

Resiliency training offers tools to help learn, grow, thrive

by Prudence Siebert/Editor

The Exceptional Family Member Program and the R2 (Ready and Resilient) Performance Center have teamed up to offer resiliency training to the community, with the first class of the four-part program kicking off Sept. 17 at the Resiliency Center.

Instructor Joe Stonecypher, R2 performance expert, said resiliency involves being able to handle and fight through adversity, as well as being able to learn and grow from a setback in order to thrive.

“I think so many people think, ‘Oh, it’s about bouncing back to normal.’ No, it’s about how can you roll with what is happening and come out the other side, maybe bruised, but stronger,” he said. “How can you learn from setback? How can you take lessons from things? Life is going to happen, but you need to be able to take those calculated risks. You need to be able to have that confidence, and I think, ultimately, the training is about how you provide people with the skills that they need in order to be able to bounce back from those setbacks, being able to learn, grow and thrive.”

EFMP Systems Navigator Ursula Chapman said EFMP sponsored the training to support EFMP families, but that the sessions are open to all members of the community.

“I think resiliency is applicable to everyone,” she said, noting that she believes resiliency applies to every person of every age, gender and stage in life. “EFMP sponsored (the training) because the (EFMP) population is working with a family member who has unique medical needs or unique educational needs... They cope with all of the things we all do daily, but there is an added layer.”

Chapman added that resiliency involves daily coping skills, including self-regulation of emotions, and



Photo by Prudence Siebert/Fort Leavenworth Lamp

R2 (Ready and Resilient) Performance Expert Joe Stonecypher talks with Exceptional Family Member Program Systems Navigator Ursula Chapman during the first session of a four-part EFMP-sponsored resiliency program Sept. 17 at the Resiliency Center. The training continues at 5 p.m. Oct. 15 in room 157 of the Resiliency Center, followed by two more sessions Nov. 19 and Jan. 21. Each class builds on the last session, but anyone interested can drop in on one or all of the sessions. The training is geared toward adults and teenagers 14 and older. To register or for more information, call 520-684-3838 or 520-692-6363.

“The training is about how you provide people with the **SKILLS** that they need in order to **BOUNCE BACK** from those setbacks, being able to **LEARN, GROW** and **THRIVE.**”

— Joe Stonecypher
R2 Performance Expert

sometimes EFMP families have children or other members who are not able to self-regulate, which can add stressors and challenges.

The first session of the training introduced the concept of “detecting ice-

bergs” — recognizing how underlying beliefs can affect a person’s emotions and responses. Chapman gave a few examples, including how parents who might feel they need to do everything for their exceptional family member could make that family member feel he/she can’t do things on his/her own. Conversely, the parent might go to the other extreme of not believing in the diagnosis, expecting him/her to “buck up” and denying that family member resources.

Program attendee Sgt. Anthony Santos, resource manager with the Religious Support Office, said he took advantage of the training for multiple reasons.

“I do have a family member that has a chronic illness, so I was thinking, when I saw that (flyer), ... this might be resilience for myself, how to get up, keep going with this person, with the challenge, because sometimes it is hard, it’s very hard,”

SEE **RESILIENCY TRAINING** | **A5**

Call for Halloween Pet Costume Photo Contest entries

by Staff Report

Does your dachshund look adorable waddling around dressed as a hot dog?

Is your precious pug a real stinker in a skunk costume?

Does your cat in a hat crack you up?

Reader submissions are being sought for the *Fort Leavenworth Lamp’s* 2025 Halloween Pet Photo Contest, conducted in conjunction with the Fort Leavenworth Stray Facility.

Share the joy of your furry family members by sending photos of your pets decked out for holiday to ftvlampeditor@gmail.com.

Whatever type of pet you have — dog, cat, horse, goat, ferret, guinea pig, bearded dragon, you name it — and whatever costume you choose, the *Fort Leavenworth Lamp* wants to see your images and share the fun connection you have with your pet with the community.

Photo contest categories will be based on the variety of entries, but could include any/all of the following:

- Dogs
- Cats
- Other types of pets
- Scary
- Sweet/Adorable
- Hilarious
- Patriotic
- Owner Look-Alike
- Furry Family Theme

E-mail full-size, unaltered photo files to ftvlampeditor@gmail.com by Nov. 2, 2025. Photos must have been taken in 2025.

Enter as many images as you want; there is no limit.

Include the photographer’s name and e-mail address, as well as the name of the pet, type/breed of the pet, and the name of the pet’s owner, if different from the photographer.

Feel free to include any special qualities or quirks about your pet that might help sway the judges.

Entries will be posted as they come in at <https://www.facebook.com/FortLeavenworthStrayFacility/> where viewers can vote for their favorites. Winners will be chosen by the responses they receive on Facebook, as well as at the discretion of the *Fort Leavenworth Lamp* staff.

Winning entries will be published in the Nov. 6, 2025, issue of the *Fort Leavenworth Lamp*, as well as announced on the FLSF’s Facebook page.

Editor’s Note: Please respect the health, well-being and personal wishes of your pet if they do not want to participate.



Copyright © Prudence Siebert/Personal Photo

Entries are being accepted through Nov. 2 for the Halloween Pet Costume Photo Contest. Entries will be posted at <https://www.facebook.com/FortLeavenworthStrayFacility/>, and winning photos will run in the Nov. 6 issue of the *Fort Leavenworth Lamp*.

AT A GLANCE

■ The community is invited to attend the **ROSH HASHANAH JEWISH CELEBRATION** at noon Sept. 25 at Pioneer Chapel. Contact unit chaplains or the Religious Support Office at 913-684-2210 for more information.

■ The Rod and Gun Club’s **FALL KIDS’ FISHING DERBY** is 9-11 a.m., with registration starting at 8 a.m., Sept. 27 at Merritt Lake.

■ The Fort Leavenworth Hunt/Family and Morale, Welfare and Recreation **HORSE SHOW** is 8 a.m. to 4 p.m. Sept. 28 at Wainright Riding Complex. To enter or for more information, visit <https://leavenworth.armymwr.com/view-event/fort-leavenworth-horse-show/6978960/102248>.

■ Army Community Service and the New Parent Support Program offer **WIGGLES AND GIGGLES** at 10 a.m. Fridays for children 3-12 months old in the ACS playroom in the Resiliency Center. Call 913-297-3212 for more information.

■ **DOMESTIC VIOLENCE AWARENESS MONTH** kicks off with a proclamation signing at 1:30 p.m. Oct. 2 at the Resiliency Center. See page B2

for the DVAM schedule of events and educational offerings. Check the FMWR Facebook page for updates.

■ The next round of **ANGER MANAGEMENT COURSE** classes begins Oct. 2. The classes are 1:30-3 p.m. at the Resiliency Center. Call 913-684-2800/2808 for more information.

■ The **FORT LEAVENWORTH FIRE DEPARTMENT OPEN HOUSE** is at 4 p.m. Oct. 9 at Station No. 2, 295 Biddle Blvd.

■ The **INTRAMURAL SPORTS DOUBLES PICKLEBALL LEAGUE** players’ meeting is at 5:30 p.m. Oct. 15 at Gruber Fitness Center. League play begins Nov. 5. Call 913-684-3224/5136 for more information.

■ The Fort Leavenworth Natural Resources Division advises drivers to stay alert to **AVOID COLLISIONS WITH DEER**. Deer are typically on the move in early morning when commuters are driving to work and taking children to school. Slow down in wooded and rural areas, use high beams when possible, and pay attention to deer crossing signs that show where deer are likely to be.

Soldiers create original songs to spread hope, prevent suicide

by Cynthia Bell/Directorate of Prevention, Resilience and Readiness

A new Prevention Music Initiative offers a modern, creative way to reach soldiers and families with messages of suicide prevention.

The initiative’s collaborators include Sgt. 1st Class Todd Freeman from the U.S. Army Civil Affairs and Psychological Operations Command; Sgt. Maj. Ruben Murillo, senior enlisted advisor to the Directorate of Prevention, Resilience and Readiness; and the U.S. Army Field Band and Army band musicians.

Freeman has made it his mission to support Suicide Prevention Program initiatives as a songwriter. After he lost a friend to suicide at a young age, he vowed to help people struggling through hardship.

Freeman’s shift from supporting the Army band to the Suicide Prevention Program is helping him to fulfill that goal. His role includes supporting units and Army families with suicide prevention training, resources and postvention (support following a suicide) assistance.

“I got into songwriting and loved the ability to convey messages with music and realized that this was something that would work for the Suicide Prevention Program,” he said.

Freeman was inspired to write a seven-part music series that shares a complex and deeply human story about soldiers’ mental health struggles. The songs chart an emotional journey from despair to hope, isolation to connection and help-seeking, and vulnerability to renewal.

He said the lyrics are based on interviews with battle buddies who have post-traumatic stress and sought therapy, his personal discussions with other soldiers, and feedback during interventions. Freeman, the musicians and other collaborators went on to compose music with messages that aim to heal members of the Army community.

The Prevention Music Initiative (PMI) is an Army comprehensive public health approach to preventing suicide and other harmful behaviors highlighted in Sgt. Maj. of the Army Michael R. Weimer’s January 2024 testimony before the House Armed Services Committee Quality of Life Panel. The initiative complements numerous resources already available to Army leaders (<https://www.armyresilience.army.mil/suicide-prevention/pages/leaderResources.html>) as they actively engage units in suicide prevention. The new songs and videos can be incorporated into annual

Hold On

Recorded by: TRADOC School of Music
Lead Vocalist: SGT James Motz

★ U.S. ARMY

Play Lyric Video | Lyric Sheet

Silent Battles

Recorded by: 282nd Army Band
Lead Vocalist: SSG Benjamin Garnett

★ U.S. ARMY

Play Lyric Video | Lyric Sheet

You’re Worth It

Recorded by: U.S. Army Field Band
Lead Vocalist: SFC Kyra Dorn

★ U.S. ARMY

Play Lyric Video | Watch Performance | Lyric Sheet

Therapy

Recorded by: 338th Army Band

★ U.S. ARMY

Play Lyric Video | Lyric Sheet

Screenshot from <https://www.armyresilience.army.mil/suicide-prevention/pages/video-gallery.html>

Prevention Music Initiative is a modern, creative way the project’s collaborators hope to reach soldiers and families with messages of suicide prevention. Find the seven-song series and more information on the Prevention Music Initiative at <https://www.armyresilience.army.mil/suicide-prevention/pages/video-gallery.html>.

and ad-hoc prevention training and organizational activities in order to pave the way for open discussion, sharing and support among teammates and battle buddies.

“Senior leaders are uniquely positioned to shape the climate in which soldiers trust leadership,” said Renee Johnson, Suicide Prevention Program manager.

Simply put, they can help soldiers feel seen, heard and supported. In sharing these songs, leaders can emphasize soldier and family readiness, individual grit and the power of positive change. The songs’ meanings highlight the incredible resilience of Army community members to thrive and grow through challenges. DPRR’s evidence-based policies and programs to prevent and respond to suicide are being integrated during Suicide Prevention Month and year-round.

Novel initiatives like PMI can reduce stigma and encourage help-seeking, foster communities of care and promote essential resources such as the 988 (+1) Crisis Line, Military OneSource and Telemynd. Ready and resilient

Army communities can elevate the voices of soldiers and families to overcome hardship, encourage effective leadership and build caring connections. The next phase of the initiative will involve music industry contacts including the 81st Readiness Division’s Chief Warrant Officer 3 Billy Green and Chief Warrant Officer 1 Craig Greer, who is also known as country music artist Craig Morgan.

Together they will refine the songs and disseminate the powerful messages. They aim to upload the series directly to consumer platforms such as Amazon Music, Apple Music and Spotify and hope to film a documentary to share prevention messages to broader audiences. Find the seven-song series and more information on the Prevention Music Initiative on DPRR’s website at <https://www.armyresilience.army.mil/suicide-prevention/pages/video-gallery.html> or YouTube at <https://www.youtube.com/watch?v=G-bDR9FmBuA&list=PLFUYcvcfORaGKx-Mg9Liv2u44dnk3wR6j&index=3>.

