

THURSDAY  
FEBRUARY 22, 2024



# LAMP

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

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## FLFD conducts prescribed burn



Photo by Prudence Siebert/Fort Leavenworth Lamp

Fort Leavenworth Fire and Emergency Services Firefighters Justin Brady and Thomas Gonzales walk along a creek with a drip torch to set fire to dry, overgrown vegetation along Sherman Avenue during a prescribed burn of the area Feb. 21. The burn helps reduce potential fire fuel by eliminating the dead vegetation, and it makes mowing and maintaining the areas easier. In addition to the small prescribed burns along Sherman Avenue, the Fort Leavenworth Fire Department, in cooperation with Natural Resources, conducted a prescribed burn at Sherman Army Airfield as well. See page A3 for more photos from the burn.

## Afaisen named Fort Leavenworth AFI Military Spouse of Year

### Recognized for community involvement, inclusion, advocacy for volunteerism

by Armed Forces Insurance press release

Following hundreds of nominations nationwide and a national vote yielding more than 20,000 votes, Vince Afaisen has been named the 2024 Armed Forces Insurance Fort Leavenworth Spouse of the Year. Afaisen is currently stationed with his husband, Maj. Brandt Murphy, at Fort Leavenworth.

In its 16th year, Armed Forces Insurance continues to celebrate the commitment of

more than 1.1 million military spouses nationwide and is honored to acknowledge the remarkable contributions of military spouses across all six branches of the Armed Forces who dedicate themselves to advocacy and produce significant, positive impacts within their communities.

Afaisen is the 2nd Vice President of the Fort Leavenworth Spouses' Club and has put on many events to bring the members together. This includes connecting and



Photo by Prudence Siebert/Fort Leavenworth Lamp

Vince Afaisen, spouse of Maj. Brandt Murphy, serves as master of ceremonies, narrating the Pride Month observance and making introductions, during the observance luncheon June 21, 2023, at the Frontier Conference Center. Afaisen, who volunteers with several organizations on post, has been named Armed Forces Insurance Fort Leavenworth Military Spouse of the Year. To learn more about Afaisen and the AFI Military Spouse of the Year program, visit [www.msoy.af.org](http://www.msoy.af.org).

building relationships with Fort Leavenworth and local community organizations.

SEE FORT LEAVENWORTH AFI MILITARY SPOUSE OF YEAR | A3

## AT A GLANCE

■ The "KEY ISSUES IN SOUTHEAST ASIA: ALLIES, PARTNERS AND CHINA" PANEL DISCUSSION is at 1 p.m. Feb. 23 in Arnold Conference Room at the Lewis and Clark Center. See page B1 for more information.

■ Fort Leavenworth Thrift Store COMMUNITY WELFARE GRANT APPLICATIONS are now available at the cashier's counter at the Thrift Shop from 9:30 a.m. to 2:30 p.m. Tuesdays, Wednesdays and Thursdays and the second Saturday of the month at 1025 Sheridan Drive. Deadline is Feb. 27.

■ The KNOW YOUR WORLD: NIGERIA presentation is at 3:45 p.m. Feb. 28 in Eisenhower Auditorium at the Lewis and Clark Center. See page A2 for related story and more information.

■ Munson Army Health Center will host an American Red Cross BLOOD DRIVE from 9 a.m. to 1 p.m. March 13 at the health center. Visit <https://RedCrossBlood.org> and search FortLeavenworth (one word) to schedule a donation time.

■ Scholarship application forms for the MICHAELS ORGANIZATION EDUCATION FOUNDATION SCHOLARSHIP are available at the Fort Leavenworth Frontier Heritage Communities office. See page B1 for more information. Application deadline is April 15.

■ Applications for the Poillon and other SCHOLARSHIPS are available at the Army Education Center, 120 Dickman Ave.

# SPONSOR AN INTERNATIONAL MILITARY STUDENT

## Personal, professional enrichment found by volunteering with Fort Leavenworth Sponsor Program

by David M. Bornn/International Military Student Division, Command and General Staff College

The Fort Leavenworth International Military Student Office Field Studies Program is currently recruiting military (O4 and above) and civilians (GS9/WG6/NAF4 and above) to become local American ambassadors to the international military students invited to the United States to attend the world-renowned Command and General Staff College.

Your personal experience, love of culture and passion for friendship are what make you a highly qualified and capable candidate to become a Fort Leavenworth sponsor. Your service as an international military student's sponsor will be vital to the Department of State and Department of Defense' Security Cooperation programs here at Fort Leavenworth and will have impacts to our nation's strategic mission for generations to come. This opportunity has benefitted thousands of members of the Fort Leavenworth community, professionally building cultural empathy and understanding, as well as enhancing the families' experience through relationships created with international military students and their families. These relationships prove to be mutually beneficial for many decades after sponsoring and provide sponsors with friends around the world.

### 2024-25 CGSOC Class

There will be 130 international

## COMMENTARY

military students from 104 countries from every combatant command attending the Command and General Staff Officer Course Class of 2025. The Department of Defense and U.S. Army commits to supporting these international military students, and their authorized accompanying family members, through a formal U.S. sponsor program executed by the International Military Student Division Field Studies Program. This robust sponsorship program, unique to Fort Leavenworth, consists of three sets of sponsors for each international military student and is considered the "gold standard" of sponsor programs across the Department of Defense.

### 3 sets of sponsors

The first set of sponsors in this storied program is the "Fort Leavenworth Sponsor," comprised of uniformed military officers major and above, civilians GS9 equivalent and above, government contract personnel and on-post retirees. IMSD directly recruits, trains, and manages the Fort Leavenworth Sponsors as part of the Department of Defense-directed Field Studies Program.

There are two additional sets of sponsors that round out the "sponsor team" so our Fort Leavenworth volunteers in this program will not be alone in this

opportunity. The program is supported by the organizations Operation International — a committee of the Leavenworth-Lansing Area Chamber of Commerce, which provides the local civilian "Leavenworth/Lansing Sponsors" — and the Greater Kansas City Chapter of People to People International, which provides the regional "Kansas City Sponsors."

This opportunity would require volunteers to support the incoming international military students during their first month at Fort Leavenworth when they arrive in mid-June by helping integrate the international military students into the post and the local community with your sponsor team.

Sponsor volunteers would also be a partner with the students, as needed and when possible, throughout the year they are here. Volunteers would ensure that the international military students have a safe and friendly atmosphere socially, as well as be an example of the American way of life while here in the United States. During the one year with the international military student, sponsors will attend one sponsor welcome briefing in May to on-board and provide all with the most up-to-date information; one

sponsor team and international military student integration ice-breaker in July, which helps facilitate the meeting with all three sponsor families and the international military student (with family, if present); one special event from the following three (Fall Food Fair international potluck event in October, holiday dinner dance/military formal event in December, or the Spring Food Fair international potluck event in March); and a sponsor recognition event at the end of May. Additional events that sponsors are invited to attend are the opening day flag ceremony in August, the five "Know Your World" cultural engagements presented throughout the school year, and the International Badge Ceremony and CGSOC graduation in June.

### Lasting connections

Many sponsors and their families stay connected with their international military student beyond their time here in the United States. Sponsor families

can create lifelong friendships that provide impactful experiences for generations after sponsoring.

Sponsors are also recognized for their service, and many of the sponsors earn emeritus status, with some exceeding 45 years of sponsoring. They all started as a Fort Leavenworth Sponsor while on Active, Army Reserve and National Guard duty and/or as a DA civilian or DoD contractor. You could be the next one!

Please consider being a part of the sponsorship family at Fort Leavenworth this year.

Contact David M. Bornn Jr., IMSD Field Studies Program, at 913-684-7323 or david.m.bornn.civ@army.mil if interested in sponsoring, with any questions about the Fort Leavenworth Sponsor Program, or for more information about country availability and the process to become a future U.S. Sponsor Ambassador at Fort Leavenworth.

The International Military Student Division cordially invites you to...

### Know Your World

## Nigeria

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

Lewis and Clark Center  
Eisenhower Auditorium  
28 February at 3:45 p.m.



# WANTED

## Fort Leavenworth Sponsors

### Civilians WG6/NAF4/GS-9

## and Permanent Party Military MAJ's and Above

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



Please Contact:  
**Mr. David M. Bornn**  
**(913) 684-7323**

[david.m.bornn.civ@army.mil](mailto:david.m.bornn.civ@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).

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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.

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

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

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## Fort Leavenworth AFI Military Spouse of Year (continued from Page A1)

He volunteers at a multitude of places to include the Frontier Army Museum, Stronghold Food Pantry and the Fort Leavenworth Stray Facility. He is an advocate of being engaged and helping, as well as inviting others to do the same.

"An organization or community is only as strong as the people that participate in keeping it going, so I will keep encouraging others to get involved and build relationships," Afaisen said.

From Dec. 4, 2023, to January 26, 2024, community members nationwide submitted nominations for the AFI Spouse of the Year award. Starting at the base level and progressing to the

branch and then the overall Armed Forces Insurance Military Spouse of the Year, winners like Afaisen are celebrated for their military community engagement, leadership, community enhancement efforts, communication skills and inspiring personal journeys.

The ultimate Armed Forces Insurance Military Spouse of the Year will be announced May 9 during a special luncheon in Arlington, Virginia, celebrating National Military Spouse Appreciation Day.

"The Armed Forces Insurance Military Spouse of the Year award transcends a mere accolade; it represents a vibrant and mission-driven network of military spouse advocates and lead-

ers. As we've seen time and again, unity is our greatest strength," said Lori Simmons, vice president, chief growth and marketing officer at Armed Forces Insurance. "We are thrilled to welcome the 2024 base winners to the AFI MSOY family and work alongside them to make an even bigger impact."

Afaisen said branch Military Spouses of the Year will be announced Feb. 22 to narrow the field of base winners before the overall 2024 AFI Military Spouse of the Year is selected.

To learn more about Afaisen and the other base winners, visit [www.msosy.afi.org](http://www.msosy.afi.org).



