

THURSDAY
MAY 2, 2024



LAMP

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

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Photo by Prudence Siebert/Fort Leavenworth Lamp

Kickapoo Village Mayor Kendall Reese, Pawnee Village Co-Mayor Shanna Cheatham and other village mayors listen to Garrison Commander Col. Duane Mosier during briefings by various post entities at the monthly Village Mayors Program meeting April 17 at the Frontier Conference Center.

Village Mayors Program part of 'Best Hometown in Army'

by Scott Gibson/Fort Leavenworth Garrison Public Affairs Officer

A drive through any of the Fort Leavenworth housing areas will reveal signs with the name of the village, and the name of the village mayor or co-mayors who represent that village.

Currently, about one-third of all Army Installations have a Village Mayor Program... Fort Leavenworth was one of the first.

The program was established here in the 1990s to give a voice to service members and their families and to foster a better sense of community within each of the 16 villages on Fort Leavenworth.

According to Fort Leavenworth Garrison Command Sgt. Maj. Erika Rhine-Russell, the village mayors are notable trailblazers as they undertake a significant responsibility within the Village Mayor Program.

"The village mayors amplify the voices of the residents and promote positive change from within," Rhine-Russell said. "They are the critical connection between each community, the housing partner and the Garrison. Their dedicated efforts deliver a sense of ownership that inevitably fosters a strong unity across neighborhoods throughout the on-post community." While the mayors provide



Photo by Scott Gibson/Fort Leavenworth Garrison Public Affairs Officer

Kickapoo Village Mayor Kendall Reese, left, leads Garrison Commander Col. Duane Mosier and Garrison Command Sgt. Maj. Erika Rhine-Russell, right, and others on a Village Walk tour last year in Kickapoo Village. The Garrison Commander's Village Walk program allows mayors to introduce the command team and key staff to members of their community and address concerns in the neighborhoods where they live.

vide an avenue to help address maintenance and repair issues, their role goes way beyond that, according to Glenn Hewitt, Director of Family Morale Welfare and Recreation and staff

program lead for the Village Mayor Program. FMWR is the logical lead for this program because they own the installation volunteer program, and Fort Leavenworth's mayors are

volunteers. "The mayors provide a sense of hometown community pride," Hewitt said. "You can't begin to put a

SEE VILLAGE MAYORS PROGRAM | A5

Lamp to publish Memorial Day Special Section



Photo by Prudence Siebert/Fort Leavenworth Lamp

by Staff Report

A special Memorial Day issue of the *Fort Leavenworth Lamp* will be published online May 27.

To thank military members for their service, remember lost loved ones, share messages of support, congratulate recent graduates, share military discount offers and more, contact FMWR Marketing Director Mary Manago at mary.f.manago.naf@army.mil or 913-684-1702 for advertising rates and sponsorship options.

For editorial contributions, such as a letter to the editor or photographs and details about service members' contributions, e-mail *Fort Leavenworth Lamp* Editor Prudence Siebert at ftlvlampeditor@gmail.com.

Deadline for advertising and editorial submissions is May 17.

The *Fort Leavenworth Lamp* is a weekly newspaper serving the Fort Leavenworth Community. The publication is a Family and Morale, Welfare and Recreation activity that is overseen by the Fort Leavenworth Garrison Public Affairs Office, and it requires advertising/sponsorship to function.

Please help support your local newspaper! Thank you!

AT A GLANCE

■ An informational meeting about becoming a **NEW STUDENT WELCOME SPONSOR**, open to sixth through 12th graders, is at 4 p.m. May 2 at Harold Youth Center. Call 913-684-5118 for more information.

■ The Army Corrections Brigade **WELLNESS VOLKMARCH** is 11 a.m. to 1 p.m. May 8 at the Frontier Conference Center. Visit the ACB Wellness Pro-

gram's Facebook page for more information.

■ The **POSTWIDE YARD SALE** is 8 a.m. to 3 p.m. May 11 in housing areas and the Bell Hall parking lot.. Call 913-684-1674 for more information.

■ Command and General Staff College students have **PRIORITY IN SCHEDULING LEGAL ASSISTANCE APPOINTMENTS** through June 14. Call 913-

684-4944 for more information.

■ The **CATHOLIC SEND-OUT SERVICE** is 4-7 p.m. May 18 at Hunt Lodge.

■ The **CROSSROADS PROTESTANT COMMUNITY SEND-OUT SERVICE** is 10 a.m. to 1 p.m. May 19 at Merritt Lake.

VOLUNTEER Organization Spotlight FORT LEAVENWORTH SPOUSES' CLUB

FLSC brings community together through fun, fundraising

by Dani Lander/Special to the Fort Leavenworth Lamp and Fort Leavenworth Spouses' Club member

The Fort Leavenworth Spouses' Club is more than just a social organization — it is a vital part of the Fort Leavenworth community.

Through a packed calendar of social events and fundraising initiatives, the club brings people together, fosters connections and makes a positive impact on the lives of those around them.

Threefold growth

The club's motto for 2023-2024 is "Wherever Life Plants you, Choose to Grow."

There were three areas of growth that FLSC President Karly Gadell wanted to focus on this year:

1. Growth in membership.
2. Growth in relationship with the community.
3. Growth in the club's philanthropic efforts.

"I am so proud to say that our mission for the year was a resounding success," Gadell said. "We tripled membership, added a number of community partners, and raised double the amount for our welfare fund."

FLSC has grown to more than 300 members and has offered a wide range of events throughout the year. From monthly socials and book clubs to bowling and craft workshops, there's something for everyone. These events provide an opportunity for members to connect, relax and have fun in a supportive environment.

Fundraising efforts

The FLSC's fundraising efforts are a team effort led by FLSC 1st Vice President Angela Elgin and Special Events Chair Dani Lander, who plan and organize fundraising events throughout the year. From December's Wreath and Tree Auction to the Holiday Market, each event is designed to bring the community together while raising funds for a good cause.

One of the club's most recent fundraisers was its first Western Night and Bourbon Pull, which is intended to become an annual event. This event featured live music, a silent auction and a bourbon pull with 50 bottles available. The evening not only provided a fun and festive auction experience, but also raised significant funds for the FLSC's scholarship and grant programs.

Through the fundraising efforts this year, FLSC will be giving out \$24,000 in scholarships and grants this year alone.

Community service

Community service is a core value of the

Fort Leavenworth Spouses' Club.

Members actively volunteer their time and talents to support local organizations and causes. From volunteering at the on-post animal shelter to helping in town at multiple events, the FLSC membership is committed to making a positive difference in the community.

FLSC's success is a testament to the dedication and generosity of its members. Through their tireless volunteerism and commitment to their community, the members of the Fort Leavenworth Spouses' Club make a positive impact every day. Their work is a shining example of the power of community, the strength of service and the enduring spirit of Fort Leavenworth.

Scholarships, grants to be awarded May 15

The efforts and events of the club's year-long growth will culminate at the upcoming Luau May Social, with doors opening at 5:30 p.m. May 15 at the Frontier Conference Center.

At this event the club will honor scholarship and grant recipients, as well as welcome in the new FLSC board for the 2024-2025 year.

Event organizer FLSC 2nd Vice President Vince Afaisen, Armed Forces Insurance 2024 Fort Leavenworth Spouse of the Year, said dinner will be a whole roasted pig with sides and a cash bar. Community members are invited to attend, as community partnerships will also be celebrated at the event.

RSVP by May 12 for the FLSC Luau at <https://www.zeffy.com/en-US/ticketing/64fbc53a-c057-4dab-88d5-727a95461c60>.

More about the club

Today, the Fort Leavenworth Spouses' Club continues to uphold a legacy of service. Through relentless pursuit of fundraising goals and unwavering commitment to the well-being of the community, the members of the Fort Leavenworth Spouses' Club make a difference every day. They are a shining example of the power of community, the strength of service and the enduring spirit of Fort Leavenworth.

For more information on the club, its programs, volunteer opportunities and membership, visit <https://fortleavenworthspousesclub.org/>.



Submitted photo

Fort Leavenworth Spouses' Club members pose for a photo Oct. 11 at the club's October Social Chili Cookoff and Cornhole Tournament.

**YOU ARE CORDIALLY INVITED
TO THE**

Fort Leavenworth Spouses' Club

Recognition Night Luau

Wednesday, May 15, 2024 * Frontier Conference Center * 5:30pm-9pm

Awarding our Scholarships & Grants, Announcing the 2024-2025 Executive Board & Highlighting our 2023-2024 Community Partners

\$32.50/person - Dinner: Whole Roasted Pig, Salad & Sides * Cash Bar * Opportunity Prizes

RSVP by scanning the QR Code or going to <https://shorturl.at/hloY5>

FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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

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

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

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

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

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

Lt. Gen. Milford H. Beagle Jr. Commanding General
Col. Duane Mosier Garrison Commander
Scott Gibson Public Affairs Officer
George Marcec Command Information Officer

Fort Leavenworth Lamp Staff

Prudence Siebert Editor
ftvlampeditor@gmail.com

FMWR Advertising Staff

Mary Manago Marketing Director
mary.f.manago.naf@army.mil, 913-684-1702

USD 207/FMWR to host Summer Kick-off May 10

by Unified School District 207

After a successful event last year, Unified School District 207 and Fort Leavenworth Family and Morale, Welfare and Recreation are hosting the Summer Kick-Off from 4:30-8 p.m. May 10 at Normandy Field/the USD 207 Track and Field Complex.