WE ARE STRONGER TOGETHER

CONNECT TO PROTECT

SEPTEMBER IS SUICIDE PREVENTION MONTH

★ U.S. ARMY

988 | SUICIDE & CRISIS LIFELINE
Military/Veterans Press 1

www.armyresilience.army.mil

FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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

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

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

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

The *Fort Leavenworth Lamp* editorial office is in Room 221G, 290 Grant Ave., Fort Leavenworth, Kan., phone number 913-684-LAMP/5267. For submission information, contact the command information officer at 913-684-1718, or e-mail the editor at flvlampeditor@gmail.com.

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

Brig. Gen. Jeremy S. Wilson

Col. Todd Sunday

Scott Gibson

George Marcec

Interim Commanding General

Garrison Commander

Public Affairs Officer

Command Information Officer

Fort Leavenworth Lamp Staff

Prudence Siebert

Emilio Gutierrez

Editor

flvlampeditor@gmail.com

Intern

FMWR Advertising Staff

Mary Manago

Marketing Director

mary.f.manago.naf@army.mil, 913-684-1702

MAHC, VA collaborate to enhance healthcare, strengthen readiness

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

Leaders at Munson Army Health Center welcomed team members from the Topeka-based Veterans Affairs Eastern Kansas Health Care System and Leavenworth's Dwight D. Eisenhower VA Medical Center to Fort Leavenworth Sept. 17.

The purpose of the meeting was to explore partnership opportunities aimed at enhancing health-care delivery for military personnel and veterans, and training opportunities for MAHC soldiers in medical career fields. The meeting fostered open dialogue and planning, modeled upon existing partnerships within the Defense Health Agency and Department of Veterans Affairs.

The visit underscored the commitment between MAHC and the VA to leverage resources and expertise to better serve their respective patient populations.

"Discussions centered on identifying areas where we have the opportunity to collaborate and what the process will be to get us there," said Lt. Col. Scott Reynoldson, deputy commander for Administration at MAHC. "By working together, we can leverage the strengths of both the Munson and our local VA systems to address the unique healthcare needs of our beneficiaries, enhance overall readiness and ensure our military providers are able to expand their skill sets."



Photo by Maria Christina Yager/Munson Army Health Center Public Affairs

Veterans Affairs Eastern Kansas Health Care System Assistant Director Dominique Henderson and Health System Specialist to the Assistant Director Robert Ayala speak with Munson Army Health Center Chief of Business Operations Division Toni McCall, Deputy Commander for Administration Lt. Col. Scott Reynoldson and Deputy Commander for Clinical Services Dr. (Lt. Col.) Reginald Trevino after touring clinical spaces Sept. 17 at Munson Army Health Center. MAHC and VA staff also looked at specialized services and equipment that could be shared to reduce redundancy and optimize resource utilization across both organizations.

MAHC and VA staff also looked at specialized services, equipment, and facilities that could be shared to reduce redundancy and optimize resource utilization across both organizations.

The opportunity for military providers at

MAHC to conduct rotations at the VA would allow the soldiers who work at MAHC to see more complex cases to enhance medical skills they might need to assist in combat operations.

The VA delegation ex-

pressed interest in helping service members with a seamless transition to civilian life and accessing VA healthcare.

"We are committed to building strong partnerships with our DoD counterparts and ultimately

provide a more integrated and comprehensive health-care experience for our veterans," said Dominique Henderson, VA Eastern Kansas Health Care System assistant director.

Following the initial meeting, MAHC and VA

leaders plan to establish working groups to further explore specific partnership opportunities and develop the way forward. The next meeting is scheduled for October.

Red Cross volunteer completes dental assistant training

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

Munson Army Health Center's Smith Dental Clinic celebrated the graduation of American Red Cross volunteer Rhonda Sherman, who successfully completed the Red Cross Dental Assistant Training Program Sept. 17.

The Red Cross Dental Assistant Training Program provides free vocational training to military spouses, retirees and family members who hold a valid military ID at participating military installations. Graduates leave the program with the skills to assist in procedures, take dental X-rays and support a variety of clinical needs.

"I had no prior experience in the dental field, but I've always been fascinated by teeth," Sherman said. "This program gave me the chance to learn from the ground up. I loved the training, especially being able to support soldiers with their dental care. It's challenging, but the reward of helping others makes it all worth it."

Jason Ramlow, regional program director, Service to the Armed Forces and International Services, American Red Cross of Missouri and Arkansas, attended the graduation. Part of his duties is supporting the dental assistant programs at Fort Leavenworth and Fort Leonard Wood, Missouri.

"This is a fabulous program and a great partnership with the Smith Dental Clinic and Munson Army Health Center here at Fort Leavenworth," Ramlow said. "The dental staff provides the instruction, and the Red Cross helps with student selection, support during the program and verifying completion. Programs like this exist not only across military installations in the United States, but also overseas, offering military spouses and retirees valuable career training while strengthening dental clinics' ability to provide world-class care."

Sherman began the program at Smith



American Red Cross volunteer Rhonda Sherman successfully completed the Red Cross Dental Assistant Training Program Sept. 17 at Munson Army Health Center's Smith Dental Clinic.

The program provides free vocational training to military spouses, retirees and family members who hold a valid military ID at participating military installations. Graduates leave the program with the skills to assist in procedures, take dental X-rays and support a variety of clinical needs.

Photo by Maria Christina Yager/Munson Army Health Center Public Affairs

Dental Clinic in February, dedicating more than 1,000 hours to hands-on training alongside Army dental professionals. Her training included traditional coursework before moving into hands-on instruction. During the graduation ceremony, she received certificates of completion and was honored with a small celebration hosted by the Smith Dental Clinic team.

"It was a pretty involved program — about 40-hour work weeks of study and

lecture and studying instruments," said Capt. Kyle Wilson, a dentist assigned to Smith Dental Clinic who oversaw the dental aspect of Sherman's training. "She learned all of it, and then the rest of her training time was chairside learning from our other assistants and our doctors. She is going to be an excellent dental assistant."

Sherman said the program was demanding but fulfilling.

"It's a big commitment — 1,000 hours

over several months — but I would encourage any military spouse or retiree interested in dental care to give it a shot," she said. "I'm so grateful to Munson Army Health Center, the Smith Dental Clinic staff, and the Red Cross for making this opportunity possible."

Ramlow and clinic staff hope to begin another dental assistant training rotation after the new year.

FLFHC employees tackle tasks in community for Day of Service



Photo by Hannah Adams/Fort Leavenworth Frontier Heritage Communities

ABOVE: Fort Leavenworth Frontier Heritage Communities Maintenance Technicians John Rasdall and Buddy Cole prepare doors and kennels for painting during FLFHC’s Day of Service Sept. 19 at HOPE Pet Rescue in Leavenworth. FLFHC employees also pitched in at the Leavenworth County Humane Society, First Judicial District CASA Association and Leavenworth Mission Food Pantry, painting walls and kennel floors, repairing trucks, organizing supplies and helping refresh community spaces to help the organizations in their missions to serve the community.

RIGHT: Fort Leavenworth Frontier Heritage Communities Resident Specialist Kim Hildring runs a drill while making balance boards and enrichment toys for dogs with Angela Moppin, FLFHC resident engagement specialist, and Jim Russell, FLFHC maintenance technician, during FLFHC’s Day of Service Sept. 19 at Leavenworth County Humane Society in Lansing, Kansas.

Photo by Leigh Brown/Fort Leavenworth Frontier Heritage Communities



Photo by Hannah Adams/Fort Leavenworth Frontier Heritage Communities

ABOVE: Fort Leavenworth Frontier Heritage Communities Service Representatives Bailey Graham and Hope Roberts paint a kennel at HOPE Pet Rescue during FLFHC’s Day of Service Sept. 19 in Leavenworth.

LEFT: Fort Leavenworth Frontier Heritage Communities Maintenance Technician Ruben Cruz-Torres helps clean up at the Leavenworth Mission Food Pantry during the FLFHC Day of Service Sept. 19 in Leavenworth.

Photo by Johnny Dougherty/Fort Leavenworth Frontier Heritage Communities

HOUSING UPDATES

■ **RESIDENT APPRECIATION WEEK** continues through Sept. 26. Treats and drinks will be offered to residents each day from 7-8 a.m. during a **MORNING DRIVE-THRU** at the FLFHC Office at 220 Hancock Ave.

■ **Curbside BULK PICKUP IS NO LONGER AVAILABLE.** To help with PCS season, waste collection will pick up broken down boxes less than six feet long that won’t fit in the curbside recycling bin. For large item recycling or disposal, see the options listed in the “PCS purge’ resources” article in previous issues of the *Fort Leavenworth Lamp*.

■ Residents need to submit their “**NOTICE OF INTENT TO VACATE**” with orders to fhcntv@tmo.com. Find the form at <https://www.frontierheritagecommunities.com/residents>.

■ **CLEAR LAWNS** of toys, hoses, bikes, trash, solar lights, fire pits, etc., before scheduled mowing. Mowers will skip areas that aren’t cleared. Mowers are not responsible for damaged items. Children must stay away from mowers. Approaching or chasing equipment is prohibited and may delay service.

■ To keep streets clear during busy moving season, **PARK ONLY IN DESIGNATED, PAVED AREAS.** No parking is allowed on grass, sidewalks, patios or landscaped areas. Recreational vehicle parking is only permitted for up to 48 hours for loading/unloading; longer stays require FLFHC approval and a visible Exception to Policy notice. Garage storage is allowed if the door can close fully. For long-term storage, contact FMWR Outdoor Recreation.



Resiliency training (continued from Page A1)

Santos said. “I noticed that other people, that when they give up, I try to understand, like, why though? Don't you love that person? Isn't that person your blood? But then when I was thinking (about) this course, I was like, I have not given up yet, but ... one day I will give up — it's just inevitable. ... How will I be resilient for myself and that other individual?”

Stonecypher said the training is designed to provide skills to help people recover from or even prevent that breaking point.

“Everybody is going to reach a breaking point at some point — happens to every person on the planet,” Stonecypher said. “Being able to have a set of skills that when that moment comes, it doesn't happen — you're able to fall back on things to keep pushing through. You can rely on yourself, you can also rely on people around you, but you don't want those moments to come up that it shatters you... You need to have a set of skills where you're able to deal with that punishment and recover and heal and be able to kind of negate that. These are protective factors, that's what these skills are.”

Santos said he thought the class provided tools that he could also use to help his “brothers and sisters” in his extended military family.

“I actually know a couple (of soldiers) that I don't think (are) resilient, but I think doing this course, hopefully they come, but I can help them... This course is really, overall, to learn to just keep going and never give up.”

During the class, Stonecypher introduced the ATC model, an acronym for one of the core competencies for building mental toughness that stands for

“A” activating event, the resulting “T” thoughts and the “C” consequences of associated emotions and actions. He said that self-awareness, the ability to tune into what is going on in one's head, is necessary to control thinking, identify patterns in thinking, and check that thinking for accuracy.

He said the activating event could be anything, internal or external, good or bad, that triggers the brain to begin interpreting an event. Those interpreting thoughts then drive emotions and reactions, which can include behaviors, as well as one's physical state, such as increased heartrate.

Stonecypher said the ATC model developed from the human storytelling response to stimulus of trying to understand one's thoughts. His slides focused on deconstructing ATC and recognizing patterns in thinking to increase strength and performance.