Photo by Prudence Siebert/Fort Leavenworth Lamp

Vince Afaisen, Armed Forces Insurance Fort Leavenworth Military Spouse of the Year, and fellow volunteer Allison Burton listen to Monica Bassett, Stronghold Food Pantry founder and CEO, who was the 2022 AFI Army Military Spouse of the Year, lead a volunteer orientation session for new and existing volunteers Feb. 21 in the Armed Forces Bank conference room. Volunteers were given an overview of the organization and received a tour of the pantry, which is located in the basement of Armed Forces Bank. See next week's issue of the *Fort Leavenworth Lamp* for more information about Stronghold Food Pantry's offerings to the community and volunteering opportunities.



Photo by Prudence Siebert/Fort Leavenworth Lamp

Spc. Anthony Santos, Religious Services Organization, grabs a pie and whipped topping from a freezer as he and volunteer Vince Afaisen, Fort Leavenworth Spouses' Club second vice president, assemble meal trays Nov. 16, 2023, at the Fort Leavenworth Commissary. Afaisen, who volunteers with several post organizations, has been named Armed Forces Insurance Fort Leavenworth Military Spouse of the Year.

# FLFD conducts prescribed burn

Fort Leavenworth Fire and Emergency Services Firefighter Justin Brady uses a drip torch to set fire to dead vegetation as Firefighter Thomas Gonzales points out more areas that need lit during a prescribed burn Feb. 21 along Sherman Avenue. The prescribed burn helps reduce potential fire fuel by eliminating the dry, overgrown vegetation, which also makes the area easier to mow and maintain. In addition to the small prescribed burns along Sherman Avenue, the Fort Leavenworth Fire Department, in cooperation with Natural Resources, conducted a prescribed burn at Sherman Army Airfield as well.

Photos by Prudence Siebert/Fort Leavenworth Lamp



ABOVE and LEFT: Fort Leavenworth Fire and Emergency Services Firefighter Justin Brady uses a drip torch to set fire to dead vegetation along the roadway during a prescribed burn of the area Feb. 21 off Sherman Avenue.

# Frontier Army Museum part of Explore Leavenworth: Be a tourist in your own backyard

by the Leavenworth Convention and Visitors Bureau

The Leavenworth Convention and Visitors Bureau presents the "Be a tourist in your own backyard" passport.

Visit all of the attractions listed and turn in the finished passport to the Leavenworth CVB office for a prize, including a choice of coffee mug, tumbler, organizer and more. Limit one entry per person per year.

Attractions listed on the two-page passport form include the Carroll Mansion and Museum, C.W. Parker Carousel Museum, Richard Allen Cultural Center, 1st City Museum, Historical Wayside Tour in Leavenworth and the Frontier Army Museum on Fort Leavenworth. The museums have a stamp they will use on the form after the visit.

Participants can take a selfie by any of the numerous murals, statues and historical markers found all over Leavenworth to complete their passports, either by uploading their photos using the hashtag #VisitLeavenworthKS or showing the photos when turning in their completed passports.

All passport entries will be entered into a drawing, conducted Dec. 15, 2024, for a chance to win a travel package worth more than \$250, including a one-night stay, breakfast, lunch and dinner in Leavenworth. Hotel stay winner must be 18 or older to win; however, younger participants can still win swag for the CVB.

Turn in completed passport forms 8 a.m. to 5 p.m. Monday through Friday to the CVB at 100 N. 5th St., Suite #104, City Hall, in Leavenworth. For more information, call 913-758-2948, e-mail [cvb@firstcity.org](mailto:cvb@firstcity.org) or visit <http://www.visitleavenworthks.com/visitors/page/be-tourist-your-own-backyard>. Download a passport form at [http://www.visitleavenworthks.com/sites/default/files/fileattachments/visitors\\_bureau/page/18112/be\\_a\\_tourist\\_in\\_your\\_own\\_backyard\\_2024\\_summer.pdf](http://www.visitleavenworthks.com/sites/default/files/fileattachments/visitors_bureau/page/18112/be_a_tourist_in_your_own_backyard_2024_summer.pdf)

**Explore LEAVENWORTH**  
**BE A TOURIST IN YOUR OWN BACKYARD**  
**WIN PRIZES FOR YOUR VISIT!**

**Historical Wayside Tour, 20 markers to choose from located all over town. The CVB will check this off at the office.**

Discover Leavenworth's history by listening to the stories narrated at each site along the tour. Scan the QR code for all locations. Take a selfie by one of the locations and post to #VisitLeavenworthKS.

**Take a selfie by any mural or statue in Leavenworth. The CVB will check this off at their office.**

Numerous murals and statues can be found all over town. Take a selfie by one and use the hashtag #VisitLeavenworthKS to upload your photo.

**Frontier Army Museum, 100 Reynolds Ave, Fort Leavenworth, Tues - Fri. 9 am to 4 pm, Sat. 10 am to 4 pm. \$4 suggested donation, 913.684.3191 or 913.684.3186**

Tells the story of the Frontier Army (1804 Lewis & Clark Expedition-1917 Mexican Expedition) and history of Fort Leavenworth (1827-present).

**One entry per person per year. No age restrictions on swag prizes, however must be 18+ to win the Hotel package.**

The Frontier Army Museum on Fort Leavenworth has partnered with the Leavenworth Convention and Visitors Bureau for the CVB's "Explore Leavenworth: Be a tourist in your own backyard" program.

Visit all of the attractions listed on the passport form, get the passport form stamped at each location, and turn in the completed passport to the Leavenworth CVB office for a prize.

The passport program goes through December 14, 2024. The following day, completed passport entries will be entered into a drawing for a chance to win a local travel package valued at more than \$250.

Download a passport form at [http://www.visitleavenworthks.com/sites/default/files/fileattachments/visitors\\_bureau/page/18112/be\\_a\\_tourist\\_in\\_your\\_own\\_backyard\\_2024\\_summer.pdf](http://www.visitleavenworthks.com/sites/default/files/fileattachments/visitors_bureau/page/18112/be_a_tourist_in_your_own_backyard_2024_summer.pdf)

Passport form graphics from the Leavenworth Convention and Visitors Bureau

**Carroll Mansion and Museum, 1128 5th Ave., Tue. - Sat. 10:30 am to 4:30 pm. \$10, under 5 free, 913.682.7759**

This 1880's Victorian home features elaborate handcrafted woodwork, beautiful stained-glass windows and elegant antiques. This museum also serves as the archive and research center for the Leavenworth County Historical Society.

**C.W. Parker Carousel Museum, 320 S. Esplanade St., Sat. and Sun. 1 pm to 5 pm. \$5, 913.682.1331**

Dedicated to the remarkable story of Charles Wallace Parker, the "Carnival King." Take a ride on a restored 1913 carousel made right here in Leavenworth!

**Richard Allen Cultural Center, 412 Kiowa St., Mon. - Thur. 11 am to 4 pm, Fri. and Sat. by appointment. \$5, 913.682.8772**

Honors Leavenworth's African American history. Visitors tour the former home of U.S. Army Captian William Bly, a Buffalo Soldier veteran of WWI. Also artifacts from the Bethel AME Church which was a stop on the Underground Railroad.

**1st City Museum, 743 Delaware St., Thur. 1 pm to 4 pm, \$5, 913-682-1866**

Houses artifacts from Leavenworth's frontier, railroad, and manufacturing days, including buggies, stoves and prison-related memorabilia.

913.758.2948    [cvb@firstcity.org](mailto:cvb@firstcity.org)    100 N 5th St., Leavenworth

**KU THE UNIVERSITY OF KANSAS**

**Local Classes. Global Respect.**

[leavenworth.ku.edu](http://leavenworth.ku.edu)

MILITARY FRIENDLY TOP 10 SCHOOL '22-23 GOLD

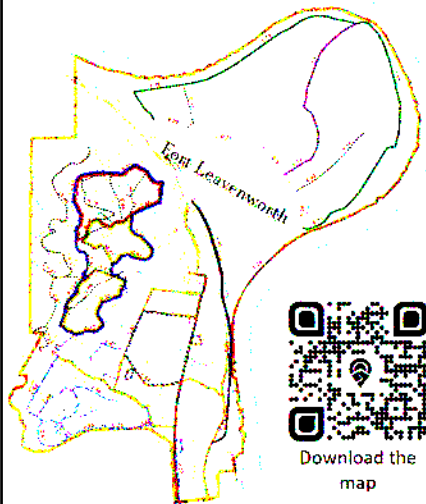
BEST FOR VETS 2022 MILITARY TIMES COLLEGES

# Updated Fort Leavenworth recreation points of interest, trail map available for download

## Volunteers sought to help with trail improvements

### Fort Leavenworth Trails

Maintained by Volunteers



Download the map

Fort Leavenworth Trails are multi-use. Share the trail with foot, bike, and horseback. Dogs must remain on leash.

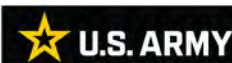
Most of the trails on Fort Leavenworth are volunteer maintained. Join the group on Facebook to discuss trail condition and learn how you can help improve and sustain the trails.



Use the QR code at left to download the multi-use trail map, which also features recreational points of interest such as the dog parks and fishing lakes, and a map of hunting areas, or visit <https://store.avenza.com/products/fort-leavenworth-trails-fort-leavenworth-trail-keepers-map>. The map, seen below, can be made larger and turned for easier viewing with the downloaded file.



Join the Trail Keepers group on Facebook using the QR code at right to learn more about volunteer opportunities to assist with trail improvements, sustainability and maintenance.



### Fort Leavenworth Trail Map

Fort Leavenworth has a beautiful history dating back to 1827 and served to represent the United States portal to the Great American West. One of the few remaining old growth forests on the Missouri River Basin exists on the floodplain beyond Sherman Airfield. Hot summer days encourage retreat into the trees and the equestrian riders enjoy exercising their horses on treks through the hills. These trails take time and energy to maintain, and volunteers are a huge part of keeping the trails in good condition for multiple activities.

Fort Leavenworth is comparably a tiny military base at 8.9 square miles with most major military bases close to or exceeding 100 square miles. The average size for active duty bases is 115 sq mi. On our tiny home, we have over 13 trails totalling 38 miles. Over 17 of that supports horseback. Over half the post is wooded. And hunting is seasonally permitted on just about half the post. These stats summarize the incredible opportunities that await off the pavement and into the hills above the National Cemetery or out in the flood plain beyond Sherman Army Airfield.

