

THURSDAY
APRIL 24, 2025



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Movement options for students help improve learning, behavior



Photo by Prudence Siebert/Fort Leavenworth Lamp

Patton Junior High School eighth-graders Rachel Temple and Cooper Schmitdke watch on screen as they race against each other on treadmills while demonstrating use of the exergaming equipment April 17 at Patton. The students said they have benefitted from having movement options, including the exergaming equipment, movement pathways in the hallways, modified desks and more, available to them at school.

by Prudence Siebert/Editor

Improvements to daily classroom effectiveness and student behavior have been noted since Unified School District 207 first implemented “move-to-learn” practices more than a decade ago.

Shelly Swartz, district health and science intervention coordinator, said student-driven academic data and de-

creased behavior referrals have confirmed how beneficial the move-to-learn tools the district uses have been for students, and has also meant improved student behavior and self-regulation and students learning how to advocate for themselves.

The move-to-learn concept, combining exercise with learning, is backed by science: specific movement improves cognitive function and in-

creases retention, among other positive outcomes. Possibly most notably, move-to-learn allows movement options for students with attention-deficit/hyperactivity disorder (ADHD) and other factors competing with their school success.

“Kids want to be successful, they just don’t always know how — they

SEE **MOVE-TO-LEARN** | A8

April retirements

by Staff Report

Seven officers, a chief warrant officer and five senior noncommissioned officers were recognized for their service to the nation during the post retirement ceremony at 9 a.m. April 24 at the Frontier Conference Center. The ceremony was also live-streamed at <https://www.facebook.com/USAGLeavenworth/>.

Retiring are: Lt. Col. Louis Cogswell, Combined Arms Doctrine Directorate; Lt. Col. Dejuan Gilbert, Mission Command Training Program; Lt. Col. David Holbrooks, CADD; Lt. Col. Jason Lopez, Army University; Lt. Col. Song Yi, MCTP; Maj. Jeffery Hill, AU; Maj. Israel Rubio, U.S. Army Space and Missile Defense Command; Chief Warrant Officer 4 Jeremiah French, MCTP; Sgt. 1st Class Terrence Childs, Combined Arms Center; Sgt. 1st Class Terence Maxwell, Army Corrections Brigade; Sgt. 1st Class Christopher Ray, CAC Law Enforcement Activity; Sgt. 1st Class David Rogge, ACB; and Sgt. 1st Class Ivan Velazquez, ACB.



Ethicists confront today’s challenges at symposium

by Center for Army Leadership

Center for Army Leadership Training Analyst David Ward led a discussion centered on the Army profession and an overview of the law of armed conflict (LOAC) during the U.S. Army Command and General Staff College Military Ethics Symposium earlier this month at the Frontier Conference Center. Organizers for the two-day event April 1-2 selected topics designed to reinvigorate the

ethics community of practice with an examination of large-scale combat operations (LSCO) through an ethical lens.

The annual symposium, co-sponsored by CGSC and the CGSC Foundation, supports Combined Arms Center ethicist instructor training by giving students and faculty an opportunity to engage with subject matter experts, distinguished guests and guest speakers on topics affecting military ethics. The training ensures

the integration of ethics across professional military education for officers, warrant officers and NCOs and provides the necessary preparation and professional development for cadre to teach ethics effectively.

Ward began his session, “The Army Profession and Large-Scale Combat Operations,” by describing the moral foundations of the Army profession, then transitioned to the traits and virtues commonly observed

in the U.S. Army.

“These virtues form the basis of the Army Values and serve as touchpoints to guide an individual’s attitude toward service, as well as their professional decorum and behavior,” he said.

Follow-on discussion reviewed just war theory. According to Ward, just war theory evolved from the days of ancient Greece and Rome and has continued to morph into the modern era, taking on ever-increasing complexity with the rise of

new weapon systems and technology growth. Ethicists in attendance noted the right conditions in the operational environment must exist to justify going to war, while at the same time recognizing the moral restraints that exist during the conduct of war and the need to steer combatants toward a justified end of hostile action.

In his overview of the LOAC’s five basic principles — military necessity, distinction, proportionality,

humanity and honor — Ward challenged participants to rank the principles in order of precedence. Some ethicists said military necessity was the most important, arguing that military necessity serves as the beginning point for determining what legitimate military objective will be achieved via the proposed action, attack or target nomination.

“While the attendees ex-

SEE **ETHICS SYMPOSIUM** | A5

AT A GLANCE

■ The Housing Services Office is offering a **HOME BUYING SEMINAR** at 11 a.m. to 1 p.m. and 5-7 p.m. April 24 (today) at the Resiliency Center. Call 913-684-2865 for more information.

■ The **POSTWIDE YARD SALE** is April 26. See related article on page A3.

■ The **FORT LEAVENWORTH THRIFT SHOP** will be open 9:30 a.m. to 2:30 p.m. for sales and donations April 26. Items can also be dropped off in the donation shed between the shop and Envision. Call 913-651-6768 for more information.

■ The **CGSC/MWR TRIATHLON** is at 8 a.m. May 3 starting at Harney Sports Complex. Download the registration at https://leavenworth.armymwr.com/application/files/5617/4171/0298/CGSC_Triathlon_registration_2025.jpg. Call 913-684-1674 for more information.

■ Army Community Service’s **SMOOTH MOVE WORKSHOP** provides pre-departure and destination information on relocation and travel entitlements, installation and community information, financial concerns, employment opportunities and more. The workshop is available upon request for one-on-one, families, units or groups of spouses/families. For more information or to schedule, call 913-684-2800.

■ **GRIFFIN GARDENS GREENHOUSE**, off Sabalu Road behind Griffin Cuts Barbershop, is open 1-3 p.m. Monday, Wednesday and Friday; the greenhouse is closed every second and fourth Wednesday for training. Cash only. Military/CAC ID required.

■ Starting May 7, visitors will be required to show a **REAL ID** form of identification at the Visitor Control Center/the gates to access the installation. This requirement does not apply to service members, installation personnel, dependents or retirees who already

possess a military ID, military dependent ID, a Common Access Card or a federal government-issued Personal Identity Verification Card. For more information call 913-684-3600 or visit: <https://www.ksrevenue.gov/dovrealid.html> (Kansas) or <https://dor.mo.gov/driver-license/issuance/real-id/> (Missouri).

■ The Patton Junior High School track team will be using all of Normandy Field — the track and field complex by the Unified School District 207 office — from 3-5 p.m. weekdays during track season through April 30. During those times, **COMMUNITY MEMBERS CAN ACCESS THE TRACK AND FIELD** behind the old Patton location on Grant Avenue near Grant Gate.

■ See the **POST NOTES** (B section) for more information on upcoming events.

Answering the call

Fort Leavenworth employee reflects on recent tour of duty with Army Expeditionary Civilian Workforce

COMMENTARY

by Heidi Stoetzel/Center for Army Leadership Program Analyst

"Will you answer the call?"

This seemingly innocent question announcing an Army Expeditionary Civilian Workforce (AECW) deployment opportunity popped up in my e-mail one morning.

AECW is a Department of the Army civilian program matching civilians to critical missions worldwide. AECW civilians are selected quickly to mobilize and fill gaps to assist commanders in executing essential missions.

I instantly began to investigate how the AECW selection process works.

First, I reviewed an Excel spreadsheet of critical vacancies worldwide. The spreadsheet articulated the various job locations and position descriptions. My skills and experiences matched up with a planner position in Germany and an analyst position in Africa.

I then submitted my resume and required documents to start the AECW application process.

In July, AECW offered me a position as a strategic planner for a 180-day temporary duty assignment at U.S. Army Europe and Africa (USAREUR-AF) headquarters, focusing on warfighter capability development. I was excited to contribute and make a difference in another organization.

The pre-deployment process involved extensive preparation, from medical clearances and deployment training to passport documentation. In addition to the paperwork requirements, my sponsor in USAREUR-AF provided me with a video walk-through of the living conditions. These deployments are unlike typical TDY — you are not staying in a hotel; you share living quarters with soldiers and airmen, and your area of operations determines where you stay as an AECW deployer. After participating in the walk-through of the living area, I felt comfortable and knew I could acclimate to the environment.

After completing all required paperwork and medical appointments, I reported to Camp Atterbury, Indiana, for pre-deployment training. I joined fellow AECW members there, refreshing basic soldier skills like first aid and responding to chemical, biological, radiological, and nuclear threats, which was a familiar practice from my experience as an NCO. We also received crucial information on pay entitlements and prepared our required equipment, including the "A-bag" containing essential protective gear.

Arriving in Germany after completing the pre-deployment training, my sponsor from USAREUR-AF and the AECW Reception, Staging, Onward Movement and Integration team member helped me grab all of my luggage,



Photo by Scott Shelton/Army Expeditionary Civilian Workforce Training Instructor

Heidi Stoetzel, Center for Army Leadership, seen here second from the left in the front row, poses with other members of her Army Expeditionary Civilian Workforce class during their chemical, biological, radiological, and nuclear training last fall at Fort Atterbury, Indiana.

answered my questions, and helped me settle into my new living quarters. My new home consisted of a repurposed warehouse with several semi-trailers serving as individual rooms. These quarters were designated a 24-hour quiet zone — the enforced silence meant to foster sleeping conditions for shift workers demanded constant headphones for simple tasks like checking my phone or watching a show. This constraint, understandable in a deployed environment, nevertheless created social limitations I was not used to.

Initially, I struggled to understand our team's mission within USAREUR-AF. I spent time in and out of meetings with experienced colleagues, which proved invaluable. Learning from my peers and leaders within the organization led to a comprehensive understanding of the strategic logic driving operations. Eventually, I helped lead significant initiatives and help the organization execute its mission.

A highlight of my TDY was a surprise visit from Combined Arms Center and Fort Leavenworth Commanding General Lt. Gen. Milford Beagle Jr. He was visiting US-

AREUR-AF senior leaders and heard I was serving as an AECW member. After months away from Fort Leavenworth, seeing a familiar face, especially the CG, provided a tremendous morale boost.

Weekends offered opportunities for exploration. I joined Family and Morale, Welfare and Recreation trips to Christmas markets in France, Belgium and Germany, immersing myself in European traditions and culture. A particularly memorable experience was joining the Association of the United States Army Gen. Creighton Abrams Chapter commemorating the 80th anniversary of the Battle of the Bulge in Bastogne, Belgium.

My AECW mission, from October 2024 to February 2025, was an extremely gratifying experience. There are multiple opportunities around the Army for others to serve in a similar capacity. Returning to a transforming Army at Fort Leavenworth, we are all faced with potential reorganizations and mission restructuring. However, diverse experiences, including this AECW deployment, will help me to navigate these changes and contribute positively to the Army's evolving role.

AECW 101: What it is, how to participate

by Robert Hill/Army.mil

WASHINGTON (Sept. 16, 2024) – The Army Expeditionary Civilian Workforce (AECW) Program provides civilian augmentation to critical missions across the globe by offering combatant commanders flexibilities and skillsets not readily available or fully resourced in their current organizations. AECW civilians are a force multiplier that enable commanders to mitigate resourcing gaps by quickly mobilizing and then executing mission requirements by leveraging just-in-time, as well as on-

going, expertise and specialization.

The mission of the AECW Program is to train, deploy, redeploy and reintegrate Army expeditionary civilians, and participating Department of Defense expeditionary civilians, supporting military and national security operations worldwide. While the mission reads simply, it involves a lot of moving parts and can be daunting for those who proceed through it. The following questions and answers are offered as an AECW "primer" to help those possibly interested in serving with the program.



Army Expeditionary Civilian Workforce Program

Q1: Who can participate in the AECW program?

The program covers expeditionary civilian volunteers who temporarily deploy to fill mission-critical positions in the various combatant commands (USEUCOM, USCENTCOM, USAFRICOM, US-SOUTHCOM, etc.). It also ensures that internal unit

deployers and emergency-essential personnel are fully ready to fulfill the obligations involved with their designated status.

Those who volunteer to deploy as expeditionary civilians must meet the following criteria:

- Be a permanent or term Army civilian. If term, their appointment must extend beyond the end date of the

deployment.

- Secure the approval of their supervisory chain; disapprovals are rare as AECW is considered an Army priority mission.

- Be at least the vacancy's target grade (which are suggested) or one grade lower or higher.

- If on an overseas assignment, must have at least 18 months remaining prior

to their date eligible for return from overseas or DEROS.

- If in the Army Reserve, must be in a retired or standby status. Cannot be in the Ready Reserve, as this would be a dual obligation for deployment.

- Must be able to obtain a

SEE ARMY CIVILIAN EXPEDITIONARY WORKFORCE | A3

FORT LEAVENWORTH LAMP

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Pet owners urged to keep pets safe during Postwide Yard Sale

COMMENTARY



Photo by Prudence Siebert/Fort Leavenworth Stray Facility Volunteer

Prevention — including having pets' microchip information up to date, including contact information on their collars and keeping them in a closed room or kennel while going from indoors to outdoors — is the best way to keep pets from getting lost or hurt during the Postwide Yard Sale.

by Shannon Arnold/Fort Leavenworth Stray Facility Director

The Postwide Yard Sale is Saturday. Other than the excitement of purging your home of what you've collected in all of the years of being in the military, there are the cool new finds your neighbor is selling that you can replace those items with.

There is something else that can get your heart racing on yard sale day — a missing pet.

It happens, you're getting ready for the sale, and placing your goods out, and the cat or the dog slips out and goes for an adventure.

Here are some tips for how to keep your pet safe during the yard sale:

- When you're placing items out-

side, **put your pet in a safe room** with the door closed or in a crate while you're moving in- and outdoors. This will substantially limit the chances of an escape.

- **Make sure your pet's microchip information is current**, and have your pet wear a collar with your contact information on a tag.

- If your pet is allowed in the yard, **supervise closely** to prevent your pet from wandering off or interacting with customers.

