

THURSDAY
MARCH 14, 2024



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School liaison officer offers transition help for PCSing families

by Prudence Siebert/Editor

School Liaison Officer Ashley Parsons knows moving to a new post can be overwhelming, and she is ready to help ensure school transitions go smoothly for parents and children.

Parsons serves as a bridge between Fort Leavenworth families and on-post and off-post school districts, helping guide families through school and child care processes. She helps incoming families get settled in a new school district and helps outgoing families connect with the SLO at their gaining installation. She describes this as a warm hand-off, making sure when a family leaves one post, they have someone at the gaining installation waiting for them with open arms.

“Our tiny heroes are the most amazing, resilient kids ever, but they still need that support, they are still kids,” Parsons said. “They are very resilient kids, and this lifestyle prepares them for so many things later in life, but it is still nice that we can provide that little bit of a safety net when they get there to make sure that they are supported and make sure that they feel welcome where they are going.”

Parsons can also help with kindergarten readiness, homeschool connections, scholarship opportunities for military-connected children, and linking families up with the youth sponsorship programs at Harrold Youth Center and Osage Child Development Center/School-Age Center, where CYS-registered students serve as youth sponsors to help ensure children new

to post feel welcome.

“It’s scary being the new kid somewhere,” Parsons said. “I talk to these kids about what does it feel like to be a new kid, how can we welcome people, and then they guide tours (of Osage CDC/SAC) when new kids come in.”

She said youth sponsors can answer questions for new children, such as what the best snack is, where the best games are kept, what they enjoy most about the center, and more, sometimes better than the adults.

“They will tell them things that, as the grown-ups, we don’t know the cool answers.”

In addition to being able to help with on-post school questions, Parsons has connections with off-post schools to help parents who are looking at those districts.

“Especially in those off-post schools, where the military life isn’t as familiar as it is to our on-post schools, (those connections are important), so making sure they know, this is who is coming in, this is what they are here for, they’re new — kind of getting a jump-start on them feeling welcome when they go to those new places.”

Parsons said not only can she help answer questions about local and off-post school districts as the SLO, but with about 14 years of experience with Child and Youth Services in various positions, she can also help families learn about and navigate child care options.

SEE SCHOOL LIAISON OFFICER | A6



Photo by Prudence Siebert/Fort Leavenworth Lamp

Child and Youth Services School Liaison Officer Ashley Parsons explains the child care and school information in an out-bound packet she shares with PCSing families with Parent Advisory Council President Maj. Angelea Haynes, Combined Arms Center G8, joined by her 4-year-old daughter Violet, during the quarterly Parent Advisory Council meeting March 5 at Osage Child Development Center and School-Age Center. The next PAC meeting is at 4:30 p.m. May 7. All CYS-registered parents are welcome to attend.

Army Emergency Relief campaign kicks off



Photo by Prudence Siebert/Fort Leavenworth Lamp

Fort Leavenworth Garrison Command Sgt. Maj. Erika Rhine-Russell encourages active-duty donors to use traditional methods to make their contributions to Army Emergency Relief by using the manual forms or donating at armyemergencyrelief.org to help ensure Fort Leavenworth active-duty contributions are being counted during the AER campaign kick-off briefing March 8 at the Lewis and Clark Center. Last year, active-duty donations amounted to a small percentage of the total AER funds used by the local community.

by Prudence Siebert/Editor

Command and General Staff College students gathered in Eisenhower Auditorium at the Lewis and Clark Center for the Army Emergency Relief campaign kick-off briefing March 8 before departing for Spring Break.

Installation AER Campaign Coordinator Maj. Jonathan Shaw, S3, Special Troops Battalion, Combined Arms Center, addressed the assembled soldiers to let them know about the program’s benefits and help them understand that even a small contribution, what amounts to essentially the price of a cup of coffee, can make a

big difference.

“It’s not about the volume of money that you give, it’s about the volume of people who are giving,” Shaw said. “Even a single dollar from everyone here could do wonders.”

AER’s mission, as stated on army-emergencyrelief.org, is “to provide grants, interest-free loans and scholarships to promote readiness and help relieve financial distress of soldiers and their families.”

The program helps soldiers in need with basic living expenses, medical expenses, unforeseen emer-

See related story and graphics on page A2

SEE ARMY EMERGENCY RELIEF | A7

AT A GLANCE

■ To sign up for **MOTORCYCLE SAFETY RIDING COURSES**, including the Basic Rider Course and Advanced Rider Course, visit https://imc.army.mil/airs/usg_disclaimer.aspx. The next course starts March 25. Deadline to register is one week before the course start date.

■ The 45-minute cultural presentation **KNOW YOUR WORLD: GUYANA** is at 3:45 p.m. March 20 in Eisenhower Auditorium at the Lewis and Clark Center.

■ Gary Hyder will present “**NATIVE AMERICANS AND FORT LEAVENWORTH**” for the Friends of the Frontier Army Museum History Talk at 5:30 p.m. March 20 at the Frontier Army Museum, 100 Reynolds Ave.

■ The **LEAVENWORTH COUNTY ST. PATRICK’S DAY PARADE** starts at 1 p.m. March 17 in downtown Leavenworth. Visit <https://lvirish.com> for parade route and more information.

■ Spring Break programming continues at the

Frontier Army Museum with “**PI DAY**” **STORY TIME** at 9:30 a.m. March 14 and **CHILDREN’S PIONEER DAY** at 10 a.m. March 15 at the museum.

■ Army University’s brown bag discussion about how the Department of Defense is working to **RECOVER AND IDENTIFY MISSING PERSONNEL** from past conflicts is at 12:30 p.m. March 21 in room 1103/1104 at the Lewis and Clark Center. Fern Sumpter, Defense POW/MIA Accounting Agency deputy director, will be the presenter. All are welcome to attend.

COMMENTARY

AER helps soldier fly home in time to see dying father

by Chaplain (Col.) Sean Wead/Combined Arms Center Senior Command Chaplain

Years ago, as a 20-year-old infantry corporal, I found myself in the Demilitarized Zone between North and South Korea.

Service at the Joint Security Area at Panmunjom meant long hours of guarding and patrolling.

In the 1980s, it was what use to be referred to as a “free-fire zone” at night, which meant you fired on anything that moved. We set up ambush positions for North Korean infiltration teams and initiated with Claymore mines and small arms fire. As a young NCO, I had the responsibility to lead patrols and initiate ambush. The North Koreans People’s Army was very active while I was there, and I experienced a lot of stress.

Five months into my assignment, I was manning an observation point when Chaplain (Capt.) Ken Sampson, our unit chaplain, joined me at my post. This was not unusual, because Chaplain Sampson was a friend and often visited me and other soldiers as we stood guard throughout the truce village of Panmunjom. But his face betrayed concern and a sense of seriousness and urgency. He put his hand on my shoulder and said, “Sean, it’s your father. He’s had an aneurism. They are going to do surgery, but he is not expected to survive.”

I was in shock and disbelief. I had just spoken with my father a couple of days before. My father was everything to me. He was not only my father, but my mentor and friend. A world where he was not in it was unimaginable to me.

Chaplain Sampson prayed with me and told me that command had my emergency leave complete. They were going to get me home. It took me a while to understand that they expected me to leave my post, and I was hesitant to agree. I was a soldier in a unit whose motto was “In front of them all.” The thought of leaving went against my sense of duty and loyalty to my platoon. But



Submitted photos

Chaplain (Col.) Sean Wead, Combined Arms Center senior command chaplain, was a corporal stationed in the Demilitarized Zone between North and South Korea in 1987 when he was granted Army Emergency Relief funds to fly home to see his dying father, James Lexington Wead, left.



a replacement was sent up, and Chaplain Sampson convinced me that going home was the right thing to do.

Within minutes of agreeing, I was off the

DMZ and heading south.

I remember discussing with the chaplain how I would get home because I did not have the money to buy a ticket for an immediate flight from Korea to Lexington, Kentucky. That would cost me a couple of months of pay, and I lived pay check to pay check at that time. I literally had nothing in the bank.

That is when the chaplain mentioned Army Emergency Relief, a fund established for soldiers and supported by soldiers and those who care for them at times of unexpected need. The fund is there for just such an emergency.

By the time I grabbed my baggage and

got to the airport in Incheon, South Korea, AER had provided me the funds to buy a ticket and get me home.

Less than 18 hours later, I had traveled from the DMZ in Korea to my father’s hospital bed in Kentucky. My father was unable to speak, but I was able to talk to him and tell him how much he meant to me. He was able to squeeze my hand to let me know that he heard me and loved me. Later that day, he died. If it were not for Army Emergency Relief, I would have never made it home to say goodbye.

If you have a chance, take care of a soldier by giving to Army Emergency Relief.

REACH US

Reach AER at **1-866-878-6378** or access the 24-hour hotline through the American Red Cross at **1-877-272-7337**

Find AER on **Instagram, Facebook, Twitter, LinkedIn** and **YouTube**

Visit us online at www.aerhq.org or scan the QR code for more information.

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ABOUT ARMY EMERGENCY RELIEF

WHO AER HELPS

HOW TO GET ASSISTANCE

Our Mission

AER promotes financial readiness and helps relieve distress of Soldiers and their Families by providing grants, interest-free loans and scholarships.

AER is **rated four stars** by Charity Navigator, putting it in the top 10 percent among all U.S. nonprofits.

89 cents of every dollar donated goes directly to programs that support Soldiers and Army Families.