#### Trail Etiquette

Fort Leavenworth Multi-Use trails are open to hiking, biking, and horse back riding. No motorized vehicles on the trails.

Observe trail etiquette depicted in the symbol to the right: Bikes yield to hikers and everyone yields to horses.

Remember dogs can scare horses and people and must be leashed at all times (post rules).

Produced by the Fort Leavenworth Trail Keepers  
Last update: Sep 2023 version 1.08



Post Size	8.9 sq. mi
Number of Trails:	13 +
Miles of Trails:	38 miles
Miles of Horseback:	17 miles
% Area Wooded:	54%
Hunting area:	3,100 acres

#### Credits

This map is produced by Trail Keeper volunteers in conjunction with Fort Leavenworth Morale Welfare and Recreation (MWR), Natural Resources office of the Environmental Management Division, and the Directorate of Public Works Master Planning Division. It would not be possible without the support from the Fort Leavenworth Community.



#### Hunting Safety

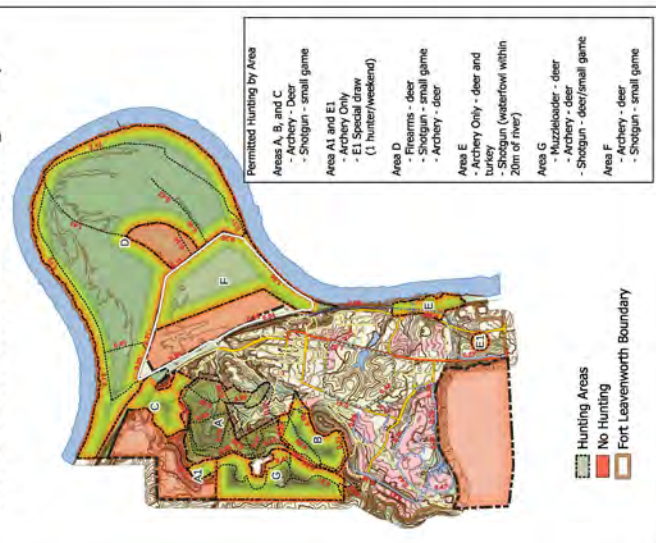
Be sure to wear at least two feet of blaze orange clothing visible on the front and back and head during hunting season.

Dates change from year to year so check the state and Garrison hunting information. Generally hunting is permitted for different animals from late mid August through March.



Scan this link to join the Trail Keepers group on Facebook and find links to maps, learn about trail conditions, report problems on the trails, and get involved to help improve and maintain our recreational trails of Fort Leavenworth.

### Fort Leavenworth Hunting Map



- Permitted Hunting by Area
- Area A, B, and C
  - Archery - deer
  - Shotgun - small game
- Area A1 and E1
  - Archery Only
  - E1 Special draw (1 hunter/woodland)
- Area D
  - Firearms - deer
  - Firearms - small game
  - Archery - deer
- Area E
  - Archery Only - deer and turkey
  - Shotgun (waterfow within 20m of river)
- Area G
  - Muzzleloader - deer
  - Shotgun - deer/small game
- Area F
  - Shotgun - deer
  - Shotgun - small game

- Hunting Areas
- No Hunting
- Fort Leavenworth Boundary



Many of the trails on Fort Leavenworth are maintained with volunteer support. Volunteers come from all interest groups (Fort Leavenworth Stable Activity, Rod and Gun Club, trail runners, and other interested persons) to conduct seasonal tree limbing, mowing, and removal of dead wood. The actions of volunteers are a critical part of sustaining the trails in a functional capacity. Join the Trail Keepers to learn more about trail condition, report observed problems, and volunteer your time.

Fort Leavenworth Trail Keepers operate under Fort Leavenworth Morale Welfare and Recreation office with oversight from the Natural Resources office of the Environmental Management Division on Fort Leavenworth. We work closely with them to ensure trails are built and sustained with environmental impacts in mind.

#### LEGEND

- Points of Interest**
  - Archery
  - Bookstore
  - Cemetery
  - Community Garden
  - Dog Park
  - Fishing
  - Food
  - Gas Station
  - Golf
  - Gym
  - Health Center
  - Hunt
  - Hunt Lodge
  - Information
  - Library
  - Lodging
  - Museum
  - No Vehicle
  - Parking
  - Pool
  - Post Office
- Shooting Range**
  - Stable
  - Store
  - Trailhead
  - Visitor Center
  - Water
  - Text Labels w/elevation
  - Trail Intersections
- Trail Types**
  - Multi-Use Trail
  - Hike / Bike Trail
  - Improved Road
  - Paved Bike Trail
  - Paved Trail
- Named Trails**
  - Outer Loop (4.9 mi)
  - Lower Loop (2.0 mi)
  - Missouri Trail (4.98 mi)
  - Upper Loop (2.6 mi)
  - Inner Loop (1.9 mi)
  - Rialto Trail (1.75 mi)
  - Old Rail Trail (2.3 mi)
- Roads**
  - Secondary
  - Tertiary
  - Minor
  - Residential
  - Fort Leavenworth Boundary
  - Contour Lines (no labels)
  - 50' Contours
  - 10' Contours
  - building\_fort leavenworth
- Water Features**
  - water
  - wetland
- Land Features**
  - cemetery
  - forest
  - grass
  - meadow
  - residential
  - scrub

Scale: 1:14,000

0 0.25 0.5 0.75 mi

0 0.25 0.5 0.75 1 km

Contour Interval 10 feet

Projection: WGS 84  
Info Building: 39.3581808, -94.9190865

Datum: NAD 1984  
Ellipsoid: WGS 84

DRAFT: This map approved for public release  
Office of responsibility  
PAO Information  
Background ©OpenStreetMap (CC BY-SA 2.0)

# Easter season services ongoing at chapels

Fort Leavenworth Lent and Holy Week services

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

**Protestant Christian Services**

Lenten Lunches, noon to 1 p.m. Feb. 28, March 6 and March 20 at Frontier Chapel, room 153

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

**Multicultural Gospel Service**

"Stir Up the Gifts," African attire/potluck Sunday, 10 a.m. Feb. 25 at Pioneer Chapel

**Catholic Services**

Stations of the Cross, 5:30-7 p.m. Feb. 23, March 1, March 15 and March 22 at Pioneer Chapel

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

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

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

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

## SUNDAY, 31 MARCH 2024, 0700



# EASTER SUNRISE SERVICE

Pioneer Chapel, 500 Pope Avenue

**Uniform: Army Service Uniform/Army Green Service Uniform with Service Cap or Civilian Attire**

Light Reception Follows inside Pioneer Chapel

For Information Call 913.684.2210

POC: Chaplain (MAJ) Chris Weinrich

[christopher.w.weinrich.mil@army.mil](mailto:christopher.w.weinrich.mil@army.mil)



*Equip  
Encourage  
And Anchored*

PWOC SPRING RETREAT 2024

MARCH 22-24TH  
COUNCIL GROVE, KANSAS

SEE SELINA HUGGARD TO GET REGISTERED!

REGISTRATIONS DUE BY MARCH 5TH



# WORTH

Harley-Davidson  
MOTOR HARLEY-DAVIDSON CYCLES  
**NORTH**

9400 NW Prairie View Rd

816-420-9000

[www.worthharley-davidson.com](http://www.worthharley-davidson.com)

# Pet of the Week



Loki is a 3-year-old tabby-and-white cat currently available for adoption at the Fort Leavenworth Stray Facility. He has already been spayed, vaccinated and microchipped, which are included in his \$75 adoption fee.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday, and by appointment for pre-approved adopters. The facility is also open the second Saturday of each month (March 9) from 9 a.m. to noon.

See [www.FLSF.petfinder.com](http://www.FLSF.petfinder.com) or call 913-684-4939 for more information, or e-mail [fortleavenworthstrayfacility@gmail.com](mailto:fortleavenworthstrayfacility@gmail.com) for an adoption application.

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



Photos by Prudence Siebert/Fort Leavenworth Lamp

## 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

Work with either our cats or dogs or both!

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.



## Thank you FOR YOUR SUPPORT

Happiest of Holidays!

On behalf of Fort Leavenworth Morale, Welfare and Recreation, the Soldiers and their Families, Retirees, and Civilian Employees here on Fort Leavenworth, I would like to thank you for supporting us through Commercial Sponsorship this past year. Without your sponsorship and support many of the programs and events MWR hosts would not be able to be sustained. For example our Oktoberfest and July 4th events, the reopening of the Arts and Crafts Studio on Fort Leavenworth and so much more. While I know many of you do not get to experience the events and the joy that you bring to our Post, I can assure you it is amazing!

As we head towards the New Year, with new challenges, and new opportunities, I know we will continue to bring great programs to Post because of you. If you are looking for some additional advertising opportunities, let me know so I can fill you in on MWR acquiring the Lamp Newspaper here on Post. Otherwise I look forward to working with you again in the coming year and many years to follow. Here's hoping you and your loved ones have a Happy and Healthy Holiday Season.

Thank You Again!  
Mary Manago



## THE FORT LEAVENWORTH LAMP

OUR STORY CONTINUES; TO PRESERVE HISTORY AND CONTINUE THE LEGACY!

Military history is something that we learn from. It involves our Founding Fathers and those that made sacrifices for our freedom. Fort Leavenworth history is a significant part of our Military history. We are the oldest continually operating Army post west of the Mississippi River. Founded in 1827, originally to protect the western frontier. By the 1840's movement had begun to California and Oregon and thousands of wagons would come through.

While small in size, the impact and significance of Fort Leavenworth rivals any large Military Installation in the World. As the years have passed post has transformed and adapted and remains relevant and renowned for the missions it serves. Currently known at the "Think Tank" for the Military, The Command and General Staff College (CGSC) trains all of the future leaders of the Army. Additionally, we house the United States Disciplinary Barracks (USDB) and the Soldiers, Military Police, that run that facility.

When it was announced that the civilian publishing company was discontinuing the Lamp, our Leadership wanted another plan. The Lamp began in the 1940's as the Fort Leavenworth Times and the Recruiting Center News. In April of 1971 the name was switched to The Lamp. We needed a way to continue the history. So here we are! Fort Leavenworth Morale, Welfare and Recreation (MWR) in conjunction with the Fort Leavenworth Garrison Public Affairs Office (PAO) have joined forces to keep The Lamp going. Now we need you!