- If your yard is not fenced, **use a pet gate** to prevent your pet from entering the area where the sale is taking place.

- **Follow the Fort Leavenworth Stray Facility Facebook page.** If your pet ends up at the shelter or is found by a Good Samaritan, then chances are, the pet's picture is going to be placed on the FLSF page with a "Do you know this pet?" caption. The messenger function is monitored closely during these events, so if you know your pet is missing, then message FLSF to do a courtesy post for you.

Prevention is the best way to keep pets safe during events such as these, but I know even the best-behaved pets can have a little rebellious streak in them.

Fort Leavenworth Post - Wide Yard Sale
April 26 • 8am - 3pm
Rain or shine! Event is open to the public! *

- * IDs will be scanned at the main gates beginning at 8 am, everyone 16 years and older must provide a current ID to enter. (Persons attempting to enter post with outstanding warrants or other security issues will be denied access.)
- Residents living on-post are allowed to sell at their residence.
- Service Members residing off-post, Retirees and DA Civilians can utilize the Old Bell Hall Parking Lot (located at the Sherman/Reynolds intersection) on a first come, first serve basis.
- Alcohol and firearms can not be sold during the yard sale.
- For Information please follow the Fort Leavenworth Facebook Page.
- *Scan the QR code for visitor access to Fort Leavenworth. *

'PCS purge' resources available

Donate, recycle or dispose of items properly

by Staff Report

Fort Leavenworth provides many resources for helping with a PCS purge.

Usable items in like-new condition, such as clothing, toys and small appliances, can be donated to the Fort Leavenworth Thrift Shop, which uses store proceeds for community assistance grants, at the shop's drop-off shed at 1025 Sheridan Drive.

Fort Leavenworth Frontier Heritage Communities partners with City Union Mission of Kansas City, Missouri, for curbside pickup of usable items on certain Saturdays throughout the year.

Pet supplies and unopened pet food can be placed in the red bin on the porch of the Fort Leavenworth Stray Facility at 510 Organ. Ave.

Cleaners, paint, yard chemicals and

other materials that should not be shipped can be dropped off at Household Hazardous Waste Collection Point, 810 McClellan Ave., to be used by other residents or properly disposed of.

Recycling of scrap metal, glass, cardboard and mixed recycling of paper, aluminum and more is offered in the area off W. Warehouse Road south of the stables. E-waste, such as toner cartridges and printers, can also be dropped off at the Fort Leavenworth Recycling Center.

Fort Leavenworth Frontier Housing Communities offers recycling and regular and bulk trash options for residents.

Resources and Links

- On-post housing handbooks, trash and recycling guides from Frontier Heritage Housing: <https://www.frontierheritagecommunities.com/residents>

- Fort Leavenworth Recycling Center: <https://home.army.mil/leavenworth/my-fort/all-services/environmental-management>

- City of Leavenworth Recycling Center: <https://www.leavenworthks.org/public-works/page/leavenworth-recycling-center>

- City of Lansing Curbside Recycling: <https://www.lansingks.org/finance/page/trash-recycling>

- City of Platte City Recycling: <https://www.plattecity.org/documentlist.aspx?categoryid=12924>

- Household Hazardous Product Collection Point: <https://home.army.mil/leavenworth/index.php/my-fort/all-services/environmental-management>

- Auto Skills Center for motor oil: <https://leavenworth.armymwr.com/programs/auto-crafts-center>

- Leavenworth County Transfer Station for household and bulk trash drop-off: https://www.leavenworthcounty.gov/departments/transfer_station/index.php

- Munson Army Health Center for medications: <https://munson.tricare.mil/>
- Fort Leavenworth Thrift Shop:

<https://www.facebook.com/Fort-Leavenworth-Thrift-Shop-211189988897157/>

- City Union Mission, through partnership and coordination with Fort Leavenworth Frontier Heritage Communities: <https://cityunionmission.org>

- Fort Leavenworth Stray Facility: <https://leavenworth.armymwr.com/programs/stray-facility>, www.FLSF.petfinder.com

- Salvation Army, Leavenworth: <https://centralusa.salvationarmy.org/leavenworth/>

- Catholic Charities, Leavenworth: <https://catholiccharitiesks.org/where-we-work/leavenworth/>

- Goodwill, Leavenworth: <https://www.mokangoodwill.org/locations/goodwill-leavenworth-ks>

- HOPE Thrift Store, Leavenworth: <https://hopeleav.org/thrift-store/>, <https://www.facebook.com/HOPETHriftStoreLeavenworth/>

- Leavenworth Mission Community Store/Food Pantry: <https://lmission.org/>, <https://www.facebook.com/LeavenworthMission/>

Army Expeditionary Civilian Workforce (continued from Page A2)

security clearance at the interim secret level, at a minimum. Some positions may require higher clearances.

Q2: What types of expeditionary civilian opportunities are available?

Currently, there are nearly 200 deployment opportunities across a wide range of civilian specialties. Career fields include safety, emergency management, human resources, training, protocol, operations, logistics management, budget, public affairs, quality assurance, IT, communications and more. There are also about two dozen AECW Directorate headquarters staff opportunities that are filled on a term, not-to-exceed (NTE) basis through USAJOBS.

Q3: How are expeditionary volunteers se-

lected?

Once a volunteer's command approves his/her packet, it's submitted to the AECW Directorate, where a team of specialists reviews and endorses the packet and starts looking to match the volunteer to a deployment requirement. While volunteers can identify a specific requirement they'd like to fill, they could be asked to serve in another, similar requirement that matches their credentials.

Q4: Where are volunteer opportunities located?

Deployment locations vary over time but currently can be found in such places as Germany, Poland, the Netherlands, Kuwait, Iraq, Jordan and Honduras, among others.

Q5: How long are volunteer deployments?

AECW Directorate-sponsored deployments are considered details to a set of duties. They are completed in a temporary-duty status for six, nine or 11 months, depending on the specific needs of each vacancy.

Q6: How does an AECW deployment affect the volunteer's home-station job?

The volunteer's permanent position of record is unaffected, and they continue to receive basic pay and benefits through their home organizations. The AECW Directorate, however, covers certain additional costs such as travel, approved overtime and post differential or hazardous pay, when authorized.

Q7: What are living conditions like for deployed civilians?

Deployments are under field conditions. Therefore, deployers should expect to be billeted in tents, barracks or containerized rooms, with shared showers and restrooms, and meals in the dining facility. All deployments are also unaccompanied.

Q8: What sort of preparation and training is involved?

All deployers must go through pre-deployment training and preparation, both at home station and at Camp Atterbury, Indiana. This process includes medical and dental screenings, online and classroom training, the drawing of theater-specific organizational clothing and individual equipment and other preparatory activities, such as securing or elevating

one's security clearance and/or obtaining an official passport.

Q9: How do I volunteer for an expeditionary opportunity?

Army civilians interested in applying for the AECW Program must submit a résumé, recent SF-50, DD Form 214 (if former military) and a signed request for deployment form available at <https://community.apan.org/wg/aecw/m/documents/480102>. These documents need to be submitted through their supervisory chain and deployment coordinator.

Q10: Where is additional information available?

For a good overview of the role, history and impact of the AECW Program, read the Military Review ar-

ticle at <https://www.armyupress.army.mil/journals/military-review/online-exclusive/2024-ole/close-the-skills-gap-with-expeditionary-civilians/>. Next, contact your organization's or higher headquarters' deployment specialist or coordinator, who should have a list of the most current and upcoming deployment opportunities and can assist your efforts to prepare for a deployment, if selected. You can also reach out to the AECW Directorate program office by e-mail at army.in.hqda.mbx.aecw-deployments@army.mil.



Graphic from www.armyresilience.army.mil/SAAPM-2025

Learn more about recent policy changes to enhance prevention, reduce reporting barriers and strengthening victim advocacy at www.armyresilience.army.mil/SAAPM-2025.

Lead the way to build culture of respect

by Dannielle Rothering/Combined Arms Center and Fort Leavenworth Supervisory Sexual Assault Response Coordinator

COMMENTARY

April is Sexual Assault Awareness and Prevention Month (SAAPM), and it's a really important time for us to reflect on how we can all contribute to a safer and more respectful Army. This isn't just about briefings or policies; it's about the everyday actions and attitudes that shape our units and our entire community. And when it comes to making a real difference, leadership at every level – from team leaders to senior officers – plays a vital role.

Think about it: our Army thrives on trust, cohesion and looking out for each other. Sexual harassment and assault erode that foundation, impacting readiness, morale and the well-being of our fellow soldiers. Creating a culture of respect isn't just the right thing to do; it's mission critical.

So, how can leaders/supervisors at all levels actively contribute to this culture? It's about more than just saying the right things; it's about doing them consistently.

Let's dive into some practical ways we can lead the way.

Setting the tone from day one

- What it looks like

During initial entry training or when a new soldier/civilian joins your organization, take the time to personally emphasize the unit's values around respect, dignity and the absolute intolerance for sexual harassment and assault. Share clear expectations and reiterate the resources available.

- Thought to ponder

How can I make that first impression a powerful statement about our unit's commitment to a respectful environment?

Leading by example

- What it looks like

This is huge! Leaders/supervisors need to consistently demonstrate respectful behavior in all interactions. That means ac-

tively listening, valuing diverse perspectives, avoiding jokes or comments that could be offensive, and intervening when you witness disrespectful behavior – even if it seems small.

- Thought to ponder

Am I always mindful of my words and actions, and the impact they have on those around me?

Fostering open communication

- What it looks like

Create an environment where soldiers/civilians feel comfortable speaking up if they experience or witness something inappropriate. Regularly check in with your team, encourage open dialogue about unit climate, and actively listen to concerns without judgment.

- Thought to ponder

How can I build trust within my team so that soldiers/civilians feel safe bringing issues to my attention?

Proactive intervention

- What it looks like

Don't wait for something serious to happen. Address disrespectful jokes, micro-aggressions or behaviors that create discomfort early on. This might involve a private conversation, a team discussion about standards or reinforcing unit values.

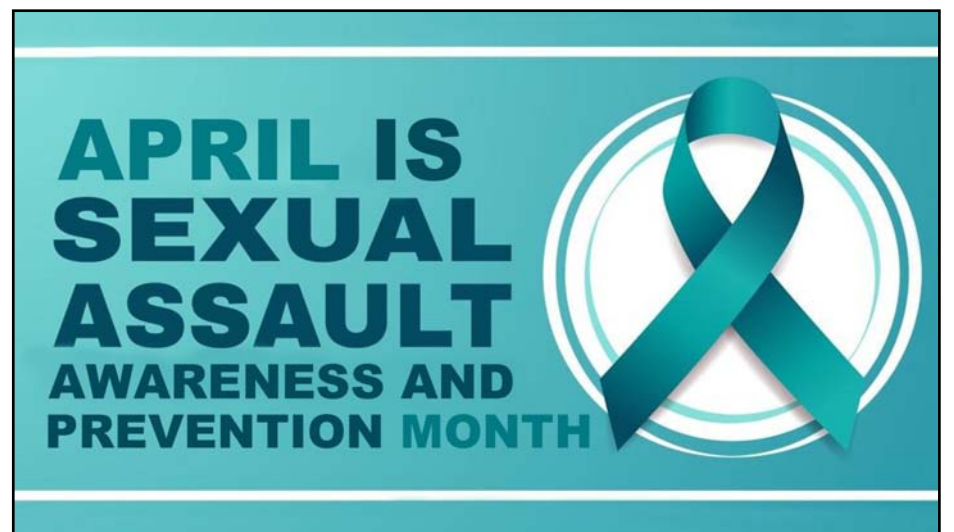
- Thought to ponder

Am I prepared to step in and address behaviors that might seem minor but contribute to a negative environment?

Knowing and promoting resources

- What it looks like

Be knowledgeable about the Sexual Harassment/Assault Response and Prevention (SHARP) resources available within your unit and on the installation. Regularly share information about reporting options (re-



stricted and unrestricted), victim advocates and support services. Make sure soldiers/civilians know where to turn if they need help.

- Thought to ponder

Do all the members of my team know who their SHARP representative is and how to access support?

Ensuring accountability

- What it looks like

Consistently enforce standards and policies related to sexual harassment and assault. Ensure that all allegations are taken seriously and addressed appropriately through the established processes. This demonstrates that these behaviors have real consequences.

- Thought to ponder

Am I holding everyone in my team accountable to the same high standards of respect and conduct?

Investing in training and education

- What it looks like

Go beyond the mandatory annual training. Facilitate ongoing discussions about respect, consent, bystander intervention and the impact of sexual assault. Encourage soldiers to ask questions and engage in meaningful dialogue.

- Thought to ponder

How can I make our training sessions more interactive and impactful for my team?

Thoughts to ponder as we move forward

Building a culture of respect isn't a one-time task; it's an ongoing commitment. It requires self-reflection, active engagement and a genuine belief that every soldier/civilian deserves to serve in an environment free from sexual harassment and assault.

What small, concrete action can I take today to foster a more respectful environment within my sphere of influence?

How can I better support soldiers/civilians who might have experienced or witnessed harmful behavior?

What conversations do I need to have with my team to reinforce our commitment to a culture of respect?

Remember, we are all responsible for creating the Army we want to be a part of — an Army built on trust, respect and unwavering support for one another. Leading with respect isn't just a leadership responsibility; it's a human one. Let's work together, at every level, to build that culture. Stay safe and take care of each other.



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



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MAHC soldier's training allows facility to conduct more hearing tests

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

A key element of mission success in the Army is knowing how to maximize personnel effectively — leveraging talents, expanding skill sets and ensuring every soldier is prepared to step in wherever they're needed.

One example of this mindset in action is a U.S. Army medical logistics specialist at Munson Army Health Center currently supporting the audiology mission one day a week to meet demand for annual hearing tests on Fort Leavenworth.