How We Help

AER provides more than 30 categories of assistance. Here are just a few examples:

- Housing:** utility and rent deposits, mortgages, basic appliances, small home repairs and more
- Personal Vehicles:** repairs, rental vehicles and car seats
- Medical:** dental and medical expenses **not covered** by TRICARE, children’s cranial helmets and heavy blankets

More than **4 million** Soldiers & Families assisted since 1942

More than **\$2 billion** in assistance since 1942

Eligibility

- ★ Active duty, retired and medically retired Soldiers and their eligible dependents
- ★ Army Reserve and National Guard Soldiers on active duty for more than 30 consecutive days and their eligible dependents
- ★ Army Reserve and National Guard Soldiers who are retiring and receiving DFAS Retired Pay and their eligible dependents
- ★ Surviving Spouses and children of Soldiers who died while on active duty or as retirees

Quick Assist Program

- ★ Allows chain of command to provide immediate assistance
- ★ Company commander or first sergeant can approve loans up to \$2,000
- ★ AER’s most powerful program

Direct Access to AER

Soldiers are allowed two financial requests within a 12-month period without unit commanders’ review with the following safeguards:

- ★ Soldiers E-1 through E-4 must have completed Initial Entry Training
- ★ Soldiers must have at least 12 months’ time in service or have finished IET (whichever is greater)
- ★ Unit commanders’ approval is required for Soldiers determined to be at “high risk” (as per AR 600-85)

How can you help?

- ★ Remind fellow Soldiers about AER
- ★ Support AER through donations

www.aerhq.org/donate

FINANCIAL READINESS = SOLDIER READINESS = UNIT READINESS

MORE THAN 30 ASSISTANCE CATEGORIES

| | |
|--|--|
| <p>Basic living</p> <ul style="list-style-type: none"> • rent — No. 1 or 2 most requested • initial deposit on rent • mortgage • temporary lodging • food • utilities | <p>Medical</p> <ul style="list-style-type: none"> • dental care for dependents — 50/50 loan/grant • medical co-pays not covered by TRICARE • cranial helmets — grant • non-medical attendant travel • Invitational Travel Orders — Soldier hospitalized • special medical needs equipment — grant up to \$4,000 |
| <p>Privately owned vehicles</p> <ul style="list-style-type: none"> • POV repairs/maintenance — No. 1 or 2 most requested • monthly vehicle payments • vehicle insurance payments or deductibles • fuel • child car seats — loan, grant or combination • replacement vehicle — up to \$4,000 • rentals associated with POV repair or emergency travel | <p>Unforeseen emergencies</p> <ul style="list-style-type: none"> • emergency travel — 50/50 loan/grant baseline • funeral expenses — non-eligible relative, loan up to \$5,000 • active-duty spouse/dependent funeral expense — Bridge Loan up to \$15,000 • safe travel due to domestic violence • disaster assistance — evacuation, stabilization-in-place and recovery. <i>The Title 10 requirement for ARNG/USAR is typically waived.</i> • minor home repairs and deductibles — up to \$5,000 • clothing |

AERHQ.ORG As of 7 July 2023

AER helps more than 40,000 Soldiers and Army Families every year!

ASSISTANCE CATEGORIES CONTINUED

| |
|--|
| <p>Permanent Change of Station</p> <ul style="list-style-type: none"> • travel — active duty • initial essential furniture — up to \$4,000 • appliance repair or replacement • Immigration, visa and passport fees — grant when establishing Family unit • Pet transportation — loan up to \$5,500, grant for service animals |
| <p>Family support</p> <ul style="list-style-type: none"> • welcome home travel — dependents • Spouse relicensing and recertification fees — loan, grant or combination up to \$2,500; PCS only • childcare during PCS for Soldiers in high-cost areas — loan, grant or combination; Army provides \$1,500 per child per month; AER will provide \$500 per family per month for costs above \$1,500 for three consecutive months after arriving at new post • paternity leave assistance for Soldiers deployed in support of Ukraine mission — airfare only |

If a need is not listed in these categories, come to Army Emergency Relief.

The global AER team is all about GETTING TO A “YES”!

AERHQ.ORG As of 7 July 2023

FORT LEAVENWORTH LAMP

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VOLUNTEER Organization Spotlight

MUNSON ARMY HEALTH CENTER



Medical Laboratory Specialist Sgt. Amber Strong, Medical Department Activity, talks with Bradley Elementary School students March 7 during her visit to the school for Bradley Reading Day. Munson Army Health Center volunteers participated in the Read Across America Week activity to help foster a love of reading in young children.

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

MAHC volunteers share love of reading with elementary school students



ABOVE: Sgt. Allan Reyes, Medical Department Activity, reads to students as part of Read Across America Week activities March 7 at Bradley Elementary School. Some benefits of reading to children includes supported cognitive development, improved language skills and preparation for academic success.

RIGHT: U.S. Army Nurse Capt. Seth Hemker, Medical Department Activity, reads to students March 7 at Bradley Elementary School. Hemker was one of seven Munson Army Health Center staff members who volunteered to read to students at Bradley Reading Day.

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



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

Team members from Munson Army Health Center participated in Read Across America activities March 7 on Fort Leavenworth.

The team visited Bradley Elementary School to read to students in classrooms for Bradley Reading Day, which coincided with Read Across America Week activities nationwide.

Danielle Patton, the school's reading event volunteer coordinator, said the students are trying to achieve 1 million reading hours in school by the end of April, and the time spent by MAHC and other volunteers on Reading Day will be included in the total.

MAHC volunteers shared their love of reading with the students.

"I was with kindergarten, and they were a very fun crowd. They told me jokes and talked about losing teeth," said Sgt. Amber Strong, a medical laboratory specialist assigned to the health center's lab. "I'm an avid reader myself, so I love to foster that in children."

Off duty, Strong averages reading about five books each month, but she revealed to the students that when she was young, she didn't like learning to read.

"It was something that my mom made me do," Strong said.

As it turned out, her mother's instinct was spot on. Strong grew to love reading so much that she recently re-enlisted in the Army surrounded by books at the Ike Skelton Combined Arms Research Library on post.

"I think it was a fight to get me to learn to read, but by third grade it became something I loved to do," Strong said.

Fellow Reading Day volunteer Clarissa Reno, a certified family nurse practitioner at MAHC's Pediatric Clinic, said story time is important and encouraged families to make time for reading.

"One statistic has always stuck with me and that is more than one in three American children start kindergarten without the language skills they need to learn to read," Reno said.

Parents can help prepare children by engaging in age-appropriate language and communication activities like reading. Reno shared some of the guidance she offers parents during well-baby and well-child visits:

- A few minutes of reading a day is OK; young children might only sit still for a few minutes. They will listen longer as they grow.
- Read favorite stories

over and over. Children love to hear the same stories again and again. This is how they learn.

- Ask children questions about the story: "What do you think will happen next? How do you think that character feels?"

- Make the story come alive. Read with fun and excitement in your voice. Try loud, soft and silly voices.

- Talk about the pictures. "What do you see?" Make up stories about the pictures.

"When children are read to by people they love, children learn to love books. Reading aloud with your child can enhance parent-child relationships and prepare young minds to learn language and early literacy skills," Reno said.

At the conclusion of Reading Day activities, MAHC's participants said they enjoyed reading with the students and helping them reach their school-wide reading goal.

"Overall, it was a good time. The students were eager and ready with a variety of questions," said Sgt. Allan Reyes, a preventive medicine specialist at MAHC, adding that he enjoyed the opportunity to volunteer in the community.

Families can find more resources for reading with children at <https://read.gov/kids/>.

Security roundtable focuses on artificial intelligence

by Mark Wiggins/Command and General Staff College Foundation Inc.

The U.S. Army Command and General Staff College and the CGSC Foundation hosted 32 civilian business and community leaders from around the country in the National Security Roundtable (NSRT) program March 4-6, 2024.

The theme for this NSRT was "Artificial Intelligence's Impact on Warfare."

CGSC students from both the Command and General Staff Officers Course and the School of Advanced Military Studies served as escorts for each guest. More than 10 NSRT alumni and CGSC Foundation trustees also attended to provide support.

The NSRT program is a CGSC Foundation outreach program conducted alongside the college. For each program, civilian business leaders are invited to participate and are partnered with CGSC students to examine topical national security issues. This program develops a greater appreciation for the competence of the faculty and students and helps participants understand the role that Fort Leavenworth and CGSC play in educating mid-level military leaders. In turn, CGSC students and faculty develop a better appreciation for the challenges confronting business leaders.

On March 4, guests were welcomed at the hotel just outside Fort Leavenworth by CGSC Foundation Chairman retired Maj. Gen. Chris Hughes and CGSC Foundation President/CEO Lora Morgan and other members of the CGSC Foundation staff.

The arriving guests were offered optional initial educational briefings by Dr. Randy Masten from Army University Press Films, who gave a presentation of the capabilities of Army University Press and presented a short regional power video on Iran.

Dr. Gates Brown from CGSC's Department of Military History next provided an overview of artificial intelligence from the Cold War to today.

Following the informational briefings, the college and the CGSC Foundation hosted a reception in the Arter Atrium of the Lewis and Clark Center. CGSC Commandant Lt. Gen. Milford H. Beagle Jr. was on hand to greet the NSRT participants. Guests were paired up with their student escorts at the beginning of the reception.

The second day of the NSRT began with welcome and introductions from

Hughes and Beagle. After the welcome, CGSC Dean of Academics Dr. Robert Davis provided a presentation on artificial intelligence as a scene setter for the entire program.

Following a break and a group photo, CGSC Assistant Professor Pete Im, director of the Information Advantage Scholars Program, led the first discussion panel. Im introduced four of his students who provided attendees with a short brief on their research topics, after which they conducted breakout sessions to further the discussions in small groups.

During lunch, Davis provided the group with an overview of Army University and CGSC's place within it as part of the Army's professional military education program for officers. Dr. Lisa Babin from Army University also provided a short brief on the Department of Defense Women, Peace and Security program, which is being implemented in professional military education.

After lunch, Dr. Jim Sterrett, director of CGSC's Simulation Education, and members of his staff led the group in a decision exercise using a case study from war in the Pacific during World War II.

The afternoon saw the second panel discussion entitled "The Current and Future Use of AI within the Department of Defense" moderated by Hughes. Members of the panel included Dr. Jim Martin, former CGSC dean of Academics and current CGSC Foundation trustee; Brian Weaver, CEO of Torch AI; Scott Cohen, CEO of Jaxon AI; Adam Wray, founder/CEO of AstrumU; and Im.