“Being able to look over time is really beneficial because you can start to see these waves, these trends in our emotions and the types of thinking that we're having, and in the actions,” Stonecypher said. “While it's good to be able to tune into these things and look over time, we do want to be able to dig down under the surface and see ... what are some of these deeper ideas that I have that are actually driving the way that I think, the way that I view the world, the way I view myself. And it's not just in the way that we think; it's the way that we're interacting. It's the beliefs that we have about other people, beliefs that we have about the world... It is constantly trying to explain what's going on; it's constantly telling us a story... We think about it, we tell ourselves a story



Photo by Prudence Siebert/Fort Leavenworth Lamp

R2 (Ready and Resilient) Performance Expert Joe Stonecypher talks with Sgt. Anthony Santos, resource manager with the Religious Support Office, and Ursula Chapman, Exceptional Family Member Program systems navigator, during the first session of a four-part EFMP-sponsored resiliency program Sept. 17 at the Resiliency Center. The resiliency training continues at 5 p.m. Oct. 15 in room 157 of the Resiliency Center, followed by two more sessions Nov. 19 and Jan. 21. Each class builds on the last session, but anyone interested can drop in on one or all of the sessions. The training is geared toward adults and teenagers 14 and older. To register or for more information, call 520-684-3838 or 520-692-6363.

about what it means, and then those thoughts drive us to feel and do things.”

The resiliency training, based on the Master Resilience Training program, continues at 5 p.m. Oct. 15 in room 157 of the Resiliency Center, followed by two more sessions Nov. 19 and Jan. 21. Each class builds on the last session, but anyone interested can drop in on one or all of the sessions. The training is geared toward adults and teenagers 14 and older. To register or for more information, call 520-684-3838 or 520-692-6363.


For more information on the R2 Performance Center, call 913-684-1786. The center, located at 626 McClellan Ave. in Root Hall, offers unit and individualized training, an escape room team-building activity and more.

For more information on the Exceptional Family Member Program, visit <https://leavenworth.armymwr.com/programs/exceptional-family-member-program-ft-leavenworth>.




Photo by Prudence Siebert/Fort Leavenworth Lamp

R2 (Ready and Resilient) Performance Expert Joe Stonecypher talks with Sgt. Anthony Santos, Religious Support Office resource manager, about the nuances of different responses to thoughts during the first session of a four-part EFMP-sponsored resiliency program Sept. 17 at the Resiliency Center.



Life's challenges weighing you down?
Learn how to bend and not break.






RESILIENCY

An EFMP 4 part Workshop Series:
September 17, October 15,
November 19, January 21
5pm - 6pm

ACS Classroom Room 157
The Resiliency Center
600 Thomas Ave
Fort Leavenworth, KS

Geared toward adults and teens ages 14+, this FREE 4 part workshop series is led by Fort Leavenworth's own R2 Performance experts and will cover several resiliency competencies, teach skills to help navigate daily challenges, and give a foundation to successfully deal with life's more complex hurdles.

Registration is required. Please call for more information:
520-684-3838 or 520-692-6363

leavenworth.armymwr.com


Identify and correct counterproductive patterns in thinking through the use of Mental Cues and Critical Questions.

Avoid Thinking Traps

Master Resilience Training Skills



Thinking traps are common patterns in thinking that prevent a person from seeing a situation accurately



Have the *Fort Leavenworth Lamp* delivered to your inbox!

Sign up to receive a weekly reminder when a new issue of the *Fort Leavenworth Lamp* is posted!

E-mail usarmy.leavenworth.id-training.mbx.pao-inbox@army.mil.

Military analyst receives French military award

Brig. Gen. Jérôme Remanjon, État-Major de l'Armée de Terre (EMAT)-deputy to general international relations for the French Army Staff, congratulates Chris Prather, military analyst from the Mission Command Center of Excellence's Unified Action Partner Interoperability Branch, after presenting him with the French National Defence Medal (Bronze) Sept. 19 at the Pentagon in Arlington, Virginia.

During the presentation, Remanjon noted Prather's dedication supporting several Army-to-Army Staff Talks and that "his efforts have directly contributed to building trust and ensuring that our forces can train, operate and succeed together in support of shared security goals."

The National Defence Medal ("Médaille de la Défense nationale") was created by French Minister of Defence Charles Hernu and established by decree on April 21, 1982. The award can be given in exceptional circumstances to French civilians and foreign military personnel or civilians who have rendered honorable services particularly important to the defense of France.

U.S. Army photo by Maj. Will Robinson/HQDA G-3/5/7 International Affairs



IO Qualification Course team honors Kansas City Chiefs partner



Lt. Col. Drew Thomas, center, Information Operations Qualification Course director, shows Rob Alberino Jr., left, vice president of Content and Production for the Kansas City Chiefs, the Department of the Army Public Service Commendation Medal award set as Maj. James Letterman, IOQC instructor, looks on Sept. 18 in the Arrowhead Stadium Hall of Honor in Kansas City, Missouri. Thomas presented Alberino with the PSCM, the Army's fourth highest public service award, in a ceremony following a tour of the stadium and production facilities. As part of an educational partnership with the Fort Leavenworth IO Proponent dating back to 2012, Alberino provided "dedicated mentorship and insightful instruction that significantly enhanced the curriculum and broadened student understanding of information operations."

Photo courtesy of Steve Sanders/Kansas City Chiefs



Local Classes. Global Respect.

leavenworth.ku.edu



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





Fort Leavenworth Outdoor Recreation

CHOOSE YOUR ADVENTURE

leavenworth.armymwr.com





Pets of the Week: Kristof & Anna



Male tabby Kristof and his dilute tortoiseshell sister Anna are 4-month-old kittens available for adoption at the Fort Leavenworth Stray Facility. Their Siamese mother, Queen Iduna, and sisters, Elsa and Arendelle, already have adoptions pending.

Spay/neuter surgery, vaccinations and microchipping are included in each kitten's adoption fee of \$100. E-mail fortleavenworthstrayfacility@gmail.com for an adoption application.

Visit www.FLSF.petfinder.com for adoptable pet profiles. Call 913-684-4939 (no voicemail) or 913-335-0788 (voicemail) for more information. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility.

Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday; 9 a.m. to noon the second Saturday of the month; and by appointment for pre-approved adopters. Call 913-335-0788 for an appointment.

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, visit <https://vmis.armyfamilywebportal.com/>, enter ZIP code 66027, then search for "stray animal facility."

Photos by Prudence Siebert/Fort Leavenworth Lamp



Fort Leavenworth Stray Facility
510 Organ Ave // (913) 684-4939



Adoptions • Volunteer Opportunities



Clean Paws Pet Wash

Open 24 hours a day!

Merritt Lake Parking Lot

Cash, Coin and Card



Info: (913) 651-7176

Pet Transportation Assistance

Army Emergency Relief offers zero-interest loans to help the whole Family stay together.

WHAT

Pets are a part of the Family and AER recognizes the financial burden pet transportation can cause during a PCS. To help alleviate this, AER created the Pet Transportation Assistance Program.

WHO

- Active Duty and their eligible Family members
- Reserve and National Guard on Active Reserve and Guard tours
- Reserve and National Guard activated with PCS Entitlements

HOW

Pet transportation assistance is processed by your nearest AER Officer or any military aid office. Soldiers can go directly to their AER offices or chains of command.

For more information, visit www.aerhq.org/news/petassistance



Are you an AER Officer? Download the official guide here: www.aerhq.org/resource/official-pet-transportation-assistance-guidance

THURSDAY
SEPTEMBER 25, 2025



LAMP

Post Notes

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

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

B1



Fort Leavenworth Horse Show

Hosted by FMWR & Fort Leavenworth Hunt

28 September 2025 8am - 4pm
Wainwright Riding Complex
625 McPherson Avenue Fort Leavenworth

Proof of Negative Coggins Test Required at Check-in

Class No.	Class Name	Team or Individual
1	Stadium jumping - 18 to 24 will include cross rails	Individual
2	Stadium jumping - 2'3" to 2'6"	Individual
3	Follow the leader (Cross Country Jumping Hunt Style course)	Teams of 2-4 riders
4	Handy Horse Skills	Individual
5	Beginner walk /trot only on the Flat	Individually judged, ridden in a group in the arena
6	Walk/Trot/ Canter on the Flat	Individually judged, ridden in a group in the arena
7	Barrels Age divisions: Beginner Kids (Trot Only), Beginner Adults (Trot Only), Under 18, Adults 18 and older	Timed within divisions
8	Flag Race Age divisions: Beginner Kids (Trot Only), Beginner Adults (Trot Only), Under 18 and Adults 18 and older	Timed within divisions
9	Water bucket	Timed
10	Toilet Paper/ Ribbon Race	Teams of 2 riders
11	Ride a Buck - Winner keeps the bucks!	Individual

COME RIDE WITH US!



OPEN TO THE PUBLIC!



SPECTATORS WELCOME!

BRING FRIENDS!

KIDS FISHING DERBY



27

Saturday, September 27, 2025 at 8:00 AM CDT

Fall Kids Fishing Derby

Merritt Lake Ft Leavenworth



BOSS PRESENTS MOVIE NIGHT

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

October 10

PG



Come out and join us as the BOSS program gives back to the Community by playing movies inside the Post movie theater.

Prepackaged snacks and drink can be purchased at the snack bar. No outside food or drinks are authorized.

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

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

WELCOME MASS & PICNIC

Saint Ignatius Catholic Community

2025

Saturday, September 27th

1600 Mass

1700 Picnic

Frontier Chapel

Free Food, Fun, Fellowship & Bounce Houses!

ftleavenworthcatholic@gmail.com

MILITARY POLICE BALL

3 October 2025

Join the Old West Chapter of the MPRA for the Military Police Ball held at Embassy Suites Hilton Kansas City-International Airport

Address: 7640 N. W. Tiffany Springs Parkway
\$16.00 over night self-parking

Ticket Prices (Guests Pay Their Soldier's Ticket Price)
All Soldiers & Civilians: \$53

Bring CASH for the Cash Bar

Uniform:
Service Members: Dress Mess, Dress ASU, Dress AGSU, or Service Branch Equivalent
Civilians: Formal Attire

Choice of Entrée:
Mushroom Ravioli
Herb-Roasted Chicken Breast
12oz KC Strip

Event Highlights:
-Unique Take Home Gift
-Special Guest Speaker
-DJ Entertainment
-Guest Rooms are available for a discounted rate of \$135/night plus taxes

Timeline:
Social Hour: 1730-1815
Receiving Line: 1815-1900
Ceremony/Dinner: 1900-2030 (Formal)
Reception: 2030-2359 (Informal)

Purchase Tickets Here

Reserve your room here

POC: 1LT Taylor, Shyla 913-684-4890

CHARGE into Fire Safety™

Lithium-Ion Batteries in Your Home

Fort Leavenworth Fire Department Open House

Date 9 October 2025
Time 1600

295 Biddle Ave.
Fort Leavenworth, KS 66027



fpw.org



COLOR YOUR FALL WITH KINDNESS.

Give blood.



Blood Drive

Ft. Leavenworth
Munson Army Health Center

First Floor
550 Pope Ave.
Fort Leavenworth, KS 66027


Wednesday, October 8, 2025
9:00 a.m. to 1:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: FortLeavenworth to schedule an appointment.

Come to give blood Sept. 22-Oct. 19 for a \$10 Amazon.com Gift Card by email! See rcblood.org/fall



1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App



THE SOUTH CHINA SEA: A DISCUSSION

OPENING REMARKS:
COL ETHAN J. DIVEN-
Provost, Army University, Deputy Commandant, U.S. Army CGSC

PANEL MEMBERS:
BRIGADIER GENERAL EMMANUEL BOITEAU-
France, Commander of French Liaison Team and Senior National Representative to U.S. INDO-PACOM, HI, USA
DR. GEOFF BABB-
Professor, Dept. of Military History, U.S. Army CGSC
LT COL SAMUEL SHORT-
The Australian Army, Dept. of Joint, Interagency, and Multinational Operations, U.S. Army CGSC
LTC PHIL KERBER-
Dept. of Joint, Interagency, and Multinational Operations, U.S. Army CGSC


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

DATE:
Tues, 30 Sept, 2025

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 YouTube page at:
<https://www.youtube.com/@USArmyCGSC>



VERTICAL Marriage


THE ONE SECRET THAT WILL CHANGE YOUR MARRIAGE



DATE NIGHT

08 AUG, 05 SEP, 10 OCT, 07 NOV, 05 DEC

For more information and to register, scan the QR code or call/text 910-644-2999





An ACS TEAMS Series

Relationship Education

Ever feel like you and the people in your life are moving in different directions?