The event is free to the community and will feature mechanical rides, inflatables, music and food trucks/concessions available for purchase.

Walking is highly encouraged. If driving, park at the Frontier Conference Center, where a shuttle will be available.

For the safety of all in attendance, keep pets at home.

USD 207 and FMWR will have each station staffed to operate equipment, but child supervision will be the responsibility of parents/guardians.

In the event of inclement weather causing unsafe conditions, the event will be canceled.

Beginning May 6, installation of a temporary fence will begin around Normandy Field/the USD 207 Track and Field Complex. Mid-week, additional equipment will be staged in the area. Anyone intending to use the area should exercise caution and refrain from tampering with equipment as it is delivered.

Keeping safety as a priority, the USD 207 Track and Field Complex will be closed to outside use after PT hours May 9 and all day May 10. Parking will not be available for outside use on the afternoon/evening of May 9 and all day May 10.



MAHC Pharmacy offers free OTC seasonal allergy relief

by Munson Army Health Center Public Affairs

One telltale sign that spring is, literally, in the air, is a fine powdery layer of pollen that can be found coating surfaces outdoors.

Pollen comes from trees, plants and grasses, and as the wind carries it through the air that we breathe, it can cause various symptoms, or none at all, in individuals who are exposed.

“This time of year, there are very high pollen counts from trees and grasses, which may cause individuals to experience nasal congestion, post-nasal drip, sneezing, itchy eyes — all common symptoms of seasonal allergies,” said Dr. Michael Dlugopolski, a physician at Munson Army Health Center’s Department of Primary Care.

For many veteran seasonal allergy sufferers, relief might be found from over-the-counter medications that treat these symptoms or prevent them in the

first place.

Military Health System beneficiaries can pick up two over-the-counter medications without a prescription per person per week from the Munson Army Health Center Pharmacy with no out-of-pocket expense.

MAHC Pharmacist Capt. Jacob VanBemmel explained how the allergy medications work.

“Traditional antihistamines work to block allergens from triggering a cascade of inflammatory compounds that cause swelling, irritation and drainage — the body’s natural reaction to remove foreign materials,” VanBemmel said.

He said that newer antihistamines carried on the over-the-counter list, such as cetirizine and loratadine, are formulated to be taken once a day and cause less drowsiness than antihistamines from earlier generations.

Other medication can help provide symptomatic relief but

will not block the inflammation caused by allergies. Both a nasal saline rinse kit and refill packs — to irrigate and rinse out the nasal passages of allergy compounds, and oxymetazoline nasal spray — to help manage allergy symptoms, are available at MAHC through the over-the-counter benefit.

While some symptoms can be managed with over-the-counter medications, Dlugopolski said that allergy sufferers should seek medical attention if they experience fever or chills, chest tightness, wheezing, shortness of breath, progressive sinus pain or undue ear pain.

If someone has never taken allergy medication before; has sleep-related-disorders, high blood pressure or heart conditions; has had a change in his/her health history or prescription medications since his/her last check-up; or has individual concerns, he/she should consult with his/her primary care manager be-

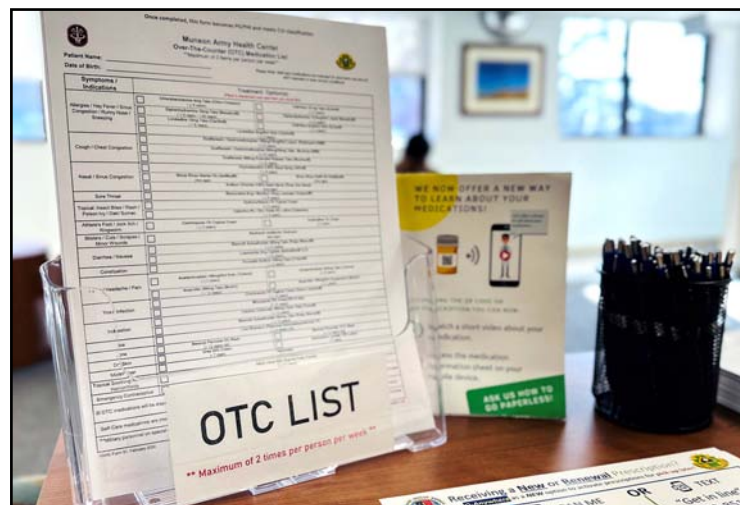


Photo by Maria C. Yager/Munson Army Health Center Public Affairs Officer

fore taking over-the-counter allergy medication.

Patients can message their care team through the MHS GENESIS Patient Portal with their concerns.

This information is provided for informational purposes and is not intended to replace medical advice.

Visit <https://munson.tricare.mil/Patient-Resources/Health-Services/Pharmacy> for a full list of available over-the-counter medications, and talk to MAHC pharmacists for any questions or recommendations.

The MAHC Pharmacy is open 8 a.m. to 4:30 p.m. Monday through Friday, and is closed weekends and federal holidays.

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Exhibits come to life during NIGHT AT THE MUSEUM

RIGHT: Seven-year-old Beckett Hughes listens as volunteer Anna Layer, spouse of a Command and General Staff Officer Course student, talks about what life was like for a frontier wife of an officer, as if she emerged from painter Ernst Ulmer's interpretation of the song "The Girl I Left Behind Me" depicting the Dragoons at Fort Leavenworth circa 1840, as exhibits "come to life" during the Friends of the Frontier Army Museum's Night at the Museum event April 26 at the Frontier Army Museum.

Volunteers served as tour guides and exhibit actors, bringing exhibits in the museum to life. Some of the participants were given "artifacts," such as a button, book and envelope, at the beginning of the tour that exhibit actors asked for and incorporated into their storytelling.

BELOW: Volunteers Lt. Col. Damasio Davila, Army University, and Kaleb Byrd, Leavenworth High School Junior ROTC student, portray inmates who are learning to read and talk about early fire-fighting capabilities with Night at the Museum tour participants April 26 at the Frontier Army Museum.

Photos by Prudence Siebert/Fort Leavenworth Lamp



Museum Specialist Megan Hunter and Friends of the Frontier Army Museum volunteer Gary Hobin portray Lincoln supporters as tour participants pass the display featuring a carriage, which transported President Abraham Lincoln from Atchison to Leavenworth in 1859, during the FFAM Night at the Museum April 26 at the Frontier Army Museum.



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Village Mayors Program (continued from Page A1)

value on how important their role is in making Fort Leavenworth the ‘Best Hometown in the Army.’”

Kendall Reese, mayor of Fort Leavenworth’s Kickapoo Village, highlighted the importance of the mayor’s role in building that sense of community.

“The residents, for the most part, are only here for 10 months, but those 10 months are at a critical junction in most families’ military careers, which we want to be a positive experience, so creating a sense of community in a short time is extremely important,” Reese said.

Katy Longfellow, who co-mayors Oregon Village with Diana Eshelman, explained one of the benefits of participating in the program as a village mayor.

“It’s kind of a peek behind the curtain a little bit in terms of seeing how many different entities have to work together and the complexities of that,” Longfellow said. “It’s not just Garrison, it’s not just Army, and it’s also not just housing. Sometimes it is a little overwhelming, like ‘who does what and how and who do you need to talk to,’ but seeing how it works, I think, gives me a better appreciation for what actually goes into (making the post run.)”

Eshelman expanded on the importance of the program for its role in providing a conduit to pass on critical information from post directorates directly to her neighbors.

“I think it is important that we make it a point to pass on every bit of information that’s made available to us so that way it isn’t just us who are knowledgeable, but our neighbors are also knowledgeable about what’s going on.”

Mayors involved in the program said they share a wish for a village mayor program at all installations.

“I think the primary benefit of the mayors program at the neighborhood and installation levels is similar to the benefit of the soldiers’ Family Readiness Group at the unit level – it ensures that information passes from the garrison and post agencies to residents in ways that are relevant and tailored to their level of experience,” Reese said. “At installations without a program, there is a gap in the flow of information. Having a mayors program reduces the negative impact of incorrect ‘tribal knowledge,’ the things everyone ‘knows,’ but which don’t necessarily reflect reality, with the mayors serving as an accessible resource and trusted intermediary between the residents and post agencies when there are questions or concerns that don’t have easy answers in the resident handbook or a post regulation.”

Some of the events the mayors have sponsored to provide camaraderie in their villages have included movie nights, pool parties and bowling outings to spend time together and get to know the neighbors. In addition, there have been several community gatherings for Halloween, Christmas and other holidays.

“We asked residents to donate leftover candy after Halloween to fill a neighborhood Santa’s bag, which he handed out to kids just before holiday block leave,” Reese said. “We received so

much candy that we had leftovers to give to the (U.S. Disciplinary Barracks Battalion) at Christmas for their shift workers and to the Resiliency Center for their candy bowls. We also had a Santa mailbox for all the children to write to and receive a reply from Santa in their native language.”

Having neighbors who live on post who are from multiple other countries and cultures is another perk of the program.

“I think that is one of the reasons that this is my favorite place in the Army to live,” Longfellow said. “Having those international families amongst us is such an opportunity... to me it is such a gift. It is something that is really rare in the Army, and unless you are overseas, you don’t get that exposure to share cultures and to share just hearing another language.”