At the end of day two, attendees, their student escorts, and the college and CGSC Foundation leaders had dinner at the Frontier Conference Center with a feature presentation by SAMS faculty. Dr. Jim Greer spoke on the Ukraine conflict, and Dr. Jacob Stoil provided a brief on the Gaza conflict.

On the last day of the NSRT program, guests spent time with their student escorts in their respective classrooms to get a closer look at CGSC subject matter and learning environment. The guests and their escorts reconvened in Arnold Conference Room, where they had lunch and listened to the third and final panel presentation by faculty and students from SAMS, led by Dr. Dan Cox. After the presentation, students and guests went to separate classrooms for more detailed break-out



Photos by Mark Wiggins/CGSC Foundation

Panelists and National Security Roundtable program participants discuss "Artificial Intelligence's Impact on Warfare" during the three-day NSRT March 4-6 at the Lewis and Clark Center.



CGSC Foundation Chairman retired Maj. Gen. Chris Hughes addresses National Security Roundtable participants March 5 in Arnold Conference Room at the Lewis and Clark Center.



CGSC Assistant Professor Pete Im, director of the Information Advantage Scholars Program, introduces four of his students to provide attendees with a short brief on their research topics during the National Security Roundtable March 5 in Arnold Conference Room at the Lewis and Clark Center.

discussion sessions.

The group reconvened once again after the breakout session and were led in final comments and discussion by CGSC Deputy Commandant Brig. Gen. David Foley, Army University Command Sgt. Maj. Jason Porras, and Davis.

The NSRT ended with a graduation ceremony led by Foley, who presented each guest with a NSRT certificate, and Morgan presented each with a CGSC Foundation coin. The CGSC Founda-

tion also presented each student escort a pair of CGSC logo dress socks in appreciation for their assistance in the program.

2024 NSRT participants: Terrence M. Babilla, president, BSN Sports, LLC; Christine Benne, military relations coordinator, Greater Manhattan Community Foundation; Pete Brownell, chairman, Brownells, and trustee, CGSC Foundation; Nathan Butler, Kansas Representative, 68th District; Kevin

Cabbage, CEO, Farmers Mutual Telephone Company; Scott Cohen, CEO, Jaxon AI; Nathan Crawford, IT leader, Farmers Mutual Telephone Company; Trent Dansel, consultant, Olsson, Paul Donnelly, retired, attorney; Mary Jean Eisenhower, former president, People to People KC; Travis Fields, associate professor of mechanical engineering, University of Missouri – Kansas City; Rob Gillespie, CRO, AstrumU; Zach Kinser, voice leader, Farmers Mutual Telephone Company; Dustin Lewis, president and CEO, Homefield KC; Mike Mathis, president, Precision Event Productions, Inc.; A.H. "Chip" McElroy II, president and CEO, McElroy Mfg., Inc.; Wilton R. "Chip" Osborn, owner/president/CEO, retired, Persuadable Research Corp.; Claudia Petrescu, vice provost for graduate education/dean of Graduate School, Kansas State University; Michael J. Pritchard, associate dean for research and graduate studies, Kansas State University; Anthony L. Privitera II, vice

president, Mark One Electric Co., Inc.; Nic Riesenber, vice president of facilities and support services, NKC Hospital; Ryan Shaw, managing director of strategic initiatives, Arizona State University; John Shelton, network support leader, Farmers Mutual Telephone Company; Timothy Steele, CEO and president, Associated Audiologists; Barry Sullivan, retired vice president, Central Bank; Phillip Thomas, president and CEO, A.L. Huber Inc.; Brian Weaver, CEO, Torch AI; Ryan West, associate director of research/Applied AI and Cyber Security; Brandon Wheat, CTO, The Global Townhall; Hunter Wolbach, senior vice president, UBS Financial Services, Kansas City; Ross Worley, founder, Wall-Ties and Forms Corporation; and Adam Wray, CEO, AstrumU.

The CGSC Foundation leadership wishes to thank CGSC Foundation Trustee Terry Lillis, the main sponsor of the NSRT program.

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Meet nutritional goals, save money with meal planning

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

Munson Army Health Center's Registered Dietitian Marcy Sedwick is bringing attention to the value of meal planning during National Nutrition Month.

Sedwick said meal planning is valuable for your health and your wallet.

"It is too easy to grab fast food, which can be less nutritious and more expensive, when you don't plan ahead," Sedwick said.

She said meal planning can help make dinners less stressful, more nutritious, and save service members and their families time and money by bringing down the amount spent on dining-out, getting take-out and delivery fees.

Meal planning involves getting kitchen space organized and writ-



Dietitian Marcy Sedwick

ing out menus weekly. If that seems overwhelming, try planning just three dinners a week to start, using notebook paper and post on the refrigerator for all to see.

"You deserve to eat healthy and

prioritize eating at home," Sedwick said.

When menu planning, Sedwick suggested starting with a protein, like seafood (aim for twice a week), meat, poultry, eggs, or a plant-based protein such as beans or tofu for meatless meals.

Meat and poultry choices should be lean or low-fat, such as 93 percent lean ground beef, pork loin and skinless chicken breasts. Choose seafood options that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, herring and trout. Then add a starchy side such as a whole grain pasta, wild or brown rice, or starchy beans or potato. The protein and starch should take up approximately one-fourth each of a 9-inch plate.

"The vegetable and fruits

should be the largest portion, or half of your plate. Go big with vegetables by eating two vegetables. Try a salad and cooked vegetables with your main meal. Plan for fruit as dessert or snack," Sedwick said.

Sedwick said that you can balance out your meal by adding a low-fat dairy option, such as a glass of 1 percent low-fat milk, a serving of yogurt or serving of cheese.

She said including family members in the meal-planning process can help everyone eat healthier and get excited about mealtime.

"Involving children helps them to learn about nutrition and establish lifelong healthful habits," she said.

Once you have written your meal plan, check to see which

items you might already have around the house and which items you will need to pick up from the store.

"This is a great way to help you choose healthy options, get organized and save money," Sedwick said.

Enjoying mealtime by sitting down at a table without the distractions of television and other electronic devices is how Sedwick said she'd recommend families eat their meals.

"Dinner should be a time for families to connect," Sedwick said. "Share details about the day, discuss current events, or talk about things you would like to accomplish and what steps you'll need to take to reach those goals."

To learn more about healthy eating, visit <https://myplate.gov>.

DeCA celebrates National Nutrition Month with 'March Forward to Wellness' campaign

by Kathy Milley, Defense Commissary Agency public affairs specialist

FORT GREGG-ADAMS, Va. – To celebrate National Nutrition Month in March, the Defense Commissary Agency is "Marching Forward to Wellness," a promotion highlighting a trio of programs along with weekly meal plans designed to save time and boost daily nutrition.

"Whether trying to boost your performance nutrition, lose weight or improve overall health, your local commissary can assist you in building a healthy eating pattern," said Deborah Harris, DeCA's dietitian and health and wellness program manager, who holds a master of public health degree and is a registered dietitian and certified diabetes care and education specialist. "Build your basket with mostly fresh produce, lean meats, heart healthy fats from fish, nuts and seeds, avocados, etc. and use your commissary's trio of wellness programs — Thinking Outside the Box and other dietitian-approved recipes, the Dietitian-Approved Thumb, and Grab-N-Go Dietitian-Approved Fueling Stations — to improve your nutrition and wellness."

"March Forward to Wellness" with the following DeCA health and wellness resources:

• **Thinking Outside the Box** nutrition education and recipes at <https://corp.commissaries.com/healthy-living/healthy-eats>

Find a list of dietitian-approved, no-fuss recipes featured on corp.commissaries.com. Thinking Outside the Box recipes are designed to minimize preparation time with quick and easy meal solutions featuring ingredients that are nutrient-dense and explain why the meal is dietitian-approved. The recipes will also save you money at

your commissary. Shopping for TOTB recipe ingredients is easy when using Commissary CLICK2GO. Simply open your sales flyer on shop.commissaries.com, find the featured TOTB recipe and click each recipe ingredient to add to your cart. Fill your basket right from your online sales flyer. During National Nutrition Month, DeCA will feature interactive meal plans each week on shop.commissaries.com that will make meal planning a breeze.

• **Dietitian-Approved Thumb** at <https://corp.commissaries.com/healthy-living/dietitian-approved-thumb>

The "Thumbs Up Dietitian-Approved" labels on store shelves make it easy for patrons to quickly identify high-nutrition, quality foods to incorporate into a healthy eating routine. Dietitian-Approved Thumb uses FDA-defined health attributes to identify dietitian-approved foods that limit added sugar, sodium and unhealthy fat. DAT labels identify foods with whole grains, healthy fats, fiber or lean protein. With one glance at the shelves, it is easy to identify foods that will boost nutrition without having to decipher the nutrition facts label.

• **Grab-N-Go Dietitian-Approved Fueling Stations** at https://corp.commissaries.com/fueling_stations

The Grab-N-Go Dietitian-Approved Fueling Stations, located near the front-end check-out aisles in more than 170 commissaries, offer tasty, nutritious meals and snacks that provide patrons shopping convenience without the high calories or high cost of a fast-food restaurant meal. Customers can expect to see products that offer protein, healthy fat, complex carbohydrates and low-calorie forms of hydration like



low-calorie waters and sports drinks, deli sandwiches, single-serving hummus, ready-to-eat lean protein, fruits and cheese, no-added-sugar yogurts, low-sugar protein bars and prepared sliced fruits and salads. Visit corp.commissaries.com to find a list of participating locations as well as a list of dietitian-approved salads, sandwiches and wraps that may be available in your commissary's deli department. DeCA strives to offer high performance foods and easy-to-use, quick solutions and resources to ensure patrons meet their health and wellness needs so they can be ready and resilient.

"Nutrition doesn't have to be scary, difficult or perfect," Harris said. "Any efforts

you make to improve the nutritional quality of your diet are steps in the right direction, and this trio of programs is designed to encourage and support you in taking those steps in ways that work for you. Our resources are designed to be flexible, easy and economical and used in any combination will make a big impact."