"I got certified at Fort Leonard Wood (Missouri) about a year ago, along with a couple other soldiers," said Cpl. Bryan Juarez.

Juarez can normally be found outside the patient care setting, in the medical supply section, where he is responsible for receiving, storing and issuing medical supplies.

When MAHC leaders wanted to expand audiology screening capacity to better serve its population, Juarez and several other soldiers were selected to receive additional training to operate the facility's audiology booth. The additional operators enable MAHC to run the booth more frequently, accommodating soldiers not just from Fort Leavenworth, but from Na-



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

Medical Logistics Cpl. Bryan Juarez, Medical Department Activity, completed training and earned a professional certification that qualifies him to run the facility's audiology booth. He is one of several soldiers who support the Hearing Conservation Program so MAHC can provide more access to hearing conservation screening.

tional Guard and Reserve units in the greater Kansas-City area and beyond.

Juarez's ability to step into this role has filled a critical need. One day each week, Juarez covers down in Public Health, which runs the Hearing Conservation Program on the installation. There he runs the hearing booth and its associated programs. That includes everything from

troubleshooting the software to calibrating the equipment to working directly with patients.

In order to qualify to operate the booth, Juarez and the other soldiers had to get certified through the Hearing Technician Course developed by the Council for Accreditation in Occupational Hearing Conservation.

"Juarez and the other

soldiers had to pass the test and the hands-on portion — properly counseling patients, fit-testing for ear-protection, and functionally run the booth with multiple personnel in there," said Staff Sgt. Abigail Santos, NCOIC of MAHC's Department of Public Health.

Public Health has a certified operator who administers tests part-time each

week in addition to other duties in the department. With the additional support, MAHC can run the booth at maximum capacity during the busy PCS season.

"It's been a good opportunity to get out of the basement and interact with actual patients. It's hands-on, and that's helped me see the bigger picture," Juarez said.

This experience not only adds variety to his daily responsibilities but also expands his capabilities across the medical field and as a soldier.

"It's helping me become a better NCO. Balancing two jobs, learning from different sections, and staying ready — those are the things that will carry over wherever I go next," Juarez said.

Ethics Symposium (continued from Page A1)

pressed different viewpoints during this discussion, a common thread emerged. In the end, most agreed that honor serves as the foundational principle and influences the other factors in supporting decisions before, during and after armed conflict," Ward said.

Another critical area addressed by Ward was the competition continuum of military action ranging from defense support of civil authorities to LSCO and the roles that chaplains fulfill across that continuum. In combat situations, chaplains provide pastoral care to casualties; in peace, they minister to soldiers and their families. As part of the military community, they serve in chapels and perform other duties supporting families in and around the installation. They also serve as staff officers on the commander's personal staff. This mixed set of skills ultimately contributes to soldiers' resiliency and is instrumental in their moral and ethical development.

In expounding on multi-domain operations and how the United States has maintained a comparative advantage over potential adversaries through military capabilities, technological advancements and global reach, Ward noted that the overmatch the United States has enjoyed throughout the years has shrunk. With a diminished technological advantage in some areas, fighting and winning wars is even more contested, he said, thus introducing dilemmas to decisions and behaviors while fighting. While acknowledging that some of these conditions might produce morally gray areas in the operational environment, the audience agreed that the refusal to abdicate the moral or ethical high ground is the linchpin that enables military superiority across multi-domain operations.

Delving deeper into the role technology plays in creating new ethical considerations, Ward led the audience through the benefits, as well as the risks and unintended consequences, of the introduction of unmanned aerial systems to the battlefield. Initially developed for reconnaissance and targeting, UAS platforms have enabled commanders and their staffs to see further and often with more clarity than ever before. Despite the value of this technological leap forward, Ward challenged participants to consider



Photo by Jim Harbridge/Officers' Christian Fellowship

David Ward, Center for Army Leadership training analyst, delivers opening remarks to his presentation, "The Army Profession and Large-Scale Combat Operations," as part of the annual U.S. Army Command and General Staff College Military Ethics Symposium April 2 at the Fort Leavenworth Frontier Conference Center.

the following questions from an ethical perspective:

- Does UAS technology make us ethically lazy? Are we so far removed from the battle that the physical side of the targeting process oversimplifies the target to a simple set of numbers?

- Conversely, has the engagement authority been too far removed? The pilot-in-command could be thousands of miles away in the comfort of a cubicle, where he/she might lack the mission urgency inherent to the unit in contact or actual eyes on the enemy.

- What about the coming potential of using artificial intelligence in developing target selection standards, target nomination and engagement, based on an algo-

algorithm to shoot/no shoot, versus a human in the loop making a moral and ethical call for engaging the target?

Additional discussion of military actions in the space domain led to questions about the morality of knowingly targeting civilian capabilities while engaging military targets. An example would be civilian infrastructure such as healthcare or other essential civil services dependent on the same digital communications architecture as adversary military networks. The chaplains in attendance concluded that these types of situations are why they and staff judge advocates must be a part of the targeting process so that commanders are making decisions that are thoroughly informed from both the moral and legal side

of applying lethal and non-lethal effects. The example of the nuance between legality and morality being, "just because you can, does not mean you should."

"Bottom line, commanders are responsible for the decisions they and their soldiers make," Ward said. "Commanders have a moral responsibility to ensure their units are prepared for combat, and to accomplish that task, they plan and resource challenging training that tests small-unit tasks and drills and their organizational capacity. Foundational to this collective proficiency is the execution of those tasks in demanding conditions informed by the moral and ethical application of lethal combat power."

Osage School-Age Center vs. DES



Photo by Prudence Siebert/Fort Leavenworth Lamp

Wesley Martens, Patrick DuBois, Alex Powell and fellow first- and second-graders pull with determination in a tug-of-war duel with Directorate of Emergency Services personnel April 18 at Osage School-Age Center. The event was one of several happening across post to celebrate the resiliency of military children and acknowledge their sacrifices during the Month of the Military Child.

Osage SAC children, staff take on firefighters, police in MOMC tug-of-war showdown

Fort Leavenworth Fire and Emergency Services Capt. Rob Dokos drops the rope to start the tug-of-war match between Directorate of Emergency Services personnel, including Department of the Army Police Lt. David Horvath and Fire Inspector Antonio Masisak, and third-, fourth- and fifth-graders including Payton Shed, Bo DuBois and Ava Luque, anchored by Fire Chief Marsh Fiedler, April 18 at Osage School-Age Center.

Photo by Prudence Siebert/Fort Leavenworth Lamp



Photo by Sean Bergosh/Fort Leavenworth Public Affairs Office

ABOVE: Fort Leavenworth Fire and Emergency Services Capt. Matt Liechti and Firefighter Joe Mrus put up a good fight in a Month of the Military Child tug-of-war match against a group of children April 18 at Osage School-Age Center.

LEFT: Lt. Ryan O'Grady, Liechti and other firefighters take on Osage SAC staff members Andre Pontbriant, Peter Anderson, Chandler Moody, Hannah Moran and Sierra VanZee April 18 at Osage School-Age Center.

Photo by Prudence Siebert/Fort Leavenworth Lamp

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Photo by Brian Allen/Special to the Fort Leavenworth Lamp

Nine-year-old Malina Boise gets last minute encouragement from her mom and coach, Jodi Boise, before starting her program April 5 at Skate KC in Shawnee, Kansas. Malina's father, Lt. Col. Matt Boise, Mission Command Training Program, helps with parent volunteer duties for the Kansas City Figure Skating Club, the sponsoring club for Skate KC. Jodi deferred college after her sophomore year to tour with Disney on Ice, and she continued to perform after college during the early years of the Boise family's Army career.

Community has warm spot for figure skating



ABOVE: When he's not skating, Jak Pennington, branch chief with the Mission Command Capability Development and Integration Directorate at Fort Leavenworth, also serves as a competition rink announcer, seen here announcing for the Skate KC competition April 5 in Shawnee, Kansas. Pennington has been taking figure skating lessons for six years, starting when his daughter expressed an interest and sticking with it after she graduated from high school. He skates on the KC Momentum Synchronized Skating team, as well as in competitive freestyle and ice dance disciplines.

LEFT: Ten-year-old Macey Boise performs her program at the Skate KC competition April 5 at the KC Ice Center in Shawnee, Kansas. Other Fort Leavenworth community members involved in the Kansas City Figure Skating Club include Leavenworth High School sophomore Ava Babich, a member of the club's Junior Board, and her mother, Jennifer Babich, who is a board member and adviser to the juniors. Ava began skating when she was 6 years old at Fort Bragg, North Carolina.

Photos by Brian Allen/Special to the Fort Leavenworth Lamp

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Move-to-Learn (continued from Page A1)

don't know how to ask for it, they don't know what's wrong. They want to be successful, but if they don't know how, they can't advocate for themselves, they can't help themselves, and so the education is the big key — teaching the kids what is sensory processing, how does that affect learning, how does that affect your emotional responses or behavioral self-regulation. Once they know how specific exercise helps brain development, they are all about helping themselves," Swartz said.

Project ARMIES

With USD 207's Project ARMIES (Anchoring Reading and Mathematics In Exercise (Health) Sciences) grant, the move-to-learn principle has been expanded to include exergaming equipment in the schools. Exergaming combines exercise and technology, in the form of rowing machines and treadmills and other exercise equipment with video-game-type graphics to make the activity fun and engaging.

The exergaming room is referred to as the Move-to-Learn Lab, emphasizing its purpose.

"We wanted to hit home with the kids — yes, it is fun, but you're coming here as a tool, you're coming here to help yourself, to build brain cells, to help your focus, self-regulation — so we wanted to make sure it was called MTL Lab instead of 'exergame,'" Swartz said.

In addition to the MTL Lab, the schools have various ways to give students access to movement throughout the school day, including movement pathways marked in the hallways and alternative seating that could include an under-desk elliptical or a wobble stool.

Student Testimonials

Swartz said she is proud of students who have learned to advocate for themselves and who have embraced the movement options to help themselves regulate their behavior, and that teachers, who have been taught about the benefits and uses for the movement options, are supporting those needs in ways such as allowing students to use strider desks, which allow motion while studying.

Eighth-grader Rachel Temple is one of those students who has been advocating for herself and sharing learn-to-move testimonials with her fellow students. She attended first through fourth grades at MacArthur



Sixth-graders Skyer Ramos and Ele Haberland, observed by classmate River Meyers, use rowing machines to race against each other in a fishing-themed game shown on their screens during Project Family Night March 13 at Patton Junior High School. The exergaming equipment, STEM projects and other ways grants are being used in the district are highlighted during the annual open-house-type event.

Photo by Prudence Siebert/Fort Leavenworth Lamp

Elementary School, where she was first introduced to exergaming, then attended an off-post school that was closer to her home for fifth-grade.

"I was bullied; I was not liked at that school whatsoever," she said about her experience at the off-post school. "We had no movement stuff. (I was) never pulled out for testing; they never followed my (individualized educational program), so I had nothing, and it was so hard."

When she returned to USD 207 her sixth-grade year, she said her test scores were initially poor and she was falling asleep in class. She said one of the things that helped with those issues was involvement in before-school science, technology, engineering and mathematics lab activities.

"When I started that, I wasn't falling asleep in my classes, I was fully awake for the days, I was taking tests so much better, and now I'm at the eighth-grade level for my tests," she said.

Rachel began using the school's exergaming equipment when the STEM lab was no longer an option. She said the equipment is fun and engaging and helps her stay awake in class.

"A lot of movement stuff, it kind of gets boring after a while but (with the exergaming equipment), you have to keep your eye on it — when you're doing a racing thing,

you have something to look at while you're racing."

Rachel said having the choice to leave the classroom, walk the movement paths in the hallways, and scheduling electives like physical education between her core classes have all helped make a huge difference in her school days.

"My test (scores) started going up, and up and up and up, when I got that movement," Rachel said. "Movement with me is like an adult with their coffee. Their coffee wakes them up. Movement wakes me up."

She said she can find ways to incorporate things she is interested in, such as ghosts and the paranormal, into her writing assignments, but for subjects or projects that don't hold her attention, Rachel said just standing up or moving her leg can help keep her focused.

"A lot of people don't understand how ADHD works; they just assume that it's just not being able to focus — that's the big part, but there are more little things, like how it's everything or nothing," Rachel said, explaining that tasks like cleaning her room can't be completed in stages. The same goes for homework. "If I only do one problem, and then class ends and I put it in my backpack, that homework doesn't exist anymore — that just poofs out of my brain."

Rachel said she will try so hard to listen

while sitting still, but her focus on listening will cause her to not listen at all.

"I have such good hearing because of my hyper-focusing (that) I'm annoyed by small noises — tapping on a desk, clicking of the pen, even a power outlet that is making a noise, I'll be able to hear that."

She said as soon as she adds movement, like shaking her leg or using a pedal station, she can clue back into what is being taught in the classroom, and that if she needs to take a test, being allowed to go out into the hallway before the test or taking the test at a stand-up desk that allows movement can make all the difference.

Rachel said she has learned to incorporate movement in her life outside of school, too — biking after school, swinging at the park, and shaking her leg during church — and that doing so helps her sleep better, too.

Fellow Patton eighth-grader Cooper Schmitdke said he has determined his learning and self-regulation needs largely through experimentation. He began attending USD 207 remotely as a fourth-grader during the COVID-19 pandemic and then in person the next year at MacArthur. He said finding what works for an individual can go beyond movement.