One way Garrison Commander Col. Duane Mosier and his team use the Village Mayor Program is to build a better sense of community by meeting the housing residents where they live. Through the Fort Leavenworth Garrison Commander’s Village Walk program, mayors can introduce the command team and key staff to members of their community and address concerns in the neighborhoods where they live. This hands-on approach has been another key touchpoint where concerns can be addressed in real time with each neighborhood.

“There was an issue I was having with our sidewalks, and I was feeling kind of defeated because (repairs) weren’t happening,” Eshelman said. “But during our walk-through, Colonel Mosier said ‘Diana, you had an issue with the sidewalk,’ and he looked at housing and said ‘You owe her an explanation,’ or something like that, and I thought that was wonderful, and I, in that moment, I knew that he genuinely cared and was going to get this issue taken care of.”

That example helps underscore how the Village Mayors Program makes a difference to the Fort Leavenworth neighborhoods every day.

Summing up the experience of being a mayor, Eshelman pointed to her very first post on the neighborhood Facebook site.

“If you go back and look at our welcome post that is still up there, we never changed it, here is what it said: ‘We love it here and we want you all to love it too.’”



Photo by Scott Gibson/Fort Leavenworth Garrison Public Affairs Officer

Oregon Village Co-Mayors Katy Longfellow and Diana Eshelman pose by their village sign April 19.



Photo by Prudence Siebert/Fort Leavenworth Lamp

Lindsey Slattery, personal financial counselor and herself a former village mayor, briefs members of the Village Mayors Program on Army Community Service’s financial counseling offerings during the monthly mayors meeting April 17 at the Frontier Conference Center.



Photo by Prudence Siebert/Fort Leavenworth Lamp

Nez Perce Co-Mayor Rachel Reed, Fort Leavenworth’s 2024 Spouse Volunteer of the Year, right, listens to briefings at the Village Mayors Program meeting April 17 at the Frontier Conference Center.



Photo by Scott Gibson/Fort Leavenworth Garrison Public Affairs Officer

Mrs. Claus, aka Kickapoo Village Mayor Kendall Reese — joined by Santa Claus and Fort Leavenworth Garrison Commander Col. Duane Mosier — presents a bag of toys from Santa that represent the larger donation made by participants in the Village Mayors’ Fun Run and Toy Drive to Monica Bassett from Stronghold Food Pantry, second from left, Dec. 9, 2023, at the Post Theater. The donations were split between Stronghold Food Pantry and the Better Opportunities for Single Soldiers Angel Tree to support local families in need.

Adopt a Pet!



Loki is an adult male tabby-and-white cat currently available for adoption at the Fort Leavenworth Stray Facility. He has already been neutered, vaccinated and microchipped, which are included in his \$75 adoption fee.

See www.FLSF.petfinder.com or call 913-684-4939 for more information, or e-mail fortleavenwortstrayfacility@gmail.com for an adoption application. The facility is currently closed for repairs, but adoption appointments can still be arranged.

The facility is normally open from 11 a.m. to 4 p.m. Monday, Wednesday and Friday and 9 a.m. to noon the second Saturday of the month.

Visit FLSF.petfinder.com for additional Fort Leavenworth Stray Facility information and to see pets currently available for adoption.

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

Women's Health Resource Fair May 4 at VA

by Eastern Kansas Veterans Affairs Health Care Outreach

All women veterans, including military spouses who served, are invited to the Women Veterans PACT Act-Service Act and Health Resource Fair 9:30 a.m. to 12:30 p.m. May 4 at the Eisenhower Veterans Affairs Medical Center, 4101 S. 4th St. Trafficway in Leavenworth.

The event includes information and screenings including PACT Act claims, VA health care, hearing tests and toxic exposure screenings.

Main hospital entrance:

- Claims – service connected
- VA health care sign up
- Women's health clinic
- Mobile vet center
- Clinic tours
- Equine therapy demonstration
- Drum circle demonstration

No appointments needed.

Visit <https://www.va.gov/resources/the-pact-act-and-your-va-benefits/> or <https://www.facebook.com/VAEasternKansasHCS/> or call 785-559-8190 for more information.

The 2022 PACT Act

EXPANDED HEALTH CARE ELIGIBILITY

Calling all Women Veterans who were exposed to burn pits or other toxins during deployment.

Talk to your VA provider today about any concerns you may have related to your exposure.

Read more about presumptive illnesses associated with exposure here: <https://www.va.gov/resources/the-pact-act-and-your-va-benefits/>

1-800-MyVA411 (800-698-2411)

VA U.S. Department of Veterans Affairs

WOMEN VETERANS PACT Act-SERVICE Act and HEALTH RESOURCE FAIR

**Saturday, May 4, 2024
0930-1230**

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

NO APPOINTMENT NEEDED

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

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

For more information:

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

*screenings may be done for enrolled veterans



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MILITARY FRIENDLY TOP 10 SCHOOL '22-23 GOLD

BEST FOR VETS 2022 MILITARY TIMES COLLEGES

THURSDAY
MAY 2, 2024



LAST AMP

Post Notes

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

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

B1

JOIN OUR TEAM, WELCOME NEW STUDENTS BECOME A SPONSOR

AND A LEADER TO OUR COMMUNITY
(OPEN TO 6TH - 12TH GRADERS)

BENEFITS AND EXPECTATIONS

- Build a sense of belonging to our community and to give back to others
- Assist peers when they transition
- Gain leadership experience
- Participate in community service activities
- Attend meetings and trainings

COME JOIN US!
INFORMATION MEETING

MAY 2, 2024
4 PM - 5 PM
HAROLD YOUTH CENTER
(913) 684-5118



JOIN US! **4:30-5:30PM**

**TUESDAY
MAY 7, 2024**

PRESENTATION:
CYS Summer Safety
by CYS Nurse, Amy Boos R.N.

LOCATION:
Osage School-Age BLDG
130 Dickman Ave.

Child & Youth Services
PARENT
ADVISORY
COUNCIL
MEETING

SHARE YOUR INPUT!
Help CYS continue moving forward & meeting family & community needs.

The CYS Parent Advisory Council members consist of ALL CYS PATRONS!

The PAC covers all FTLVN CYS programs/policies.

Submit suggested Agenda or Parent Education Presentation topics to the current PAC Parent President:

Angela Haynes
ftlvn.cys.pac@gmail.com

QUESTIONS?

- Contact Parent Central & Outreach Services, (913)684-5138 or 4956
- Talk with your child/youth's Program Director
- Visit: leavenworth.armymwr.com
- Follow CYS on Facebook! Search for:
 - Fort Leavenworth Child & Youth Services
 - Harold Youth Center

Future PAC Meeting Dates: 9-17-2024

BOSS PRESENTS MOVIE NIGHT

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

May 3

May 17



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

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

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



The Wizard of Oz Youth Edition

May 7 & May 9

Doors open: 6:30PM
Show starts: 7PM

Post Theater

Come support our CYS kids for a night at the theater.

This is a family friendly presentation!

Info: (913) 684-3207

THE WIZARD OF OZ: YOUTH EDITION is presented by arrangement with Concord Theatricals on behalf of Tama-Winmark LLC. www.concordtheatricals.com

THE WIZARD OF OZ: YOUTH EDITION

By L. Frank Baum
With Music and Lyrics by Harold Arlen and E. Y. Harburg
Background Music by Herbert Stothart
Dance and Vocal Arrangements by Peter Howard
Orchestration by Larry Wilcox
Adapted by John Kane for the Royal Shakespeare Company
Based upon the Classic Motion Picture owned by Turner Entertainment Co. and distributed in all media by Warner Bros.



MAY THE 4TH BE WITH YOU COSMIC BOWLING

MAY 4, 7PM - 9PM
STRIKE ZONE BOWLING CENTER

MAY THE 4TH BE WITH YOU STAR WARS THEMED COSMIC BOWLING. STAR WARS MUSIC, COSTUME CONTEST, AND FOOD SPECIALS.

12.00 PER PERSON.

RESERVATIONS ARE NOT REQUIRED, BUT ARE ACCEPTED.
INFO: (913) 651-2195.

ACB WELLNESS PROGRAM



WEDNESDAY, 08 MAY 2024

WELLNESS VOLKSMARCH WALK/RUCK



2.49 MILES

FREE



FRONTIER CONFERENCE CENTER (FCC)

Join us in supporting National Mental Health Awareness Month and Correctional Officer's Week with food, family, fitness, and fun!

Completion patches for finishers while supplies last.

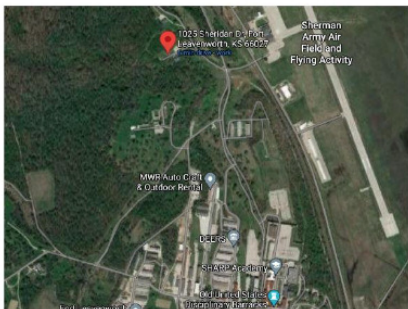
FOR MORE INFORMATION

Follow the ACB Wellness Program



Fort Leavenworth Thrift Store 4 May 2024

- Location: 1025 Sheridan Drive, Building 1049
- Phone: 913-651-6768
- Hours:
 - Monday & Friday: Closed
 - Tuesday-Thursday: 0930-1430
 - First Saturday of each month: 0930-1430
- Consignments taken each day the store is open from 0930-1230



33RD ANNUAL COMMAND & GENERAL STAFF COLLEGE TRIATHLON FORT LEAVENWORTH, KS 4 MAY 2024

8:00AM - HARNEY SPORTS COMPLEX
SWIM **BIKE** **RUN**

PRICING
Individual Racer: \$70
Relay Team of 2 or 3: \$85
Register by 19 APR to guarantee your t-shirt!