At 1 p.m. March 11 and March 25, join Navy Command Master Chief Mario Rivers, DeCA's senior enlisted advisor, and Harris for live commissary chats on the DeCA Facebook page at <https://www.facebook.com/YourCommissary>. Stop in each day to ask questions and learn how to use dietitian-approved resources.

BE ALL YOU CAN BE DOESN'T END AFTER YOU SERVE.

Army personnel bring a hard-earned skillset to the workforce. Leadership, discipline, teamwork, problem-solving. These qualities are an asset to a wide variety of trades working with dozens of different EMCOR companies. Looking for a post-military career? Look to us.



SCAN FOR JOBS



Where good work is VALUED RESPECTED REWARDED



School Liaison Officer (continued from Page A1)

In addition to this assistance, Parsons works in conjunction with Army Community Service to provide programs, such as a volunteer and career fair for teenagers with resumé building and college application assistance. Next month, a Moving With Kids class will be offered. She said during the class, families share their experiences and tips for how to prepare children for moving, things they did to help their children be more comfortable, tips for flying with young children, helpful strategies for helping children settle in a new home, and more.

"I learned just as much from the people who came to (the class) last year as I did from the panel because it became a big discussion group," Parsons said, noting that not only is practical information shared, but families also talk about fun experiences not to miss, like the best parks and attractions.

Parsons said she also likes just being able to be a new family's "local person," having grown up and lived in the area her whole life.

"I know the area, and

not just on-post things," she said, noting that when someone has a question about the surrounding communities such as Platte City or Kansas City, Mo., or even her hometown of Basehor, Kan., she can tell them what is nearby, how far it is from other places, some of the things to do there, and can share information and resources by connecting with someone she already knows in the area with similar interests or like needs.

"What I'm here for is to be the person that's here to help them in and out of here and make sure it goes smoothly while they are here... and be a connection when they get here who just wants to help them. I just want to help."

Contact Parsons at ashley.e.parsons5.naf@army.mil or 913-684-1655. The School Liaison Office is in the Resiliency Center at 600 Thomas Ave. She encourages incoming families she has been e-mailing with prior to their arrival to meet her in person when they visit the Resiliency Center to register at Parent Central.



Photo by Prudence Siebert/Fort Leavenworth Lamp

Garrison Commander Col. Duane Mosier, Parent Central and Outreach Services Assistant Director Christie Barnes, Parent Central and Outreach Services Director Chris Wecas, and Garrison Command Sgt. Maj. Erika Rhine-Russell, foreground, listen to a presentation by Child and Youth Services School Liaison Officer Ashley Parsons, right, about the school information and assistance she offers outgoing and incoming families during the quarterly Parent Advisory Council meeting March 5 at Osage Child Development Center and School-Age Center. The next PAC meeting is at 4:30 p.m. May 7. All CYS-registered parents are welcome to attend.

Army Emergency Relief (continued from Page A1)

agencies, vehicle repairs, family support and permanent-change-of-station issues that fall in its more than 30 assistance categories. (See assistance categories graphics on page A2.)

“Plenty of soldiers won’t need AER, but we that can help certainly should if we are able,” Shaw said.

“Within the last year here on Fort Leavenworth, we had one of the company commanders at the U.S. Disciplinary Barracks die in a tragic auto accident, leaving behind a spouse and children. AER was able to provide a grant to the spouse and children in the ... period where life insurance had not yet come into play and those funds were not immediately available,” Shaw said. “Even though such an occurrence is infrequent, it is all the more important that support is available when it is needed.”

Shaw said donating to AER only takes about a minute and can be done multiple ways, ranging from

filling out a manual form to donating online. Donations can be made as allotments or all at once.

Fort Leavenworth Garrison Command Sgt. Maj. Erika Rhine-Russell said active-duty donations for Fort Leavenworth have only amounted to a small percentage of the loans, grants and scholarships awarded locally, with more than \$300,000 in AER funds being designated for members of the Fort Leavenworth community last year. She said for total active-duty donations from Fort Leavenworth to be accurately recorded, active-duty donors should use one of the more traditional methods to donate by using the manual forms or donating online at armyemergencyrelief.org.

“The strength in our support of the program is about the number (of soldiers) that actually contribute, not so much how much money that you give,” she said.

“I am happy that you give, I don’t care if you give your donation via money or you are volunteering your time or (in the form of) education to make people aware of our AER program — all of that counts and all of it matters.”

Bottom line, AER funds go to help fellow soldiers.

“I thank you for the contributions that you give, I thank you for your efforts, for the assistance that you actually contribute — your efforts, my efforts, they all go toward helping our soldiers and families thrive, so thank you.”

For more information about AER or to make a contribution, contact Shaw at jonathan.e.shaw2.mil or jonathan.e.shaw2@army.mil or Fort Leavenworth Garrison AER representative Reagan Sawyer at reagan.e.sawyer.civ@army.mil or 913-684-2830/2800.

The Army Emergency Relief campaign runs through June 14.



Lt. Col. Jerry Drew, chief of joint space training and instructor in the Department of Joint, Interagency, Multinational Operations at the Command and General Staff College, signs his Army Emergency Relief contribution form March 8 at the Lewis and Clark Center. Army Community Service had several informational tables set up in the foyer for the AER campaign kick-off where contributors could learn more about AER and make donations to the program that provides funds in the form of loans, grants and scholarships to soldiers and families in need.

Photo by Prudence Siebert/
Fort Leavenworth Lamp



Photos by Prudence Siebert/Fort Leavenworth Lamp

Installation AER Campaign Coordinator Maj. Jonathan Shaw, S3, Special Troops Battalion, Combined Arms Center, above, and Fort Leavenworth Garrison Command Sgt. Maj. Erika Rhine-Russell, right, brief active-duty soldiers on the Army Emergency Relief campaign in their opening remarks for the 2024 giving period kick off March 8 at the Lewis and Clark Center. The AER campaign runs through June 14.

ARMY EMERGENCY RELIEF

SUPPORTING SOLDIERS AND THEIR FAMILIES SINCE 1942

Annual Campaign March 1 - June 14, 2024

YOUR DONATIONS HELPS SOLDIERS AND FAMILIES IN NEED

OFFICIAL NONPROFIT OF THE U.S. ARMY

HUNGRY?

Fort Leavenworth MWR has AMAZING food options!

- Solarium Buffet
- 12th Brick Grille
- Strike Zone Snack Bar
- Java Cafe
- FCC BBQ

LEAVENWORTH.ARMYMWR.COM

TRAILS WEST GOLF COURSE

Come Experience TRAILS WEST GOLF COURSE

- Pristine Course
- Pro Lessons
- Tournament Packages
- Simulator
- And much more!

Visit the Fairway Grille and the Pro Shop! Conveniently located in the Clubhouse.

306 Cody Rd
Ft. Leavenworth
913-651-7176

LOOKING FOR ADVENTURE?
CHECK OUT
FORT LEAVENWORTH
LEISURE TRAVEL SERVICES!

Leisure Travel Services
310 McPherson Bldg 464
(913) 684-2580

Easter season services

Fort Leavenworth Lent and Holy Week services

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

Protestant Christian Services

Lenten Lunch, noon to 1 p.m. March 20 at Frontier Chapel, room 153

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

Catholic Services

Stations of the Cross, 5:30-7 p.m. March 15 and March 22 at Pioneer Chapel

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

Good Friday service, 6 p.m. March 29 at Pioneer Chapel

Easter Vigil Mass, 8 p.m. March 30 at Pioneer Chapel

Easter Mass, 9:30 a.m. March 31 at Frontier Chapel

SUNDAY, 31 MARCH 2024, 0700



**EASTER
SUNRISE SERVICE**

Pioneer Chapel, 500 Pope Avenue
Uniform: Army Service Uniform/Army Green Service Uniform with Service Cap or Civilian Attire
Light Reception Follows inside Pioneer Chapel
For Information Call 913.684.2210
POC: Chaplain (MAJ) Chris Weinrich
christopher.w.weinrich.mil@army.mil

USD 207 opens online enrollment

NOW OPEN
ENROLLMENT
FOR THE 2024-2025 SCHOOL YEAR

Apply Now

by Unified School District 207

Online Enrollment is now open on the Fort Leavenworth Unified School District 207 website at https://www.usd207.org/apps/pages/index.jsp?uREC_ID=4363642&type=d&pREC_ID=2562405.

From now through the end of the current school year, both the 2023-2024 school

year and 2024-2025 school year will be open for student enrollment. Ensure the appropriate year is selected when completing enrollment.

For individualized support, reach out to USD 207 at questions@usd207.org or 913-651-7373.

Residents of Fort Leavenworth are zoned to attend USD 207 through ninth grade.



**Happy
Easter**

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

Chapel Easter Eggs Hunts

Date: 31 March 2024 (Sunday)

1. CrossRoads Protestant Community (0830 & 1100) 1000: Pioneer Chapel Grounds
2. Roman Catholic Mass 1000: St. Ignatius Building Area for the Egg Hunt
3. Multicultural Gospel Service: 1130 Pioneer Chapel Grounds

***Sponsored by the Fort Leavenworth Chapel Congregations.

Please join our chapel services and the egg hunts on 31 March 2024!!

2024 Ramadan Time of Prayer: Frontier Chapel


Dates: Ramadan: 11 MAR – 09 APR (Frontier Chapel, Room 111)

Location: Please come to Room 111 in Frontier Chapel for Ramadan Individual Prayers

Frontier Chapel: 625 Thomas Avenue

Time: 0900-1700 (MON-FRI)

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



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

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US Army Combined Arms Center
SOLDIERS AND LEADERS - OUR ASYMMETRIC ADVANTAGE

2024 Ramadan Time of Prayer

Who: All Muslim teammates assigned to Army University and affiliated elements


What: The practice of Ramadan to celebrate a season of prayer, fasting, reflection, and community. Muslim practice requires prayer 5 times a day. In order to facilitate the mid-day prayer requirement during Ramadan, Muslim teammates may pray in either of the two coordinated locations.