Do you wish that you knew how to have healthier communication and respectful boundaries with your loved ones and peers?

We can help.

Oct 7, 14, 21, 28
3pm - 4pm
MS TEAMS*

*link will be sent after registering. FREE and open to all DOD ID card holders 18+. Please register the day prior to class by calling: 913-683-2537

We'll cover:

- Emotional Intelligence
- Core Relationship Skills
- Recognizing Abuse
- Understanding Abusive Dynamics
- Healthy vs. Unhealthy Relationships
- Communication and Boundaries



leavenworth.armymwr.com

Break
the Silence

Glow Walk

For Domestic Violence Awareness Month


October 24
6:30pm - 8pm
@ Gruber Field
200 Reynolds Ave
Fort Leavenworth, KS

Join Fort Leavenworth's Army Community Service for a powerful and illuminating evening dedicated to raising awareness of Domestic Violence.

Stand in solidarity with Survivors as you walk the route, stop at interactive stations, hear their stories, and learn how you can support those affected by Domestic Violence.

Participants are encouraged to wear purple to represent the collective strength of our community in breaking the silence surrounding Domestic Violence. The walk will begin at Gruber Field (in front of Gruber Fitness Center) with participants visiting stations along the route.

FREE and no registration required. Call 913-683-2537 for more information



Friends of the Frontier Army Museum

TRICK or TREAT

24 OCT 5-7 PM

History • Fun • Candy

Frontier Army Museum
100 Reynolds Ave, Fort Leavenworth



DATE CHANGE!

TRUNK OR TREAT
Friday, 24 October
1700-1900

East Side Exchange Parking Lot

Best theme/decorations will win a \$100 Exchange Gift Card. Check Sign-Up sheet for more information. Community Event. Participants Welcomed.

Sign Up In-Store or Online



EXCHANGE™

Trunk or Treat & Cornhole Tournament

CORNHOLE TOURNAMENT
Friday, 24 October • 1600-1700
East Side Exchange Parking Lot

Teams of 2 will compete to win an Exchange \$100 Gift Card. Check Sign-Up sheet for more information.


Sign Up In-Store or Online






DVAM


Domestic Violence Awareness Month



Fort Leavenworth is united against DV!



FORT LEAVENWORTH
MWR WEBSITE



FORT LEAVENWORTH
MWR FACEBOOK

October is DVAM.
Join ACS for these free events to unite against Domestic Violence!

Wear Purple Thursdays - every Thursday in October

October 2 @ 1:30pm - DVAM Proclamation Signing
600 Thomas Ave/ Ft. Leavenworth, KS

October 7, 14, 21, 28 - Relationship Education Series via TEAMS (link provided once registered by calling 913-683-2537)


October 14 - "Let's Chalk about Domestic Violence"
Contest details on the Ft. Leavenworth ACS Facebook page.

October 15 @ 1pm - 3pm - Family Advocacy Overview Brief
Post Theater/ 375 Grant Ave/ Ft. Leavenworth, KS


October 17 - Winner announced from the "Let's Chalk about Domestic Violence" contest via Facebook.

October 24 @ 6:30pm - 8pm - Glow Walk
Gruber Field off of Grant Ave/ Ft. Leavenworth, KS

Domestic Violence Unit Briefs available upon request
913-683-2537



leavenworth.armymwr.com



BUILDING ON THE PAST FOR THE FUTURE

ALEXANDER/MADISON CHAPTER OF KC AREA 9TH & 10TH CAVALRY, BUFFALO SOLDIERS WILL HOST

2025 GOLF TOURNAMENT

TO HELP FUND CONSTRUCTION & INSTALL A REIMAGINED FRONTIER ARMY MUSEUM OF THE UNITED STATES ARMY

THANK YOU TO OUR SPONSORS!

INCLUDES:
GREEN FEES, CART, BREAKFAST, LUNCH, & PRIZES

3 OCTOBER FRIDAY, 2025

SILENT AUCTION
ends at Noon, day of tournament
INCLUDES MEMORABILIA FROM BUFFALO SOLDIERS & TUSKEGEE AIRMEN, DICK'S SPORTING GOODS DONATIONS.

REGISTER NOW!
\$125 / PERSON
\$500/team



HOW TO REGISTER & PAY:
Use QR code to register and pay
Mail check or money order to:
A/MCKCA, 6700 Raytown Rd., Raytown, MO 64133

501(c)(3) Alexander Madison Chapter of KC area 9th 10th Cav Assoc.

For additional information:
Chairman Fred Jones
(913) 787-3223
FJSR51@YAHOO.COM

Location:
Trails West Golf Course
Fort Leavenworth, Kansas

Tee Time: 8:00am

Ay26 Know Your World Cultural Series

NETHERLANDS

ARGENTINA

KUWAIT

INDIA

CABO VERDE

SEPTEMBER 17 2025

OCTOBER 29 2025

JANUARY 28 2026

FEBRUARY 18 2026

MARCH 25 2026

Presentations start at 1545 in Eisenhower Auditorium & on CGSC Facebook

Open to the public-all are welcome to attend or view online

All IMS Attend//Presenting IMS' Section expected to attend//All Staff Groups Highly Encouraged to Attend//Post Presentation Culinary Sampling Offered to all who attend in Arter Atrium

Download the My Army Post App

Stay in the know at your Garrison

- Installation Services
- Gate Hours
- Community Events
- Maintenance Requests
- Weather
- Resources
- AND MORE



Google Play


App Store



WE ARE THE ARMY'S HOME | HOME.ARMY.MIL | ARMYMWR.COM



UNITED STATES ARMY
COMBINED ARMS CENTER AND FORT LEAVENWORTH
SEXUAL HARASSMENT AND SEXUAL ASSAULT RESPONSE WORKFORCE






Ms. Amanda Bonseigneur
Lead SARC
amanda.bonseigneur.civ@army.mil
Teams: 520-669-3474
Office: 913-684-2810
Cell: 913-704-9620
Bldg 197, 632 McClellan Ave



Ms. Cassandra Rozier
Supervisory SARC
cassandra.d.rozier.civ@army.mil
Teams: (520) 669-3535
Bldg 197, 632 McClellan Ave



Vacant
SARC




LTC Craig Arnold
SARC
craig.d.arnold.mil@army.mil
Teams: 520-692-8849
632 McClellan Ave



SFC Jacob Roach
SARC
jacob.w.roach.mil@army.mil
Teams: 520-945-4462
835 Sabalu Rd



Mr. Josh Belle
SARC
joshua.p.belle.civ@army.mil
Teams: 520-945-5992
632 McClellan Ave



Ms. Sherry Marshall
Victim Advocate
sherry.j.marshall24.civ@army.mil
Teams: 571-588-5945
632 McClellan Ave



Ms. Nicole Hernandez
Victim Advocate
maureennicole.n.hernandez.civ@army.mil
Teams: 520-692-9215
632 McClellan Ave



Vacant
Victim Advocate




Vacant
Victim Advocate



Ft Leavenworth SHARP Resource Center
Building 197, 632 McClellan Ave "Root Hall"
Fort Leavenworth, KS 66027
Contact the team at
usarmy.leavenworth.cac.mbx.cac-sharp@army.mil

You can find the SHARP Resource Center at the corner of Kearny and McClellan Avenue, right next to the Post Parade Field.

Find us on Facebook



WeCare App



STEP FORWARD: Prevent. Report. Advocate.
Current as of 23 September 2025

Fort Leavenworth 24/7 SHARP Hotline
913-683-1443
DoD Safe Help Line
877-955-5247

Sexual Harassment Complaint Options

Formal | Anonymous | Confidential | Request for Direct Intervention

Sexual Assault Reporting Options

Restricted | Unrestricted | CATCH-Only

Retaliation Reporting Options

Command | IG | SARC | DoD Safe Helpline | CPAC/EEO (DA Civ Only)

Installation Model Support

Who Can Get Support?

Service Members, DA Civilians, and Military Dependents (18+) can get support from any Sexual Assault Response Coordinator (SARC) or Victim Advocate (VA).

How to Get Support

- During Duty Hours: Contact a SARC or VA using their listed numbers.
- Anytime (24/7): Call the Fort Leavenworth SHARP Hotline to speak with an on-call Victim Advocate. If you wish to make a report, you can then make a report with the on-call or request a specific SHARP professional for the next duty day.

Fall 2025 Speaker Series History Brunch

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

Light refreshments served at 10:30a, with presentations
beginning at 11a.m.

September 13th

“Looking for Abraham Lincoln in Kansas” with Bill Stumpf

October 11th

“Santa Fe in World War II: Contributing to Victory” with LTC
Bob Walz (ret)

November 8th

“Kansas City Kansas Community College (KCKCC), The
Greatest Generation and You!” Maj. Joe Grasela (ret)

December 6th

“History of Fort Sully” with Corps of Engineers
Archaeologist Phillip Alig

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

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



Fabulous Fall at Fort Leavenworth!

MWR Events September 2025

SPECIAL EVENTS

- Run/ Walk for the Fallen**
September 13
Join us at the Resiliency Center in remembering those who have made the ultimate sacrifice. This event is a go at your own pace, family and stroller friendly route. The run is open to the public. Visitor passes are required for those without access to Fort Leavenworth. Passes can be obtained 10 days or less before the event. Registration starts at 6:30am, Opening Ceremony at 8:00am, followed by a 3 mile run / walk.
Call 913-684-1830 for more information
- Dad's Night Out**
September 17
Hey dads of littles ages 0-3 years! Get together with your fellow sleep deprived fathers for a night out of good food, good company, and adult conversation! Wednesday at 6pm. Local restaurant TBD.
Call 913-684-2800 for more information.
- Mom's Night Out**
September 24
Leave the diaper bag at home and get ready for an evening of local food, laughter, and like minded company! Mom's Night Out is for mothers of kiddos ages 0-3 years. Wednesday at 6pm. Local restaurant TBD.
Call 913-684-2800 for more information.

Recreation

- Fall Bowling Leagues**
All month in September
There's a league for everyone at the Strike Zone! Come on by and check out what's being offered for Fall!
Call 913-651-2195 for more information.
- Brunner Range Fun Shoot**
September 6
Come on out to the range!
Saturday at 9am at Brunner Range.
Call 913-651-8132 for more information.
- FREE Movie: A Minecraft Movie**
September 12
Rated PG. Friday at the Post Theater starting at 7pm. Sponsored by BOSS
Call 913-684-2736 for more information.
- Astro Clays**
September 13
Shoot under the stars! Special black lights turn the clays into glowing targets that are fun for every skill level. Saturday at Brunner Range starting at 8:30pm.
Call 913-651-8132 for more information.
- Post-wide Yard Sale**
September 20
Saturday from 8am - 3pm get ready for bargains all over Post! No registration needed! Open to the community. To come on Post, everyone 16+ must have a valid Real ID or two forms of VCC IDs to access a military installation. Gate will begin scanning IDs no earlier than 8am. Follow Fort Leavenworth MWR on Facebook for more information.
- FLH Horse Show**
September 28
Sunday at Wainwright Riding Complex on Ft. Leavenworth from 8am - 4pm. Featuring English, Western and more! Free to attend!
Call 913-271-1602 for more information.
leavenworth.armymwr.com

ACS

- Dad's Night Out**
September 17
Hey dads of littles ages 0-3 years! Get together with your fellow sleep deprived fathers for a night out of good food, good company, and adult conversation! Wednesday at 6pm. Local restaurant TBD.
Call 913-684-2800 for more information.
- Mom's Night Out**
September 24
Leave the diaper bag at home and get ready for an evening of local food, laughter, and like minded company! Mom's Night Out is for mothers of kiddos ages 0-3 years. Wednesday at 6pm. Local restaurant TBD.
Call 913-684-2800 for more information.

