm Cost: \$45
September 3 Pottery: Hand Building Mugs Time: 9am-11am Cost: \$35	September 18 Paint & Sip Fairy House *Must be 21 years old* Time: 6pm-8pm Cost: \$35	September 26 Intro to Framing Time: 10am-2pm Cost: \$40
September 11 Intro to Framing Time: 10am-2pm Cost: \$40	September 22 Pottery: Hand Building Pumpkin/Leaf Plate Time: 9am-11am Cost: \$50	September 26 Adult Craft: Crystal Suncatcher Time: 10:30am-12pm Cost: \$25
September 15 Pottery: Throwing Basics Part 1 Time: 11am-1:30pm Cost: \$45	September 24 Watercolor-Theory Time: 1pm-3pm Cost: \$30	September 29 Pottery: Throwing Basics Part 2 Time: 11am-1:30pm Cost: \$45

Pre-Registraion Is Required For ALL Classes

YOUR CLASS, YOUR SCHEDULE

You pick the day and time, and we teach the class!
Email us your desired class and interested dates and times.

Open Hours

Tuesday & Thursday 9am-7pm
Wednesday & Friday 9am-4pm
4th Saturdays 9am-2pm

Website

leavenworth.armymwr.com

Email

ArtsAndCraftsFortLeavenworth@gmail.com

Location

310 McPherson Ave
(The Old USDB)
Fort Leavenworth, KS
66027

Phone

(913) 684-3373



Fall Youth Sports & Fitness

Confidence begins here!
Ready to meet your Team?

Flag Football (1st - 2nd grades) (Ages 7 - 8) Tuesday/ Thursday Sept 15 - Oct 29 (3rd - 4th grades) (Ages 9 - 10) Monday/ Wednesday Sept 14 - Oct 28 (5th - 6th grades) (Ages 11 - 12) Monday/ Wednesday Sept 14 - Oct 28 \$50	Soccer 6 & Under (Ages 5 - 6) 8 & Under (Ages 7 - 8) 10 & Under (Ages 9 - 10) Sept 14 & 15 - Oct 28 & 29 5th - 6th grade TBA \$50	Cheerleading (Ages 5 - 12) Monday/ Wednesday Sept 14 - Oct 28 Participants will cheer for all 3rd/4th & 5th/6th grade Teams. *Pom-poms, shirt, and skort are included in the cost. *\$55	Fall Running Club (3rd - 8th grades) (Ages 9 - 14) Tuesday/ Thursday Sept 15 - Oct 24 Season ends with the Halloween 5K. \$50
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Start Smart Flag Football (Ages 3 - 4) July 6 and close Aug 10
\$30
Sept 21 - Oct 26 (Monday)
Start Smart Soccer (Ages 3 - 4) \$30
Sept 22 - Oct 20 (Tuesday)
Sept 24 - Oct 22 (Thursday)

Registration and enrollment will begin July 6 and close Aug 10. All Youth must have an updated sports physical before first practice. Enrollment can be done at all CYS locations if centrally registered. Webtrac, online enrollments can only be done with a Youth Sports Physical that covers the entire season. Volunteer Coaches are needed!
For more information call 913-684-7525 or 7526

SHARE THE
NUMBER

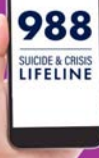
SPREAD
THE WORD

CALL OR TEXT

988

CHAT

988LIFELINE.ORG



There is hope.

988 SUICIDE & CRISIS LIFELINE

MUNSON NOTES

MUNSON NOTICES

■ It is important that military families new to the Fort Leavenworth community **ESTABLISH A NEW PRIMARY CARE MANAGER** for their health care needs. Munson Army Health Center offers a wide range of primary care providers to choose from for personalized care at a convenient on-post location. Once your new address is established in DEERS, call 1-888-TRIWEST (874-9378) and follow the prompts to establish a primary care manager at MAHC. Learn more about services at munson.tricare.mil.

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

■ In the event a **TORNADO WARNING** is issued on Fort Leavenworth, and the order is given to take shelter, Munson Army Health Center staff will evacuate patients and visitors to the basement level for their safety. MAHC, at 550 Pope Ave., as well as the Lewis and Clark Center on Stimson Avenue and the Single Soldier Quarters on Cody Road, are opened to the public as **STORM SHELTERS** during tornado watches. In the event a tornado watch is activated after duty hours, Medical Department Activity personnel will open the health center for those needing shelter and remain open until all watches or warnings are lifted.

■ Munson Army Health Center offers **CAR SEAT SAFETY CHECKS** by appointment to help give you peace of mind every time you hit the road. Our trained staff will walk you through proper installation, answer your questions and ensure your child is riding as safely as possible. Appointments take just 15–20 minutes. Call 913-684-6604 to schedule.

■ The **MUNSON ARMY HEALTH CENTER PATIENT AND FAMILY PARTNERSHIP COUNCIL** meets quarterly at MAHC. The PFPC captures voices and insights of patients and families to improve the patient care experience. The council is composed of volunteers who represent the interests of patients who receive care from MAHC. Volunteers can be active-duty, active-duty family member, retirees or retiree family members. Call 913-684-6211 or e-mail usarmy.leavenworth.medcom-mahc.mbx.patient-advocate@health.mil if interested in participating.

■ The **NUTRITION CARE DIVISION** offers a broad range of nutritional services designed for service members, families, and retirees. Call the appointment line at 913-684-6250 to schedule an appointment with MAHC’s registered dietitian.

■ Your health is our priority. Talk to your provider at Munson Army Health Center about the **HPV VACCINE** and the best **CERVICAL CANCER SCREENING** plan for you. Call the appointment line at 913-684-6250.

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

■ Munson Army Health Center Pharmacy offers patients a variety of **OVER-THE-COUNTER MEDICATIONS AT NO COST** to service members, retirees and family members. These items are available without a prescription or medical appointment.

Munson Army Health Center

Retiree Appreciation Day

Health Fair

✔ TRICARE Brief

✔ Seasonal Influenza Vaccines for eligible beneficiaries

✔ Health Screenings

Calendar icon

Saturday, Sept. 26, 2026

Clock icon

8:00 am - 1:00 pm

Location pin icon

100 Stimson Ave., Ft Leavenworth

www.munson.tricare.mil



ARE YOU 65 OR OLDER?

Here's how much physical activity you need:



150 MINUTES PER WEEK

of moderate intensity activity such as 30 minutes a day, 5 days a week

For example: Water aerobics or brisk walking.



2 DAYS PER WEEK

of activities that strengthen muscles

For example: Lifting weights or heavy gardening, such as digging or shoveling.



BALANCE-IMPROVING ACTIVITIES

For example: Standing on one leg or practicing standing up from a sitting position.



WE ASK SO WE CAN

care for you.

Star icon

The information you provide when scheduling helps our care teams prepare and ensure you receive the right care at the right time.

Calendar icon

Thank you for helping us help you. 