MWR is the only part of the Department of the Army that is not fully funded by the Army. We have programs and events we provide for post which we have to get outside funding for. That is where MWR Marketing and Commercial Sponsorship comes in. In order to keep The Lamp going and make it The Best Hometown Newspaper in the Army, we are offering advertising and sponsorship opportunities. All of the advertising money that comes in via The Lamp comes back to Fort Leavenworth MWR to sustain The Lamp and our other MWR activities. Below is a list of our pricing. Want more? We are also looking for Lamp Heroes to Sponsor the publication monthly, quarterly and annually.

FORT LEAVENWORTH LAMP ADVERTISING	LAMP HEROES OPPORTUNITIES LIMITED OPPORTUNITIES
BUSINESS CARD AD (558 X 315) \$75/ ONE PUBLICATION \$225/FOUR PUBLICATIONS	LAMP HERO ANNUAL SPONSOR—\$12,000 SPONSOR QUARTERLY OR 6 MONTHS—\$5,000 SPONSOR ONE MONTH—\$500
1/2 PAGE AD (558 X 760) \$150/ONE PUBLICATION \$450/FOUR PUBLICATIONS	LOGO AND RECOGNITION ON TOP OF MAIN PAGE AD INCLUDED IN EACH PUBLICATION

INTERESTED - CALL 913-684-1702 OR 913-684-1658 EMAIL MARY.F.MANAGO.NAF@ARMY.MIL

### UNITED STATES ARMY COMBINED ARMS CENTER AND FORT LEAVENWORTH SHARP TEAM

<p>For Assistance contact the Interim Lead SARC or the SHARP Program Manager</p> <p><b>Vacant Lead SARC</b> Bldg 197, 632 McClellan Ave Fort Leavenworth, KS 66027</p>	<p><b>Ms. Cassandra Rozler</b> SHARP Program Manager cassandra.d.rozler.civ@army.mil Office: 913-684-2822 Cell: 913-704-5623 Bldg 197, 632 McClellan Ave</p>	<p><b>SFC Jerri Osborne</b> F1 Leavenworth Garrison VA jerri.osborne.mil@army.mil Office: 913-684-1808 Cell: 913-565-0781 Bldg 77, Room 1205, 290 Grant Ave</p>	<p><b>LTC Craig Arnold</b> Interim Lead SARC MCTP/JAC-T SARC craig.a.arnold.mil@army.mil Office: 913-684-2818 Cell: 913-704-5604 Bldg 197, 632 McClellan Ave</p>	<p><b>SFC Jacob Roach</b> Army Corrections, BDE SARC jacob.w.roach.mil@army.mil Office: 913-684-0552 Cell: 913-547-5075 835 Sabalu Rd</p>	<p><b>Mrs. Karl Erzen</b> MAHC SARC karl.erzen.civ@health.mil Office: 913-684-6614 Cell: 913-271-8760 550 Pope Ave</p>
<p><b>For Assistance contact the Interim Lead SARC or call 24/7 Hotline</b></p> <p><b>Vacant MCTP VA</b> Bldg 54, 614 Custer Rd</p>	<p><b>Mr. Josh Belle</b> Army Corrections, BDE VA joshua.p.belle.civ@army.mil Office: 913-684-0956 Cell: 913-680-5699 835 Sabalu Rd</p>	<p><b>SSG Justine Torregosa</b> MAHC VA justine.torregosa.mil@health.mil Office: 913-684-6614 Cell: 913-306-7835 550 Pope Ave</p>	<p>Fort Leavenworth SHARP Resource Center Building 197, 632 McClellan Ave Fort Leavenworth, KS 66027</p>		

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

If you are unsure, have a question, or just need to talk about something that has happened to you or someone you know, we are here to listen, and to provide you information and options.

Integrity. Dedicated Service. Financial Solutions. Anytime, Anywhere.

frontierccu.org (913) 651-6575

Frontier Community Credit Union

Federally Insured by NCUA

Twitter Facebook

THURSDAY  
FEBRUARY 22, 2024



# LAMP

## Post Notes

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

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

B1



### KEY ISSUES IN SOUTHEAST ASIA: ALLIES, PARTNERS AND CHINA

#### OPENING REMARKS:

**DR. ROBERT T. DAVIS II-**

Associate Dean of Academics, U.S. Army Command and General Staff College

#### PANEL MEMBERS:

**LTC DAVID C. MCCAUGHRIN-**

Department of Joint, Interagency, and Multinational Operations,  
U.S. Army Command and General Staff College

**LTC PHIL KERBER-**

Department of Joint, Interagency, and Multinational Operations,  
U.S. Army Command and General Staff College

**MAJ PETRUS P. PRABOWO-**

Indonesian Army

#### MODERATOR:

**DR. MAHIR J. IBRAHIMOV (DR. I.)-**

Director, Cultural and Area Studies Office,  
U.S. Army Command and General Staff College

#### DATE:

Fri, 23 Feb, 2024

#### TIME:

1300 - 1500 (CST)

#### LOCATION:

Arnold Conf. Room,  
Lewis and Clark Center,  
Fort Leavenworth, KS

All welcome for the audience.

For outstations, the event will be available live on  
CCSC's Facebook page at:  
<https://www.facebook.com/USACGSC>



### THE 2024 MICHAELS ORGANIZATION EDUCATION FOUNDATION SCHOLARSHIP APPLICATIONS ARE NOW AVAILABLE!

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

#### IMPORTANT DATES:

- February 5: Application forms available at all offices of the Michaels Organization.
- March 9: Suggested deadline for college students to request grade transcripts from their registrars to ensure that part of the application will be received before April 15, 2024.
- April 15: Final deadline for all parts of the application for a 2024 The Michaels Educational Foundation Grant. Mail the application form, references, essay, and grade transcripts to Dr. Bruce W. Johnson, The Michaels Educational Foundation, P.O. Box 90708, Camden, NJ 08101.

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



BOSS PRESENTS  
**MOVIE NIGHT**

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

February 9      February 23

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](http://leavenworth.armymwr.com)

**2024  
MPRA ANNUAL  
SCHOLARSHIP  
PROGRAM**

APPLICATIONS NOW ACCEPTED

Deadline: March 31, 2024  
[www.mpraonline.org/scholarship](http://www.mpraonline.org/scholarship)



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

### Scholarship Opportunities

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

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

[https://home.army.mil/leavenworth/application/files/7816/3284/5772/Fort\\_Leavenworth\\_SLO\\_Scholarship\\_List\\_September\\_2021.pdf](https://home.army.mil/leavenworth/application/files/7816/3284/5772/Fort_Leavenworth_SLO_Scholarship_List_September_2021.pdf)

# DONATE BLOOD

WED. MARCH 13  
9 A.M. - 1 P.M.  
MUNSON ARMY  
HEALTH CENTER

Sign up  
at

[REDCROSSBLOOD.ORG](http://REDCROSSBLOOD.ORG)



### FORT LEAVENWORTH THRIFT SHOP COMMUNITY ASSISTANCE GRANTS

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

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

GRANTS ARE AVAILABLE FOR  
ELIGIBLE ORGANIZATIONS,  
NOT INDIVIDUALS

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

### JANUARY 1ST- MARCH 31ST AFWC NEW YEAR Challenge

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

OPEN TO ALL FORT LEAVENWORTH

(913)758-3403

[patricia.g.allen9ctr@health.mil](mailto:patricia.g.allen9ctr@health.mil)

### 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





## Navigating the Teen Years

Jan 16, Feb 20, Mar 19, Apr 16, May 21, Jun 18 @ 1 - 2:30pm

ACS Classroom 145  
600 Thomas Ave

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

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

We'll discuss:

- Teen Mental Health
- Substance Abuse
- Raising Teens in a Digital Age
- Understanding Social Media
- Teen Sexualized Behaviors

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

## FORT LEAVENWORTH FMWR

### CHILD AND YOUTH SERVICES

Parent Central and Outreach Services (913) 684-5138  
Youth Sports and Fitness (913) 684-7525  
SKIES Unlimited (913) 684-3207

### ARMY COMMUNITY SERVICE

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

### RECREATION

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

### BUSINESS OPERATIONS

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

Connect with Us! Facebook: FortLeavenworthFMWR  
Twitter: FortLeavenworthArmyMWR  
LinkedIn: FortLeavenworthArmyMWR

## "Refreshing Conversations"

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

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

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

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

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

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

## SCREAM FREE Marriage & Parenting

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

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

FREE  
Open to all DOD ID holders 18+  
www.fortleavenworth.mwr.com

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

## Co-Parenting Workshop

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

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

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

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

## Empowering Families Lunch & Learn Workshop Series

12 - 1 pm via Microsoft Teams

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

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

## MOM'S night OUT

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

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

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Moms with children 0-3 years old.

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

## DAD'S NIGHT OUT

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

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

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Dads with children 0-3 years old.

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

## EFMP presents: SENSORY STORY TIME

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

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

## ACS New Parent Support Prenatal Classes

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

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

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

Free for Expectant Parents!

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

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

## ACS New Parent Support Potty Training

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

Are you ready?

Time to lose the diapers?

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

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

## EFMP RECREATIONAL BOWLING

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

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

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

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

## Play Morning

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

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

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

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

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


As of: 19 October

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


We are sorry for the inconvenience.

### Employment Readiness Program Classes

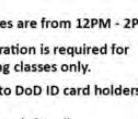
ACS Classroom • Resiliency Center, 600 Thomas Ave.  
Wednesdays • 12PM - 2PM\*



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



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




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

Scan QR Code for more info!

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

For more info call: (913) 684-2800



## Financial Readiness Milestone Training

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

Some of the topics we will discuss:

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

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



INFO: 913-684-2835 / 2800



ACS Family Advocacy Program Presents:

# ANGER MANAGEMENT

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

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

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

Childcare not provided.