CYS

- HYC Send-off to Summer**
September 13
Saturday at Harrold Youth Center from 4pm - 7pm. Summer may be over, but the FUN is just beginning! DJ, Food, Games, Inflatables, and so much more! Must be eligible for the Youth Center. \$5 registration fee. Registration ends Sept 12 at 5pm.
Call 913-684-5118 for more information.

Sneak peek!



October 24
6:30pm - 8pm
For Donors: Veterans' Memorial Walk
For Families: Glow Walk



Visit the FMWR Ft. Leavenworth website and FB page for more exciting events and updates!

CAMP

LEAVENWORTH

FESTIVAL

SEPTEMBER 26 & 27

FT. LEAVENWORTH OPERATION DEPLOY YOUR DRESS

2025 POP UP OPENINGS

- SATURDAY, SEPTEMBER 20
- SATURDAY, OCTOBER 4
- SATURDAY, NOVEMBER 8
- SATURDAY, DECEMBER 13

Rosh Hashanah Jewish Celebration

Please join the Jewish Community to celebrate the
Rosh Hashanah season!!

Location: Pioneer Chapel
(500 Pope Avenue, Fort Leavenworth, KS 66027)

Time: 1200-1300 (12pm)

Date: 25 September 2025 (Thursday)

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

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



A New Year Like No Other

Rosh Hashanah is a Jewish holiday that marks the beginning of the Jewish New Year. It is celebrated with special prayers, music, and food. The festival lasts for two days, and it is a time of reflection and renewal.

Day of Judgment

On Rosh Hashanah, it is believed that God will judge each person's deeds for the past year. This is why it is so important to be at your best during this time.



Call to Return

The Jewish community at Fort Leavenworth is proud to welcome all who wish to join us for this special celebration. We have a variety of activities and food for everyone to enjoy.



A Guide to Rosh Hashanah

This guide provides information on the customs and traditions of Rosh Hashanah. It includes details on the prayers, music, and food that are part of the celebration.

MILITARY APPRECIATION GAME

FRIDAY, SEPTEMBER 26TH

CALLING ALL MILITARY NEAR AND FAR!!! COME OUT
AND ENJOY A CELEBRATION OF OUR MILITARY
AND CHEER ON THE HOME TEAM!

**FREE ADMISSION
FOR ALL VETERANS AND MILITARY PERSONEL
WITH A MILITARY ID**

GAME STARTS AT 7:00PM

PRE-GAME EVENTS AND WELCOME STARTS AT 6:30PM

30th Anniversary

BBQ BONANZA

3-4 OCTOBER, 2025

1 1/2 days BBQ Instruction &
Hands-On Coaching

Frontier Chapel, Ft Leavenworth

Scan the QR Code to Register



Or go here to register: <https://tinyurl.com/30th-BBQ-Bonanza>

Fort Leavenworth

Career and Education Fair

4 November 2025
10 AM to 2 PM
Frontier Conference Center

VENDOR REGISTRATION BELOW



<https://webtrac.mwr.army.mil/webtrac103/vbwscc/Leavenworthtrac.wsc/wbsearch.html?wbsl=813f3c7f-4762-5ba6-da14-c818c4a36cab&xxmod=FK&xxtype=CAREER&xxsearch=yes>

Registration closes Oct. 24th, 2025

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

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



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

PWOC

FALL SCHEDULE

Morning 8:30-11:00
Evening 6:30-8:00

August

19th KICKOFF
26th

September

2nd
9th
16th
23rd
30th

October

7th
14th
21st PROGRAM
28th

November

4th
11th NO PWOC
18th
25th NO PWOC

December

2nd
9th PROGRAM

Volunteer with Campus Life Military!

☀️ Make a Difference in the Lives of Military-Connected Youth ☀️

♥️ Do you have a heart for teens?

💬 Do you love sharing the hope of Christ?


🌐 Want to impact youth from around the globe—right where you are?

We need caring adults who:

- ✓ Build relationships with teens
- ✓ Lead fun activities & small groups
- ✓ Support local ministry efforts
- ✓ Be a consistent, encouraging presence
- ✓ Have a willing heart and a passion for Jesus!


Ministry Activities:

- Club
- Small Groups
- Special Events
- Camps / Trips
- Contacting
- Appointments




CAMPUS LIFE MILITARY

Samantha Odle
(605) 569-3820
sodle@yfc.net




VERTICAL Marriage

THE ONE SECRET THAT WILL CHANGE YOUR MARRIAGE



Meals & Childcare provided



Supported by **cru**

DATE NIGHT


08 AUG, 05 SEP, 10 OCT, 07 NOV, 05 DEC

For more information and to register, scan the QR code or call/text 910-644-2999

Discipleship Training Breakfast


A YEAR LONG TOPICAL BIBLE STUDY & BREAKFAST
FOCUSED ON INTEGRATING FAITH IN CHRIST INTO
ALL DOMAINS OF OUR LIVES (PERSONAL
DEVELOPMENT, FAMILY, PROFESSION, AND
COMMUNITY)

0600-0730 EVERY TUESDAY IN PIONEER CHAPEL



Looking for Community?

Join Campus Life Military



FB: Ft. Leavenworth Club - Campus Life Military
IG: @campuslifeortleavenworth

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

ST. IGNATIUS CATHOLIC WOMEN OF THE CHAPEL

Jesse Tree



ORNAMENT EXCHANGE

AN ADVENT TRADITION

Join us in the afternoon on Sunday, November 23, 2025, to exchange ornaments, share our families favorite advent traditions and recipes!

Formal Invitation to Follow


Please scan the QR code to learn more & sign-up!



SAVE THE DATE

CWOC RETREAT
"PRAYER AND TEMPERAMENT"



NOVEMBER 14-16



Download the My Army Post App

Stay in the know at your Garrison


- Installation Services
- Gate Hours
- Community Events
- Maintenance Requests
- Weather
- Resources
- AND MORE



WE ARE THE ARMY'S HOME | HOME.ARMY.MIL | ARMYMWR.COM

★ U.S. ARMY

Mission: To provide Religious Support to all Soldiers, Family members, DA civilians, contractors, and retirees.



Pioneer Chapel
500 Pope Avenue

PROTESTANT


- Traditional Worship – 0830 (Children's Church – K-5th grade)
- Sunday School – 0945

MULTI-CULTURAL GOSPEL

- Sunday Worship – 1000

CATHOLIC MASS

- Tuesday-Friday – 1200-1230
- Sunday Religious ED - 0810




Frontier Chapel
625 Thomas Avenue

CATHOLIC MASS

- Sunday – 0930
- Sunday Religious ED - 0810

PROTESTANT

- Sunday School – 0945
- Contemporary Worship – 1100 (Children's Church – K-5th grade)



Memorial Chapel
626 Scott Avenue

LITURGICAL

- Sunday Worship – 0930

FAMILY ADVOCACY PROGRAM



Mon- Fri 8:00 a.m.–4:30 p.m. with limited hours Thur 1–4:30 p.m. | 913-684-HELP (4357) / 2800

September 2025 Resiliency Center, 600 Thomas Ave, Building 198 ***ACS is closed for lunch from 1130-12:30pm daily**

NEW PARENT SUPPORT PROGRAM

**Call 913-297-3212/ 9704 to register for all NPSP classes & events

Stroller Walk
Tuesdays, 9:00am
Meet in front of
Resiliency Center

Toddler Time
Wednesdays, 9:00am
Resiliency Center
Playroom

Story Time
Wednesdays, 10:00am
Resiliency Center
Room 157

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

Wiggles and Giggles
Fridays, 10:00 - 11:00am
Resiliency Center
Playroom



Childbirth Class Series
Sept 8,15, 22
5:00-7:00pm Resiliency
Center Room 157

Dad's Night Out
Sept 17, 6:00-8:00pm
Restaurant TBD

Mom's Night Out
Sept 24, 6:00-8:00pm
Restaurant TBD

NPSP offers home visits for pregnancy through 3 years of age. Schedule your appointment with the NPSP team today!

HOME VISITS

FAMILY ADVOCACY PROGRAM

**Registration Required for all FAP events. Classes at Resiliency Center, Room 145

Anger Management Series
Sept 4, 11, 18, 25
1:30pm- 3:00pm

Co-Parenting Series
Sept 8, 15, 22, 29
11:00am -1:00pm

Positive Parenting Series
via TEAMS
Sept 5, 12, 19, 26
1:30-3:00pm

Stress Management
Sept 18, 11:30am- 1:00pm



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

<https://leavenworth.armymwr.com/>

<facebook.com/FortLeavenworthACS>

<facebook.com/FortLeavenworthFMWR>

<https://home.army.mil/leavenworth/>

ARMY COMMUNITY SERVICE



Mon- Fri 8:00 a.m.–4:30 p.m. with limited hours Thur 1–4:30 p.m. | 913-684-HELP (4357) / 2800

September 2025 Resiliency Center, 600 Thomas Ave, Building 198 ***ACS is closed for lunch from 1130-12:30pm daily**

RELOCATION READINESS PROGRAM

In-Processing Brief
Tuesdays, 9:00-10:00am

OCONUS Levy Brief
Tuesdays, 10:00-11:00am

Hearts Apart Bowling for Families of Deployed Service Members
Sept 6, 12:00-2:00pm Strike Zone Bowling Center
**Registration Required*

Smooth Move offered upon request.

Lending Closet
Are you In/Out-Processing and need essentials? ACS has short-term basic items to help you get by.

- kitchenware
- cookware
- small appliances



<https://leavenworth.armymwr.com/>

EMPLOYMENT READINESS PROGRAM

Resume Writing
Sept 10, 12:00-2:00pm

Federal Employment
Sept 17,12:00-2:00pm



Interview Skills & Professionalism
Sept 24, 12:00-2:00pm

Follow us on FB @[Fort Leavenworth ERP](#) for job postings, career fairs, networking events, and more.

ARMY EMERGENCY RELIEF (AER)

For emergency financial assistance, apply at <https://www.armyemergencyrelief.org/>

<facebook.com/FortLeavenworthACS>

Financial Readiness Program



Offers counseling services and classes upon request to assist Soldiers and their families in achieving personal financial goals.



SURVIVOR OUTREACH SERVICES

Walk/Run for the Fallen
Sept 13, 8:00-10:00am

We will recognize **Gold Star Mother's/Family Day** on September 28, 2025.

Follow SOS@ <https://www.facebook.com/FortLeavenworthSurvivorOutreachServices/>

<facebook.com/FortLeavenworthFMWR>

ARMY VOLUNTEER CORPS

Volunteer Basics
Sept 19, 12:00 - 1:00pm

Visit: <https://vmis.armyfamilywebportal.com> to register for an account and find opportunities to volunteer in the community.



EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

**Registration Required for EFMP events*

EFMP Refreshing Conversations
Sept 4, 10:00-11:00am

EFMP Recreational Bowling
Sept 6, 12:00-2:00pm
Strike Zone Bowling Center

<https://home.army.mil/leavenworth/>

Life's challenges weighing you down?
Learn how to bend and not break.

RESILIENCY

An EFMP 4 part Workshop Series:
September 17, October 15,
November 19, January 21
5pm - 6pm

ACS Classroom Room 157
The Resiliency Center
600 Thomas Ave
Fort Leavenworth, KS

Geared toward adults and teens ages 14+, this FREE 4 part workshop series is led by Fort Leavenworth's own R2 Performance experts and will cover several resiliency competencies, teach skills to help navigate daily challenges, and give a foundation to successfully deal with life's more complex hurdles.