REGISTER IN PERSON
Harney Gym, Gruber Gym, and The Resiliency Center (600 Thomas Ave, Rm 223)
FOR MORE INFO CALL: 913-684-1674

RACE BRIEFING & SHIRT PICKUP
Frontier Conference Center 350 Middle Blvd, Ft Leavenworth



ACS PRESENTS:

LUNCH & LEARN MILITARY MONEY

EVERY OTHER TUESDAY
ACS CONFERENCE ROOM
11:45 - 1:00

May 7
Continuation Pay
BRS, TSP Vesting & Retirement

May 21
Risk Management:
Life Insurance Check-Up
(How much do you have, how much do you need?)



BRING A LUNCH & WE'LL LEARN TOGETHER!
(SPOUSES WELCOME)

with our Personal Financial Counselor (816-500-3163)

FORT LEAVENWORTH PRESENTS Summer Kick-Off

FREE ENTRY
FEATURING
GAMES · MUSIC · RIDES
FOOD TRUCKS · INFLATABLES
AND MUCH MORE!
May 10, 2024
4:30-8 pm

AT THE USD 207 TRACK & FIELD COMPLEX
FTLVN CHILD SUPERVISION POLICY APPLIES
GATE ACCESS REQUIRED



Fort Leavenworth Rod & Gun Club
Garry Stephens Memorial Crappiethon
 Saturday, 11 May 2024

Perry Lake – Perry, KS
 Rock Creek Marina

Launch Time is 7:00 AM
 Weigh in is at 2:00 PM

\$5.00 entry fee for R&G Club members
 \$10.00 entry fee for non-members
 Big Fish Pot is \$10



Fort Leavenworth Post-Wide Yard Sale
 April 27th 9AM - 11AM
 Open to the Public! *

Postponed to May 11th!

*ID will be scanned at the main gates beginning at 9am. Everyone 16 years and older must provide current ID to enter. (Persons attempting to enter post wide yard sale with outstanding warrants or other legal issues will be denied access.)
 Residents of the community are allowed to sell at their residence.
 Service Members residing off-post, Retirees and DA Civilians can utilize the Old Bell Hall Parking Lot on a first come, first serve basis.

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

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

KIDS FISHING DERBY



18

SATURDAY, MAY 18, 2024 AT 8:00 AM CDT

Spring Kid's Fishing Derby

Smith Lake, Fort Leavenworth

May 2024

American Red Cross Learn-to-Swim Lessons

Lessons held at Bernstein Memorial Pool



Register at Harney Front Desk

Cost: \$32.00

Do Your Part, Be Water Smart



Preschool Aquatics Level 1 (*4 and 5 years old)

3:50 p.m. - 4:20 p.m. May 7, 9, 14, 16

Familiarize participants to the aquatic environment and help them acquire rudimentary basic aquatic skills.

Help participants begin to develop positive attitudes and safe practices in and around water.

No skill prerequisites required.

Preschool Aquatics Level 2 (*4 and 5 years old)

5:10 p.m. - 5:40 p.m. May 7, 9, 14, 16

Build on and improve skills learned in Preschool Aquatics Level 1.

Increase knowledge of water safety topics introduced in Preschool Aquatics level 1.

Prerequisites: successful demonstration of Preschool Aquatics Level 1

Parent and Child Learn-to-Swim (*6 months - 3 years old, w/ parent or guardian.)

4:30 p.m. - 5:00 p.m. May 7, 9, 14, 16

Helps participants feel comfortable in the water, explore breath control and submerging, changing body position in the water, play safely in the water.

Teaches Parents how to hold and support your child in the water, valuable water safety information to make your family safer in, on and around the water.

Fort Leavenworth Rod & Gun Club
Kid's Fishing Derby

Who: Open to the general public – All kids thru age 15:
 Kids will compete in five separate age groups: 4 and under, 5-6, 7-9, 10-12 and 13-15.

When: Saturday, 18 May 2024
 Registration begins at 0800
 Fishing 0900-1100
 Award Ceremony 1130

Where: Smith Lake, Ft. Leavenworth

How: Rod & Gun Club member's kids – FREE
 Non-members - \$3.00 each

Awards presented for 1st, 2nd, & 3rd place finishers along with a Big Fish award in each age group

There will be numerous door prizes given away, along with hotdogs and drinks for sale. There will be a limited amount of fishing worms for sale for \$1 a cup, first come first served.

To learn more, visit (and like) our Facebook page at:
<https://www.facebook.com/FLVNRodandGun/>

Fort Leavenworth Stray Facility
 is currently

CLOSED FOR REPAIRS

We apologize for the inconvenience

Please call 913-684-1669 to ask a question or make an appointment or message us on Facebook!



Fort Leavenworth Multicultural Gospel Service



June 7-9, 2024
 Frontier Chapel

POC Elder Hank Young
 816.582.5191
 hankyoung711@yahoo.com



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

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Happy Bottoms 8:30-10:30	3	4
5	6 DONATIONS 12:00-2:00	7	8 PANTRY 11:00 - 1:00	9 Happy Bottoms 8:30-10:30	10	11
12	13 DONATIONS 12:00-2:00	14 Stronghold U 9:00-10:00	15	16 Happy Bottoms 12:30-2:30	17	18
19	20 OPEN PANTRY 12:30-2:00	21	22 PANTRY 11:00 - 1:00	23	24	25
26	27 MEMORIAL DAY	28 Happy Bottoms 11:00-12:30	29 PANTRY 11:00 - 1:00	30	31	

STRONGHOLD

**Featured Program:
Child Wellness**

**MAY 14, 2024
9:00 AM
655 BIDDLE BLVD
FORT LEAVENWORTH, KS**

Register online & join us in person.

www.strongholdfoodpantry.org

Hunger Buster Pack

POWERED BY: FTLV THRIFT STORE

Do you have a school aged child that could use a pack filled with breakfast, lunch, and snack goods to help them sustain a healthy active lifestyle over school break?

Bring your pack back for a REFILL or register online to pick up your pack.

Stronghold: Happy Bottoms Program
Powered by: Rapid Response Charities

Free Monthly Diaper Distribution
Email: contact@strongholdfoodpantry.org

**Griffin Gardens Greenhouse
Opening April 17th!**

Monday & Friday 1330 - 1500 **Wednesday 0830 - 1030**

Located between Griffin Cuts Barbershop & the MWJRCF

Protestant Women of the Chapel

**END OF THE YEAR
INSTALLATION
CEREMONY**

May 14th 8:30-11am

**Please join us for our last program of the year
as we install our new board for 2024-2025 year
& celebrate with food, fun and fellowship!**

VOLUNTEER BASICS

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

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

REGISTRATION IS NOT REQUIRED. JUST SHOW UP.

INFO: (913) 684-2835

-- PCS'ing --

We pick up & find homes for

- Pantry/food items
- cleaning supplies
- toiletry items

To homeless shelter, food pantries, needy families

Pam Meier: 913-306-5108

May, June & July Kids Arts & Crafts



Kids Arts & Crafts

Messy Art

\$12 per class

Ages 4 - 6

Friday
May 10
10:30am - 11:30am
12:30pm - 1:30pm

Tuesday
June 11
12:30pm - 1:30pm

Friday
June 14
10:30am - 11:30am

Tuesday
July 9
12:30pm - 1:30pm

Friday
July 12
10:30am - 11:30am

Ages 7+

Thursday
May 16
11am - 12pm

Thursday
June 20
11am - 12pm

Thursday
July 18
11am - 12pm

Color Me Happy

\$10 per class

Parent & Toddlers

Thursday
May 9
10:30am - 11:30am

Thursday
May 30
10:30am - 11:30am

Thursday
June 13
10:30am - 11:30am

Thursday
June 27
10:30am - 11:30am

Thursday
July 11
10:30am - 11:30am

Thursday
July 25
10:30am - 11:30am



scan for more info

Call now to register!
913-684-3373

Summer Studio Days \$15 per class

Kids Ages 6 - 11
Tuesday - Friday
July 30 - August 2
10:30am - 11:30am

Youth Ages 12+
Tuesday - Friday
July 30 - August 2
1pm - 3pm

**Need to beat the summer heat?
Come to the Studio!**

Crafts

\$20 per craft

**Mother's Day Gift
Flower Pots & Cards**

Friday
May 3
2:30pm - 4pm

**Father's Day Gift
Mosaic Coaster & Card**

Wednesday
June 5
10:30am - 12pm



Cost includes all supplies!

Art History

\$15 per class
(ages 7+)

Rice Krispies & Rembrandt

Wednesday
May 15
12:30pm - 2:30pm
Thursday
May 16
4pm - 6pm

Rocket Pops & Ross

Tuesday
June 18
11am - 1pm
Wednesday
June 19
1pm - 3pm

Cookies & Carle

Tuesday
July 16
11am - 1pm
Wednesday
July 17
1pm - 3pm



Come see what's new at the Studio!

leavenworth.armymwr.com

May, June & July

Watercolor

Workshops

\$25 per workshop

Cost includes all supplies!