"It's not always a movement thing; it's

SEE MOVE-TO-LEARN | A9

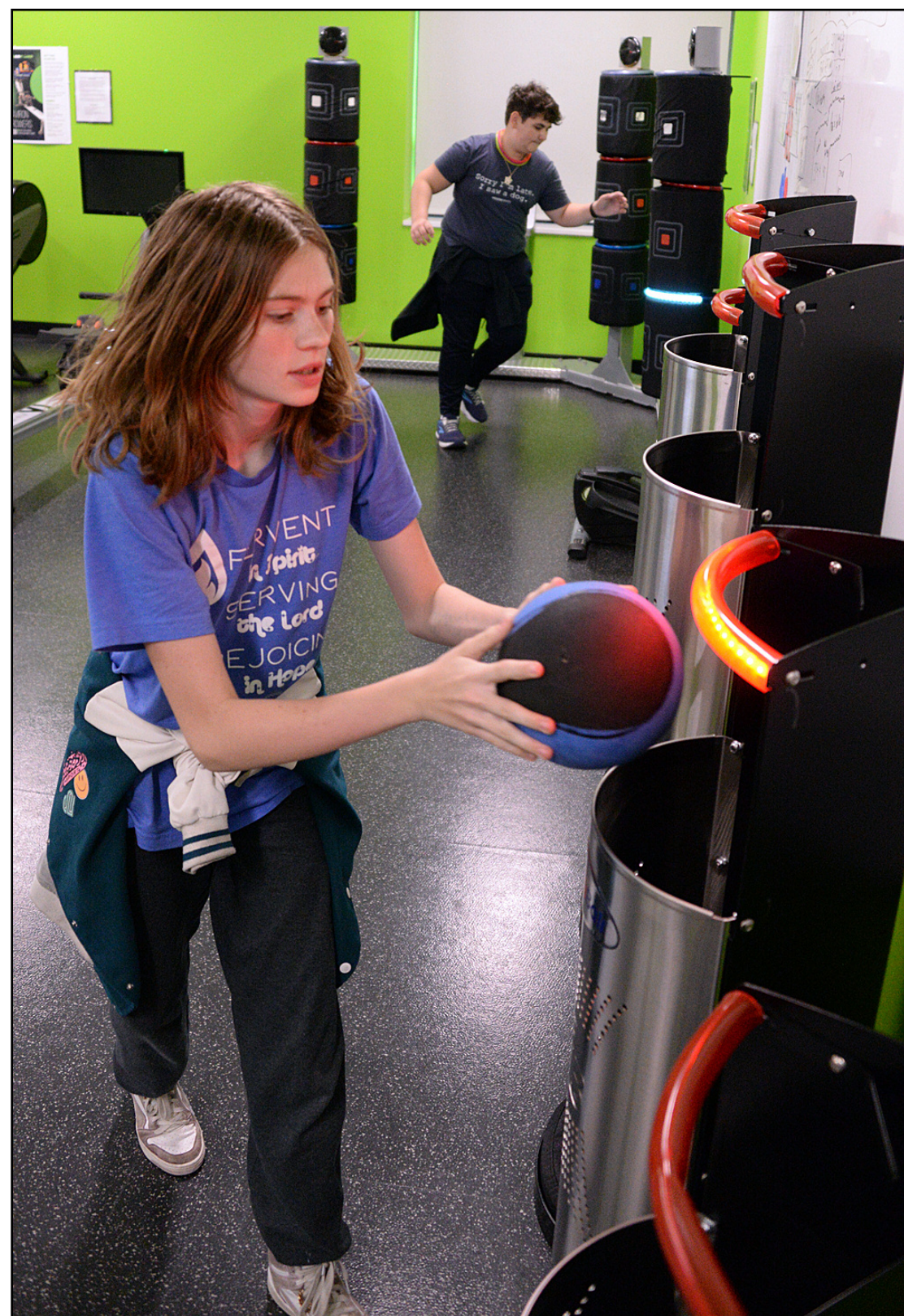
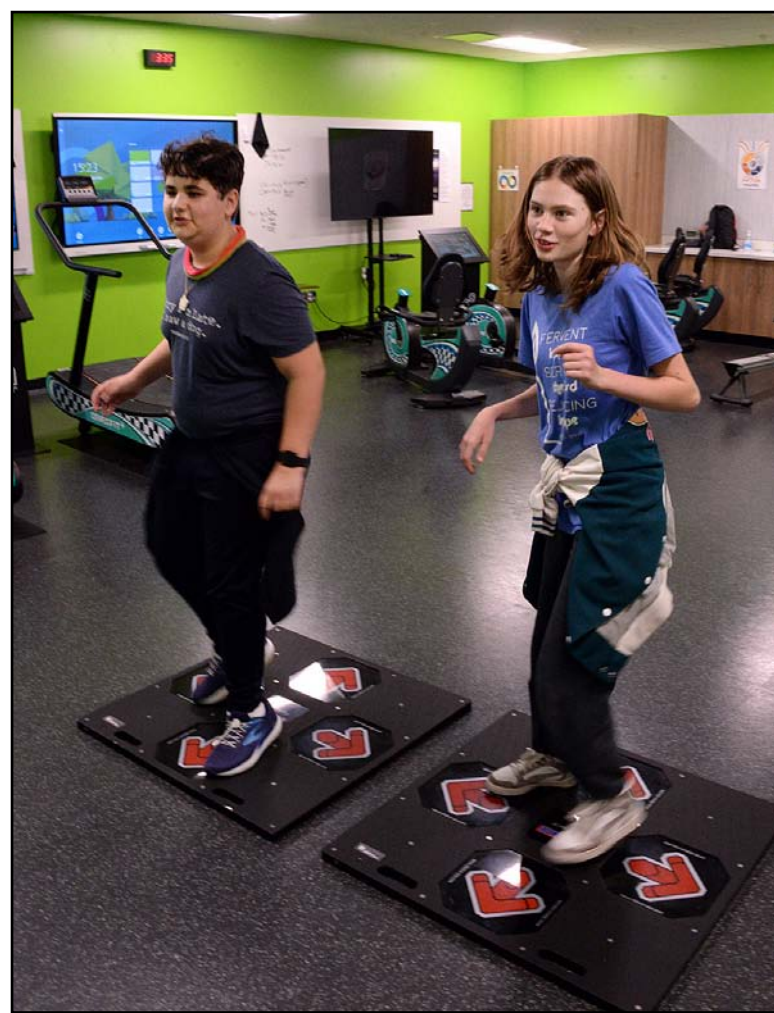


Photo by Prudence Siebert/Fort Leavenworth Lamp

Eighth-grader Rachel Temple transfers a weighted ball to different Heavyball exergaming receptacles as prompted while eighth-grader Cooper Schmitdke hits where indicated on the Fit Interactive 3 Kick exergaming equipment in the Move-to-Learn Lab April 17 at Patton Junior High School. Rachel and Cooper said they have benefitted from the movement options, including the exergaming equipment, movement pathways in the hallways, modified desks and more, that are available to them during the school day.



Photos by Prudence Siebert/Fort Leavenworth Lamp

ABOVE: Patton Junior High School eighth-graders Cooper Schmitdke and Rachel Temple follow foot-placement prompts while demonstrating exergaming equipment available in the in the Move-to-Learn Lab April 17 at Patton Junior High School.

BELOW: Eighth-grader Rachel Temple demonstrates how a memory game works on the TWall while using the exergaming equipment with classmate Cooper Schmitdke April 17 at Patton Junior High School.



Move-to-Learn (continued from Page A8)

just what helps you focus. Sometimes it's a fidget thing, sometimes it's listening to music," Cooper said, noting that he uses a headset that allows him to hear what his teachers are saying while listening to music.

Cooper said he has a hard time concentrating and that the school's movement options help alleviate issues associated with anxiety and hyperactivity. He said he was given a "whole spiel" about how the move-to-learn activities would help him, including the benefits of crossing the midline to engage the left and right hemispheres of the brain, and the helpful chemicals like dopamine that are released during aerobic activity.

Cooper candidly said his teachers would all hate him, and Rachel chimed in with "insanity," for what would happen if they weren't given the movement options. The students both said the level of annoyance for everyone else, inevitably caused by their coping habits, has also been reduced thanks to the movement-learning connection that the district recognizes and supports.

Cooper said one of the most significant benefits of the movement options has been prevention of undesirable behavior.

"For me, (teachers) would always just give me a reward system — 'If you behave, this will happen' — but I'm not going to behave, so nothing is going to happen, which was the issue, because the reward system doesn't really work," Cooper said. "What they have done here is preventative, as opposed to if you do good (you get) candy or something. It is solving the issue before it comes around. So, I misbehave in class less than I normally would."

Move-to-Learn Beginnings

Swartz said she'd like to see more schools implement the move-to-learn practices. USD 207 has been sharing data and grant information with other districts, and students take the knowledge and empowerment they acquire at USD 207 to their next schools.

"This is the high end, because we had the grant, but we didn't start that way," Swartz said.

Around 2013, when Swartz was the physical education teacher at MacArthur, she started what she called a SAMS Lab, which stood for sensory integration, aerobic exercise, motor planning and sequencing, divulging that she called it a "lab" because she didn't know how well it was going to work.

Swartz said the SAMS lab began out of the need to provide immediate intervention for students to proactively address their needs before unwanted behaviors manifested. Through professional collaboration with colleagues and her exercise science background as a PE teacher, Swartz put together stations that incorporated sensory processing with motor planning. Through the integration of multiple sensory systems being used at one time while performing

motor sequencing, the students were "stacking," or using multiple parts of the brain at the same time to create neurological connections that affect learning and behavior in a positive way.

The school began offering the SAMS Lab to identified students as a before-school program to help prepare their brains for learning.

"With the success students experienced from participating in the SAMS Lab, parents wrote some letters and went to the (school) board and said 'Something special is going on at MacArthur with my child.'"

Swartz said parents reported seeing everything from a student who couldn't read who was now reading to a child who couldn't put on a seatbelt but who could now manage the task. She and her SAMS Lab students were asked to present to the school board, which resulted in district administrators implementing the move-to-learn concept in all of the schools.

"Districtwide we had enough success that when (Superintendent) Keith (Mispagel) and (Deputy Superintendent) SuAnn (Grant) had an opportunity to write the ARMIES grant, they went after it."

Swartz said a lot of military-impacted students are now getting help because of that grant. In addition to local use, USD 207 staff have given move-to-learn professional development presentations at Department of Defense Education Activity conferences, and other schools have sought similar grants based on the district's work.

"When we do stuff here and we teach the kids, then they take it with them to the next district, and then we also share with other districts, and so more and more districts are helping more and more kids by helping them understand how they can help themselves and how to advocate respectfully for what they need," Swartz said.

She gave a variety of examples of how move-to-learn is helping students, from being a motivator for improved behavior; helping improve academically; and even having a social-emotional component for engaging with other students and making friends — and thus gaining confidence, and much more.

"It's exciting that we're helping kids — and not just helping them while they're here; we're helping them for the rest of their lives."



File photo by Prudence Siebert/Fort Leavenworth Lamp

MOVE-TO-LEARN BEGINNINGS: While counting along out loud in Spanish, fourth-graders Liberty Harding and Lexey Amsdell perform finger-cross exercises by touching opposite ears during the morning's Super Brain Workout Sept. 4, 2013, at Bradley Elementary School. The morning workout incorporated sensory integration like the ear touches and speaking out loud to help prepare the children for learning. The workout also used bilateral movements, which increase communication between the brain's hemispheres, and aerobic exercise, which increases brain-derived neurotrophic factor, helping students retain, process and recall information.



File photo by Prudence Siebert/Fort Leavenworth Lamp

MOVE-TO-LEARN BEGINNINGS: Fourth-graders Sophia Jeffers, Morin Samples and Andrew Young perform jumping jacks during the Super Brain Workout Sept. 4, 2013, at Bradley Elementary School. Elementary school students across post began the day with the workouts, which were led via video on interactive whiteboards in each classroom, to help prepare them for learning.

Current Department of Defense Education Activity grants at USD 207

by Unified School District 207

Project ARMIES:

Anchoring Reading and Mathematics In Exercise (Health) Sciences

As a research-based initiative, Project ARMIES leverages best practices in health sciences and exergaming (a hybrid activity combining exercise and technology) to achieve academic success for military-impacted students. USD 207 applies research-based health sciences to everyday instruction to enhance academic and physical achievement.

Project WIN:

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Project AVID:

Advancement Via Individual Determination

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dents into more rigorous coursework and incorporating intensive support students need to succeed. Project AVID is designed for schoolwide implementation and an elective opportunity at the junior high school.

Project STEM+:

Science, Technology, Engineering, Math and Belonging

Project STEM+ enhances the opportunities for our highly mobile, military-impacted student population to grow their sense of belonging and improve academic achievement in science and mathematics by providing highly engaging STEM curricula, innovative hands-on programs and inquiry-based after-school activities. USD 207 students will be positively impacted in their post-secondary career paths and future-ready success in a STEM-driven civilization. Whether students are enrolled in USD 207 for one year or multiple years, Project STEM+ connects students, staff and families with a greater sense of belonging to the Fort Leavenworth community.

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

■ For **RESIDENTS STAYING** at Fort Leavenworth, provide orders to fhc@tmo.com to update status.

■ Mass **PRE-INSPECTIONS** will occur through April 18th. Command and General Staff College students staying for the School of Advanced Military Studies do not need to participate. Provide updated status to be removed from the inspection schedule. Inspectors are running ahead of schedule — they may offer an earlier inspection. Early inspections are optional. To keep original date, inform the inspector. Contact the Community Management Office at 913-682-6300 with questions.

■ Wallace Commercial Landscaping is **TRIMMING YARDS** in housing areas. Use “No Mow” stakes for them to avoid your yard or flower beds. Wallace began spring herbicide (pet and human safe) application earlier this month.

■ Door hangers will be delivered a week before **RADON TESTING**, and e-mail updates will be sent. Midwest Radon, accompanied by a Fort Leavenworth Frontier Heritage Communities maintenance technician, will deploy and retrieve the tests. Results are typically available 10 business days after collection. Testing is mandatory for all units not tested in the last two years. Contact the FLFHC Maintenance Office at 913-651-3838 with questions.