Registration is required. Please call for more information:
520-684-3838 or 520-692-6363

leavenworth.armymwr.com

A new resource just for you!
EFMP Lending Library

We're open M - F
7:30am - 4pm

Room 155E
The Resiliency Center, Bldg 198
600 Thomas Ave
Fort Leavenworth, KS

The Lending Library is a free resource room designed for Families enrolled in EFMP. It's stocked with sensory items, EFMP appropriate games, art supplies, and safety items for all ages! Families can borrow items for up to 30 days. Appointments are required, drop-ins are on a case-to-case basis.
Call for more information:
520-692-6363/ 913-684-3838

EFMP/ Waiting Families 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.
Fort Leavenworth Waiting Families, call ACS to reserve your spot!
Call **913-684-2800** for more info or to register

Join ACS/ New Parent Support for Toddler Time

Wednesdays @ 9am
The Resiliency Center
600 Thomas Ave
Fort Leavenworth, KS



Learn through play as we build social skills, introduce preschool routines, and explore!

Toddler Time is free and open to ages 2 to 3 years (must have an adult present).

Please call or text by the close of business day on the Tuesday before Toddler Time.
913-297-3212



Join ACS/ New Parent Support for STORY TIME

Wednesdays @ 10am
The Resiliency Center
600 Thomas Ave
Fort Leavenworth, KS



Introduce the magic of books and foster a lifelong love of learning!

Story Time is free and open to ages 3 months to 3 years (must have an adult present).

Please call or text by the close of business day on the Tuesday before Story Time.
913-297-3212



Navigating the Teen Years

Feb 19, May 28,
Aug 20, Nov 19
@ 1-2:30pm

ACS Classroom 145
600 Thomas Ave

One session workshop
Available in person or virtual

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 913-684-2811/ 2808 Deadline to register is the day before class.



We're Looking for a Parent President

All volunteer time earns Parent Participation Points

Responsibilities

- Attend scheduled meetings.
- Encourage the exchange of information and ideas between the council & parents.
- Function as a non-staff POC for CYS Parents to share concerns.
- Assist with recruitment of council participation.
- Coordinate with Outreach Svcs. Director on meeting topics.

LEARN MORE

CONTACT

Any CYS Facility Director
OR
CYS Outreach Services Director
913-684-1651



We're Hiring NOW!

Join our Team as a
Child and Youth Program Assistant
at Fort Leavenworth!
Pay starts at \$18.71 per hour

Career Progression & Paid Training
Retirement & 401K
FREE childcare for the 1st child and 25% discount for each additional child
Regular Full-Time/ Part-Time & FLEX Hours Available
Medical, Dental, Vision, & Life Insurance Benefits
Paid Leave, & Paid Federal Holidays for Full-Time & Part-Time
Access to Commissary & AAFES Shopping Privileges & MWR Facilities
Job Transfer Program Worldwide Through Civilian Employment Assignment Tool
*Conditions Apply



Scan here to apply!
ArmyMWR.com/cyscareers



Child & Youth Services

4 Day PM (12:15-3:15pm)

PRESCHOOL SPOTS AVAILABLE

*3-5 year old *No "Toilet Trained" restriction

*Monday-Thursday Class / Sept.-May

Class starts Tuesday 2 September

All activities will be developmental in nature & recognize children's individual differences by providing an environment that encourages self-confidence, development of self-help and life skills, curiosity, creativity, & self-discipline

Call Parent Central for more info:
913-684-5138/4956

Not affiliated with USD207

MAKE YOUR REQUEST AT

MILITARY
CHILDCARE.COM



Child & Youth Services

Part-Day Preschool

*3-5 year olds *No "Toilet Trained" restriction

2 Day AM (T/Th 0800-1100)

3 Day AM (M/W/F 0800-1100)

All activities will be developmental in nature & recognize children's individual differences by providing an environment that encourages self-confidence, development of self-help and life skills, curiosity, creativity, & self-discipline

MAKE YOUR REQUEST AT

MILITARY
CHILDCARE.COM

Contact Parent Central:
913-684-5138 / 684-4956



NOT AFFILIATED WITH USD 207



5 Love Languages of Teenagers



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

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



ACS Classroom 145
Feb 12, May 14, Aug 13, Nov 12
1-2:30pm
FREE

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



leavenworth.armymwr.com



ACS FAP Presents: 5 Love Languages for Couples

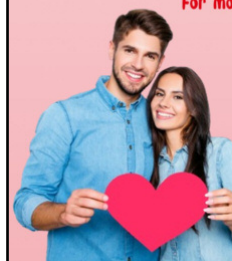
January 29 • July 16 • October 8 // 1:00PM-2:30PM
ACS Classroom 145

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

Deadline to register is day before each class.

FREE and open to DoD ID card holders 18+.

For more info: (913) 684-2822/2808



Scan the QR Code for more info about FAP.



ACS New Parent Support Prenatal Classes 2025

Childbirth Classes:

Series of three classes

Jan 6th, 13th, 27th
Mar 3rd, 10th, 17th
May 5th, 12th, 19th
July 14th, 21st, 28th
Sep 8th, 15th, 22nd
Nov 3rd, 17th, 24th

Newborn Care Classes:

Feb 3rd
April 7th
June 2nd
August 4th
October 6th
December 1st

Breastfeeding Classes:

February 10th
April 14th
June 9th
August 11th
October 20th
December 8th

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

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

ACS New Parent Support 2025



Are you ready?

Time to lose the diapers?

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

600 Thomas Ave
Room 157
2/24, 4/28, 6/16, 8/18,
10/27, 12/15
5 pm - 7 pm



WIGGLES & GIGGLES

Fridays
10am - 11am
ACS Playroom
600 Thomas Ave

FREE
Ages 3-12 months
Register by COB
Thursday



Get their wiggles out and join in some baby giggles!
Take a moment to connect with other parents!
Babies learn through play! So let's get on the floor and explore!

For more info or to register call 913-297-3212 / 9704



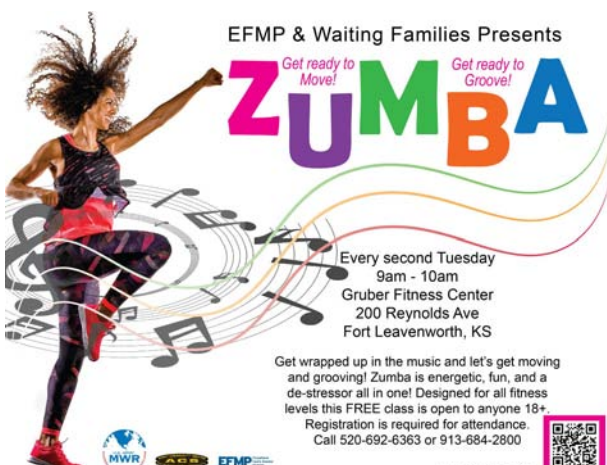
Stroller Walk & Talk

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



EFMP & Waiting Families Presents

Get ready to Move! Get ready to Groove!
ZUMBA

Every second Tuesday
9am - 10am
Gruber Fitness Center
200 Reynolds Ave
Fort Leavenworth, KS

Get wrapped up in the music and let's get moving and grooving! Zumba is energetic, fun, and a de-stressor all in one! Designed for all fitness levels this FREE class is open to anyone 18+ Registration is required for attendance. Call 520-692-6363 or 913-684-2800



leavenworth.armymwr.com



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

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

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



Activities*

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

DAD'S NIGHT OUT

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

2025 DATES:
Jan 22 • Feb 19 • March 19 • April 23
May 21 • June 18 • July 23 • Aug 20
Sept 17 • Oct 22 • Nov 12 • Dec 3

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 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.

2025 Dates:
Jan 29 • Feb 26 • March 26 • April 30
May 28 • June 25 • July 30 • Aug 27
Sept 24 • Oct 29 • Nov 19 • Dec 10

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

Co-Parenting Workshop

Round 1: April 7, 14, 21, 28
Round 2: July 7, 14, 21, 28
Round 3: September 8, 15, 22, 29
@ 12:00pm - 1:00pm
ACS Classroom 145
600 Thomas Ave

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

Our four week workshop will show you how to build a bridge that will enhance parenting skills, enrich positive co-parenting, learn to develop and use boundaries, and establish 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 913-684-2811/2808
Deadline to register is day before class.
Participants are encouraged to attend every class as each session will be different. Ask about virtual options!

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

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

Employment Readiness Program CLASS SCHEDULE

Resume Writing
ACS Classroom 12pm - 2pm
July 9, Aug 6, Sept 10, Oct 8, Nov 5, Dec 3
5pm - 7pm*
July 9, Aug 6

Federal Employment
ACS Classroom 12pm - 2pm
July 16, Aug 20, Sept 17, Oct 15, Nov 19, Dec 10
5pm - 7pm*
July 16, Aug 20

Interview Skills & Professionalism
ACS Classroom 12pm - 2pm
July 23, Aug 27, Sept 24, Oct 22, Dec 17
5pm - 7pm*
July 23, Aug 27

STRESS Management

May 15, July 17, September 18, November 20
11:30am - 1:00pm
600 Thomas Ave
Room 145

STRESS WEIGHING YOU DOWN?
IT'S TIME TO TAKE BACK CONTROL

FREE one-session workshop 18+
No childcare
Deadline to register is day before training.
Virtual attendance is available through TEAMS.
For more info: Call 520-692-6378

Register for the ACS ANGER MANAGEMENT COURSE WE CAN HELP.

Our 8 week Anger Management Course will teach you a new tool every week to stay cool and collected in even the most difficult of settings. Each week will have realistic scenarios, feedback, and opportunities to apply newly learned skills in a group setting.

Round 1
May 1, 8, 15, 22, 29
June 12, 19, 26

Round 2
August 7, 14, 21, 28
September 4, 11, 18, 25

Round 3
October 2, 9, 16, 23, 30
November 6, 13, 20

All sessions are in Room 145 at the Resiliency Center 600 Thomas Ave 1:30pm - 3pm

FREE and open to all DoD ID card holders 18+
Deadline to register is the day before the first day of training. Participants must attend each day in the round. Virtual attendance is available through TEAMS. Call 913-684-2800 for more info.

MyArmyPost

Try the Army's Newest Mobile Application!

FIND THE MY ARMY POST APP IN THE APP STORE

DOWNLOAD IT TODAY

EXISTING FEATURES

- One-click emergency calls
- Near real-time updates
- Installation-wide alerts
- Interactive bus routes
- Current Air Quality Index
- Newcomer information
- Intuitive search functions
- Bookmark common resources
- Resource Alerts
- Events
- Maintenance Requests
- MHS Genesis Login

VOLUNTEER BASICS

JAN 17 • FEB 7 • MARCH 7 • APRIL 4 • MAY 9 • JUNE 13
JULY 18 • AUG 8 • AUG 22 • SEPT 19 • OCT 17 • NOV 14 • DEC 12
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 FOR 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) 684-2800

ACS AND FAP PRESENTS: POSITIVE PARENTING VIA MICROSOFT TEAMS • 1:30PM - 3PM

ROUND 1: JUNE 6, 13, 20, 27
ROUND 2: SEPTEMBER 5, 12, 19, 26
ROUND 3: NOVEMBER 3, 10, 17, 24

THIS FOUR-WEEK COURSE IS DESIGNED TO HELP PARENTS DEVELOP NON-PHYSICAL DISCIPLINE STRATEGIES, BUILD STRONG RELATIONSHIPS, AND MEET THE NEEDS OF CHILDREN OF ALL AGES.

FREE AND OPEN TO DOD ID CARD HOLDERS 18+.
REGISTRATION IS REQUIRED AND MUST BE DONE THE DAY BEFORE THE FIRST DAY OF TRAINING.
PARTICIPANTS MUST ATTEND EACH DATE IN THE ROUND OF THEIR CHOICE.