**Watercolor
(Basic Techniques)**

Thursday, May 16
Tuesday, July 9
6:30pm - 8pm

**Watercolor
(Florals)**

Thursday
May 30
6:30pm - 8pm

**Watercolor
(Landscapes)**

Thursday, June 6
Tuesday, July 23
6:30pm - 8pm

**Watercolor
(Color Theory)**

Tuesday
July 16
6:30pm - 8pm

**Watercolor by the
Lake
(plein-air)**

Thursday
June 20
9am - 10:30am

**Watercolor by the
Lake
(plein-air)**

Tuesday
July 30
6:30pm - 8pm



scan for more info

Call now to register!
913-684-3373



OPEN STUDIO

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

Multi-Craft Room

Come use our provided supplies to craft with the whole family!

Painting Studio

Provided watercolor and acrylic supplies to create your own masterpiece.

Framing Studio

Must take Intro to Framing before using DIY Framing Studio.

Pottery Studio (Coming Soon!)

Modern Calligraphy

Basics

\$20 per class

Tuesday
April 30
12:30pm - 1pm

Wednesday
July 10
10:30am - 12pm

Special Projects

Thank you/Grad Cards

Tuesday
May 14
12:30am - 2pm

Birthday Cards

Wednesday
July 24
10:30am - 12pm

Intermediate

\$20 per class

Tuesday
May 7
12:30 - 2pm

Wednesday
July 17
10:30am - 12pm



Reoccurring Classes

MUST PRE-REGISTER

Intro to Framing

\$40 per class

Every 2nd Thursday & 4th Saturday of the month
10am - 2pm

Paint & Sip

\$35 per session

Every 2nd Friday of the month
6pm - 8pm
Must be 21 years or older.
BYOB

Come see what's new at the Studio!

leavenworth.armymwr.com



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

Gruber Gym
(913) 684-5120

Outdoor Equipment Rental
(913) 684-3395

Brunner Range
(913) 651-8132

Auto Crafts
(913) 684-3395

Rod & Gun Club
(913) 684-2035

Hunt Lodge
(913) 684-1830

Stables and Horses
(913) 684-1703

Stray Facility
(913) 684-4934

BUSINESS OPERATIONS

Strike Zone
(913) 651-2195

Trails West Golf Course
(913) 651-7176

Frontier Conference Center
(913) 684-3825

12th Brick Grille
(913) 684-2293

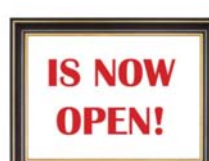
RV Storage & POV Lot
(913) 651-7176

Clean Paws Pet Wash Center
(913) 651-7176



Connect with Us!
Facebook
Twitter
LinkedIn
leavenworth.armymwr.com

The Fort Leavenworth Frame Studio



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

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 18+

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

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

FORT LEAVENWORTH LEISURE TRAVEL SERVICES TOP TICKETS

Disneyland Military Salute Offer 2024:

- 3 DAY Park Hopper
Our Price \$268.50 W/Genie \$357.75
- 4 DAY Park Hopper
Our Price \$314.25 W/Genie \$433.00

Disney World Military Salute Offer 2024:

- 4 DAY Park Hopper
Our Price \$365.00...W/Water Park and Sports Center \$395.00
- 5 DAY Park Hopper
Our Price \$385.00...W/Water Park and Sports Center \$415.00
- 6 DAY Park Hopper
Our Price \$399.75...W/Water Park and Sports Center \$435.00

Universal Orlando Military Freedom Offer 2024:

- 2 Park Freedom Pass
Adult \$210.00 and Child age 3-9 \$205.00
- 3 Park Freedom Pass
Adult \$245.00 and Child age 3-9 \$240.00

Universal Hollywood:

- 1 Day General Admission
Adult and Child 3+ \$112.00

Go City Go Card:
Sightsee and save with a Go Card! Discover the best attractions, tours and experiences, all on one pass.

Worldwide: Austria-Vienna, UAE-Dubai, Mexico-Cancun, and Italy-Rome
State sides: Orlando, Miami, Chicago, Los Angeles, San Francisco, Oahu, New Orleans, Boston, Las Vegas, New York, and much more!

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

May, June & July Workshops



Framing Studio

Intro to Framing

\$40 per class

Intro to Framing
Must pre-register
Thursday
May 9
10am - 2pm

Intro to Framing
Must pre-register
Saturday
May 25
10am - 2pm

Intro to Framing
Must pre-register
Thursday
June 13
10am - 2pm

Intro to Framing
Must pre-register
Saturday
June 22
10am - 2pm

Intro to Framing
Must pre-register
Thursday
Jul 11
10am - 2pm

Intro to Framing
Must pre-register
Saturday
July 27
10am - 2pm



Must take Intro to Framing before using DIY Framing Studio.



Acrylic

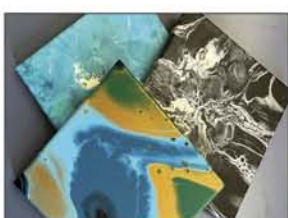
\$35 per class

Acrylic Painting (Fawn)
Tuesday
May 14
6pm - 8pm

Acrylic Pour
Wednesdays
May 22
June 26
12:30pm - 2:30pm

Acrylic Painting (Water Lilies in Pond)
Friday
July 19
10:30am - 12:30pm

Acrylic Pour
Tuesday
July 23
1pm - 3pm



Crafts

\$35 per class

Wooden Welcome Sign
Friday
July 26
11:30am - 1:30pm

Patriotic Wooden Panel
Tuesday
June 4
12:30am - 2:30pm



scan for more info

Call now to register!
913-684-3373

Paint & Sip

\$35
Must be 21 years or older.
BYOB



Spring Tulips
Friday
May 10
6pm - 8pm



Lemon Tree
Friday
June 14
6pm - 8pm



Flamingos
Friday
July 12
6pm - 8pm

Cost includes all supplies!

Come see what's new at the Studio!

leavenworth.armymwr.com

May 2024



Event Schedule

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

New Parent Support Program

Stroller Walk
Tuesdays, 10:00am - 11:00am

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

Childbirth Class
May 6, 13, & 20, 5:00pm - 7:00pm
Resiliency Center, Room 157

Dad's Night Out
May 22, 6:00pm - 8:00pm
Restaurant is TBD

Mom's Night Out
May 29, 6:00pm - 8:00pm
Restaurant is TBD

Exceptional Family Member Program

EFMP Refreshing Conversations
May 2, 10:00am - 11:00am,
Resiliency Center, Room 145

Muffins With Mom
May 3, 2:00pm - 4:00pm
EFMP Playground

EFMP Recreational Bowling for EFMP Members and their Families
May 4, 12:00pm - 2:00pm
Strike Zone Bowling Center

Playground Palooza
May 14, 9:00am - 10:00am
EFMP Playground

Family Advocacy

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

Muffins With Mom
May 3, 2:00pm - 4:00pm
EFMP Playground

5 Love Languages of Teenagers
May 8, 1:00pm - 2:30pm
Resiliency Center, Room 145

Stress Management
May 16, 11:30am - 1:00pm
Resiliency Center, Room 145

Mom & Me Crocheting
May 17, 1:00pm - 4:00pm
Resiliency Center, Room 145

Navigating the Teen Years
May 21, 1:00pm - 2:30pm
Resiliency Center, Room 145

Co-Parenting Workshop
May 23, 12:00pm - 1:30pm
Resiliency Center, Room 145

Personal Financial Counseling

Lunch & Learn Series: Continuation Pay
May 7, 11:45am - 1:00pm
Resiliency Center, Room 145

Lunch & Learn Series: Life Insurance Check-Up
May 21, 11:45am - 1:00pm
Resiliency Center, Room 145

Resiliency Center, 600 Thomas Ave, Building 198
913-684 - 2800/ 913-684-HELP(4357)

Hours: Monday - Wednesday, & Friday, 7:30am - 4:30pm (closed 1130-1230); Thursday, 1:00pm - 4:30pm

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

Handicap access at the front of Building 198

Military Spouse Appreciation Day
USD207 Summer Kick Off Event at the Field
May 10, 4:30pm - 8:00pm
FREE T-Shirt as a Thank You Gift!

Employment Readiness Program

Federal Employment
May 8, 12:00pm - 2:00pm
May 15, 5:00pm - 7:00pm
Resiliency Center, Room 157

Interview Skills & Professionalism
May 22, 12:00pm - 2:00pm
Resiliency Center, Room 157

Evening Resume Writing
May 22, 5:00pm - 7:00pm
Resiliency Center, Room 157

Army Volunteer Corps

Volunteer Basics
May 15, 12:00pm - 1:00pm
Resiliency Center, Room 157

Relocation Readiness

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

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

Survivor Outreach Services

Paint & Brunch Social
May 11, 10:00am - 1:00pm
Resiliency Center, Room 157



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: 913-684-2800

Employment Readiness Program Classes

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



Scan QR Code for more info!

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

For more info call: (913) 684-2800



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

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

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



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



ACS New Parent Support Prenatal Classes

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

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

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

Free for Expectant Parents!

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

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

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

ACS New Parent Support Potty Training

Are you ready?