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

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





### ACS Employment Readiness Program Menu of Services

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

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

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



## DOMESTIC VIOLENCE EDUCATION AND SUPPORT GROUP

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

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

**Where:**  
Resiliency Center  
600 Thomas Ave  
Room 145

FOR QUESTIONS CALL 913-683-2537






## STRESS MANAGEMENT

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

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

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

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

## BOSS soldiers

here's what's happening

"let your voice be heard"

updated monthly



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



### - Family Advocacy Program - Victim Advocacy Program

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

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



Safety Planning



Victim Advocacy Services



Education & Support Group



## Join our ACS/FAP team for STORY TIME!

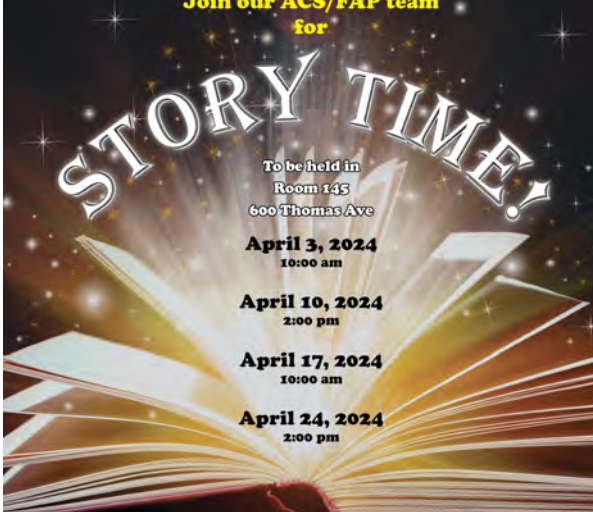
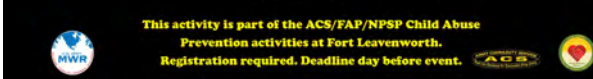
To be held in Room 145, 600 Thomas Ave

**April 3, 2024** 10:00 am  
**April 10, 2024** 2:00 pm  
**April 17, 2024** 10:00 am  
**April 24, 2024** 2:00 pm

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

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

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

## COME WORK WITH CYS

Commissary Privileges\* for all CYS Employees

# NOW HIRING

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

APPLY NOW!  
ArmyMWR.com/cyscareers



SCAN TO LEARN MORE

## AVAILABLE NOW! on MILITARY CHILDCARE.COM

Limited space... Make requests NOW!

### WINTER CAMP offers have started! Do you need care?

### School Out & Seasonal Camp Care Options

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

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

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

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

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

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

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



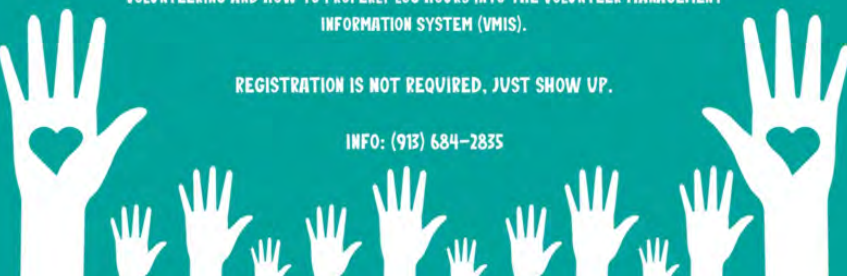

## VOLUNTEER BASICS

JAN 10 • MARCH 13 • MAY 15 • JUNE 26 • AUG 28 • SEPT 4  
ACS CLASSROOM • 600 THOMAS AVE.  
TIME: 12PM - 1PM

DO YOU WANT TO MAKE A DIFFERENCE IN OUR COMMUNITY? IF SO, THEN BE SURE TO CHECK OUT VOLUNTEER BASICS. LEARN ABOUT VOLUNTEER OPPORTUNITIES ON FORT LEAVENWORTH AND IN THE COMMUNITY. PARTICIPANTS WILL LEARN THE BENEFITS OF VOLUNTEERING AND HOW TO PROPERLY LOG HOURS INTO THE VOLUNTEER MANAGEMENT INFORMATION SYSTEM (VMIS).

REGISTRATION IS NOT REQUIRED, JUST SHOW UP.

INFO: (913) 684-2835

## DG FUN & RELAXATION

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



MAKE THE CONNECTION

Download on the App Store

GET IT ON Google play



Starting Monday January 8th, 2024

### Fort Leavenworth Group Fitness Classes

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0900	(0915) Zumba (Lydia)		(0915) Zumba (Lydia)		Zumba (Stephanie)	Zumba (Lydia)
1630	30/30 Split (Kim)		Power Cycling (Kim)			

**HARNEY SPORTS COMPLEX** - 185 Fourth St. - 684-5190  
Mon-Fri: 0500-1800, Sat and Sun: 0800-1700

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

\*Power Cut classes are held in the Bubble Gym



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



<https://leavenworth.armymwr.com>

## 913 WEIGHTLIFTING

### FUNCTIONAL FITNESS CLASSES

**CLASSES**

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

**ABOUT**

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

**PRICING**

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

**CONTACT** For more info: 949-291-0386

## Discover Fort Leavenworth's Fitness Facilities

Harney Sports Complex and Aquatics Center  
185 Fourth St.  
913-684-2190  
M-F 0500-1800  
Sat-Sun 0800-1700

Gruber Fitness Center  
200 Reynolds Ave.  
913-684-5120  
M-F 0500-1800  
Sat-Sun 0800-1700

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

**Adult Sports & Fitness**

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

**Group Fitness**

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

**WE OFFER 24/7 Gym Access (After registration) LET'S GO!**

**DECIDE TO COMMIT TO SUCCESS**

[leavenworth.armymwr.com](https://leavenworth.armymwr.com)

## FUN SHOOT

Brunner Range  
1st Saturday of the Month

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

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

Space is limited so register early.

Rental guns and shells are available or bring your own.

Prizes and awards distributed at the end of each shoot.

Info: (913) 651-8132  
701 Sheridan Drive

## Brunner Range 2024 LEAGUE SCHEDULE

**Winter Combo**  
4 January - 7 March

**Spring Combo**  
21 March - 23 May

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

**Fall Combo**  
5 September - 7 November

**Winter Warm-up**  
14 November - 19 December

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

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

## WEST COAST SWING Golf Simulator League

2 person Scramble 9 Holes

WEEK 1: SPANISH BAY  
FEB 11-17

WEEK 2: SPYGLASS HILL  
FEB 18-24

WEEK 3: TORREY PINES  
FEB 25-MAR 2

WEEK 4: PEBBLE BEACH  
MAR 3-9

**\$40 PER PLAYER/  
\$80 PER TEAM**

FLEXIBLE TEE TIMES, WEEKLY PRIZES, OVERALL CHAMPIONSHIP WINNER, WIN FREE SIMULATOR SESSIONS!

CONTACT TWGC TO SIGN UP TODAY  
913-651-7176  
[leavenworth.armymwr.com](https://leavenworth.armymwr.com)

## Lucky Leprechaun

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

Come and celebrate St. Patrick's Day at our 4 person scramble!

Fee - \$50 Members // \$60 Non-Members  
Last day to register is March 13th.

Fee includes tournament fees, green fees, cart fees, range, food & beverage  
Participants can also enjoy flight prizes and hole prizes.

Join us before for a cup of Irish Coffee and after for Corned Beef & Cabbage.  
Open to the public  
Info: (913) 651-7176

## YOUTH SPORTS & FITNESS SPRING

**REGISTRATION FEB 5 - MAR 4**

All youth must have an updated sports physical before first practice. Enrollment can be done at all OYS locations if centrally registered. Webtrac enrollments can only be done with current Youth Sports Physical on file.

Volunteer Coaches needed!  
For more info call: 684-7525 or 684-7526.

**APRIL 8 - MAY 23**

Soccer - 5 - 14yrs (\$50)  
April 8 - May 23

Baseball - (5-12 years)  
Kinder - 6th grade (\$50)  
April 8 - May 23

Girls Kid Pitch Softball (8-12 years)  
3rd - 6th grade (\$50)  
April 8 - May 22

Start Smart Baseball - 3 - 4yrs (\$30)  
\$36 optional participant kit  
April 15 - May 16

## STRIKE ZONE Birthday Packages

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

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

Party Enhancements  
Birthday Pins \$20

Call us today to book your party! 913-651-2195

## Saturday Morning Youth League

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

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

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

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

## BOWL Your Socks Off!

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

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

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

Open to all DOD ID card holders and dependents.

## GOOD GRADES SPECIAL

Strike Zone Bowling Center's

Noon - 7 pm

**October 21, January 6, March 23 & May 25**

Kids! Bring in your report cards and receive one free game for every "A" or equivalent. Straight "A"s gets you free sodas for the family (6 max) and all "B"s or better gets you \$2 off any pizza. Games may be used by all family members.

Strike Zone - 165 Fourth Street - (913) 651-2195  
<https://leavenworth.armymwr.com>

## Clean Paws Pet Wash

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

Info: (913) 651-7176

## Cosmic Bowling at the Strike Zone

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

Info: (913) 651-2195  
[leavenworth.armymwr.com](https://leavenworth.armymwr.com)

Come see what's new at the Studio!

**Craft Workshops 2024**



**Kids Crafts 2024**

**Acrylic**  
 \$35 per class  
**Acrylic Pour**  
 Tuesday  
 Jan 16  
 10:30pm - 12:30pm  
**Acrylic Painting (Winter Snow Scene)**  
 Wednesday  
 Jan 24  
 12:30pm - 2:30pm  
**Acrylic Painting (Cute Cupcake)**  
 Wednesday  
 Feb 14  
 12:30pm - 2:30pm  
**Acrylic Pour**  
 Wednesday  
 Feb 28  
 12:30pm - 2:30pm

**Crafts**  
 \$30 per class  
**Intro to Framing**  
 \*Must pre-register\*  
 Saturday  
 Jan 20  
 10am - 1pm  
**Valentine's Day Craft**  
 Wednesday  
 Jan 31  
 12:30pm - 2:30pm  
**Wooden Growth Chart**  
 Wednesday  
 Feb 7  
 10:30am - 12:30pm  
**Intro to Framing**  
 \*Must pre-register\*  
 Saturday  
 Feb 24  
 10am - 1pm



Call now to register!  
 913-684-3373

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



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

**Daydreaming Fox**  
 Friday  
 Feb 9  
 6pm - 8pm



Actual paintings will differ from images.  
 Cost includes all supplies!