INFO REGISTRATION: (520) 692-6378/6303

WE ARE STRONGER TOGETHER

CONNECT TO PROTECT

SEPTEMBER IS SUICIDE PREVENTION MONTH

U.S. ARMY SP2 988 SUICIDE & CRISIS LIFELINE Military/Veterans Press 1



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

August & September Kids Classes



Messy Art

\$12 per class

Ages 7+

Thursday August 7
11am - 12pm

Thursday August 21
11am - 12pm

Thursday September 4
11am - 12pm

Thursday September 18
11am - 12pm

Color Me Happy

\$10 per class

Parent & Toddlers

Thursday August 14
10am - 11am

Thursday August 28
10am - 11am

Thursday September 11
10am - 11am

Thursday September 25
10am - 11am

Art History

\$20 per class (ages 7+)



Strawberries & Seurat

Wednesday August 20
1pm - 3pm



Cookies & Carle

Wednesday September 17
1pm - 3pm

Tuesday - Friday 9am - 4pm
Call now to register! (913) 684-3373



Ft. Leavenworth Arts & Crafts Studio

OPEN STUDIOS

Ask about our Hourly Fees

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

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

Framing Studio
Assemble your own custom frames in our DIY Studio! Must take Intro to Framing before using DIY Studio.

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



Pottery/Ceramic Studio

New Pottery Classes! Wheel Throwing

\$40 per class
cost includes all supplies
pre-registration required

Thursday August 14
11am - 1pm

Tuesday August 26
11am - 1pm

Wednesday September 10
11am - 1pm

Tuesday September 23
6pm - 8pm



310 McPherson Ave • Fort Leavenworth, KS

leavenworth.armymwr.com artsandcraftsfortleavenworth@gmail.com



August & September Workshops



Watercolor

\$30 per workshop
pre-registration required

Watercolor (Basics)

Tuesday, August 19
6pm - 8pm

Watercolor (Color Theory)

Tuesday, August 26
6pm - 8pm

Framing

\$40 per class

Intro to Framing
Must pre-register

Fridays August 8, September 12
10am - 2pm

Saturdays August 23, Saturday 27
10am - 2pm

Watercolor (Landscapes)

Tuesday, September 2
6pm - 8pm

Watercolor by the Lake (plein-air)

Tuesday, September 30
6pm - 8pm



scan for more info

Tuesday - Friday 9am - 4pm
Call now to register! (913) 684-3373



Ft. Leavenworth Arts & Crafts Studio

Paint & Sip

\$35
Must be 21 years or older.
BYOB



Back to School Friday

August 8
6pm - 8pm



Camping Under the Stars

Friday, September 12
6pm - 8pm

Cost includes all supplies!

Modern Calligraphy

Basics

\$20 per class
pre-registration required

Wednesday August 27
1:30pm - 3pm

Special Projects

Thank You Cards
Wednesday September 10
1:30pm - 3pm

Intermediate

\$20 per class
pre-registration required

Wednesday September 3
1:30pm - 3pm



Acrylic

\$35 per class

Acrylic Pour
Tuesday, August 19
11am - 1pm
Wednesday, September 24
11am - 1pm



Crafts

\$35 per class

Wooden Growth Chart
Thurs, August 14
6pm - 8pm
Wed, August 27
11am - 1pm

Wooden Birthday Calendar Board
Tues, September 16
6pm - 8pm
Fri, September 26
11am - 1pm



310 McPherson Ave • Fort Leavenworth, KS

leavenworth.armymwr.com artsandcraftsfortleavenworth@gmail.com





YOUTH SPORTS & FITNESS SPORTS CALENDAR 2025



SPRING SPORTS	AGES/GRADES	COST OF 1 st CHILD/ ADDITIONAL CHILD	REGISTRATION PERIOD	SEASON DATES (2025)
SOCCER	5-14	\$50/\$42.50	BEG. FEBRUARY – BEG. MARCH	APRIL – MAY
T-BALL	Kinder	\$50/\$42.50	BEG. FEBRUARY – BEG. MARCH	APRIL – MAY
COACH PITCH	1 st , 2 nd	\$50/\$42.50	BEG. FEBRUARY – BEG. MARCH	APRIL – MAY
BASEBALL	3 rd , 6 th	\$50/\$42.50	BEG. FEBRUARY – BEG. MARCH	APRIL – MAY
SOFTBALL	3 rd , 6 th	\$50/\$42.50	BEG. FEBRUARY – BEG. MARCH	APRIL – MAY
START SMART BASEBALL	3-4	\$30/\$25.50	BEG. FEBRUARY – BEG. MARCH	APRIL – MAY

SUMMER PROGRAMS & CAMPS/CLINICS	AGES/GRADES	REGISTRATION PERIOD	PROGRAM/CAMP DATES (2025)
GOLF PROGRAM	8-17	APRIL – 1 st Day of Practice	JUNE - AUGUST
FITNESS CAMP	5-14	APRIL – 1 st Day of Camp	JUNE
CHALLENGER SOCCER CAMP	3-14	APRIL – 1 st Day of Camp	JUNE, JULY & AUGUST
BASEBALL CAMP	5-14	APRIL – 1 st Day of Camp	JULY
BASKETBALL CAMP	5-14	APRIL – 1 st Day of Camp	JULY

FALL SPORTS	AGES/GRADES	COST OF 1 st CHILD/ ADDITIONAL CHILD	REGISTRATION PERIOD	SEASON DATES (2025)
SOCCER	5-14	\$50/\$42.50	MID. JULY – BEG. AUGUST	SEPTEMBER – OCTOBER
FLAG FOOTBALL	1 st , 6 th	\$50/\$42.50	MID. JULY – BEG. AUGUST	SEPTEMBER – OCTOBER
CHEERLEADING	5-12	\$55/\$47.25	MID. JULY – BEG. AUGUST	SEPTEMBER – OCTOBER
RUNNING CLUB	3 rd -8 th	\$50/\$42.50	MID. JULY – BEG. AUGUST	SEPTEMBER – NOVEMBER
START SMART SOCCER	3-4	\$30/\$25.50	MID. JULY – BEG. AUGUST	SEPTEMBER – OCTOBER
START SMART FLAG FOOTBALL	3-4	\$30/\$25.50	MID. JULY – BEG. AUGUST	SEPTEMBER – OCTOBER

WINTER SPORTS	AGES/GRADES	COST OF 1 st CHILD/ ADDITIONAL CHILD	REGISTRATION PERIOD	SEASON DATES (2025-2026)
BASKETBALL	Kinder – 6 th	\$50/\$42.50	OCTOBER - NOVEMBER	JANUARY – MARCH
WRESTLING	5-12	\$50/\$42.50	OCTOBER - NOVEMBER	JANUARY – MARCH
START SMART BASKETBALL	3-4	\$30/\$25.50	OCTOBER - NOVEMBER	JANUARY – MARCH



Fall Youth Sports & Fitness

Confidence begins here! Are you in?

Flag Football

(1st - 2nd grades)
(Ages 7 - 8)
Tuesday/
Thursday
Sept 9 - Oct 23

(3rd - 4th grades)
(Ages 9 - 10)
Monday/
Wednesday
Sept 8 - Oct 22

(5th - 6th grades)
(Ages 11 - 12)
Monday/
Wednesday
Sept 9 - Oct 23

\$50

Soccer

6 & Under
(Ages 5 - 6)
8 & Under
(Ages 7 - 8)
10 & Under
(Ages 9 - 10)

Sept 8 & 9 - Oct 22 & 23

Under 12 & 14
TBA

\$50

Cheerleading

(Ages 5 - 12)
Monday/
Wednesday
Sept 8 - Oct 22

Participants will cheer for all 3rd/4th & 5th/6th grade Teams.

*Pom-poms, shirt, and skirt are included in the cost.

***\$55**

Fall Running Club

(3rd - 8th grades)
(Ages 8 - 14)
Tuesday/
Thursday
Sept 9 - Oct 25

Season ends with the Halloween 5K.

\$50

Start Smart Flag Football (Ages 3 - 4)
\$30
Sept 15 & 17 - Oct 15 & 20

Start Smart Soccer (Ages 3 - 4)
\$30
Sept 16 & 18 - Oct 14 & 16

Registration and enrollment will begin July 7 and close Aug 4.
All Youth must have an updated sports physical before first practice. Enrollment can be done at all CVS locations if centrally registered. Webtrac online enrollments can only be done with a Youth Sports Physical that covers the entire season.
Volunteer Coaches are needed!

For more information call 913-684-7525 or 7526

LET'S PLAY!

2025
ADULT SPORTS
Doubles
Pickleball
League

Player's Meeting
Wednesday
Oct 15
5:30pm @ Gruber
Fitness Center
Registration due by COB
Wednesday Oct 29

League play starts
Wednesday
Nov 5 - TBD
League awards are given for
regular season champions,
tournament runner-ups, and
tournament champions.

**Harney Sports
Complex**
New to Pickleball?
That's okay! This fast growing
sport is described as a hybrid
of tennis, badminton, and
ping pong. It's played on a
badminton sized court with
a net, hard paddles and
perforated plastic balls.
There may be less running
than tennis, but don't let that
fool you! Players can burn
serious calories during just
30 minutes of play!

Open to Active Duty, DOD Civilians,
Retirees, Dependents, and
Contractors working on
Fort Leavenworth that are 18+
Call 913-684-3224/ 5136
for more information

Games
Mondays & Wednesday
5:30pm, 6:30pm,
7:30pm
Harney Sports Complex

leavenworth.armymwr.com

ADULT SPORTS
FLAG
FOOTBALL
LEAGUE

Want to get fit and have a blast doing it?
The only catch is the one you make.
Flags up, game on!

Coaches Meeting:
Wednesday, August 13
5:30pm
Gruber Fitness Center
200 Reynold Ave
Ft. Leavenworth, KS

League play begins
Tuesday September 2.
Letters of intent due by
COB on August 27.

Games: Tuesdays, Thursdays
5:30pm, 6:30pm, 7:30pm
Gruber Football Field

Open to all Active Duty, DOD Civilians, Retirees, Dependents, Spouses,
and Contractors working at Fort Leavenworth ages 18+.
League awards given for regular season champions,
tournament runner-ups and tournament champions.
For more info call 913-684-3224/ 5136
leavenworth.armymwr.com

QR

Brunner Range
ASTRO
CLAYS

Looking for a new and unique range experience?
Introducing Astro Clays! Shoot under the stars!
Special UV black lights turn the clays into glowing
targets that are fun for every skill level!

• Sep 13 at 2030
• Oct 11 at 1930
• Oct 25 at 1930
• Nov 8 at 1800
• Nov 25 at 1800
• Dec 13 at 1800

\$25 for
50 clays

Brunner Range
701 Sheridan Dr
Ft. Leavenworth, KS
Call for more info: 913-651-8132
Leavenworth.armymwr.com

QR

Starting June 2nd, 2025

Fort Leavenworth
Group Fitness Classes

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530						
0900						Power Yoga (Kim)
0930	Zumba (Virmarie)					
1200						
1630		Zumba (Virmarie)	Power Cycling (Kim)			
1700	Power Yoga (Kim)					

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

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

*Power Cut classes are held in the Bubble Gym

U.S. ARMY
MWR

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

U.S. ARMY
SPORTS • FITNESS • AQUATICS

https://leavenworth.armymwr.com

Independent Instructor
Class Schedule

Gruber Fitness Center

Monday	Tuesday	Wednesday	Thursday	Friday
	Brazilian Jiu-Jitsu Beginner 1830-1930	Brazilian Jiu-Jitsu Beginner 1830-1930	Brazilian Jiu-Jitsu Beginner 1830-1930	
	Advanced 1940-2040	Advanced 1940-2040	Advanced 1940-2040	

1 x a week - \$60 2 x a week - \$75 3 x a week - \$85 Drop in \$20
First class is FREE! Must have 24 hour access to gym. Classes are 18+ Register in person

Harney Sports Complex

Monday	Tuesday	Wednesday	Thursday	Friday
Olympic Lifting 0900-1015		Olympic Lifting 0900-1015		Olympic Lifting 0900-1015
Kids Olympic Lifting 1600-1700 Bubble Gym		Kids Olympic Lifting 1600-1700 Bubble Gym		

Olympic Lifting - \$75 (3 days) \$70 (2 days) \$10 (drop in)
Kids Olympic Lifting - \$75 (NO drop in)
First class is FREE! Olympic Lifting and Resistance Training is for 18+

Harney Sports Complex & Aquatics Center
185 Fourth St
Ft. Leavenworth, KS
913-684-2190

U.S. ARMY
MWR

Gruber Fitness Center
200 Reynolds Ave
Ft. Leavenworth, KS
913-684-5120

Combined League
Scramble

9-hole 5pm shotgun start
Trails West Golf Course
306 Cody Rd
Fort Leavenworth
Meal to follow play!