When: 10 MAR – 08 APR 2024

Where: Two locations have been coordinated for mid-day prayer

- L&C: The faculty lounge near the Joint Services pub on the 1st floor. -Available 1130-1300 Wednesdays 1130-1230.
- Room 111 in Frontier Chapel, 625 Thomas Avenue - Available 0900-1700 M-F

POC: Chaplain Andrew Muilenburg, CGSC Chaplain
Email: andrew.c.muilenburg.mil@army.mil
Phone: 425-220-3164



Pet of the Week

Nadia is an 11-year-old calico cat currently available for adoption at the Fort Leavenworth Stray Facility. She has already been spayed, vaccinated and microchipped, which are included in her \$75 adoption fee.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday, and by appointment for pre-approved adopters. The facility is also open the second Saturday of each month (April 13) from 9 a.m. to noon. See www.FLSF.petfinder.com or call 913-684-4939 for more information, or e-mail fortleavenworthstrayfacility@gmail.com for an adoption application.

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



Photo by Prudence Siebert/Fort Leavenworth Lamp

THURSDAY
MARCH 14, 2024



LAMP

Post Notes

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

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

B1

BOWL Your Socks Off!

March 21
5pm - 7pm
Strike Zone Bowling Center
165 Fourth St

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

FREE EVENT!

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

Open to all DOD ID card holders and dependents.

The 33rd Annual War of 1812 in the West Symposium

Featuring Acclaimed Regional & National Historians.
Frontier Army Museum, Leavenworth Room, 100 Reynolds Ave, Building 801, Fort Leavenworth, Kansas 66027
Hosted by the Frontier Army Museum & Sponsored by the 1st U. States Infantry Regiment - Clemson's Company.
Open to the Public, no registration or fee required, featuring exhibits on the War of 1812.

March 23 & 24, 2024

Saturday, March 23, and Sunday, March 24, 2024:

- 9:00 AM: "What if the British had won the Battle of New Orleans" by Hal Youmans
- 10:00 AM: "In Search of Fort Mason and White's Fort" by Bill Desheimer and Michael Harris
- 11:00 AM: "Colonel Russell and his US Mounted Rifles" by Paul Rosewitz
- 1:30 PM: "The Carolina Brigade During the Creek War, the Army of the Center, Col. Pearson's Expedition, May 1814 by Bill Jordan
- 2:30 PM: "The 1813 Campaign on the Niagara River" by Rich Barbuto
- 3:30 PM: "The Patriots War" by John Steink
- 9:00 AM: "Beating for Recruits: Music during the War of 1812" by David Bennett
- 10:00 AM: "A Brief History of Military Medicine" by Eric Matthews
- 11:00 AM: "The Kickapoo- Indian Shock Troops of the West" by Michael Dickey

Contact Fort Leavenworth's Visitor Center for access. Ten days before the VC can issue you a pass for the weekend, otherwise expect to be delayed up to 15 minutes when going through the gate. 913-684-3620 <https://home.army.mil/leavenworth/index.php/my-fort/all-services/gate-information>

[SCHOLARSHIPS OPEN]

CGSC Foundation Scholarship Program is now accepting scholarship applications until **March 15, 2024.**

APPLY NOW >>

SCHOLARSHIP

THE 2024 MICHAELS ORGANIZATION EDUCATION FOUNDATION SCHOLARSHIP

APPLICATIONS ARE NOW AVAILABLE!

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

IMPORTANT DATES:

- February 6: Application forms available at all offices of The Michaels Organization.
- March 6: Suggested deadline for college students to request grade transcripts from their registrars to ensure that part of the application will be received before April 15, 2024.
- April 15: Final deadline for all parts of the application for a 2024 The Michaels Educational Foundation Grant. Mail the application form, references, essay, and grade transcripts to Dr. Bruce W. Johnson, The Michaels Educational Foundation, P.O. Box 90708, Camden, NJ 08101.

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

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

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

Special Event Pricing

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

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

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

Reservations are OPEN NOW. Space is limited. Reservations CLOSE March 22nd. For more information visit leavenworth.armymwr.com

Menu

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

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

Assorted Fresh Baked Desserts

Coffee
Juice
Milk

BLOOD DRIVE

DONATIONS SAVE LIVES

Fort Leavenworth

Thursday, April 4th
9:00 AM - 2:00 PM
Frontier Chapel
625 Thomas Avenue

Appointments are preferred. Book your appointment today at savealifefenow.org/group, enter **Group Code: BK** or scan the **QR code** at right. For additional details, please contact Wendy Eisele at 816-351-1128 or weisele@cbck.org.

Medical eligibility questions? Please call 800.688.0900.

Please remember to eat, drink, and bring your ID with your name and photo. Appointments are preferred however walk-ins will be welcomed if space permits. Visit savealifefenow.org/communities for COVID-19 safety protocol.

Community Blood Center | 877.468.6844 • savealifefenow.org #cbck

2024 MPRA ANNUAL SCHOLARSHIP PROGRAM

APPLICATIONS NOW ACCEPTED

Deadline: March 31, 2024

www.mpraonline.org/scholarship

KEY ISSUES IN SOUTH AND CENTRAL ASIA AND CHINA

OPENING REMARKS:
DR. DAVID G. COTTER-
Dean of Academics, US Army CGSC and Chief Academic Officer, Army University

PANEL MEMBERS:
MR. BRENT CHRISTENSEN-
A Career member of the Senior Foreign Service, currently Foreign Policy Advisor (POLAD) to the Commander of U.S. Strategic Command

LTC NATHAN MOORE-
A Foreign Area Officer (South Asia), Former Defense Attaché to the Peoples' Republic of Bangladesh, U.S. Embassy, Dhaka

DR. ROBERT BAUMANN-
A scholar of Russian and Central Asian History, most recently a Ministry of Defense Senior Education Advisor to the Armed Forces Academy of Uzbekistan

MODERATOR:
DR. MAHIR J. IBRAHIMOV (DR. I.)-
Director, Cultural and Area Studies Office, U.S. Army Command and General Staff College

DATE:
Tues, 19 March, 2024

TIME:
1300 - 1500 (CST)

LOCATION:
Arnold Conf. Room,
Lewis and Clark Center,
Fort Leavenworth, KS
All welcome for the audience.
For outstations, the event will be available live on CGSC's Facebook page at: <https://www.facebook.com/USACGSC>

U.S. ARMY CHILD & YOUTH SERVICES | School Support Services

Fort Leavenworth Chapter
Female Mentoring and Morale Program Presents
"From Boots to Boardroom"
A conversation with Community Inc. President, Chief Executive Officer, & Board Director
Ms. Diankha Linear

Hosted by
BG Katherine A. Trombley, DCG, CAC USAR

Who: All Soldiers and Civilian Professionals are welcomed

When: Tuesday, 19 March 2024 @ 1530-1630 (CST) or virtually on Teams at <https://dod.teams.microsoft.us/channel/19%3adod%3a8bda616221ce4907a4f8f443e9b0748f%40thread.tacv2/General?groupId=e4b2c97-011b-4fa4-b6f0-e323b41d4896&tenantId=fae6d70f-954b-4811-92b6-0530d6b84c43>

Where: McHugh Training Center Auditorium, 415 McPherson Ave, Fort Leavenworth, KS

Why: To discuss skills, tips, & lessons learned to help be competitive and successful when transitioning from the military into Corporate America

Please RSVP NLT Monday, 18 March 2024 at https://einvitations.afit.edu/inv/anim_cfm?i=847734&k=DA65450E7853

RSVP link can be found via our Facebook page

Scholarship Opportunities

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

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

https://home.army.mil/leavenworth/application/files/7816/3284/5772/Fort_Leavenworth_SLO_Scholarship_List_September_2021.pdf

The Fort Leavenworth Lamp welcomes part-time volunteer REPORTERS and INTERNS!

Flexible schedule, great way to learn about the community and excellent opportunity to add content to a writer's professional portfolio. Experienced journalists preferred but training/mentorship provided if interested in learning the skills required. Apply for the Fort Leavenworth Garrison Public Affairs Assistant position on the Volunteer Information Management System at <https://vmis.armyfamilywebportal.com>. E-mail resumé and writing samples to ftlvpedit@gmail.com.

EXCHANGE™

Easter Egg Hunt

03.30.24

The hunt begins at 1:00 Don't Forget Your Basket!
Age Groups: 2-3, 4-5, & 6-10
Find the Golden Egg and win a very special Prize!
(In the event of adverse weather the Easter Egg Hunt will be rescheduled)

SKIES

April 5th @
The Pioneer Chapel
starting at 5:30pm
For more info call 913-684-3207

String Ensemble
Duet
Multiple Soloists!

Come out and support our young performers as we celebrate the Month of the Military Child! This FREE event is open to Family, Friends, and the Fort Leavenworth Community.

Music Recital

OPERATION DEPLOY YOUR DRESS
SPECIAL POP UP SHOP FOR
JROTC BALL & PROM

SATURDAY, MARCH 23 10AM-2PM
RM 106, BLDG 198, 600 THOMAS AVE, FT. LEAVENWORTH

****FREE dress with valid Military ID****

Operation Deploy Your Dress, a Fort Leavenworth Spouses' Club endeavor, is offering porch pick ups on post the following Mondays: March 18, April 8, April 22 and April 29. Send a message via Facebook or email ODYDFLSC@gmail.com to arrange a pick up.

BOSS PRESENTS MOVIE NIGHT

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

March 8 **Teenage Mutant Ninja Turtles: Shredder Attacks!** PG
March 22 **The Meg: The Trench** PG-13

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

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

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

COMMISSARY

HONORING YOUR SERVICE

VIETNAM MEMORIAL PINNING DAY

March 29, 2024
11:00 am

PAIR Day & Kid Fest

April 13 // 10AM - 2PM
Harney Sports Complex

Experience what Fort Leavenworth and the surrounding Kansas City area have to offer at PAIR Day (Post Activities Information & Registration). This is your one stop-shop for everything social, recreational, spiritual, and educational.

There will be informational tables, and lots and lots of FREEBIES!

In honor of Month of the Military Child, this event is a celebration for Military Kids!

This event will be filled with family friendly fun, with a DJ, CYS class demos and informational tables. And the best part it's all FREE!