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Post Notes

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

B1



HOME BUYING SEMINAR 2025
PCS, Retirement or Dream House

Thinking about purchasing a home. Whether it's here in the Fort Leavenworth area or at your next duty station, this seminar is for you.

HOME BUYING MADE EASY!
Inviting Military and Department of Defense personnel and families to an Informational seminar presented by industry experts...

- ✓ Selecting A Realtor
- ✓ Pre-Qualifying For a Mortgage
- ✓ VA Certificates & the VA Loan Process
- ✓ Home-buying process
- ✓ Assess Needs & Wants
- ✓ Seller's Disclosure
- ✓ Loan Guidelines, Description of Points
- ✓ Contracts and Legal Documents
- ✓ Insurance
- ✓ Home Inspections
- ✓ Appraisals

WHEN: THURSDAY, APRIL 24, 2025
11:00 AM - 1:00 PM
5:00 PM - 7:00 PM

WHERE: RESILIENCY CENTER 600 THOMAS AVE CONFERENCE RM 125

SIGN UP TODAY
Come join us RSVP to have Lunch Provided or Bring your Lunch

E-MAIL: usarmy.leavenworth.id-training.mbx.hs@army.mil
IN THE SUBJECT LINE WRITE HOME BUYING SEMINAR 2025
OR
CALL: (913)684-2865

The Combined Arms Center and Fort Leavenworth Housing Services Office



Fort Leavenworth Post - Wide Yard Sale
April 26 • 8am - 3pm
Rain or shine! Event is open to the public! *

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

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

Service Members residing off-post, Retirees and DA Civilians can utilize the Old Bell Hall Parking Lot (located at the Sherman/Reynolds intersection) on a first come, first serve basis.

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

For Information please follow the Fort Leavenworth Facebook Page.
*Scan the QR code for visitor access to Fort Leavenworth. *



PREVENTION IN THE PARK
APRIL 25 // 2PM - 4PM
EFMP PARK (BEHIND POST THEATER)

April is National Child Abuse Prevention Month. During April, FAP / NPSP will be sponsoring events focused on stress reduction and family fun.

Come join us to have some fun at the park with bubbles, chalk, bean bag toss, and other fun activities for the family!

FREE and open to DoD ID card holders.

Age limit: kids 0-10!

Registration is required and can be done until April 18th.

For more info or to register call, (913) 684-2808/2800.
Rain out date: April 30 // 2PM - 4PM



May 1 - May 31
5th Annual Softball Tournament
Doniphan Field #1

Games: Every Monday and Wednesday 5:30PM - 8:30PM at Doniphan #1.

There will be a coaches meeting on Wednesday, April 16th at 5:30PM at Gruber Fitness Center.

Letters of Intent are due by COB Wednesday, April 30th.

Open to Active Duty, DoD Civilians, Retirees, Dependents, Spouses, and Contractors working at Fort Leavenworth ages 18 and older.

League awards given for tournament runner ups and tournament champions.

FREE event!

For more info: (913) 684-3224/5136



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



Dandelion Dash!
Family Fun Run

APRIL 26
10AM - 12PM

Registration starts at 9am
Run/Walk will be held on the track
Old Patton Jr High
5 Grant Ave
Ft. Leavenworth

Bring your whole family for this fun and FREE Run/Walk honoring the Month of the Military Child! There will be a sticker and selfie station, medals for every child who finishes, and a snack at the end of the event!

zooooooooooooom



Call 913-684-7524 for more info
Scan the QR code to follow MWR on FB!



leavenworth.armymwr.com

THIRTY-FOURTH ANNUAL



COMMAND AND GENERAL STAFF COLLEGE
TRIATHLON
SATURDAY - 3 MAY 2025
8:00AM - HARNEY SPORTS COMPLEX

 **200YDS**
  **12.1MI**
  **5KM**

PRICING
Individual Racer: \$75
Relay Team of 2 or 3: \$90

REGISTER IN PERSON
Harney Gym, Gruber Gym, and The Resiliency Center
(600 Thomas Ave, Rm 223)
REGISTER ONLINE

RACE BRIEFING & SHIRT PICKUP
2 MAY - 4:00 PM-6:00PM
Frontier Conference Center
350 Biddle BLVD, Ft Leavenworth

Register by 20 APR to guarantee your t-shirt!



FOR MORE INFO
CALL: 913-684-1674



ST BARBARA'S DAY BALL

HENRY LEAVENWORTH CHAPTER
US FIELD ARTILLERY ASSOCIATION

REGISTER NOW!
MAY 3, 2025

FRONTIER CONFERENCE CENTER

For more information go to
<https://www.facebook.com/HenryLeavenworthFiresAssociation>




**FROM COMPASSION TO ACTION:
2024 STRONGHOLD YEAR
IN REVIEW**

Our Ambassadors supported military families in several military installations across **17 states and 4 countries**



On average, we help **90 individuals weekly**

72,500
Pounds of Food Distributed

65,550
Meals Distributed

Every single pound distributed by Stronghold was utilized and tailored to the family's needs - we take pride in being an excellent steward of every donation dollar.

Our volunteers donated **3,500 hours** | valued at **\$111,300**

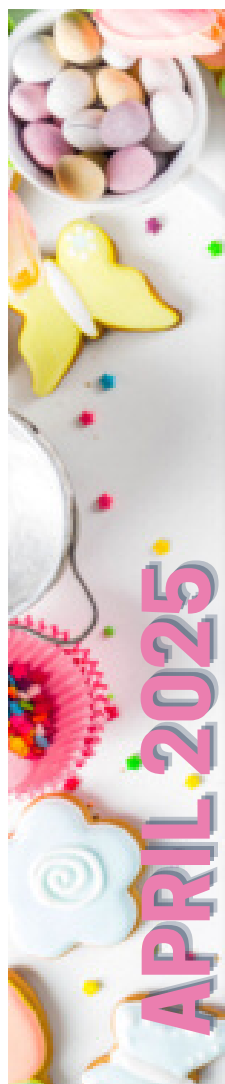
We conducted two pop up pantries at JBLM and Fort Campbell serving 347 individuals.

Over \$35,000 in basic necessities ranging from feminine hygiene products, household items, school supplies, diapers, wipes, portable cribs, winter coats, socks, etc.



Stronghold Food Pantry is a volunteer-run, 501(c)(3) charitable organization serving American military families facing food insecurity with care and dignity by providing food, necessities, and resources. Stronghold strives to remove the stigma and ease the epidemic of food insecurity among military communities by proliferating awareness, advocacy, and collaboration.

strongholdfoodpantry.org



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

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Open Pantry Happy Bottom 11:00 - 1:00	3	4	5
6	7 Volunteer Orientation 10:30A Open Pantry Happy Bottom 11:00 - 1:00	8	9 Closed	10 PopUp Colorado Springs	11	12
13 Stronghold Baby Shower 2:00-4:00	14	15	16 Open Pantry Happy Bottom 11:00 - 1:00	17	18	19
20	21	22	23 Open Pantry Happy Bottom 11:00 - 1:00	24	25	26
27	28	29	30 Closed Stronghold Team Building			

ATTENTION PLEASE!
IMPORTANT ANNOUNCEMENT

Stronghold Office Hours for emails and to return phone calls are Monday, Tuesday, and Thursday from 9:00am - 3:00pm. Open Pantry Hours, by appointment, are Wednesday from 11:00am - 1:00pm.

You can email us at: contact@strongholdfoodpantry.org or leave a message at (913) 303-8372

Stronghold: Happy Bottoms Program
Powered by Rapid Response Charities

Free Monthly Diaper Distribution
Email: contact@strongholdfoodpantry.org

Hunger Buster Pack
POWERED BY FLY HIGH FOODS

Do you have a school aged child that could use a pack filled with breakfast, lunch, and snack goods to help them sustain a healthy active lifestyle over school break?
Bring your pack back for a REFILL or register online to pick up your pack.



**Celebrating Military Children and Youth:
Building Stronger Character
and Relationships**

Fort Leavenworth

Month of the Military Child

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 MOMC Kick-off & Proclamation Signing HYC at 4:30pm	2	3	4 FREE Movie Inside Out 2 7pm Post Theater	5 SKIES Music Recital Pioneer Chapel @ 10am Mr. Stinky Feet Concert Resiliency Center @ 3pm
FREE BUCKET OF BALLS & SOFT DRINK AT TRAILS WEST GOLF COURSE ALL MONTH KIDS RIDE/PLAY FREE						
6	7 Hats off to Military Kids! Wear your favorite or silliest hat!	8 Wear Blue for Child Abuse Prevention Month	9 Purple Up! Day	10 The Future is Bright wear sunglasses and bright colors	11 Military Kids are Superheroes! (Dress like your favorite Superhero)	12 PAIR DAY & Kids Fest @ Harney 10am-2pm
COMMUNITY-WIDE PURPLE UP! ON APRIL 9! SPIRIT WEEK IS M - F APRIL 7-11						
13	14 SKIES, Youth Sports, and Youth Center Summer Enrollments Open	15	16 Ys MLB Pitch, Hit, and Run @ Doniphan Field One 5pm-7pm	17	18 FREE Movie Moana 2 7pm Post Theater Ys MLB Pitch, Hit, and Run @ Doniphan Field One 5pm-7pm	19 Bunny Brunch 9am - 12:30pm @ The FCC
20 EASTER	21	22	23	24	25 Operation Megaphone Lock-in 25-26 @ HYC Must register with CYS (grades 6-12)	26 Dandelion Dash Fun Run @ Old Patton Track Registration starts @ 9am
27	28	29	30			
KIDS BOWL FREE EVERY SUNDAY AND THURSDAY AT THE STRIKE ZONE ALL MONTH!						

MOMC Highlights

Strike Zone
Every Sunday and Thursday in April from 4pm-8pm, Kids get 2 FREE games, shoes, and a small drink. Lanes are limited! Call ahead. 913-684-BOWL

Trails West
Every Day in April Kids get a FREE bucket of balls/ soft drink at the Driving Range. M-F Kids can ride along or play for FREE. (After 3pm on weekends.)

Free Movie Nights
7pm @ The Post Theater
Inside Out 2
April 4
Moana 2
April 18

Bunny Brunch
April 19 9am - 12:30pm @ The FCC. Must register in advance no later than COB April 14. Fees apply

Mr. Stinky Feet Concert
April 5 3pm @ The Resiliency Center

PAIR Day/ Kids Fest
April 12 10am-2pm @ Harney Sports Complex

MOMC PURPLE UP!
On April 9 wear purple to support Military Kids! Submit photos to FTLVNMOMC@gmail.com



FOR MORE INFORMATION ON ANY OF THESE EVENTS CALL PARENT CENTRAL AT 913-684-5138



No Federal Endorsement implied

DENIM DAY
SEXUAL ASSAULT AWARENESS & PREVENTION



Join us **WEDNESDAY APRIL 30TH**

Wear denim with a purpose on this day to show your support in ending sexual violence and victim blaming. Denim Day is an international day created in response to an Italian Supreme Court decision that overruled a 1998 rape conviction. The judge had claimed that the victim's jeans were so tight that they must have taken them off consensually

HELP US STOP VICTIM BLAMING BY MAKING THE STATEMENT "CLOTHING HAS NEVER, AND WILL NEVER HAVE ANYTHING TO DO WITH SEXUAL VIOLENCE"

Gather your team, put on some jeans, and join SHARP and Strike Zone Bowling Center for a special Denim Day Bowling Tournament!

SHARP
Wednesday, April 30 2:00pm

Strike Zone Bowling
165 Fourth St

- \$7.50 per person w/shoes / 2 games
- \$30 per 4-person Team w/shoes / 2 games

SHARP Bowling Tournament Entry Form (Please return form & payment to Strike Zone Bowling Center)

TEAM NAME: _____ TEAM LINE-UP:

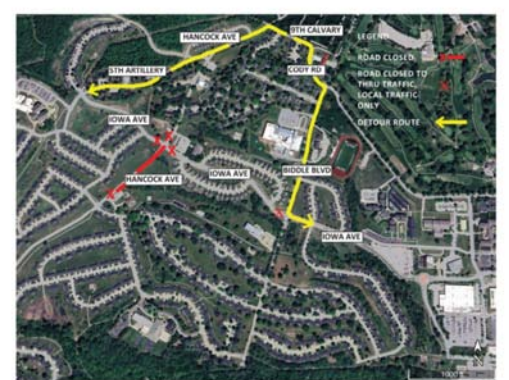
TEAM CAPTAIN: _____ 1. _____

PHONE NUMBER: _____ 2. _____

3. _____

4. _____

**FORT LEAVENWORTH
NEW CDC DETOUR ROUTE**



The previous CDC construction detour, from Iowa to Kansas Ave, has been modified to reroute traffic away from densely populated areas. The new detour (yellow trace), will route traffic northwest to 5th Artillery Rd and toward the cemetery and golf course.

U.S. ARMY



FAMILY ADVOCACY PROGRAM



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

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

NEW PARENT SUPPORT PROGRAM

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

Stroller Walk
Tuesdays, 10:00am
Meet in front of Resiliency Center

Toddler Time
Wednesdays, 9:00am
Resiliency Center Playroom

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



STORYTIME

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

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

Newborn Care Class
April 7, 5:00-7:00pm

Breastfeeding Class
April 14, 5:00-7:00pm

Dad's Night Out
April 23, 6:00-8:00pm
Restaurant TBD

Potty Training
April 28, 5:00-7:00pm
Resiliency Center, Room 157

Mom's Night Out
April 30, 6:00-8:00pm
Restaurant TBD



FAMILY ADVOCACY PROGRAM

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

CAPM Rock Painting
April 1 & 22,
10:00-11:00am

Co-Parenting Workshop
April 7, 14, 21, 28
12:00-1:00pm



Anger Management
April 17 11:30am- 1:00pm

Crocheting Club
April 18, 1:00-3:00pm

Prevention in the Park
April 25, 2:00-4:00pm
Rain Date: April 30

SAVE THE DATE!