April 30
June 25
August 27
September 24

\$5 FOR SCRAMBLE
\$15 FOR MEAL

Players registered in the Monday Intramural League, Tuesday Women's League, Wednesday League, and Couples Thursday League are eligible to participate in the Combined League Scramble. The Pro Shop will assign teams. Enjoy drink specials all night at The Fairway Grille! Register by COB on Monday of each week

For more information call 913-651-7176 or visit leavenworth.armymwr.com

Couples
League

Are you looking for some good old-fashioned fun?

Grab your spouse or partner and come on out to Trails West Golf Course! Featuring fun formats and end of season prizes!

1st and 3rd Thursday of every month at 5pm
Trails West Golf Course
306 Cody Rd
Fort Leavenworth

Annual pass holders : Free
Non-pass holders: \$35 per person \$70 per team
Weekly: \$5 per person

Registration is open now!
Call for more info 913-651-7176

I just love spending quality time with you!

For more information: leavenworth.armymwr.com

Trails West
Golf Course
Wednesday League

Every Wednesday at 5pm
Trails West Golf Course
306 Cody Rd
Fort Leavenworth

Each week will feature a unique event format. 100% of the weekly fee is awarded to the weekly winners in Golf Pro Shop Gift Certificates. All weekly events are flighted and everyone has a chance to win on any given week! Minimum is 20 players

Free registration for annual pass holders, \$35 for non-pass holders. All players pay a \$5 weekly fee. Registration is open now! Players may join at any time during the year.

For more information call: 913-651-7176 visit: leavenworth.armymwr.com

Scan here to follow Ft. Leavenworth FMWR on FB

Weekend - Swimming Lessons
Bernstein Memorial Indoor Pool

Enrollment opens Wednesday, 13 August at 0800
September 6, 7, 13, 14, 20, 21, 27, 28
Saturdays & Sundays - (8 classes) \$64.00

50503-55	0815-0845 Learn to swim level 3	max 6
50503-56	0900-0930 Learn to swim level 2	max 6
50503-57	0945-1015 Learn to swim level 1	max 5
50503-58	1030-1100 Parent Child	max 6
50503-59	1115-1145 Preschool Level 3	max 5
50503-60	1200-1230 Preschool Level 2	max 5

Swimming Lesson Age Requirements:
Parent Child: participants may be 6 months – 3 years and must be accompanied into the water by a parent or guardian.
Preschool levels: Participants must be 4 years – 5 years old.
Learn-to-swim levels: Participants must be 6 years old –17 years old.

Swimming Lessons
Bernstein Memorial Indoor Pool

Enrollment opens Wednesday, 13 August at 0800
September 8, 10, 15, 17, 22, 24, 29, October 2
Mondays & Wednesdays - (8 classes) \$64.00

50503-61	1200-1230 Parent Child	max 6
50503-62	1245-1315 Preschool Level 1	max 5
50503-63	1330-1400 Preschool Level 2	max 5
50503-64	1415-1445 Preschool Level 1	max 5
Break		
50503-65	1545-1615 Learn to swim level 1	max 5
50503-66	1630-1700 Learn to swim level 2	max 6
50503-67	1715-1745 Preschool Level 2	max 5

Swimming Lesson Age Requirements:
Parent Child: participants may be 6 months – 3 years and must be accompanied into the water by a parent or guardian.
Preschool levels: Participants must be 4 years – 5 years old.
Learn-to-swim levels: Participants must be 6 years old –17 years old.

✗ LTS now has Renaissance Festival Tickets! ✗

Ticket Prices are \$20 per ticket for adults 13+, and \$14 per ticket for children ages 5-12. Tickets must be purchased in person and can be used on any day they are open.

RenFest runs Saturdays and Sundays August 30-October 12 from 10AM - 7PM!

For more info call, (913) 684-2580.

BRUNNER RANGE

MWR

2025

CALENDAR

For more information (913) 651-8132
701 Sheridan Dr. Fort Leavenworth, KS 66027

Fun Shoot	Special Fun Shoots	League Schedule
1st Saturday of every month		
4 January	• Rod & Gun 16 April	• Winter Combo 9 January - 13 March
1 February	• VFW Post 12003 26 April	• Spring Combo 20 March - 22 May
1 March	• Lil Weenie 17 May	• Summer Warm-up 5 June - 10 July 17 July - 21 August
5 April	• Club Championship 21 June	• Fall Combo 4 Sept - 6 Nov
3 May	• One Gun/One Choke 19 July	• Winter Warm-up 13 Nov - 18 Dec
7 June	• Shuck n' Chuck 16 August	
2 August	• American Legion Post 411 20 September	
6 September	• Rod & Gun 13 October	
4 October	• Lil Weenie 18 October	
1 November		
6 December		

Hours:
Wednesday 12:00-8:00pm
Thursday 12:00-8:00pm
Saturday 10:00am-5:00pm
Sunday 10:00am-5:00pm
CLOSED
M, T, F

Fun Shoots begin at 9:00am
Rod & Gun begin at 6:00pm

SCAN HERE

LEAVENWORTH.ARMY.MWR.COM

FUN SHOOT

Brunner Range

1st Saturday of the Month

Jan 4 - Dec 6 2025

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

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

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 2025

SPECIAL FUN SHOOTs

16 April	Rod & Gun Club
26 April	VFW Post 12003
17 May	Lil Weenie
21 June	Club Championship
19 July	One Gun/ One Choke
16 August	Shuck n' Chuck
20 September	American Legion Post 411
15 October	Rod & Gun Club
18 October	Lil Weenie

Contact Brunner Range for more information
(913) 651-8132

Brunner Range

2025

LEAGUE SCHEDULE

Winter Combo

9 January - 13 March

Spring Combo

20 March - 22 May

Summer Warm-up

5 June - 10 July
17 July - 21 August

Fall Combo

4 September - 6 November

Winter Warm-up

13 November - 18 December

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

FORT LEAVENWORTH MWR

2024 RUNNING EVENTS

GREAT ESCAPE

AUGUST 24

RUN/WALK FOR THE FALLEN

SEPTEMBER 14

1/2 MARATHON

OCTOBER 5

TURKEY TROT

NOVEMBER 16

TO REGISTER CALL. (913) 684-1830
OR STOP BY ANY FITNESS FACILITY!

Fort Leavenworth's

Rod and Gun Club

Advanced Hunter Education & Hunting Dog Training

Saturday, 11 OCT 25

(Inclement weather backup date is 18 OCT 25)

0730-1830 Hrs

Location: Northwest Leavenworth County

A team consists of 1 dog (pointing or flushing), 2 hunters and as many shotgun shells as desired. At least 3 game farm pheasants will be in the field for each team. The focus is on a safe, live fire training experience for the hunters and dogs finding and retrieving harvested pheasants in field conditions. Prizes are awarded to top performing teams; scoring is based on the team's combined firearms handling and hunting skills. The event is open to Club members, active duty and retired military, military dependents, Federal employees, and invited guests. Entry fees are \$75 for Club members and \$85 for non-members. Participation is **limited up to 28 paid & registered** teams (depending on field and crop conditions). Registration **opens** 1730 hours **13 AUG** and **closes** 1700 hours **29 SEP**. Rules and final location will be provided by email. Rules are reviewed prior to each team's start on site. Initially, a household can enter 1 dog as a primary; additional dogs will be put on the "Stand-by List" with accompanying reimbursable fees and registration(s). If the event is not full by 1700 hours 29 SEP, paid and registered Standbys are drawn (one per household) until all have had a 2nd chance to fill vacant slots. Remaining unfilled slots will be filled with 3rd dog stand-by's, etc. Running order is determined by a **random, slotted draw o/a 30 SEP** with the initial draft released on 1 OCT and feedback due by 6 OCT so the running order can be finalized by 9 OCT 25.

For more information and entry forms contact Kent Ervin, 913-240-9596.

Note: Pheasants will be used.

Volunteer!

Help Shelter Pets!

They need your help for walks and general care!

They enjoy the love, attention, and affections, too!

Several shifts to choose from

Want to know how to join our team?

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

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

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

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

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

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

Work with either our cats or dogs or both!

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

Ft. Leavenworth

International Loan Closet

Located in the alley off McClellan & Kearny

Hours Vary, Check FB Page

MUNSON NOTES

MUNSON NOTICES

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

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

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

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

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

■ Munson Army Health Center Pharmacy offers patients a variety of **OVER-THE-COUNTER MEDICATIONS AT NO COST** to service members, retirees and family members. These items are available without a prescription or medical appointment. These self-care items are comparable to those available for purchase from retail stores and include pain relievers, cough medicine, allergy medication, antibiotic ointment, lice treatment and much more. Visit <https://munson.tricare.mil/Health-Services/Pharmacy> and scroll down to the Over-the-Counter Medication Program for details.

■ Call 913-684-6250 to schedule a **WELL-WOMAN EXAM** at Munson Army Health Center.

MUNSON ARMY HEALTH CENTER

Call Center

913 684-6250

• Primary Care

• Dental

• Optometry

• Mental Health

• Medical Records

• Pharmacy

• Referrals

• Nurse Advice Line

• More

munson.tricare.mil



MUNSON ARMY HEALTH CENTER

Medical
Emergency

In case of a medical emergency,
call 911. The health center does
not have an emergency center.

>

MUNSON.TRICARE.MIL



Speak up! Your voice matters

Volunteer to become a patient and family advisor on our patient and family partnership council

The Patient and Family Partnership Council captures the voices and insights of patients and families to improve the care experience.

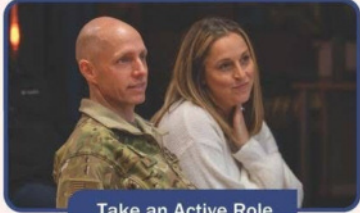
Is being a patient and family advisor right for you?

We are looking for volunteers who can:

- Partner with other patients and staff to help improve care
- Represent the interests of all patients cared for by the military treatment facility
- Work well in teams and have fun!



Patient and Family Advisors



Take an Active Role



Improve Staff-Patient Communication



Make a Difference in the Care of Fellow Service Members and Their Families

Learn more about the Patient and Family Partnership Council!

For more information, contact:

Munson Army Health Center Patient Advocates at 913-684-6211/6127

T H E F O R T L E A V E N W O R T H

NEW CONTENT
EVERY THURSDAY



LAMP

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

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

Read all about it — online!

[HTTPS://HOME.ARMY.MIL/
LEAVENWORTH/ABOUT/NEWS](https://home.army.mil/leavenworth/about/news)



Scan the QR code with your
phone to go directly to
[HTTPS://HOME.ARMY.MIL/
LEAVENWORTH/ABOUT/NEWS](https://home.army.mil/leavenworth/about/news)
to read/print/download the
Fort Leavenworth Lamp.

- News
- Community Features
- Pet of the Week
- Upcoming Events
- and more!

BONUS!
Printable
“old school”

newspaper layouts
included with every
story and photo
package!

E-MAIL:
[ftvlampeditor
@gmail.com](mailto:ftvlampeditor@gmail.com)

EDITORIAL OFFICE: 913-684-LAMP
ADVERTISING: 913-684-1702



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