**Color me Happy**

\$10 per class  
 (Parent & Toddler)

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

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

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

**Kids Messy Art**

\$12

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

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

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

**Art History**

\$15 per class  
 (ages 7+)

**Oreos & O'Keeffe**  
 Wednesday  
 Jan 17  
 12:30pm - 2:30pm  
 Thursday  
 Jan 18  
 4pm - 6pm

**Strawberries & Seurat**  
 Wednesday  
 Feb 21  
 12:30pm - 2:30pm  
 Thursday  
 Feb 22  
 4pm - 6pm



leavenworth.armymwr.com

Come see what's new at the Studio!

**Watercolor Courses & Workshops 2024**



**Calligraphy Workshops 2024**

**Courses**  
 \$175 = 5 classes  
**Watercolor 101 (Beginning Course)**  
 Every Tuesday  
 Jan 23 - Feb 21  
 10am - 12pm  
**Watercolor 301 (Advanced Landscapes)**  
 Every Thursday  
 Jan 18 - Feb 15  
 12:30pm - 2:30pm

**Workshops**  
 \$25 per workshop  
**Watercolor (Basic Techniques)**  
 Thursday  
 Jan 18  
 6:30pm - 8pm  
**Watercolor (Color Theory)**  
 Thursday  
 Jan 25  
 6:30pm - 8pm  
**Watercolor (Valentine's Day Florals)**  
 Thursday  
 Feb 1  
 6:30pm - 8pm  
**Watercolor (Landscapes)**  
 Thursday  
 Feb 15  
 6:30pm - 8pm



Call now to register!  
 913-684-3373

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

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

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

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

**Pottery Studio (Coming Soon!)**

Cost includes all supplies!

**Basics**

\$20 per class

Tuesday  
 Jan 16  
 1pm - 2:30pm

Friday  
 Feb 16  
 10:30am - 12pm

**Intermediate**

\$20 per class

Tuesday  
 Jan 23  
 1pm - 2:30pm

Friday  
 Feb 23  
 10:30am - 12pm

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

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



**Reoccurring Classes**  
 MUST PRE-REGISTER

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

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



leavenworth.armymwr.com



Recap | Maintenance | Reminders | Events | Mayors

### Bulk Pre Inspections

The annual bulk pre-inspection time is swiftly approaching. Below, you will find the detailed schedule indicating when inspectors will be in your area. If you anticipate being unavailable during these times, kindly utilize the provided contact information to arrange an alternative inspection appointment. Your cooperation is greatly appreciated.

**26 February (Week 1)**  
M - Infantry Barracks  
T - Kansas 790-815 / 7th CAV / 4th ART / Wint  
W - Hatch / Grierson  
Th - Biddle / Pick  
F - Kansas 2-64

**4 March (Week 2)**

M - Kansas 57-124  
T - 6th INF - Odd  
W - 6th INF - Even  
Th - 1st CAV / 1st CAVCT  
F - Harry Bell / Rose

**11 March (Week 3)**

Spring Break - Open to Schedule Appointments

**18 March (Week 4)**

M - Hollowell - Odd  
T - Hollowell - Even  
W - Dodge / Dragoon / Johnson / Swift  
TH - Make up Day  
F - Make up Day

To schedule/reschedule:  
Sarah Terry  
STERRY@TMO.com



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




Event Space: \$225

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

\*minimum of 10

Call 913-684-2736 to book your party



### Military Family Life Counselors

Resiliency Center  
Adult MFLC  
571-497-9321

Adult MFLC  
256-749-7169

Child Development Center  
MFLC  
913-548-6151

School Assigned  
Bradley Elementary  
913-209-5522

Patton Jr./Leavenworth High School  
913-209-6312

Scan the QR Code for the latest information



### 2024 Worlds of Fun/Oceans of Fun Gold Season Pass

Available Now @ Fort Leavenworth Leisure Travel Services

\$94.50



310 McPherson Ave Bldg 464, Fort Leavenworth 913-684-2188 Business Hours Tue/Wed/Thu/Fri @ 10a-7p



**FORT LEAVENWORTH LEISURE TRAVEL SERVICES TOP TICKETS**

Disneyland Military Salute Offer 2024:  
3 DAY Park Hopper  
Our Price \$268.50 W/Genie \$357.75  
4 DAY Park Hopper  
Our Price \$314.75 W/Genie \$483.00

Disney World Military Salute Offer 2024:  
4 DAY Park Hopper  
Our Price \$365.00...W/Water Park and Sports Center \$395.00  
5 DAY Park Hopper  
Our Price \$385.00...W/Water Park and Sports Center \$415.00  
6 DAY Park Hopper  
Our Price \$399.75...W/Water Park and Sports Center \$435.00

Universal Orlando Military Freedom Offer 2024:  
2 Park Freedom Pass  
Adult \$210.00 and Child age 3-9 \$205.00  
3 Park Freedom Pass  
Adult \$245.00 and Child age 3-9 \$240.00

Universal Hollywood:  
1 Day General Admission  
Adult and Child 3+ \$112.00

Go City Go Card:  
Sightsee and save with a Go Card! Discover the best attractions, tours and experiences, all on one pass.  
Worldwide: Austria-Vienna, UAE-Dubai, Mexico-Cancun, and Italy-Rome  
State Side: Orlando, Miami, Chicago, Los Angeles, San Francisco, Ohio, New Orleans, Boston, Las Vegas, New York, and much more!

Leisure Travel Services  
310 McPherson, Bldg 464  
(913) 684-2188  
leavenworth.armymwr.com



GET YOUR TICKETS NOW AT  
FORT LEAVENWORTH LEISURE TRAVEL SERVICES!

310 McPherson Ave, Bldg 464  
913-684-2141

Saturday 6 APRIL @ 2PM

\$36 or \$56

Tickets Must Be Purchased By 27 March  
Event Takes Place At The T-Mobile Center



UNITED STATES DISCIPLINARY BARRACKS BATTALION (CORRECTIONS)

## Dining In 2024

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

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

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

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

American Forces Travel™

VACATION SALE ENDS MARCH 15

# SPRING BREAK ADVENTURES



SAVE BIG AT OVER 30 HOTEL BRANDS WITH MARRIOTT BONVOY THROUGH AMERICANFORCESTRAVEL.COM


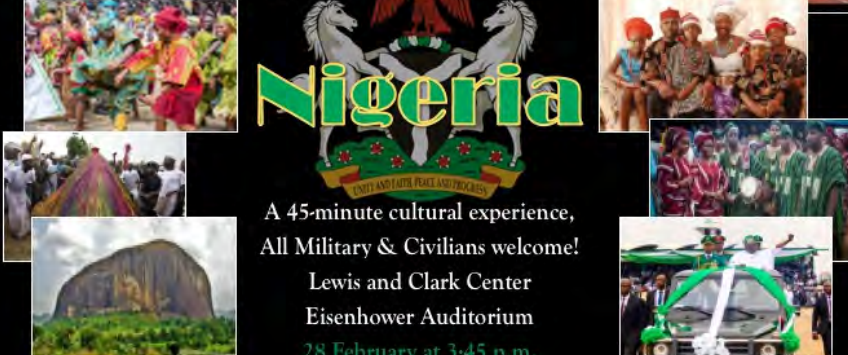


MARRIOTT BONVOY

The International Military Student Division cordially invites you to...

## Know Your World Nigeria



A 45-minute cultural experience, All Military & Civilians welcome!  
Lewis and Clark Center  
Eisenhower Auditorium  
28 February at 3:45 p.m.

The International Military Student Division cordially invites you to...

## Know Your World Guyana

A 45-minute cultural experience, All Military & Civilians welcome!  
Lewis and Clark Center  
Eisenhower Auditorium  
20 March at 3:45 p.m.


### World Leaders in Wartime: Winfield Scott and Joint Warfare in 1847-1848

March 6 @ 3:00 pm - 4:15 pm Hybrid Event

THE FORT LEAVENWORTH SERIES

# WINFIELD SCOTT


WORLD LEADERS IN WARTIME



LT. COL. NATHAN JENNINGS  
Associate Professor,  
U.S. Army Command and General Staff College

Fort Leavenworth Stray Facility

## Second Saturday is Back!



Every second Saturday of the month

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


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

913-684-4939 310 Organ Ave Fort Leavenworth, KS 66027

ARMY MWR LIBRARY ONLINE RESOURCES

## ON THE MOVE

AS OF OCTOBER 1, 2023



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

# February 2024



# Event Schedule

## New Parent Support Program

**Stroller Walk**  
Tuesdays, 3:00pm - 4:00pm  
Weather Dependent

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

**Breastfeeding Class**  
February 5, 5:00pm - 7:00pm  
Resiliency Center, Room 157

**Newborn Care Class**  
February 12, 5:00pm - 7:00pm  
Resiliency Center, Room 157

**Dad's Night Out**  
February 21, 6:00pm - 8:00pm  
Restaurant is TBD

**Potty Training**  
February 26, 5:00pm - 7:00pm  
Resiliency Center, Room 157

**Mom's Night Out**  
February 28, 6:00pm - 8:00pm  
Restaurant is TBD

## Financial Readiness Program

**Financial Readiness Milestone Training**  
February 8, 22, 1:30pm - 3:30pm  
Resiliency Center, Room 157

## Family Advocacy

**Scream Free Marriage & Parenting**  
February 7, 1:00pm - 2:30pm  
Resiliency Center, Room 145

**Co-Parenting Workshop**  
February 8, 12:00pm - 1:30pm  
Resiliency Center, Room 145

**Domestic Violence Education & Support Group**  
February 13, 27, 1:00pm - 2:30pm  
Resiliency Center, Room 145

**5 Love Languages of Teenagers**  
February 14, 1:00pm - 2:30pm  
Resiliency Center, Room 145

**Anger Management**  
February 15, 11:30am - 1:00pm  
Resiliency Center, Room 145

**Navigating the Teen Years**  
February 20, 1:00pm-2:30pm  
Resiliency Center, Room 145

## Employment Readiness Program

**Interview Skills & Professionalism**  
February 21, 12:00pm - 2:00pm  
Resiliency Center, Room 157

## 5 Love Languages Valentine's Event

Feb. 13, 5:30pm - 7:30pm  
Resiliency Center, Room 157

## Exceptional Family Member Program

**EFMP Refreshing Conversations**  
February 1, 10:00am -11:00am,  
Exchange Food Court

**EFMP Recreational Bowling for EFMP Members and their Families**  
February 3, 12:00pm - 2:00pm  
Strike Zone Bowling Center