For more info, call (913) 684-1734
Or scan the QR Code.

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

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

Residents living on-post are allowed to sell at their residence.

Service Members residing off-post, Retirees and DA Civilians can utilize the Old Bell Hall Parking Lot on a first come, first serve basis.

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

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

Pitch Hit & Run

Youth Sports and Fitness
Pitch, Hit & Run

April 19, 2024
5:00 pm - 7:00 pm
@ Doniphan Field #1

Pitch, Hit & Run
Baseball and Softball Divisions

7 - 8 yrs / 9 - 10 yrs / 11 - 12 yrs / 13 - 14 yrs
* Age cut-off set on November 15, 2024 *

Pitch, Hit, and Run Registration MUST be done online. Scan the QR code to register!

Parent volunteers needed!

FREE!
Official Skills Competition

For more information: (913) 684-7525 or 7526

* Parents/Guardians must provide proof of age with a valid record (such as birth certificate)

WANTED

Fort Leavenworth Sponsors
Civilians WG6/NAF4/GS-9
and Permanent Party Military MAJ's and Above

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

Please Contact:
Mr. David M. Bornn
(913) 684-7323
david.m.bornn.civ@army.mil

UNITED STATES DISCIPLINARY BARRACKS
BATTALION (CORRECTIONS)

Dining In

2024

19 APRIL @ 1700
RIVERFRONT COMMUNITY CENTER
125 S. Esplanade Street | Leavenworth, KS

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

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

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

Stronghold: Happy Bottoms Program

Powered by: Rapid Response Charities





Free Monthly Diaper Distribution
Email: contact@strongholdfoodpantry.org



More than a food pantry.

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.




More than a food pantry.



MARCH 2024



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

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

Please join us for a STRONGHOLD

BABY shower

honoring 25 amazing mom's to be!

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

Please RSVP Online.
strongholdfoodpantry.org

GIFTS CAN INCLUDE...

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




More than a food pantry.

“ I was **AMAZED** that an actual human being answered my call. I got the tax information I was looking for in less than five minutes. ”

★★★★★ – MilTax User

Got tax questions? We've got answers.




MilTax LIKE NO OTHER
FREE TAX SERVICES



Need to talk?
We're here to help.

safehelpline.org



20

WEDNESDAY, MARCH 20, 2024 AT 5:30 PM – 6:30 PM CDT

Guest Speaker Series: Gary Hyder presents "Native Americans and Fort Leavenworth"

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

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.

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 the day before class. Participants are encouraged to attend every class as each session will be different.

ACS Family Advocacy
New Parent Support Program

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

DAD'S NIGHT OUT

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

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

MILPARENTS ROCK: Rock Painting

April 5, 2PM - 4PM

Resiliency Center // 600 Thomas Ave.

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

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

Registration is required and can be done until March 29th.

Event is FREE and open to DoD ID card holders 2+.

For more info or to register call (913) 684-2808.

FORT LEAVENWORTH FMWR

CHILD AND YOUTH SERVICES

Parent Central and Outreach Services (913) 684-5138

Youth Sports and Fitness (913) 684-7525

SKIESUnlimited (913) 684-3207

ARMY COMMUNITY SERVICE

(913) 684-2800

EFMP, FAP, ERP, AER, MFLC And much more!

RECREATION

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

BUSINESS OPERATIONS

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

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

SHARP BOWLING TOURNAMENT @ 2 pm

FRIDAY APRIL 12th

\$20 PER 4-PERSON TEAM W/SHOES • 2 GAMES

Prizes awarded to 1st Place in each Flight

March 2024 Event Schedule

ARMY COMMUNITY SERVICE ACS
Real-Life Solutions for Successful Army Living

New Parent Support Program

- Stroller Walk: Tuesdays, 10:00am - 11:00am, Resiliency Center, Outside
- Play Morning: Thursdays, 9:00am - 10:00am & 10:00am - 11:00am, Resiliency Center
- Childbirth Class: March 4, 11, & 18, 5:00pm - 7:00pm, Resiliency Center, Room 157
- Dad's Night Out: March 20, 6:00pm - 8:00pm, Restaurant is TBD
- Mom's Night Out: March 27, 6:00pm - 8:00pm, Restaurant is TBD

Family Advocacy

- Scream Free Marriage & Parenting: March 6, 1:00pm - 2:30pm, Resiliency Center, Room 145
- Stress Management: March 14, 11:30am - 1:00pm, Resiliency Center, Room 145
- Navigating the Teen Years: March 19, 1:00pm - 2:30pm, Resiliency Center, Room 145
- Co-Parenting Workshop: March 21, 12:00pm - 1:30pm, Resiliency Center, Room 145

Employment Readiness Program

- Federal Employment: March 6, 12:00pm - 2:00pm, Resiliency Center, Room 157
- Resume Writing: March 20, 12:00pm - 2:00pm, Resiliency Center, Room 157

Bowl Your Socks Off
FREE Bowling Event to support World Down Syndrome Day
March 21, 5-7pm
Registration Required!

Exceptional Family Member Program

- EFMP Recreational Bowling for EFMP Members and their Families: March 2, 12:00pm - 2:00pm, Strike Zone Bowling Center
- EFMP Refreshing Conversations: March 7, 10:00am - 11:00am, Exchange Food Court
- Sensory Storytime: March 15, 10:00am - 11:00am, Combined Arms Research Library
- Empowering Families Lunch & Learn Workshop: March 21, 12:00pm - 1:00pm, Microsoft Teams

Survivor Outreach Services

- Knock Your Pin Off Bowling Social for Gold Star & Survivor Families: March 23, 1:00pm - 3:00pm, Strike Zone Bowling Center

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

Army Volunteer Corps

- Volunteer Basics: March 13, 12:00pm - 1:00pm, Resiliency Center, Room 157

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

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

Stroller Walk & Talk



Meeting at
The Resiliency Center
600 Thomas Ave
Every Tuesday Morning
March - May
Oct - Nov
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

ACS New Parent Support Prenatal Classes



Childbirth Classes:
Series of three classes:
January 8th, 22nd, 29th
March 4th, 11th, 18th
May 6th, 13th, 20th
July 15th, 22nd, 29th
September 16th, 23rd, 30th
November 4th, 18th, 25th

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

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

Free for Expectant Parents!

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

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

"Refreshing Conversations"


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

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

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

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

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



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

Moving with kids

April 18th
ACS Classroom
Office Bldg 198
10am-11:30am

Let ACS Relocation and Mobilization help you with some of the hard questions.

Emotions of moving
Getting your mind right
Helpful Resources
Positive Coping Skills
Talking to kids

For additional info please call 913-684-2800



Leavenworth.armymwr.com

ACS New Parent Support Potty Training

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



Are you ready?

Time to lose the diapers?

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

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

Empowering Families Lunch & Learn Workshop Series

12 - 1 pm via Microsoft Teams

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

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

Volunteer Recognition Ceremony

Shining a Light on our Volunteers!

April 16
Volunteer Check-In: 9:45AM - 10:15AM
Ceremony: 10:30AM - 12PM
Frontier Conference Center

Please join us in recognizing our amazing Fort Leavenworth Volunteers. We will be honoring our Volunteers, Volunteer Organizations, announcing the Volunteer of the Year, and unveiling the check our Volunteers helped us generate.

Registration is NOT required for the public.
For more info: (913) 684-2835

SCREAM FREE Marriage & Parenting

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

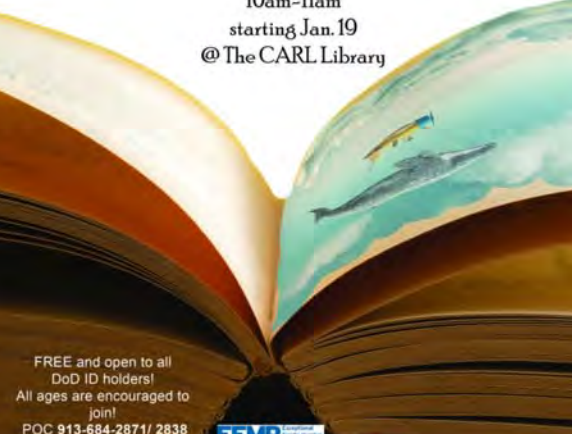
Feeling frustrated? Overwhelmed? Let us help you focus on staying both calm and connected with your loved ones. We'll work together to find the tools to revolutionize your relationship.

FREE
Open to all DOD ID holders 18+
Call to register (deadline is day before training)
913-684-2822 / 2808

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




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



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

OCONUS Levy Brief is cancelled on 12 MAR 24.

Thank you for your understanding and we look forward to seeing you at our next session on 19 MAR 24.

If you have any questions, please call 913-684-2800/2830



ACS

Real-Life Solutions for Successful Army Living

Update
As of: 19 October

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

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

We are sorry for the inconvenience.

Employment Readiness Program Classes

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



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



Federal Employment:
Jan 17* • Mar 6* • April 10*
May 8* • June 5* • July 10*
Aug 7* • Sept 11* • Oct 9* • Nov 6*
Evening Classes:
May 15 • Aug 7 - 5PM - 7PM
Registration required for evening classes



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

Scan QR Code for more info!

Classes are from 12PM - 2PM
Registration is required for evening classes only.
Open to DoD ID card holders.

For more info call: (913) 684-2800



Financial Readiness Milestone Training

Are you financially prepared for what life throws your way? Let us help! We offer free Financial Readiness Training on a variety of subjects.

Some of the topics we will discuss:

- Pre-Deployment
- Post-Deployment
- PCS
- Marriage
- Divorce
- Vesting in TSP
- Promotion
- First Child
- Continuation Pay
- Disabling sickness/injury/condition

Held monthly every 2nd & 4th Thursday @ 0900am - 1100am. Bldg 198 Room 157



INFO: 913-684-2832 / 2800



ACS Family Advocacy Program Presents:

ANGER MANAGEMENT

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

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

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

Childcare not provided.