Muffins With Mom
May 16, 1:00-3:00pm



Father Daughter Tea Party
June 1, 2:00-14:00pm

Father/Son Scavenger Hunt
June 7, 9:00-11:00am



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

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

<facebook.com/FortLeavenworthACS>

<facebook.com/FortLeavenworthFMWR>

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

ACS New Parent Support Program Introduces

Stroller Walk and Talk

Every Tuesday • Resiliency Center - 600 Thomas Ave.
March - May & Oct. - Nov. • 10AM - 11AM
June - Sept. • 9AM - 10AM

This is a great way to get to know Fort Leavenworth, meet other parents, ask questions, and get some fresh air.

Free event, open to parents with children 0-3 years old.

Participants need to bring their own stroller.

Registration is required, call (913) 601-7866 or (913) 684-2800.

ACS Family Advocacy New Parents Support Program Presents

Toddler Time Playgroup

- Free toddler play group.
- Open to ages 2-3 years old with adult.
- Offers an introduction to preschool routines, explores educational concepts, and builds social skills through hands on experiences and activities.

Wednesdays @ 9:00am

Located at the Army Community Service Resiliency Center
400 Thomas Ave. Fort Leavenworth, Kansas

Registration required call or text
913-297-3212 or 913-297-9704

CROCHETING CLUB

Jan 31, Feb 21,
Mar 14, Apr 18, May 16
1pm - 3pm
Room 145
600 Thomas Ave

Come join our Crocheting Club and learn a new skill, or perfect an existing one!

"Stitch" together, connect & create!
Supplies will be provided!
Have a favorite yarn?
You're welcome to bring it!

Please RSVP one day prior to class
Call 913-684-2808/2800

FREE!
Ages 8+

5 Love Languages of Teenagers

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

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

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

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

ACS Family Advocacy New Parents Support Program Presents

Storytime!

Free
Open to ages 3 months - 3 years old with adult.

Join us for storytime to use our imagination and develop a love of books

Storytime fosters early literacy skills, language development, and social growth.

Every Wednesday @ 10:00 am

Located at the Army Community Service Resiliency Center
600 Thomas Ave. Fort Leavenworth, Kansas

Registration required call or text
913-297-3212 or 913-297-9704

ACS Family Advocacy New Parent Support Program

Play Morning

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

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

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

WIGGLES & GIGGLES

Fridays 10am - 11am
ACS Playroom
600 Thomas Ave

FREE
Ages 3-12 months
Register by COB Thursday

We wanna go...

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

Co-Parenting Workshop

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

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

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

FREE and open to all DoD ID holders 18+ Register by calling 913-684-2811/ 2808
 Deadline to register is day before class.
 Participants are encouraged to attend every class as each session will be different. Ask about virtual options!

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

ROUND 1: OCTOBER 18, OCT 25, NOV 1, AND NOV 8
 ROUND 2: NOV 22, DEC 6, DEC 13, AND DEC 20
 ROUND 3: JAN 10, JAN 17, JAN 24, JAN 31
 ROUND 4: FEB 7, FEB 14, FEB 21, FEB 28
 ROUND 5: MAR 7, MAR 14, MAR 21, MAR 28

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

FREE AND OPEN TO DOD ID CARD HOLDERS 18+.

REGISTRATION IS REQUIRED AND MUST BE DONE THE DAY BEFORE THE FIRST DAY OF TRAINING.

PARTICIPANTS MUST ATTEND EACH DATE IN THE ROUND OF THEIR CHOICE.

INFO AND REGISTRATION: (913) 684-2808/2822

STRESS Management

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

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

FREE one-session workshop 18+
 No childcare
 Deadline to register is day before training.
 Virtual attendance is available through TEAMS.
 For more info: Call 913-684-2808

WORK HOME
 BILLS SAVINGS

DAD'S NIGHT OUT

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

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.

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Dads with children 0-3 years old.

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

MOM'S night OUT

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

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

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Moms with children 0-3 years old.

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

MUFFINS With MOM

May 16
 1pm - 3pm
 EFMP Playground (Behind the Post Theater)

FREE! Event is for ages 2+
 Celebrate Mom in the month of May! Kids can play, plant a seedling to take home, and enjoy a muffin!

All supplies are provided. Please RSVP by May 14
 Call 913-684-2808/ 2800

ACS New Parent Support Prenatal Classes 2025

Free for Expectant Parents!

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

Childbirth Classes:
 Series of three classes
 Jan 6th, 13th, 27th
 Mar 3rd, 10th, 17th
 May 5th, 12th, 19th
 July 14th, 21st, 28th
 Sep 8th, 15th, 22nd
 Nov 3rd, 17th, 24th

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

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

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

ACS New Parent Support 2025 Potty Training

Are you ready?

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

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

Teen Employment Workshop

Picking your future career is just one piece of the puzzle.

The Teen Employment Workshop takes the guesswork out of job searching, resume building, and tailoring your skills to the job that you want!

Learn how to fit the pieces together to create an exciting picture of your future career goals!

ACS Classroom 10:00am - 12:00pm
 March 14
 April 18
 May 30
 June 28
 July 11
 August 1

FREE! Registration is required the day before the workshop. For ages 14 - 20
 For more info please call 913-684-2800

Father / Daughter Tea Party

June 1, 2025
 2 pm - 4 pm
 FCC Ballroom

Register by May 23
 913-684-2808/ 2822

Please join us for a special Father/ Daughter Tea Party. Dress to impress in business casual, Sunday best, or Dress Blues. There will be Dancing, Refreshments at Tea Time, Commemorative Pictures, and a Surprise to take home!

FREE and open to Active Duty and Retired Military / Recommended Ages 10 and under

FATHER/SON Scavenger Hunt

June 7
 0900-1100
 Hunt Lodge
 800 Wainwright St.
 Fort Leavenworth

Looking to get outside and have some fun?

Geared toward Active Duty Dads with sons ages 12 and under, this FREE event celebrates Dads Make a Difference Month.

There will be multiple outdoor stations where fathers can pass on their knowledge of military training to their sons. Together, they will complete physical activities such as low crawling, archery, and a three-legged race!

Wear outdoor play clothes, sunscreen, and bug spray. Water will be provided.

Registration is required/ Call 913-684-2808/ 2822 to register before May 30

Navigating the Teen Years

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

ACS Classroom 145
 600 Thomas Ave

One session workshop Available in person or virtual

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

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

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

FREE and open to all DoD ID holders 18+ Register by calling 913-684-2811/ 2808
 Deadline to register is the day before class.

DoD Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

ARMY COMMUNITY SERVICE ACS

Real-Life Solutions for Successful Army Living

Victim Advocate Hotline: (913) 684-2537
 Child Abuse Hotline: (913) 684-2111
 SHARP Hotline: (913) 683-1443
 Chaplain: (913) 683-1443
 AER Assistance After Hours:
 American Red Cross at (877) 272-7337

ARMY COMMUNITY SERVICE



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

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

RELOCATION READINESS PROGRAM

- In-Processing Brief**
Tuesdays, 9:00-10:00am
- OCONUS Levy Brief**
Tuesdays, 10:00-11:00am
- Hearts Apart Bowling for Families of Deployed Service Members**
April 5, 12:00-2:00pm
Strike Zone Bowling Center
**Registration Required*
- Lending Closet**
Are you In/Out-Processing and need essentials? ACS has short-term basic items to help you get by.
 - kitchenware
 - cookware
 - small appliances

Smooth Move offered upon request.



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

EMPLOYMENT READINESS PROGRAM

- Resume Writing**
April 9, 12:00-2:00pm & **Evening 5:00-7:00pm
 - Federal Employment**
April 16, 12:00-2:00pm & **Evening 5:00-7:00pm
 - Teen Employment Workshop**
April 18, 10:00am-12:00pm
 - Interview Skills & Professionalism**
April 30, 12:00-2:00pm
- Visit us on FB @Fort Leavenworth ERP for job postings.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

*Registration Required for EFMP events

- EFMP Refreshing Conversation**
April 3, 10:00-11:00am
- EFMP Recreational Bowling**
April 5, 12:00-2:00pm
Strike Zone Bowling Center

<facebook.com/FortLeavenworthACS>

FINANCIAL READINESS PROGRAM

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

ARMY VOLUNTEER CORPS

Volunteer Basics
April 4, 12:00 - 1:00pm



Learn how to submit someone for the Military Outstanding Volunteer Service Medal (MOVSM) to recognize their volunteer efforts.

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

<facebook.com/FortLeavenworthFMWR>

ARMY EMERGENCY RELIEF (AER)

provides emergency assistance to active duty service members, their families, and retired service members.

For emergency financial assistance, apply at <https://www.armyemergencyrelief.org/> and call the ACS main line during duty hours to follow up.

SURVIVOR OUTREACH SERVICES

April 5th is Gold Star Spouses Day. Gold Star Spouses are the resilient legacies of their service member's sacrifice to the nation.



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

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

EFMP/ Waiting Families RECREATIONAL BOWLING

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



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

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

Pre-registration is required the Wednesday before the event. Fort Leavenworth Waiting Families, call ACS to reserve your spot! Call 913-684-2800 for more info or to register



ARMY COMMUNITY SERVICE LOAN CLOSET

Who: All Active Duty, Retiree, DA Civilian and their family members who are either permanent party, TDY or PCSing.
When: M-F 0730-1630

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

Rules: Loans are limited to 30 days for in and out-processing personnel. This can be extended by phone if needed. Checkout of items for an event is limited to 10 days. Customers are responsible for replacing any item that is damaged or lost.

Items available:

Pre-Packed Kitchen Kit:

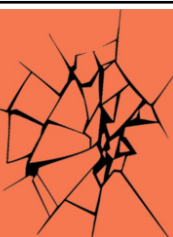
- | | |
|------------------|---------------------------|
| 1 Bowl (mixing) | 4 Steak Knives |
| 1 Pitcher | 1 Peeler |
| 1 Colander | 1 Cookie Sheet |
| 1 Cutting Board | 2 Serving Spoons |
| 1 Skillet | 1 Spatula |
| 2 Pots with Lids | 4 Plastic Glasses |
| 4 Plates | 1 Can Opener |
| 4 Bowls | 1 Set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

Additional Items Available:

- | | | |
|-------------------------------|-------------------|-----------------|
| Cheese Graters | Plates | Square Tables |
| Pizza Cutters | Bowls | Circle Tables |
| Spaghetti Servers | Coffee Cups | Folding Chairs |
| Tongs | Blenders | Strollers |
| Whisks | Coffee Makers | Baby Gates |
| Glass Baking Dishes-Rectangle | Crock Pots | Booster Seats |
| Glass Baking Dishes-Circle | Toasters | Cribs |
| Muffin Pans | Rice Cookers | High Chairs |
| Hand Mixers | Microwaves | Pack and Play |
| Veggie Steamers | Indoor Grills | Laundry Baskets |
| Large Kitchen Knives | Electric Skillets | Sleeping Mats |
| Mixing Bowls | Panini Grills | Irons |
| Skillets | Plastic Glasses | Ironing Boards |
| Pots with Lids | Utensils | Trash Cans |

ACS Family Advocacy Program Presents:

ANGER MANAGEMENT



Feb 20 • Apr 17 • Jun 12
Aug 21 • Oct 16 • Dec 11

Thursdays from 11:30AM - 1PM
ACS Conference Room, Room 145

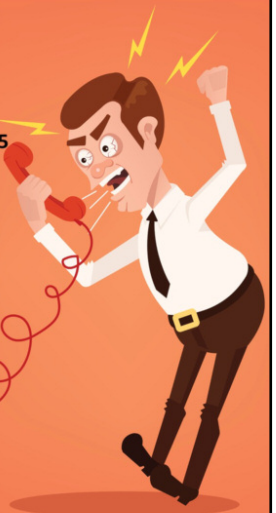
Learn how to identify the different kinds of anger and ways anger is expressed. Build skills to deal with strong and destructive behavior and emotions.

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

Childcare not provided.

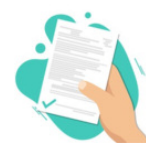
Registration is required, and must be done the day before the class.

For more info or to register call, (913) 684-2808/2822



Employment Readiness Program Classes

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



Resume Writing:
Jan 8* • Feb 12* • Mar 12* • Apr 9*
May 7* • June 11*
Evening Classes:
Apr 9 • May 7 • June 11 - 5PM - 7PM
Registration required for evening classes



Scan QR Code for more info!

Federal Employment:
Jan 15* • Feb 19* • Mar 19* • Apr 16*
May 14* • June 18*
Evening Classes:
Apr 16 • May 14 • June 18 - 5PM - 7PM
Registration required for evening classes

Interview Skills & Professionalism:
Jan 22* • Feb 26* • Mar 26* • Apr 30*
May 21* • June 25*
Evening Classes:
May 21 - 5PM - 7PM
Registration required for evening classes

Classes are from 12PM - 2PM

Registration is required for evening classes only.

Open to DoD ID card holders.

For more info call:
(913) 684-2800



Financial Readiness Milestone Training

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

Some of the topics we will discuss:

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

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



INFO: 913-684-2852 / 2800

ACS 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

Employment Readiness Program Classes

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

Resume Writing:
Jan 8* • Feb 12* • Mar 12* • Apr 9*
May 7* • June 11*
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Apr 9 • May 7 • June 11 - 5PM - 7PM
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Federal Employment:
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May 14* • June 18*
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Apr 16 • May 14 • June 18 - 5PM - 7PM
Registration required for evening classes

Interview Skills & Professionalism:
Jan 22* • Feb 26* • Mar 26* • Apr 30*
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For more info call:
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- First Child
- Continuation Pay
- Disabling sickness/injury/condition

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

HEADS UP

We are all trying to get somewhere, so let's pay attention to each other and get places safely!

Here are few tips for pedestrians and drivers to be aware of when traveling on post.