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

Stroller Walk & Talk

Meeting at
The Resiliency Center
600 Thomas Ave
Every Tuesday Morning
March - May
10am - 11am
June - Sept
9am - 10am

This is a FREE opportunity to meet other parents of small children, get healthy and socialize all while enjoying the walking paths of Ft. Leavenworth!

Offered to expecting parents and to parents of children through 3 years of age. Must bring your own stroller. Register the day before!

POC 913-297-3212

MOM'S NIGHT OUT

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

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

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Moms with children 0-3 years old.

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

DAD'S NIGHT OUT

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

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

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Dads with children 0-3 years old.

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

STRESS MANAGEMENT

Thursdays: Jan 18, Mar 14, May 16, July 18
1130 - 1300 brown bag lunch class.
ACS Conference Room 145
Registration Required must register by the day before the class you want to attend. Classes are for 18 and over

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

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

SCREAM FREE Marriage & Parenting

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

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

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

Co-Parenting Workshop

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

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

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

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

MOM & ME CROCHETING

May 17
1pm - 4pm
Room 157
600 Thomas Ave

Come on out and learn a new skill, or perfect an existing one! An instructor will be available to teach the basics.

"Stitch" together and bond with your kids! Supplies and snacks will be provided! Have a favorite yarn? You're welcome to bring it!

Please RSVP by May 10
Call 913-684-2808/2800

FREE! Ages 8+

Navigating the Teen Years

Jan 16, Feb 20, Mar 19, Apr 16, May 21, Jun 18
@ 1-2:30pm
ACS Classroom 145
600 Thomas Ave

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

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

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

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

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 14, May 8, Aug 14, Nov 13
1-2:30pm
FREE

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

ACS FAP Presents:
5 Love Languages for Couples

January 10 • July 10 • October 9 // 1:00PM-2:30PM
ACS Classroom 145

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

Deadline to register is day before each class.
FREE and open to DoD ID card holders 18+.
For more info: (913) 684-2811/2808

Scan the QR Code for more info about FAP.

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

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

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

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

MUFFINS WITH MOM

May 3rd
2pm - 4pm
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 April 26th
Call 913-684-2808/2800

Playground Palooza!

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

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

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

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

EFMP Exceptional Family Member Program

EFMP RECREATIONAL BOWLING

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

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

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

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

EFMP presents:

YOUTH SPORTS & FITNESS SUMMER CAMPS

Fitness Camp
Camp Dates: June 10-13
Age Group Time Cost
5-8yrs. 0900-1000 \$40
9-14yrs. 1000-1100 \$40

Basketball Camp
Dates: July 22-25
Age Group Time Cost
5-8yrs. 0900-1000 \$40
9-10yrs. 1000-1100 \$40
11-14yrs. 1300-1400 \$40

Challenger Sports International Soccer Camp
Camps run: Monday - Friday
Camp Dates: June 3 - 7 • July 8 - 12 • July 29 - Aug 2
Age Group Time Cost
Ages 5-4 0900-1000 \$110
Ages 5-6 1000-1200 \$125
Ages 7-8 0900-1200 \$165
Ages 9-14 1300-1600 \$165

Baseball Camp
Dates: July 15-18
Age Group Time Cost
5-8yrs. 0900-1000 \$40
9-10yrs. 1000-1100 \$40
11-14yrs. 1300-1400 \$40

Enroll online!
Enroll online via website or by calling Parent Central 684-5138. Enrollment required current CYS registration, sports physical NOT required for camps.

For more info call, CYS Youth Sports at 683-1362/2050.

YOUTH SPORTS SUMMER GOLF PROGRAM

JUNE 11 - AUGUST 1
TUE & THURS // 4PM - 7PM
TRAILS WEST GOLF COURSE

Enrollment dates:
April 15 - June 11
Open to boys & girls 8-17 years old

\$65 for the first child
\$55.25 for each additional child

Enroll your child in a sport they can play their entire life! 100% parent participation required. Parent will coach/chaperone their child on the course.

First time youth golfers are recommended to go through SKIES Instructional Golf clinic prior to starting the Summer Golf League.

To begin, please complete enrollment online via WebTrac, or by calling Parent Central at (913) 684-5138/4956.

Enrollment requires current CYS registration. Sports physicals are required for this program.

Info: (913) 684-7525/7526

SENSORY STORY TIME

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

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

Family Advocacy Program Presents
Father/Daughter Tea Party

June 1 // 1PM - 4PM
Frontier Conference Center Ballroom

June is Dads Make a Difference Month and Family Advocacy Program is hosting a Father/Daughter Tea Party!

The event is for Dads to have fun with their Daughters and encourage continued quality activities.

Recommended for 10 and under.

Dress is business casual. Get out the Sunday outfits or Dress Blues.

Planned activities for Father/Daughter to share, Tea Time, and take home surprises.

Registration is required and must be done by May 24th.

Info: (913) 684-2822

NEW AT SKIES!

K-POP DANCE!

Channel your inner Pop Star with our NEW K-Pop Dance Classes!
Enrolling Now!

Patch Community Center
320 Pope Ave
Bldg #345
913-684-3207

Classes for ages 5 - 7 and ages 7 - 11 are held at Patch Community Center. Must be registered with CYS

Please wear indoor only shoes to help protect our dance floors!

Taught by a Nationally Ranked K-Pop Dancer!

Scan here for the Spring/ Summer Catalog

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

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

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

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

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

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

Family Advocacy Program presents:
FATHER - SON SCAVENGER HUNT

JUNE 8
9AM - 11AM
HUNT LODGE
800 WAINWRIGHT ST.

Come celebrate Dad's Make a Difference Month with ACS and FAP.

This event is recommended for Active-Duty service member Fathers and their Sons 12 and under.

Event is weather permitting, it will be cancelled if there is rain or storms.

Registration is required and can be done by May 31st. Be sure to register early!

For more info: (913) 684-2808/2800

SKIES PRESENTS
THE CLASSICS DANCE RECITAL

May 22nd
The Post Theater
Doors Open at 6:30pm
Performance begins at 7:00pm

Come out and support the SKIES dancers! Performances will include Creative Movement, Pre-Ballet, Jazz and Tap, and Ballet students.

FREE Admission!

Contact 913-684-3207 for more information
SKIESUnlimited

DG FUN & RELAXATION

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

MAKING THE CONNECTION

Available on the App Store

GET IT ON Google play

KIDS BOWL FREE!

Kids 18 & under will receive **TWO FREE Games!**

Strike Zone Bowling Center
Wednesday - Saturday
10am - 4pm

Promotion runs from **May 22 - August 10**

Contact the Strike Zone for more information on how to sign up!
913-651-2195

Starting Monday April 15th, 2024

Fort Leavenworth Group Fitness Classes

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0930	Zumba (Lydia)		Zumba (Lydia)			(0915) Zumba (Lydia)
1030						Hot Yoga (Kim)
1630	30/30 Split (Kim)		Power Cycling (Kim)			

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

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

*Power Cut classes are held in the Bubble Gym

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

U.S. ARMY
SFA
 SPORTS • FITNESS • AQUATICS

<https://leavenworth.armymwr.com>

STRIKE ZONE BOWLING CENTER SUMMER TRIOS LEAGUE

Strike Zone Bowling Center
 Thursdays at 6:30 (practice 15 minutes prior)
 Meeting: May 9 at 6:30pm
 League Starts: May 16 at 6:15pm
 12 week league from May 16 - August 8

3 person teams - 3 games per night
 Any combo of men and women
 \$10 per week/ per person/ \$1 Shoes
 Have-a-Ball option - additional \$7 per week

Ages 18+
 Call 913-651-2195 for more info

Softball LEAGUE

LEAGUE PLAY STARTS TUESDAY, JUNE 4TH
 GAMES TUES & THURS @ 5:30 - 8:30 P.M.
 DONIPHAN FIELD #1

Coaches Meeting: Thursday, May 16 - 5:30 p.m.
 Gruber Fitness Center

League awards will be given for regular season champions and 1st and 2nd place tournament champions.
 Open to Active Duty, DoD, Retirees and Contractors working at Fort Leavenworth ages 18 & older.

For more information, call (913) 684-3224/ 5136
 Team rosters due by Wednesday, May 29

FUN SHOOT

Brunner Range
 1st Saturday of the Month

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

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

Space is limited so register early.
 Rental guns and shells are available or bring your own.
 Prizes and awards distributed at the end of each shoot.

Info: (913) 651-8132
 701 Sheridan Drive

Brunner Range 2024 LEAGUE SCHEDULE

Winter Combo
 4 January - 7 March

Spring Combo
 21 March - 23 May

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

Fall Combo
 5 September - 7 November

Winter Warm-up
 14 November - 19 December

Each league has a one-time payment of \$25
 Payment is held for prizes at the end of each league.
 Combo leagues shoot on Thursday evenings. Teams consist of 5(4+) shooters.
 All teams take turns supplying an evening meal at approximately 5:30 pm with shooting commencing at 6:00 pm. Summer and Winter Warm-up leagues are individual with the same fee but no food.
 Contact Brunner Range for more information (913) 651-8132

WEIGHTLIFTING

First Class is Free!

Learn proper Olympic Lifting technique and how to safely resistance train. Programming is designed to increase Muscle Mass, Strength, and Power. Resistance training has been shown to increase bone density, metabolic rate, cognition, reduce fat accumulation, lower risk of heart disease, and so much more. Start enjoying the benefits!