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

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




ACS Employment Readiness Program Menu of Services

One-on-one appointments and workshops to assist with:

- Career exploration and planning
- Skills and personality assessments
- Education and skills attainment
- Civilian and Federal resume assistance
- Employer referral and job search assistance
- Interview skills and professionalism

For more information, contact the ACS Employment Readiness Program Specialist
913-684-2835/2800




DOMESTIC VIOLENCE EDUCATION AND SUPPORT GROUP

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

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

Where:
Resiliency Center
600 Thomas Ave
Room 145

FOR QUESTIONS CALL 913-683-2537





STRESS MANAGEMENT

Thursdays: Jan 18, Mar 14, May 16, July 18
1130 - 1300 brown bag lunch class.
ACS Conference Room 145

Registration Required must register by the day before the class you want to attend. Classes are for 18 and over.

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

To register or for more information, call (913) 684-2808/2800

Fort Leavenworth Career & Education Fair

2 April, 10 am to 2 pm
Frontier Conference Center

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

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

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

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

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




- Family Advocacy Program - Victim Advocacy Program

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

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

Safety Planning

Victim Advocacy Services

Education & Support Group




Join our ACS/FAP team for STORY TIME!

To be held in Room 145, 600 Thomas Ave

April 3, 2024 10:00 am

April 10, 2024 2:00 pm


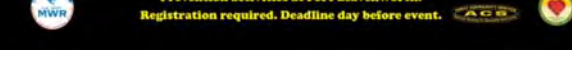
April 17, 2024 10:00 am

April 24, 2024 2:00 pm

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

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

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

BOSS soldiers

here's what's happening

"let your voice be heard"

updated monthly

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

Scan our QR code for more info!




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+




DG FUN & RELAXATION

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

POWERED BY DISCOVER, MWR

MAKE THE CONNECTION

Download on the App Store

GET IT ON Google play



NOW HIRING

Commissary Privileges* for all CYS Employees

COME WORK WITH CYS

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

APPLY NOW!
ArmyMWR.com/cyscareers

SCAN TO LEARN MORE




AVAILABLE NOW! Limited space... Make requests NOW!

WINTER CAMP offers have started! Do you need care?

School Out & Seasonal Camp Care Options

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

Winter Break Week 1
Mon. - Fri. 18 - 22 DEC 2023

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

Spring Break
Mon. - Fri. 11 - 15 MARCH 2024

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

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

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



Intramural Volleyball League

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

Coaches Meeting: Thurs. March 21 at 5:30PM at Oruber Fitness Center.
 Team Rosters and/or Letters of Intent due COB Wed. March 27.

This is a co-ed league.
 Open to Active Duty, DoD Civilians, Retirees, Dependents, Spouses, and Contractors working at Fort Leavenworth ages 18 and older.

League awards given for regular season champions, tournament runner ups, and tournament champions.
 Info: 913-684-3224/684-5136



Spring Intramural league

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

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

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

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

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



PRIZES | CONTESTS | FOOD | FUN

Trails West Member Appreciation Golf Tournament

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

FREE and open to all Greens Fees Pass Holders!
 Includes: greens, cart, range, meal, & scoring post event Hole and flight prizes. Registration ends March 21st.
 Info: (913) 651-7176



Sunday Spouse Special at the Golf Course



Mar 17 2024, 12 pm - 6 pm

Every Sunday beginning at 12PM, Spouses of Active Duty service members get to play for FREE when they are accompanied by their spouse! Cart fees do apply, walking is allowed.

Family Day at the Golf Course



Mar 18 2024, 7:30 am - 7 pm

Every Monday, military kids get to play for FREE when they are accompanied by an adult.

Lucky Leprechaun


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

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



JOKER'S SCRAMBLE

APRIL 6 // 9AM SHOTGUN START
 TRAILS WEST GOLF COURSE



This 4-person scramble features tricks and challenges not often seen on a golf course!
 \$50 Members // \$60 Non-Members
 Last day to register is April 3.
 Fees include, tournament, greens, cart, range balls, April Fool's Buffet, and beverage.
 Flight and hole prizes!
 Info: (913) 651-7176

Enlisted Week at the Golf Course



Apr 1 2024 - Apr 7 2024

From the 1st - 7th of every month, Active Duty Enlisted Soldiers get to play for FREE at Trails West Golf Course!

Monday - Friday // Anytime

Saturday - Sunday // Anytime after 1PM

Golf cart not included, walkers are welcome!

FUN SHOOT

Brunner Range
 1st Saturday of the Month

Jan 6 - Dec 7 2024
 Feb 3, Mar 2, Apr 6, May 4, Jun 1, Jul 6, Aug 3, Sep 7, Oct 5, Nov 2,
 Registration is required and can be done the day of the event from 9AM-10:30AM.

Space is limited so register early.
 Rental guns and shells are available or bring your own.
 Prizes and awards distributed at the end of each shoot.
 Info: (913) 651-8132
 701 Sheridan Drive



Brunner Range 2024 LEAGUE SCHEDULE

Winter Combo
 4 January - 7 March

Spring Combo
 21 March - 23 May

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

Fall Combo
 5 September - 7 November

Winter Warm-up
 14 November - 19 December

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



New Season New Hours!

Fairway Grille will be OPEN on Saturdays beginning April 6th and will be CLOSED on Mondays beginning April 8th.

Updated hours:
 Tues - Fri: 11AM - 1:30PM
 Sat: 10:30AM - 3PM
 Info: (913) 651-7176



Strike Zone Bowling Center's

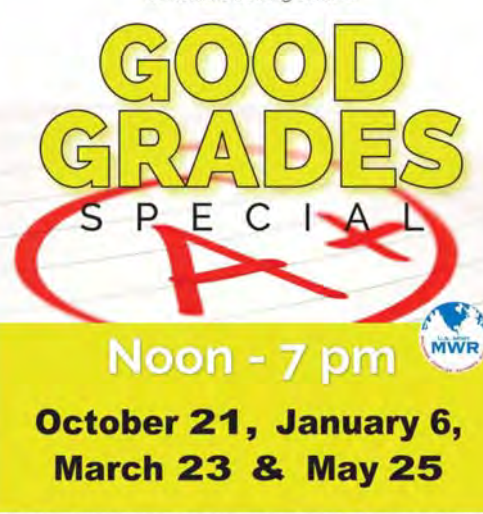
GOOD GRADES SPECIAL

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 - 185 Fourth Street - (913) 651-2195
<https://leavenworth.armymwr.com>




STRIKE ZONE Birthday Packages

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

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

Party Enhancements
 Birthday Pins \$20
 Call us today to book your party! 913-651-2195



Clean Paws Pet Wash

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



Info: (913) 651-7176

Cosmic Bowling at the Strike Zone

Every Saturday Night
 \$12 all you can bowl for 2 hours includes shoe rental

Info: (913) 651-2195
Leavenworth.armymwr.com



Starting Monday January 8th, 2024

Fort Leavenworth Group Fitness Classes

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

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

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

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

*Power Cut classes are held in the Bubble Gym

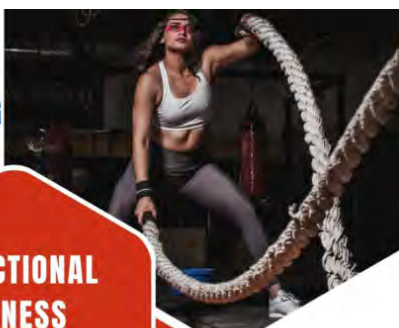


Single Ticket For \$5.00
10 Tickets For \$45.00
20 Tickets For \$80.00



<https://leavenworth.armymwr.com>

918 WEIGHTLIFTING



FUNCTIONAL FITNESS CLASSES

CLASSES

Monday - Friday
9:00-10:15am
Harney Gym
185 Fourth Street
Fort Leavenworth, KS



ABOUT

Classes are designed to increase strength, power, speed, agility, and aerobic capacity by Olympic lifting, weight lifting, gymnastics, and plyometrics. This class is ideal for beginners and elite. Get healthier, get stronger, live longer. Enjoy professional programming in a supportive, encouraging environment.



PRICING

Monthly rates
3x week \$75
5x week \$85
Drop in \$10

CONTACT

For more info:
949-291-0386



Discover Fort Leavenworth's Fitness Facilities

Harney Sports Complex and Aquatics Center
185 Fourth St.
913-664-2190
M-F 0500-1800
Sat-Sun 0800-1700

Gruber Fitness Center
200 Reynolds Ave
913-664-5120
M-F 0500-1800
Sat-Sun 0800-1700

YOU'RE JUST A CLICK AWAY FROM A HEALTHIER YOU!

Adult Sports & Fitness



Scan Here for current information about adult intramural sports, pool hours, eligibility, how to register for 24/7 access, and special programs!

Group Fitness



Scan Here for current fitness classes, schedules, fees, and eligibility. FREE for Active Duty!

DECIDE TO COMMIT TO SUCCESS

leavenworth.armymwr.com

WE OFFER 24/7 Gym Access (After registration)

LET'S GO!

JANUARY 1ST- MARCH 31ST AFWC NEW YEAR Challenge

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

OPEN TO ALL FORT LEAVENWORTH

(913)758-3403

patricia.g.allen9.ctr@health.mil

PICKLEBALL LEAGUE!



3 weeks of play

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

Sign up here:



Contact 913-292-4994 for more information



ARMY COMMUNITY SERVICE LOAN CLOSET

FORT LEAVENWORTH, KANSAS
913-684-2830/2800

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

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

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

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

Items available:

Pre-Packed Kitchen Kit:

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

Additional Items Available:

- Cheese Graters
- Pizza Cutters
- Spaghetti Servers
- Tongs
- Whisks
- Glass Baking Dishes-Rectangle
- Glass Baking Dishes-Circle
- Muffin Pans
- Hand Mixers
- Plates
- Bowls
- Coffee Cups
- Blenders
- Coffee Makers
- Crock Pots
- Toasters
- Rice Cookers
- Microwaves
- Square Tables
- Circle Tables
- Folding Chairs
- Laundry Baskets
- Irons
- Ironing Boards
- Trash Cans
- Air Fryers
- Indoor Grills

Operation Prevention Community Brief

April 11th

11am - 12:30pm

Post Theater

375 Grant

For more info call
913-684-2808/ 2800

Child Abuse

in Preventing

is the First Step

Knowledge

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

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



EXCHANGE YOUR MADE TO THE GRADE you get the REWARDS!