HEADS UP PEDESTRIANS!

- Walk on sidewalks whenever they are available
- Look up from your phone and pay attention when approaching a crosswalk
- Watch for vehicles turning left or right before you cross
- Whenever possible, cross streets at crosswalks or intersections, where drivers expect pedestrians
- Wear bright or reflective clothing during reduced visibility so drivers can see you

HEADS UP DRIVERS!

- Put away all distractions and pay attention to the road
- Always look out for pedestrians
- Obey the posted speed limit
- Yield to pedestrians in crosswalks
- When opening your vehicle door be alert for bicyclists
- When paralleling a sidewalk and making a right turn, be sure to check your right rear

FLKS Garrison Safety Office: usarmyleavenworth.id-training.mbx.safe@armymil

CID Cybercrime Prevention Flyer

ARMY CRIMINAL INVESTIGATION DIVISION | 7 March 2025

Government Agency Text Scams

Due to convenience and immediacy in communication offered by text messaging, many people are more likely to readily check these messages and respond quickly as compared to email or answering a phone call. As cybercriminals and scammers are well acquainted with the most effective means to communicate with unsuspecting victims, and due to the proliferation of cell phones (approximately 310 million in the U.S. as of 2024), sending a convincing scam via text can be an effective method for criminal elements to engage unsuspecting individuals. A single reply by one victim can net a cybercriminal hundreds or even thousands of dollars; the potential amounts are even higher with multiple replies.

To add authenticity, scammers often draft a convincing text message purported to come from an official local, state, or federal agency. Some common scam themes include:

- IRS Scam** - Often seen during tax season, IRS themed messages request personal information to process a refund or recalculate tax amounts. Payment might be requested to allow the recipient of the text to avoid prosecution or having their social security number cancelled.
- Social Security Scam** - Frequently targeting older adults, Social Security scammers often revolve around overpayment, suspension of benefits, or requests for additional information necessary for a payment increase.
- U.S. Postal Service** - Using notification of an incoming package, scammers request recipients to click on a provided link which then leads to a website requesting personal or financial information.
- Speeding and Parking Ticket Scams** - This scam involves a text indicating recipient's vehicle was exceeding the speed limit or parked illegally, and a citation was issued; it then requests payment to avoid a court appearance.
- Jury Duty Text Scam** - Seemingly sent from a court with a claim the recipient missed jury duty and is required to pay a fine or provide personal information to avoid jail time or fines.
- Other Government Agency Scams** - Within a month of the establishment of the Department of Government Efficiency (DOGE), scammers began targeting government personnel with DOGE themed scams.

Text Scam Protection Tips

- Bear in mind that the IRS does not text taxpayers; the IRS contacts taxpayers through the U.S. Postal Service unless in special circumstances wherein taxpayers would be contacted by phone.
- Do not click on links received in text messages, or reply to text messages, if the sender is unknown or the message looks questionable.

Supervision of Children or Home Alone Policy

Per CAC Supplement to Army Regulation 608-18

** Children with a history of Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), Developmental Delay, behavioral problems, impulsivity, psychiatric problems or other special needs should not be given the degree of self-management or responsibility allowed in this policy.

HOME ALONE?

- Birth to 9 years old - NEVER
- Ages 10 & 11 - Can be left up to 2 hours with an emergency plan in place and access to an adult (NEVER overnight) but not dropped off at F&MWR without adult supervision
- Ages 12 to 14 - Up to 3 hours with an emergency plan in place and an adult checking on them in person or telephonically (NEVER overnight)
- Ages 15 to 17 - Up to 6 hours (NEVER overnight) with an emergency plan in place and access to an adult

BABYSITTING?

- Birth to 11 years old - NEVER
- Ages 12 to 14 - Must have completed a CVS approved babysitting course. May babysit with an adult checking on them every 3 hours in person or telephonically (NEVER overnight)
- Ages 15 to 17 - Must have completed a CVS approved babysitting course. May babysit up to 6 hours with ready access to adult supervision (NEVER overnight)

UNATTENDED IN VEHICLE?

- Birth to 9 years old - NEVER
- Ages 10 and older - Yes under normal weather conditions

UNATTENDED OUTSIDE?

- Birth - 4 years - Direct supervision, NEVER LEFT ALONE
- Ages 5 to 6 - Immediate supervision, MUST be within eyesight or hearing distance from supervising adult with the ability to respond to an emergency in 30 seconds
- Ages 7 to 9 - Monitored supervision, If in a playground or yard access to adult supervision at all times
- Ages 10 & 11 - Self-care supervision up to 2 hours with access to adult supervision
- Ages 12 to 14 - Self-care supervision up to 3 hours
- Ages 15 to 17 - Self-care supervision up to 6 hours
- Children 11 and under will not be dropped off at F&MWR activities without adult supervision per policy guidance.

> Kindergarten must be accompanied by an adult to and from school
> 1st Grade and above - May walk to and from school and supervised activities alone
> During school year children 9 & younger must be escorted across heavy traffic roads (i.e., Grant, Hancock & Bidgde)

CURFEW (Children must be accounted for by a parent during the following time periods.)

- Ages 15 and younger is 2230-0600 hours.
- Ages 16 and 17 is 0030-0600 hours.

Questions? Call Family Advocacy Program Manager (FAPM) at (913) 684-2822, Behavioral Health at (913) 684-6778 or Military Police at (913) 684-3456
**For a complete Supervision of Children and Home Alone Post Policy please contact the FAPM.



Fort Leavenworth Kansas
EST: 1827

FT. LEAVENWORTH HISTORIC HOME TOUR

FEATURING THE HISTORIC MAIN POST HOMES

SATURDAY, MAY 10TH
11AM-3PM

PRESENTED BY
THE FORT LEAVENWORTH SPOUSES' CLUB



FLSC PRESENTS

BOOTLEGGERS & BUNGALOWS



A ROARING 20'S AFFAIR

MAY 10TH
TOUR OF HOMES
SPEAKEASY DINNER AND BOURBON PULL

Distinguished Speaker Series

1975 - The Fall of South Vietnam

Thursday, May 8, 2025
5:30 p.m. - 8 p.m.
Riverfront Community Center
123 S Esplanade St., Leavenworth, KS


7-13 June 2025

LEAVENWORTH WEEK

Family Retreat
Spring Canyon Conference Center
Buena Vista, CO
leavenworth@ocfusa.org


Join us monthly

DATE NIGHT

6-10 PM @ Frontier Chapel

Meals & Childcare provided

Sponsored by Fort Leavenworth Chapel Community

Supported by 

Invest in your marriage this year!



05 SEP, 03 OCT, 07 NOV, 05 DEC, 09 JAN, 06 FEB, 06 MAR, 03 APR, 01 MAY

Each Date Night begins with a faith-based marriage enrichment presentation. Then couples are released to go out on a date and further discuss the topic together. Children will remain safely supervised by childcare professionals at Frontier Chapel (6-10 pm or pick up kids earlier!)

For more information and to register scan the QR code or call 913-680-7336

Catholic Women of the Chapel



CWOC resumes on January 9, 2025
and meets Thursdays at 9:00am
in the Pioneer Chapel Activity Room

Join us for our faith study:
THE RETURN OF THE PRODIGAL SON
by Henri Nouwen

LEARN MORE >>

Find our complete calendar on Facebook 'CWOC Fort Leavenworth'




MILITARY CAMP AT EAGLE SKY

REACHING MILITARY-CONNECTED YOUTH END OF YEAR IMPACT

574	Weekly messages of encouragement	Commitments to follow Christ	14	Small Group meetings to dive deeper into the Word
	882			638
	Students known by name			

328 Lost kids in Christ-sharing relationships

338 Meetings with students to focus on their individual needs

This April we celebrate

Month of the Military Child!



Taking Care of Our Military Children

MILITARY ONESOURCE

Looking for Community?
Join Campus Life Military



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

Samantha Odle
(805) 569-3820 / sodle@yfc.net

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

frontierccu.org (913) 651-6575



Federally insured by NCUA



Submissions due April 30 for FFAM Essay Contest

2025 FFAM Essay Contest

The Friends of the Frontier Army Museum (FFAM) invite students to participate in our annual Essay Contest sponsored by our organization for scholarships. This is a wonderful opportunity to research and write about a topic pertaining to military history and/or Fort Leavenworth. We are looking forward to receiving thoughtful and inspiring essays from students. Contest rules and details are listed below.

Essay Topic:

In keeping with the Lewis and Clark expedition theme and the upcoming 200th Anniversary of Fort Leavenworth, it only seems fitting to explore and understand the key figures in the expedition. This year's question:

How did Sacagawea's knowledge of the environment and the indigenous cultures and languages influence the success of the Lewis and Clark Expedition? How have these influences translated into modern depictions and societal understanding of the expedition and the complicated indigenous history of our nation's past?

Writers are encouraged to use more than online resources for their research; please visit the [U.S. Army's Frontier Army Museum webpage](#) for inspiration and research. The Fort Leavenworth Frontier Army Museum is open Tuesday-Friday, 9am-4pm, and Sat 10am-4pm. Admission is free of charge.

Scholarships:

- 1st Place winner will receive \$1,500.00
- 2nd Place winner will receive \$1,000.00
- 3rd Place winner will receive \$500.00

Rules:

- Open to students in 11th-12th grades who are residents of Leavenworth County only.
- Either the applicant or a member of the applicant's family must be a member of the Friends of the Frontier Army Museum.
- Essay submissions will be accepted between 15 March - 30 April 2025 to president@ffam.us; email your essay along with the official entry form (click this link: [Entry Form](#)) together in one email. All essays must be submitted no later than 11:59 pm on 30 April 2025.
- DO NOT put your name on the actual essay, just the entry form.
- Submissions should be 1000-1500 words, double spaced with references.
- Please reference the essay rubric before submitting the essay.

Winners of the contest will be notified by email around the 10th of May. The first-place winner may be asked to read his/her essay at our May Membership Night (20 May). All winners will be awarded their cash prize at our May Membership Night or via mail (if not available).

Sincerely, Friends of the Frontier Army Museum



Night at the Frontier Army Museum

Experience the Frontier Army Museum like never before! In this FREE family friendly event, our exhibits come to life and share stories about life on the frontier.

**FRIDAY
9 MAY
5:30 - 7:00 PM**

To reserve your tour spot, visit www.ffam.us starting Friday, April 25.

Volunteers Needed for Night at the Museum

The Friends of the Frontier Army Museum (FFAM) are hosting their annual Night at the Museum, an education event where the exhibits "come to life!"

Volunteers are needed to help support this event. Most roles for this event are speaking roles. The script is embedded in the sign-up genius linked below.

Volunteer schedule

The event and walkthrough will take place at the **Frontier Army Museum, 100 Reynolds AVE Ft. Leavenworth**

- Walkthrough Wednesday May 7, 4pm FFAM will issue costumes and conduct a walkthrough of the event.
- Night at the Museum is Friday, May 9 from 5:00 - 8:00 PM. Tours start every 15 minutes between 5:30 PM and 7:00 PM.

FFAM will provide light refreshments prior to the event.

Sign up here to volunteer:

<https://www.signupgenius.com/go/8050B44ABA72CA0FB6-56398835-2025>

Volunteers Needed

Love history? Enjoy interacting with people?
This volunteer position is for you!

The Frontier Army Museum is searching for front desk volunteers. Volunteers will greet guests, answer questions, and perform additional tasks as needed.

Tuesdays (9-3), Fridays (9-3), and Saturdays (10-3)
Hours are flexible. 16 and older.



Please contact Megan Hunter if interested

megan.m.hunter4.civ@army.mil

Frontier Army Museum
100 Reynolds Ave
Fort Leavenworth, KS

Base visitors: REAL ID Required after May 7, 2025

Know the difference

REAL ID Driver License

A REAL ID is usually marked by a **GOLD STAR** in the upper-right hand corner, depending on the issuer.

- ☆ Meets the new federal security standards
- ☆ May be used to board domestic flights
- ☆ Enter **MILITARY BASES, secure federal facilities, and nuclear power plants** starting May 7, 2025
- ☆ **Anyone coming onto base as a sponsored guest after the deadline will need a Real ID.**
- ☆ **U.S. Department of Defense ID, including IDs issued to dependents are considered to be Real ID compliant.**



Standard Driver License

It will not have a gold star marking in the upper-right hand corner. If you plan to fly domestically, a REAL ID is recommended.

- Does not meet the new federal security standards
- Cannot use to board domestic flights starting after the new May 7, 2025 deadline
- Cannot use to enter military bases, secure federal facilities, or nuclear power plants starting May 7, 2025

REAL ID is a federal security credential added to State-Issued Driver Licenses and Identification Cards that establishes a minimum security standard required for specific activities.




Ft. Leavenworth International Loan Closet

Hours Vary, Check FB Page

Donations & Volunteers Welcome

Located in the alley off McClellan & Kearny

March & April Workshops

Watercolor \$30 per workshop

Watercolor (Basic Techniques)
Wednesday, March 5
11am - 1pm

Watercolor (Spring Florals)
Wednesday, March 26
11am - 1pm

Watercolor (Color Theory)
Wednesday, March 12
11am - 1pm

Watercolor (Landscapes)
Wednesday, April 9
11am - 1pm



scan for more info

Call now to register!
913-684-3373

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

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

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

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

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

Pottery Studio (Coming Soon!)