**Empowering Families Lunch & Learn Workshop**  
February 15, 12:00pm -1:00pm,  
Microsoft Teams

**Sensory Storytime**  
February 16, 10:00am -11:00am,  
Carl Library

## Relocation Readiness

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

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

## Survivor Outreach Services

**Memory Lane Social for Gold Star & Survivor Families**  
February 10, 10:00am - 1:00pm  
Center of Valor & Remembrance

Resiliency Center, 600 Thomas Ave, Building 198  
913-684-2800 // 913-684-HELP(4357)  
Hours: Monday - Wednesday, & Friday, 7:30am - 4:30pm (closed 1130-1230)  
Thursday, 1:00pm - 4:30pm

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

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



Handicap access at the front of Building 198



February 2024

## Off The Cuff

**PROGRAMS**

- Army Emergency Relief 913-684-2852
- Employment Readiness Program/Volunteer Corps 913-684-2835
- Exceptional Family Member Program 913-684-2871
- Family Advocacy Program 913-684-2822/2806/2811
- Financial Readiness Program 913-684-2852
- Information, Referral, & Follow-Up 913-684-2800
- Military Family Life Counselor 256-748-7169/971-487-9321
- New Parent Support Program 913-684-2873
- Relocation, Mobilization/Deployment 913-684-2830
- Survivor Outreach Services 913-684-2821
- Victim Advocate 913-684-2813/913-685-2537 (24/7)

**CONNECT WITH ACS!**

600 Thomas Ave. Bldg. 198  
913-684-2800  
ACS Fort Leavenworth  
@LeavenworthACS

5 Love Languages Valentine's Event  
February 13th, 5:30-7:30pm  
Call 913-684-2822/2871 to register

Happy Valentines

February OCS Events

<b>New Parent Support Program</b> Breastfeeding Class, Feb. 5, 5-7pm Newborn Care Class, Feb. 12, 5-7pm Dad's Night Out, Feb. 21, 6-8pm Potty Training, Feb. 26, 5-7pm Mom's Night Out, Feb. 28, 6-8pm Play Morning, Thursdays, 9-11am Stroller Walk, Tuesdays, 3-4pm	<b>Valentine's Event</b> 5 Love Languages Feb. 13, 5:30-7:30pm
<b>Family Advocacy Program</b> Scream Free Marriage & Parenting Feb. 7, 1-2:30pm Co-Parenting Workshop Feb. 8, 12-1:30pm Domestic Violence Education & Support Group, Feb. 13 & 27, 1-2:30pm 5 Love Languages of Teenagers Feb. 14, 1-2:30pm Anger Management, Feb. 15, 11:30am - 1pm Navigating the Teen Years Feb. 20, 1-2:30pm	<b>Exceptional Family Member Program</b> Refreshing Conversations, Feb. 1, 10-11am Recreational Bowling, Feb. 3, 12-2pm Empowering Families Lunch & Learn Workshop, Feb. 15, 12-1pm Sensory Storytime at Carl Library, Feb. 16, 10-11am
<b>Relocation Readiness Program</b> In-processing Brief, Tuesdays, 9-10am OCONUS Levy Brief, Tuesdays, 10-11am	<b>Employment Readiness Program</b> Interview Skills & Professionalism, Feb. 21, 12-2pm
<b>Financial Readiness Program</b> Financial Readiness Milestone Training, Feb. 8, 22, 1:30-3:30pm	

February 2024

## Military Family Life Counselors

Resiliency Center  
Adult MFLC  
571-497-9321

Adult MFLC  
256-749-7169

Child Development Center  
MFLC  
913-548-6151

School Assigned  
All USD 207 Elementary  
913-209-5522

Patton Jr./Leavenworth High School  
913-209-6312

**Meet your new EFMP Systems Navigator**

Hi, my name is Holly Binkley. I am the new Systems Navigator for the Exceptional Family Member Program at Fort Leavenworth. I have a B.A in Human Services from Park University. I have over 30 years of experience working in social services. I love to work with families and help them find resources and skills to flourish. I am new to the military community however not new to Leavenworth. My roots to Fort Leavenworth go back before I was born. My mother met my father while he was stationed here. I have a daughter Carson, who is 21. She is currently attending Maplewoods pursuing a degree in Marketing. In my free time I love to hang out with family and friends. I like to experience new restaurants and have a passion for baking. Please feel free to come visit if you need anything or just to say hi.

Scan the QR Code for the latest info on ACS!

February 2024

## FINANCIAL READINESS PROGRAM/ ARMY EMERGENCY RELIEF

As we approach the tax filing season, many of us are already considering what we may do with the tax refund as we anticipate receiving and how to best utilize it successfully. Here at the Financial Readiness Program, we offer a variety of information through classes, 1:1 appointments, and more that can assist Servicemembers, and their Families understand and plan for success in 2024.

Possible ideas for Tax Refund: Boosting up/Establishing an Emergency Fund, Debt Repayment, Travel/Fun Fund, Vehicle Maintenance, and more!

Please be encouraged to request an appointment for yourself, your unit, or a fellow battle buddy who may not be aware of the resources available to them!

Remember, we miss 100% of the shots we don't take, and by taking action we move forward.

For those with Army Emergency Relief loans, if you haven't done so already, please take advantage of the Financial Literacy Training @ <https://www.financialfrontline.org/tools-and-resources/educational-videos/> after completing the quiz and passing with an 80%. Soldiers who are E-4 and below will receive a \$500.00 credit, and E-5 and above will receive a \$250.00 credit on their Army Emergency Relief loan balances!

## SURVIVOR OUTREACH SERVICES

IN SUPPORT OF YOUR RESILIENCY: Fort Leavenworth Survivor Outreach Services (SOS) will host a Memory Lane Social, inside of our Center of Valor and Remembrance (600 Thomas Ave, Room 161), on Saturday, February 10, 2024, from 10:00am until 1:00pm, for Gold Star and Survivor Families, only. This Social is an opportunity to come together and intermingle with one another, as you scrapbook memories of your beloved, Deceased Service Member. For additional information please contact your Program Manager at: (913)684-2821 or [gregory.l.bailey8.civ@army.mil](mailto:gregory.l.bailey8.civ@army.mil)

February 2024

## FAMILY ADVOCACY PROGRAM

It's February and love is in the air! As the month unfolds, we cherish special moments with family and friends. As you plan to celebrate love with the ones you hold close, The Family Advocacy Program hopes you make special memories, foster strong bonds within the Fort Leavenworth community and continue making meaningful connections.

The month of February kicks off Teen Dating Violence Awareness Month. FAP is excited to offer a virtual class called A Roadmap to Teen Dating via Microsoft Teams on February 12th. We encourage everyone to wear orange on February 7th and 23rd to bring awareness to teen dating violence.

The victim advocacy program is continuing to work toward education and awareness of how to identify Intimate Partner Violence (IPV) and what to do if you or someone you love is experiencing Domestic Violence through briefs upon request and support groups offered multiple times a month at the Resiliency Center. This group is survivor focused, confidential and safe. If you would like more information about this Education & Support group or if you would like to schedule a Domestic Violence brief, please contact the Victim Advocate Coordinator at 913-683-2537 available 24/7 for assistance.

Reminder to schedule your Family Advocacy Unit/ New Command Briefing, today!  
POC: Jayme Robinson - [jayme.e.robinson.civ@army.mil](mailto:jayme.e.robinson.civ@army.mil)  
Stay tuned for upcoming events and workshops, as we continue promoting love and support within our community! Please call 913-684-2822 or 913-684-2808 to sign up. Please note that virtual options are available for all classes and workshops.

## NEW PARENT SUPPORT PROGRAM

By now the New Year's excitement has lessened a bit and we are all looking forward to warmer Spring weather. Why not spend some time at the end of the winter completing a task that is not really something most people look forward to but does yield fabulous results - Potty Training! The New Parent Support Program offers a Potty-Training class to assist you in getting started. Join us to learn the cues to look for to see if your child is ready to potty train. Learn techniques to assist with motivating your toddler and tips to get you started with potty-training. The next Potty-Training class is February 26 th from 5-7pm at the Resiliency Center. Please call Amy McCauley at 913-297-3212 to register to begin your potty-training journey!

February 2024

## FAMILY ADVOCACY PROGRAM

Kids love to have fun helping in the kitchen. FAP encourages you to make a Valentine's Day date with your kiddo's and bake some yummy cookies. It's a special way to bond, make memories, and make your kiddo's feel extra special. Happy Valentines Day from your FAP team.

### Valentines Day Soft Sugar Cookies

Ingredients	Instructions
1. 1 Cup unsalted butter room temperature or softened slightly	1. Cream butter and both types of sugar in mixing bowl for two minutes
2. 1/2 cup granulated sugar	2. Add eggs, one at a time, and blend until well incorporated
3. 1/2 cup powdered sugar plus extra for sprinkling on top of cookies	3. Add vanilla extract (and almond extract if using and mix until combined
4. 2 large eggs	4. In separate bowl, whisk together dry ingredients
5. 1 tsp vanilla extract	5. Add dry ingredients, a cup at a time, to wet ingredients, mixing until blended
6. 1/2 tsp almond extract optional	6. Add 1-3 drops of food coloring, depending on desired intensity
7. 3 cups flour or gluten free flour blend	7. Mix until dough begins to form and color is blended
8. 1 1/4 tsp xanthan gum OPTIONAL - only if using gluten free flour blend that doesn't contain xanthan gum	8. Remove dough and divide into two balls
9. 1 tsp baking powder	9. Knead each ball of dough until color is fully blended and smooth
10. 3/4 tsp salt	10. Roll out dough on parchment paper, baking mat, or floured surface
	11. Roll to 1/4 inch or 1/3 thick and cut out shapes with greased cookie cutter
	12. Move shapes onto parchment lined cookie sheets and chill for 10-15 minutes in fridge
	13. Bake in 350F oven for 6-8 minutes, depending on size and thickness
	14. Watch closely and remove when cookies firm in the middle and before edges brown
	15. Allow to cool for 3-5 minutes on cookie sheet to allow cookies to continue cooking and to firm
	16. Move cookies to cooling rack, if desired
	17. Once fully cooled, use a mesh strainer to dust cookies with powdered sugar

Nearly 1.5 Million High School Students Experience Physical Abuse from a Dating Partner Annually

National Teen Dating Abuse Hotline: 1.800.799.SAFE (7233) text "START" to 88788

National Teen Dating Abuse Hotline: 1.800.333.9474 text "LOVE" to 25522

Teens Dating Violence Awareness Month

February 2024

## EXCEPTIONAL FAMILY MEMBER PROGRAM

Greetings from your Fort Leavenworth EFMP Team. We are thrilled to deliver our fun and exciting events to you this year. Did you know EFMP hosts sensory story time at the Combined Armed Research Library every 3rd Friday of the month? Come out for an interactive story time with special accommodations in place that's suitable for all. Recreational Bowling at Strike Zone is now held every first Saturday from 12pm to 2pm. Please register no later than the first Wednesday of the month to ensure space is available. Our Empowering Families: Lunch and Learn will be focusing on "Stepping Ahead at Age Three." This informative series is held on Microsoft team. To register for one of our exciting events, please contact us at 913-684-2871/2800. Your EFMP team is available for in-person and virtual meetings to discuss resources and supports that'll help you and your family navigate the Fort Leavenworth, KS area. Whether you're stopping in to discuss family support, or just to say hello, we are here for you.