\$20 REWARDS!

Straight A students

\$10 REWARDS!

Average B students

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

See an Associate for details and entry forms.



FORT LEAVENWORTH LEISURE TRAVEL SERVICES TOP TICKETS

Disneyland Military Salute Offer 2024:

3 DAY Park Hopper

Our Price \$268.50 W/Genie \$357.75

4 DAY Park Hopper

Our Price \$314.25 W/Genie \$433.00

Disney World Military Salute Offer 2024:

4 DAY Park Hopper

Our Price \$365.00...W/Water Park and Sports Center \$395.00

5 DAY Park Hopper

Our Price \$385.00...W/Water Park and Sports Center \$415.00

6 DAY Park Hopper

Our Price \$399.75...W/Water Park and Sports Center \$435.00

Universal Orlando Military Freedom Offer 2024:

2 Park Freedom Pass

Adult \$210.00 and Child age 3-9 \$205.00

3 Park Freedom Pass

Adult \$245.00 and Child age 3-9 \$240.00

Universal Hollywood:

1 Day General Admission

Adult and Child 3+ \$112.00

Go City Go Card:

Sightsee and save with a Go Card! Discover the best attractions, tours and experiences, all on one pass. Worldwide: Austria-Vienna, UAE-Dubai, Mexico-Cancun, and Italy-Rome

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

Leisure Travel Services
310 McPherson, Bldg 464
(913) 684-2580
leavenworth.armymwr.com



GET YOUR TICKETS NOW AT FORT LEAVENWORTH LEISURE TRAVEL SERVICES!

310 McPherson Ave, Bldg 464

913-684-2141

Saturday 6 APRIL @ 2PM

\$36 or \$56

Tickets Must Be Purchased By 27 March

Event Takes Place At The T-Mobile Center

We have KC Royals Tickets for the 2024 season!

Exclusive Military Rate for tickets and parking.

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



For more info call, or stop by Leisure Travel Services.
(913) 684-2580

310 McPherson Ave (located inside the old USDB)
Or check out our website, leavenworth.armymwr.com

2024 Worlds of Fun/Oceans of Fun Gold Season Pass

Available Now @ Fort Leavenworth Leisure Travel Services

\$94.50



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



The International Military Student Division cordially invite to...

Know Your World Guyana

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

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



March & April Craft Workshops

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



Call now to register!
913-684-3373



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

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



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



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

Cost includes all supplies!

Kids Crafts

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

Kids Messy Art

\$12

Thursdays (ages 7+)
March 21, April 18
10:30am - 11:30am

Fridays (ages 4 - 6)
March 22, April 12
10:30am - 11:30am
12:30pm - 1:30pm




Come see what's new at the Studio!



leavenworth.armymwr.com

March & April Watercolor

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



Call now to register!
913-684-3373



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

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

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

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

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

Pottery Studio (Coming Soon!)

Calligraphy

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




Reoccurring Classes
MUST PRE-REGISTER

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

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

Come see what's new at the Studio!



leavenworth.armymwr.com

March 2024


The CARL's Community Events Calendar

The Ike Skelton Combined Arms Research Library
913-758-3001

follow us on Facebook: @CombinedArmsResearchLibrary

*Activities are subject to change

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



Event Space: \$225

Small Snack Package*: \$6 per kid includes drink, hot and cold popcorn, candy

Large Snack Package*: \$8 per kid includes drink, hot and cold popcorn, candy

Minimum of 10

Call 913-684-2736 to book your party


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|--------|---------|-----------|----------|--------|----------|
| 1 | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Closed Sundays | | | | | 8 | 9 |
| | 10 | 11 | 12 | 13 | 14 | 16 |
| | | | | 14 | 15 | 16 |
| | | | | 15 | 16 | 17 |
| | | | | | 22 | 23 |
| | | | | | 22 | 23 |
| | | | | | 29 | 30 |
| | | | | | 29 | 30 |


Find all of your favorite online resources in our new website:
<https://army.dodmwrlibraries.org>

ARMY MWR LIBRARY ONLINE RESOURCES

ON THE MOVE

AS OF OCTOBER 1, 2023





Your Opinion Matters!

U.S. ARMY

TENANT SATISFACTION SURVEY

04 March 2024 – 18 April, 2024

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

Your Army Wants to Hear from You!

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

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

OMB Control Number: 0704-0553 OMB Expiration date: 05/31/2025

WOMEN VETERANS PACT Act-SERVICE Act and HEALTH RESOURCE FAIR

Saturday, May 4, 2024 0930-1230

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

NO APPOINTMENT NEEDED

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

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

For more information:

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

*screenings may be done for enrolled veterans



CALLING ALL MILITARY SPOUSES!

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

HOW DO I TAKE THE 2024 SURVEY?

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

World Leaders in Wartime: King Henry II

Ft. Leavenworth Series

April 3 @ 3:00 pm - 4:15 pm Hybrid Event



THE FORT LEAVENWORTH SERIES


KING HENRY II
WORLD LEADERS IN WARTIME

JOHN HOSLER
Associate Professor of Military History,
U.S. Army Command and General Staff College

U.S. ARMY

It's almost time for the FY24 Army Housing's Annual Tenant Satisfaction Survey. Are YOU In?

Opt-In from your cell phone now to receive your Survey via text message when it becomes available in March*



The survey is being conducted online and is being administered through a third party, CEL & Associates, Inc. (CEL). All households living in privatized or government managed Army Housing are invited to participate in the survey, and this is your opportunity to provide feedback on your housing and community. Households will also receive the survey via email but only one survey per household can be submitted. All surveys submitted are confidential and anonymous. For more information contact your Housing Office or management office for privatized housing.

OMB CONTROL NUMBER: 0704-0553 OMB EXPIRATION DATE: 05/31/2025

FULFILLING OUR NATION'S PROMISE BROWNBAG LUNCHEON

THURSDAY MARCH 21, 2024

Students, Faculty and Staff are invited from 1230 -1330 to listen to Ms. Fern Sumpter Winbush, Defense POW/MIA Accounting Agency Principal Deputy Director, explain how the Defense Department is working to recover and identify missing personnel from past conflicts.

 Lewis and Clark Building
RM 1103/1104

DEFENSE POW/MIA ACCOUNTING AGENCY

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
3 May 2024, Friday: 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



THE SPOUSE TOOLKIT

AER

The Spouse Toolkit
8 Ways AER Supports Army Spouses

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



MUNSON NOTES

Dental Assistants Week



Photo by Munson Army Health Center Public Affairs

In honor of Dental Assistant Week, join Smith Dental Clinic in offering special thanks to dental assistants Leo Keller, Tina Gardner, Connie Stubbs and Pfc. Richeal Damoah from Smith Dental Clinic. Dental assistants provide patient care, take X-rays, keep records and schedule appointments.

BRAIN INJURY AWARENESS

BE A BRAIN WARRIOR
PROTECT • TREAT • OPTIMIZE

HEAD INJURY?
Seek medical help if you have these warning signs:

HEARING

- Dizziness
- Ringing, buzzing, or other sounds in your ears or head
- Trouble understanding speech in noisy environments

VISION

- Dizziness
- Blurry or double vision
- Trouble reading
- Flashes and/or floaters

DHA
Defense Health Agency

health.mil/BIAMonth

BEYOND THE TABLE

2024 NATIONAL NUTRITION MONTH

A CAMPAIGN BY

THE ACADEMY OF NUTRITION AND DIETETICS

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.

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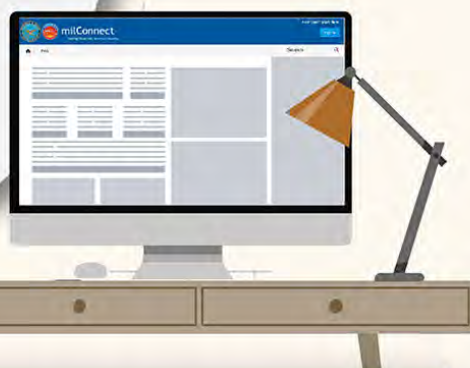


Don't Delay – Update DEERS Today!

Check and make sure your DEERS information is correct.

If your information is **NOT** updated in DEERS:

- You can lose access to your medical benefits
- Your healthcare team and TRICARE may be unable to reach you with critical healthcare, authorization, claims, and enrollment information



Update DEERS immediately if you experience any of the following:

- | | |
|--|--|
| <input checked="" type="checkbox"/> Move | <input checked="" type="checkbox"/> Change in a student's full-time enrollment status |
| <input checked="" type="checkbox"/> Marriage or divorce | <input checked="" type="checkbox"/> Become eligible for Medicare |
| <input checked="" type="checkbox"/> Change in sponsor's status (e.g. retirement or separation, activation or deactivation, change in service status) | <input checked="" type="checkbox"/> Death of sponsor or family member |
| <input checked="" type="checkbox"/> New birth or adoption | <input checked="" type="checkbox"/> Change of contact information (e.g. email address, phone number) |

Learn how to update DEERS at:
<http://www.TRICARE.mil/DEERS>

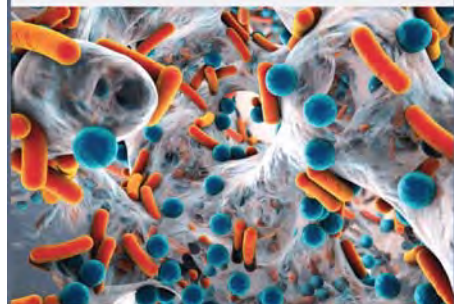


REASONS TO CONNECT WITH 988

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

988 SUICIDE & CRISIS LIFELINE

FIGHT ANTIBIOTIC RESISTANCE



only use antibiotics as prescribed

PRODUCED BY THE DEFENSE HEALTH AGENCY