CLASSES MEET MON, WED, FRI 9:00-10:15 AT HARNEY GYM
 \$10 DROP IN RATE OR \$75 MONTH

FOR MORE INFO, (913) 684-2190

Cosmic Bowling at the Strike Zone

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

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

913 WEIGHTLIFTING

FUNCTIONAL FITNESS CLASSES

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

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

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

CONTACT
 For more info: 949-291-0386

Discover Fort Leavenworth's Fitness Facilities

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

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

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

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

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

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

DECIDE TO COMMIT TO SUCCESS

HAVE A BALL @ THE STRIKE ZONE BOWLING CENTER & SNACK BAR!

The Strike Zone
 165 Fourth St
 913-684-BOWL



Fort Leavenworth 2024 Events

MAY 4 - CGSC TRIATHLON
Harney Sports Complex • 8AM - 11AM • \$70 Individual, \$85 for relay team

MAY 11 - AEROBATHON
Gruber Fitness Center • 8:30AM - 12PM • FREE

MAY 18 - 1000LB/400LB CLUB MEET
Gruber Fitness Center • 8AM - 5PM • FREE
Sign up at Gruber Fitness Center or call 913-684-5120 prior to event.

MAY 25 - DISC GOLF TOURNAMENT
Frisbee Golf Course • 8AM - 2PM • FREE
Sign up at Gruber Fitness Center or call 913-684-5120 prior to event.

MAY 1 - MAY 31 - WALK/RUN ATHON
Gruber Fitness Center & Harney Sports Complex • FREE
Done at your own pace at your own time




COMMIT-STAY FIT!
#STRONGBANDS

STEP 1 Attend featured fitness events at your garrison

STEP 2 Wear your STRONG B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle

STEP 3 Gain valuable fitness tips throughout May by visiting ArmyMWR.com/STRONGBANDS

May 1 - May 31 • Walk/Run Athon

Gruber Fitness Center and Harney Sports Complex

Participants will track the amount of miles they walk or run when using any of the treadmills at Gruber Fitness Center or Harney Sports Complex throughout the month of May.


The person who runs/walks the most amount miles for each division will be the winner. Divisions will be as follows:
Male: 18-39, 40-64, and 65+
Female: 18-39, 40-64, and 65+

Miles only count if done at Gruber or Harney. Staff may ask to look at milage on treadmill to verify amount submitted.

Sign up for this FREE event any day in the month of May.

For more info: (913) 684-5120

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




May 11 • Aerobathon

8:30AM - 12PM • Gruber Fitness Center

Get ready because we are hosting an Aerobathon, as part of our Strong B.A.N.D.S. events!

At this event, our Group Fitness Instructors will offer 15 minute demonstrations of their classes for patrons to try out. Tryout as many classes as you would like.

Anyone who completes all classes will win a free 10 punch aerobic pass.

Registration is NOT required, just show up

FREE event!

For more info: (913) 684-5120



May 18 • 1000LB/400LB Club

8AM - 5PM • Gruber Gym

Participants will do 1 rep max in the squat, deadlift, and bench press, Participants will have 3 attempts at each exercise.

The highest successful attempt in each exercise will be added together.

Male participants whose total weight equals or is more than 1000lb will win a t-shirt, and female participants whose total weight equals or is more than 400lbs will win a t-shirt.

Division winners:

- Male heavyweight 180lb and up
- Male lightweight 179lb and below
- Female middleweight 160lb and up
- Female lightweight 159lb and below

Registration is required and can be done at Gruber or by calling, (913)-684-5120. You must register and reserve a time slot prior to event – Event is FREE!

- Not allowed: Wrist straps, knee wraps, bench shirts, squat suits.



May 25 • 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.

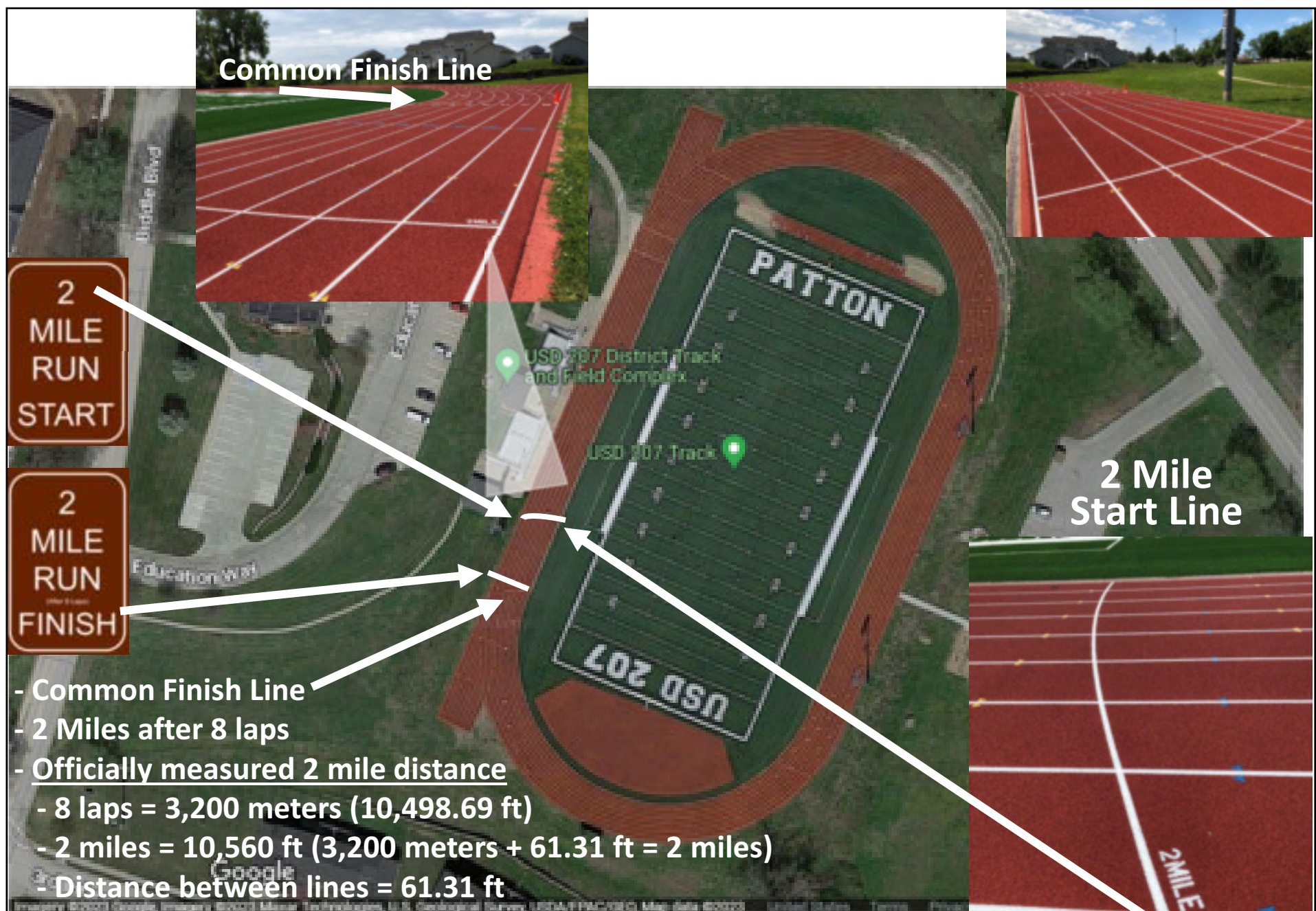
Prizes will be given out for 1st, 2nd, and 3rd place.

Staggered start from 0800-0900.

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

FREE event!

Attention track users: Official start/stop points required for ACFT accuracy



Common Finish Line

2 MILE RUN START

2 MILE RUN FINISH

2 Mile Start Line

- Common Finish Line
- 2 Miles after 8 laps
- Officially measured 2 mile distance
- 8 laps = 3,200 meters (10,498.69 ft)
- 2 miles = 10,560 ft (3,200 meters + 61.31 ft = 2 miles)
- Distance between lines = 61.31 ft

Unified School District 207 graphic

When using the officially measured “start” and “stop” points, the two-mile run at the Unified School District 207 Track/Normandy Field is within an accuracy of +/- six inches.

If the officially measured “start” and “stop” points are not used, the Army Combat Fitness Test will not be accurate.

WE ARE HIRING!

APPLY NOW

\$50,500

2024-25 SY Base Salary
Additional compensation for years of teaching experience at an accredited school.

OPEN POSITIONS

- ▶ Special Education Teacher
- ▶ Occupational Therapist
- ▶ Speech and Language Therapist



by USD 207

UNIFIED SCHOOL DISTRICT 207 IS HIRING certified special education professionals for the 2024-25 school year. Joining the USD 207 team opens up mentorship and growth opportunities at one of Kansas' top-rated school districts. Not only has the district's starting pay increased to \$50,500, but it also offers comprehensive health, wellness and future planning benefits.

Learn more at <https://sites.google.com/usd207.org/usd207-recruiting/home/the-perks?authuser=0&fbclid=IwZXh0bgN->

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For available positions, visit https://fortleavenworth.tedk12.com/hire/index.aspx?fbclid=IwZXh0bgNhZW0CM-TAAAR2J_nZ8pMOz3RN9ZVQT0DxOl82Xq0TogQXXLwS34xlGZPKXyO4g7Qgymrg_aem_ATIiN4OJjKKJZWcSvLnsjiFwLB-W b B k A G _ k 5 E k p t - pAKID0uHDc88thqUhl8A_amVKGu0PKtvZ3uSLRbnZzHymqU.