February 2024

## EMPLOYMENT READINESS PROGRAM

One of the pieces of advice I give to my clients is to avoid anything in your resume that might potentially prevent an employer from wanting to interview you. This includes mentioning children or spouse, having the year you were born in your email address, or pictures of yourself on your resume. The US Equal Employment Opportunity Commission is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or employee because of the person's race, religion, sex or gender, age, etc. Yes, we have come a long way in the last couple hundred years, this agency is put in place to ensure that those who discriminate in the workplace are prosecuted.

**Here are some dos and don'ts for an effective resume:**  
Do: Summarize your greatest accomplishments and skills in a Professional Summary section as employers will read this first, and if impressed, read the rest of your resume.  
Don't: Use personal pronouns, marital status, age, gender, or race.  
Do: Highlight both technical and soft skills.  
Don't: Overexaggerate your skills or lie about your qualifications.

81% of parents believe dating violence is not an issue or admit they do not know if it is.

82% of parents feel confident they could recognize the signs if their child was experiencing dating abuse, a majority 58% could not correctly identify all the warning signs.

National Teen Dating Abuse Hotline: 1.800.799.SAFE (7233) text "START" to 88788

National Teen Dating Abuse Hotline: 1.800.333.9474 text "LOVE" to 25522

Teens Dating Violence Awareness Month

February 2024

## RELOCATION

New Year, New Location? If you are new to Fort Leavenworth, please come by and check out our fully furnished loan closet! The lending closet now has air fryers to ease your PCS move!! We also have updated our pots and pans, indoor grills, kitchen knives, and more! If you are PCSing in or out, we are happy to help cover your basic needs. Our lending closet provides basic housekeeping items on free temporary loans to incoming and outgoing Families and in other cases as appropriate. We have a fully stocked Lending Closet waiting for you. Items include kitchen utensils, toasters, coffee-pots, microwaves, tables, chairs, irons & ironing boards, and more. Initially, these items are loaned out for 30 days. If additional time is required, requests for extensions are granted in 30-day increments. We understand the waiting game that goes into PCS season. That wait can be a hassle and our solution is our Lending Closet! We encourage you to NOT purchase items you already own, see us instead. We are here for your needs. Loan Closet hours are Monday-Friday 0800-1600 Moving? Come join us for relocation assistance. I can address specific issues with you one-on-one and give guidance and suggestions to help resolve any problems that may come along with your move. I will go over any finance entitlements, procedures, family travel, shipping of household goods/vehicles/pets, and more. Hearts Apart (Waiting Families Program) If you or your spouse are serving an unaccompanied restricted PCS tour or extended temporary duty assignment (TDY), this support group discusses stresses and concerns, and shares coping skills. Come join us and let us be your guide to all that Fort Leavenworth has to offer.

February 2024

## Volunteer with ACS!

Volunteering within ACS offers you enriching and fulfilling opportunities to support the ACS mission of commitment to excellence. These opportunities provide a way to expand or build your skillset and connect with a dynamic team!

Apply today! Come in or call 913-684-2835/2800 for more information!

February 2024

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Apply today! Come in or call 913-684-2835/2800 for more information!



# MUNSON NOTES

## MAHC names NCO, Soldier of Quarter



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

Sgt. Malik Childs, left, and Spc. Richard Osei, right, were named Munson Army Health Center's NCO and Soldier of the Quarter. Childs is a medical laboratory specialist who collects samples from patients and performs chemical and biological medical tests in the lab to help providers diagnose disease and other conditions. Osei is a pharmacy specialist who works with a pharmacist to prepare and issue prescribed pharmaceuticals and medicines, maintain pharmacy supplies and records.

## HEALTH QUESTIONS WHILE YOU'RE ON THE GO?

A REGISTERED NURSE IS ONLY A CALL OR CLICK AWAY



MHSNurseAdviceLine.com

Web chat, video chat or first year country-specific phone number 24/7



Get health care advice • Find a health care provider • Schedule same or next day appointments when recommended by nurse • Get an online "absence excuse" or "sick slip" • Receive help for urgent, emergent care and traveling beneficiaries

MTF enrollment, command guidance and recommendations by a registered nurse may be required. If you have an emergency, call 911 or go to the nearest emergency room.

TRICARE is a registered trademark of the Department of Defense. (Online Nurse Health Agency) All rights reserved.





**Munson Website**  
www.Munson.TRICARE.mil

Information updated weekly!  
Check us out!

 **913-684-6000**  
Information Desk



**HEART HEALTH MONTH**




**DHA**

**COVID-19 & Flu Vaccines are now available at Munson! Walk-in only on the 3rd floor MAHC! Starting 4 Dec.**


- Walk-ins available from 0800-1200 and 1300-1530.
- Go to 3rd floor front desk and ask for a walk-in Flu or COVID-19 vaccine.
- Wait times may vary depending on patient care demands.
- A physician's appointment is necessary for scheduled child and adolescent immunizations, including the Respiratory Syncytial Virus (RSV) vaccination.

**There's still time to get a flu vaccine if you haven't yet this season. You can get a flu vaccine at the same time as a COVID-19 vaccine.**

**Sign up for EFMP...Don't Wait!**



**Do you have a Family Member that is enrolled in EFMP? Medical and/or educational documentation must be kept current as the condition changes or every three years, whichever comes first. Updates can be completed every 90 days. The EFM is enrolled permanently in the program unless medical and/or educational needs warrant case closure or the sponsor is separated from the military. You can find the expiration date for EFMP by logging into [efmp.army.mil](http://efmp.army.mil).**



**EFMP** EXCEPTIONAL FAMILY MEMBER PROGRAM NOVEMBER 2023

The Exceptional Family Member Program is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational and medical services to families with special needs. Additionally, these special needs are considered when the Army assigns them a new post.

**WHO IS CONSIDERED AN EXCEPTIONAL FAMILY MEMBER**

An exceptional family member is a person with a physical, emotional, developmental or medical condition that requires special services, housing assistance, language assistance, and medical attention.

- Someone that has a disability (physical and/or mental) which results in a permanent, significant and/or chronic condition, a significant mental health condition, a significant cognitive or other learning disability, a diagnosis of dementia, stroke, stroke-related disability, epilepsy, bipolar disorder, or other chronic condition.
- A family member that requires extensive, ongoing, and/or intensive medical, dental, and/or behavioral care.
- A family member that requires extensive, ongoing, and/or intensive medical, dental, and/or behavioral care.

**WHO YOU KNOW?**

Exceptional Family Member (EFMP) is a mandatory enrollment program for military and civilian agencies to provide comprehensive and coordinated community support, housing, educational and medical services to families with special needs. Additionally, these special needs are considered when the Army assigns them a new post.

**SENIOR LEADER DASHBOARD ACCESS**

Commanders and CDAs can now access the EFMP Senior Leader Dashboard. The dashboard allows Commanders and CDAs to view a summary of EFMP enrollment and enrollment of family members. Senior Leaders can also view EFMP enrollment data by unit, command, and by service component.

**EFMP** EXCEPTIONAL FAMILY MEMBER PROGRAM NOVEMBER 2023

**NEWS HIGHLIGHTS**

Supporting the Needs of the Soldiers and Family Members (SOFAM) EFMP Guide (Effective October 2023) has been published. This guide provides information on the EFMP enrollment process, documentation requirements, and the enrollment process. It also includes information on the EFMP enrollment process, documentation requirements, and the enrollment process.

**FREQUENTLY ASKED QUESTIONS**

How long does it take to complete an EFMP enrollment? It takes approximately 30 days to complete an EFMP enrollment. The enrollment process includes the submission of documentation, review of the documentation, and the enrollment process.

**EFMP MEDICAL/EDUCATIONAL ENROLLMENT**

Medical/educational enrollment is the process of enrolling a family member in the EFMP program. This process involves the submission of documentation, review of the documentation, and the enrollment process.

**NOTICES**

Event/Notice	Date
Senior Leader	10/10
Senior Leader	10/10
Medical	10/10
Education	10/10
EFMP	10/10

**RESOURCES**

For more information on EFMP, visit the website at [efmp.army.mil](http://efmp.army.mil). The website provides information on the enrollment process, documentation requirements, and the enrollment process.

**Breast Cancer Doesn't Wait Until October!**

Schedule your mammogram today!

**Call Now 913-684-6140**

Tons of availability!  
Radiology Clinic Munson!

**Pharmacist Questions?**

**PHARMACY**



The pharmacists at Munson are available to talk to you directly about your medications. They can help you understand how to use your medicine correctly, what your medicine is supposed to do, and the possibility of reactions or side effects. You can also talk to your pharmacist about what to store and take medication, what foods or activities to avoid, and how to do if you miss a dose. If you would like to talk to someone about your medicines, please dial (913) 684-6250 opt 2, and your pharmacist can help.