Modern Calligraphy

Basics

\$20 per class

Tuesday
April 15
1:30pm - 3pm

Special Projects

Birthday Cards

Tuesday
April 29
1:30pm - 3pm

Intermediate

\$20 per class

Tuesday
April 22
1:30pm - 3pm



Reoccurring Classes MUST PRE-REGISTER

Intro to Framing

\$40 per class

Every 2nd Friday & 4th Sat of the month
10am - 2pm

Paint & Sip

\$35 per session

Every 2nd Friday of the month
6pm - 8pm

Must be 21 years or older.
BYOB

Come see what's new at the Studio!

leavenworth.armymwr.com

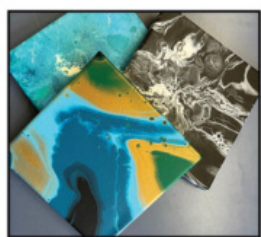


March & April Workshops

Acrylic

\$35 per class

Acrylic Pour
Tuesday, April 22
6pm - 8pm



Framing

\$40 per class

Intro to Framing
Must pre-register

Fridays
March 14, April 11
10am - 2pm

Saturdays
March 29, April 26
10am - 2pm



Crafts

\$35 per class

Hello Spring Wooden Sign
Tuesday, March 25
6pm - 8pm

Friday, March 28
11am - 1pm

Pressed Flower Jewelry Dish
Wednesday, April 23
11am - 1pm

Tuesday, April 29
6pm - 8pm



Call now to register!
913-684-3373

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

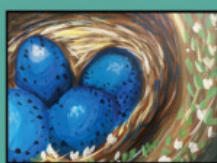
Paint & Sip

\$35

Must be 21 years or older.
BYOB



Fawn in Flowers
Friday, March 7
6pm - 8pm



Robin Nest
Friday, April 18
6pm - 8pm

Cost includes all supplies!

Kids Arts & Crafts

Messy Art

\$12 per class (ages 7+)

Thursday, March 6
10:30am - 11:30am

Thursday, April 3
10:30am - 11:30am

Thursday, April 17
10:30am - 11:30am

Color Me Happy (Parent & Toddler)
\$10 per class

Thursday, March 13
10:30am - 11:30am

Thursday, March 27
10:30am - 11:30am

Thursday, April 10
10:30am - 11:30am

Thursday, April 24
10:30am - 11:30am

Art History

\$15 per class (ages 7+)

Waffles & Warhol
Wednesday, March 26
1pm - 3pm

Donuts & da Vinci
Wednesday, April 16
1pm - 3pm



Mother's Day \$20 Gift & Card
Thursday, May 1
10:30am - 12pm



Come see what's new at the Studio!

leavenworth.armymwr.com



The Fort Leavenworth Frame Studio



Custom Framing & DIY Studio
Tuesday - Friday
10am - 5pm

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

Call to register or stop by the studio!



Come see us!
Arts & Crafts Studio
310 McPherson Ave
(913) 684-3373

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

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

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

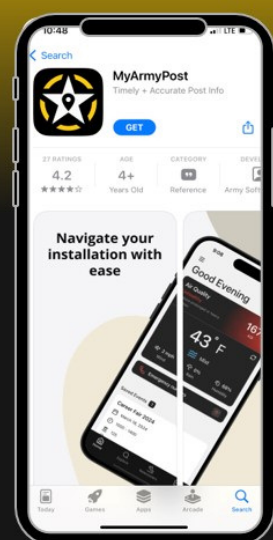
Every 2nd Thursday of the month from 10am - 2pm

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

Deadline to register is the day before class. Ages 15+

My Army Post App

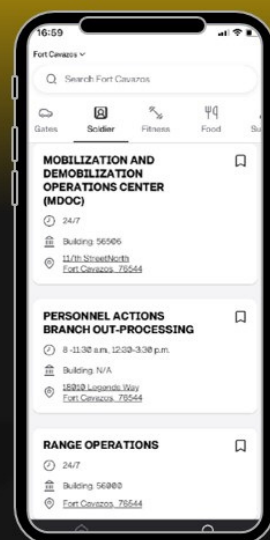
Step 1:
Download the app



Step 2:
Select your base



Step 3:
Stay in the know!



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



THIRTY-FOURTH ANNUAL

COMMAND AND GENERAL STAFF COLLEGE TRIATHLON

SATURDAY - 3 MAY 2025

8:00AM - HARNEY SPORTS COMPLEX

200YDS

12.4MI

5KM

PRICING
Individual Racer: \$75
Relay Team of 2 or 3: \$90

REGISTER IN PERSON
Harney Gym, Gruber Gym, and The Resiliency Center
(600 Thomas Ave, Rm 223)
REGISTER ONLINE
2 MAY - 4:00 PM-6:00PM
Frontier Conference Center
350 Biddle BLVD,
FL Leavenworth

Register by 20 APR to guarantee your t-shirt

U.S. ARMY MWR logo and QR code for more info: CALL: 913-684-1674

May 17 & May 18

1st Annual Kickball Tournament

9AM - 7PM • Gruber Diamond

Games: Saturday and Sunday, 9AM-7PM at Gruber Baseball Field.

There will be a coaches meeting on Wednesday, April 30th at 5:30PM at Gruber Fitness Center.

Letters of Intent are due by COB Wednesday, May 7th.

Open to Active Duty, DoD Civilians, Retirees, Dependents, Spouses, and Contractors working at Fort Leavenworth ages 18 and older.

League awards given for tournament runner ups and tournament champions.

FREE event!

For more info:
(913) 684-5136/3224

COMMIT - STAY FIT!

#STRONGBANDS
ArmyMWR.com/STRONGBANDS

Youth Sports & Fitness Camps

Registration starts April 14!

FITNESS

June 9 - 12
Cost \$40

Age Groups	Time
5 - 8 yrs	0900-1000
9 - 14 yrs	1000-1100

CHALLENGER SPORTS SOCCER CAMP

Camps run Monday - Friday
June 2 - 6 / July 7 - 11 / July 28 - August 1

Age Groups	Time	Cost
3 - 4 yrs	0900-1000	\$110
5 - 6 yrs	1030-1200	\$125
7 - 9 yrs	0900-1200	\$165
10 - 14	0900-1200	\$165

BASEBALL

July 14 - 17
Cost \$40

Age Groups	Time
5 - 8 yrs	0900-1000
9 - 10 yrs	1000-1100
11 - 14 yrs	1300-1400

BASKETBALL

July 21-24
Cost \$40

Age Groups	Time
5 - 8 yrs	0900-1000
9 - 10 yrs	1000-1100
11 - 14 yrs	1300-1400

Enrollments will end on the first day of each camp. Challenger Sports Soccer Camp enrollments can only be done at CYS Parent Central. Fitness, Baseball, and Basketball Camp enrollments can be completed at Parent Central or with Webtrac if participant is centrally registered.

Call 913-684-7525 / 7526 for more information

leavenworth.armymwr.com

May 24 • Disc Golf Tournament

8AM - 2PM • Disc Golf Course

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

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

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

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

Staggered start from 0800-0900.

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

FREE event!

COMMIT - STAY FIT!

#STRONGBANDS
ArmyMWR.com/STRONGBANDS

Trails West Golf Course Wednesday League

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

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

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

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

Scan here to follow Ft. Leavenworth FMWR on FB

Couples League

Are you looking for some good old-fashioned fun?

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

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

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

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

Scan here to follow Ft. Leavenworth FMWR on FB

Combined League Scramble

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

April 30
June 25
August 27
September 24

**\$5 FOR SCRAMBLE
\$15 FOR MEAL**

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

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

BRUNNER RANGE

2025 CALENDAR

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

Fun Shoot	Special Fun Shoots	League Schedule
1st Saturday of every month	<ul style="list-style-type: none"> Rod & Gun 16 April VFW Post 12003 26 April Lil Weenie 17 May Club Championship 21 June One Gun/One Choke 19 July Shuck n' Chuck 16 August American Legion Post 411 20 September Rod & Gun 15 October Lil Weenie 18 October 	<ul style="list-style-type: none"> Winter Combo 9 January - 13 March Spring Combo 20 March - 22 May Summer Warm-up 5 June - 10 July 17 July - 21 August Fall Combo 4 Sept - 6 Nov Winter Warm-up 13 Nov - 18 Dec

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

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

LEAVENWORTH.ARMYMWR.COM

Starting May 3rd, 2025

Fort Leavenworth Group Fitness Classes

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

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

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

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

*Power Cut classes are held in the Bubble Gym

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

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



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



<https://leavenworth.armymwr.com>

MONTH OF THE MILITARY CHILD
M.O.M.C.

Operation Megaphone
CELEBRATING MILITARY CHILDREN AND YOUTH
BUILDING STRONGER CHARACTER & RELATIONSHIPS

April 25-26, 2025

OPERATION MEGAPHONE

Join the youth from Army CYS Youth Programs worldwide who will meet for one 24-hour period to discuss key issues that affect military youth across the services.



STAND STRONG WITH MILITARY CHILDREN!

MONTH OF THE MILITARY CHILD




2025

operation megaphone
TEEN LOCK-IN

APRIL 25-26 1700-0700 \$20
HARROLD YOUTH CENTER

Operation Megaphone lock-in is open to all registered HYC members, 6th-12th grade.

Join us for an evening of bowling, music, inflatables, team building, BINGO and more.

SPACE IS LIMITED SO REGISTER EARLY!

Please register by C.O.B. April 23, 2025

For more information please call (913)684-5131 or (913)684-5118.

Once the lock-in begins, youth may NOT leave the program unless parents come and sign youth out.



NOW OPEN

Fort Leavenworth Care Options for Summer 2025 & School Year 2025-2026

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

MILITARY CHILDCARE.COM

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

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

It's that easy!

To get started, visit: **MilitaryChildCare.com**
For questions/support, call: 855.696.2934





Strike Zone Bowling Center's


GOOD GRADES SPECIAL

Noon - 7 pm

October 19, January 11, March 29 & May 24

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>



Don't know what Care Options to request?
Prior to making Requests for Care, go to **CYS Facebook** or **FMWR-CYS** website to review flyer:
2025 Fort Leavenworth Care Options & Waitlists

HYC
Harrold Youth Center

AFTER-SCHOOL PROGRAM

School is in session, but the FUN doesn't need to stop! Hang with your friends! Do cool stuff! And make some memories!

FREE!
*Enroll now at Harrold Youth Center 45 Biddle Blvd 913-684-5118

HYC Hours
Mon-Thurs 3PM-7PM
Friday 3PM-9PM
Saturday 2pm-8pm
Closed Sunday

Administrative Hours
Monday - Friday
9AM - 6PM

Offering:
Homework Help
STEM Programs
Gym Activities
Music Classes
Arts & Crafts
Special Events
Clubs & More!

Follow HYC on FB!




OYS

We're Hiring NOW!

Join our Team as a **Child and Youth Program Assistant** at Fort Leavenworth!
Pay starts at **\$18.35** per hour

Great pay and benefits!

Career Progression & Paid Training
Retirement & 401K
Priority Childcare Placement & Employee Childcare Discounts
Regular Full-Time/ Part-Time & FLEX Hours Available
Medical, Dental, Vision, & Life Insurance Benefits *
Paid Leave, & Paid Federal Holidays for Full-Time & Part-Time
Access to Commissary & AAFES Shopping Privileges & MWR Facilities
Job Transfer Program Worldwide Through Civilian Employment Assignment Tool

*Conditions Apply



Scan here to apply!
ArmyMWR.com/cyscareers

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: Fort Leavenworth FMWR
Online: leavenworth.armymwr.com



ARMY FAMILY CHILD CARE (FCC)

Higher starting income!
Opportunities to increase your income!* Training included!

Earn a \$1k recruitment or relocation BONUS*, too!

Work at home - Start a great career - Own your own business with FCC!

*Conditions apply



www.ArmyMWR.com/FCC



MUNSON NOTES

MUNSON NOTICES

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

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

■ **SEASONAL ALLERGY MEDICATIONS** are available from the MAHC Pharmacy at no cost. Simply come to the pharmacy and fill out the OTC request form. Pull a ticket and you'll be called to activate your request. Then you can sit and wait until your meds are ready, or if you choose to return later in the day, you can just process to Window 7. At MAHC, Military Health System beneficiaries can pick-up two over-the-counter medications without a prescription per person per week from the pharmacy with no out-of-pocket expense.

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

■ Munson Army Health Center is looking for volunteers to join the **PATIENT AND FAMILY PARTNERSHIP COUNCIL**. Volunteers can be active-duty, active-duty family members, retirees or retiree family members. The PFPC meets quarterly. If interested, call 913-684-6211/6127.

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

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

■ Munson Army Health Center is currently scheduling **ROUTINE EYE EXAMS** with the optometrist for school-aged beneficiaries ages 6 years and older. Call the appointment line at 913- 684-6250 to schedule an eye exam.

You May Qualify for WIC Benefits! Check your eligibility today

The Special Supplemental Nutrition Program for Women, Infants, and Children provides several important benefits that help you and your family lead healthier lives.

Your service to our country deserves the best support. Let WIC be part of your family's health and nutrition.



Who is Eligible?

- ✓ Check the USDA to see if you are eligible and how to apply.
- ✓ Pregnant, postpartum, and breastfeeding individuals.
- ✓ Infants and children up to age five.
- ✓ Families who meet income guidelines (your military income may qualify!).

What Does WIC Provide?

- ✓ Healthy foods tailored to your family's needs.
- ✓ Nutrition education to help you make the best choices for your loved ones.
- ✓ Breastfeeding support and referrals to health and social services.

USDA Check if you're Eligible and How to Apply



Text "Get in Line" to 1-833-851-1505 and then follow the prompt to activate new prescriptions

MUNSON ARMY HEALTH CENTER

Prescription
Activation
Service



Whether you receive care from Munson Army Health Center, or are seen by a provider off post, Q-Anywhere is helpful technology for patients who get new or renewed prescription medication from MAHC's pharmacy. To activate your new or renewed prescription, text "Get in Line" to 1-833-851-1505, then follow the prompts. Q-Anywhere will send a text when your prescription is ready for pick-up. When you arrive, there is no need to pull a pharmacy ticket and wait, just proceed to Window No. 7 to pick up your medication. See page B11 for more MAHC-related information.

Visit <https://www.facebook.com/munsonhealth/>
for updates
and information.

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