FT. LEAVENWORTH EDUCATION CENTER

GRADUATION CEREMONY

CLASS OF 2024



JUNE 3, 2024, 3:00 PM
LEWIS & CLARK CENTER
100 STIMSON AVE. FT LEAVENWORTH, KS

GRADUATING SOON?
SERVICE MEMBERS, DEPENDENTS, VETERANS, AND CIVILIANS WHO HAVE COMPLETED AN ACCREDITED CERTIFICATE, ASSOCIATE, BACHELOR, OR MASTER'S LEVEL OF EDUCATION ARE WELCOME TO PARTICIPATE.

PLEASE REGISTER FOR ATTENDANCE BY MAY 10, 2024.

EMAIL US AT USARMY.LEAVENWORTH.USAG.MBX.EDUCATION@ARMY.MIL TO RECEIVE AN APPLICATION.
QUESTIONS: 913-684-2496

WE ARE EXCITED TO SEE YOU ON GRADUATION DAY!

NOW OPEN

ENROLLMENT

FOR THE 2024-2025 SCHOOL YEAR

Apply Now



CYS is hiring!

Great Pay! Amazing Benefits!
@ Fort Leavenworth
APPLY NOW!
ArmyMWR.com/cyscareers






Wireless Emergency Alerts (WEA)

can alert you when weather threatens!



TORNADO WARNING!

- WEAs are emergency messages sent by government authorities to your mobile phone, reserved for life-threatening situations.
- Keep WEAs enabled on your phone. It could save your life or the lives of others.

weather.gov



Your Commissary Leader

FT. Leavenworth



Address and Phone Number:
310 Kansas Ave. Bldg. 691
Ft. Leavenworth Kansas 66027
913-684-4901

Store Director Name and Contact Information:

Name: Anthony Gardner
E-Mail: Anthony.Gardner@deca.mil
DSN: 552-4901
Commercial: 913-684-4900
Cell: 804-503-9215

Tuesday-Friday 0800-0900 will be Self-Checkout only.
Proud, Committed and More.

Store Operating Hours:	
Sunday	1100-1800
Monday	1000-1900
Tuesday	0800-1900
Wednesday	0800-1900
Thursday	0800-1900
Friday	0800-1900
Saturday	0900-1900



Fort Leavenworth Care Options Available for Summer 2024 & School Year 2024-2025

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



MILITARY
CHILDCARE.COM

Families can use MCC to make requests for SAC programs, which include Before/After School care and Fall, Winter, Spring, and Summer Camps, all year round. The online system allows you to search for and submit unlimited SAC requests at any time of the year without waiting for a specific registration time to begin. As soon as school dates are known, all SAC programs will be made available to you so you can submit your requests.

Please Note: Spaces are offered via email based on the sponsor's priority and request for care (RFC) date.

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](https://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](https://militarychildcare.com)
For questions/support, call: 855.696.2934



Make sure you are requesting the best Care Option(s) for your childcare needs...

Go to our [CYS Facebook](#) page or [FMWR-CYS website](#) to review the:

Fort Leavenworth CYS Care Options & Waitlist Guide

Fort Leavenworth CYS Care Options & Waitlists on MILITARYCHILDCARE.COM

CYS eligible patrons create or use your current account on [MILITARYCHILDCARE.COM](https://militarychildcare.com) (Visit FAQ section on site)

Submit a Request for Care (RFC) for each child in each Child Care Option listed below that fit your care needs.

Facility Program & Care Option descriptions for ages 6 weeks-5th grade available on [MILITARYCHILDCARE.COM](https://militarychildcare.com)

Offers are managed by the Fort Leavenworth CYS Parent Central office using contact information listed in your [MILITARYCHILDCARE.COM](https://militarychildcare.com) household profile. **Tips:** List phone/email address you have ongoing access to during travel/leave (and ensure those are toggled to receive notifications).

To facilitate a successful offer process, ensure the **Sponsor & Spouse employment status indicated applies to living in the FTLVN area.**

Visit CYS website & Facebook pages
www.leavenworth.armymwr.com www.facebook.com/cys.ftleavenworth www.facebook.com/cys.ftlvntecenter CYS Parent Central: 913-684-5138 or 4956

MAIN CHILD DEVELOPMENT CENTER:
FULL-DAY CHILDCARE & PRESCHOOL PROGRAM
Open 6:00am-6:00pm

- (!) Request Full-Day Preschool when care needed the Summer prior to Kindergarten.
- (!) Request KG School Year Care if needed & attending USD 207 (or applied to attend). [See Osage's BLUE info box on the right.]
- >> Must turn 5 by/on 31 AUG 2024 to be KG eligible in Kansas.
- (!) This program is NOT affiliated with the USD 207 Preschool/Pre-K Program. Transportation is NOT available.
- *CYS is recruiting on-post Family Child Care providers.

FULL-DAY
6 WEEKS THRU 5 YEARS
(!) Not started KG. Refer to info

PART-DAY PRESCHOOL
SCHOOL YEAR 24-25
3-5 years
3 CLASS OPTIONS

OSAGE KG & SCHOOL AGE CARE FACILITY:
CYS PART-DAY PRESCHOOL CLASSES
3 Class Options September thru May (all are 3 hour classes)
2-Day AM (8-11am on T/TH) / 3-Day AM (8-11am on M/W/F)
4-Day PM (12:15-3:15pm on M-TH)

- Must turn 3yrs on or prior to first day of class.
- Request multiple classes to increase chances for placement.
- No "Toilet Trained" restriction.
- Under 3? Choose a Need Date on/after child turns 3 years old.
- (!) This program is NOT affiliated with the USD 207 Preschool/Pre-K Program. Transportation is NOT available.

OSAGE KG & SCHOOL AGE CARE FACILITY:
2024 KG & SCHOOL AGE (1st-5th) CAMP WEEKS
Full-Day Summer Program Open 6:00am-6:00pm
REQUEST MUST BE BASED ON GRADE COMPLETED IN MAY 2024

- "Completed KG" & "1st-5th School-Age Care" are separate Care Options based on grade COMPLETED.
- Request each camp weeks needing care.
- >>>Current School Year 23-24 contract holders are given the opportunity to request Continuity of Care directly with Osage in the Spring. Requests in MCC are ONLY needed when past the deadline.

SUMMER 2024
COMPLETED KG & 1st-5th Grade
*6th-12th Grade see HYC info

SCHOOL YEAR 24-25
ENTERING KG & 1st-5th Grade
*6th-12th Grade see HYC info

OSAGE KG & SCHOOL AGE CARE FACILITY:
SCHOOL AGE SCHOOL YEAR CHILDCARE
Before/After School Open 6:00am - 6:00pm
Transportation to/from FTLVN schools included. (USD 207 only)
REQUEST MUST BE BASED ON GRADE ENTERING IN AUGUST 2024

- KG & School-Age (1st-5th) Care Options are separate
- (!) Upcoming KG: Make additional Full-Day Preschool request when care is needed the Summer prior to KG.
- >>>Before Only, After Only, & Before/After care options include USD 207 No-School Days & Early-Out Fridays & the first 2 weeks of school when KG only attends 1/2 days.

NO WAITLIST REQUIRED
FOR YOUTH 6TH-12TH GRADE
[COMPLETED OR CURRENTLY ATTENDING]

Enrollment into a Middle School & Teen program is first come-first serve for CYS eligible & registered youth.
Check out the [Teen Center Facebook page](#) for details on: Summer Camp Weeks, FREE Open Recreation time, & the FREE After School Program that includes pick-up at on-post & off-post middle/high schools, & Winter & Spring Break Camp Weeks.

HARROLD YOUTH CENTER
6TH-12TH GRADE

HOLIDAY CAMPS
ATTENDING KG & 1st-5th Grade
*6th-12th Grade see HYC info

OSAGE KG & SCHOOL AGE CARE FACILITY:
SCHOOL AGE WINTER & SPRING BREAK CAMP WEEKS
Full-Day Program Open 6:00am-6:00pm

- KG & School-Age Care Options are separate.
- Make request based on grade currently enrolled.
- USD 207 Calendar determines camp weeks. Available to request starting September 9, 2024.
- CYS will be closed on Federal Holidays.
- Request is not required for children in a current School Year contract.

CHILD & YOUTH SERVICES

Youth Sponsorship Program

INFORMATION FOR PARENTS



Did you recently receive PCS orders and have a school-aged child or teen that's worried about moving? Maybe you've heard them wonder:

- Who will my new friends be?
- What will my new school look like? What activities/sports are available?
- What are the other kids wearing?

The Youth Sponsorship Program connects your child to another youth in the new community to answer these questions and so much more.

Why should my child request a sponsor? A sponsor:

- Allows your child to get to know their community before they arrive.
- Provides them with someone who can show them the ropes in their new community.
- Helps reduce social isolation, leading to a healthier transition with reduced stress and at-risk behaviors.
- Gives youth a youth perspective of their new community and school.

- Allows you to focus on other aspects of transition, knowing that your child's needs are being met.

What does the Youth Sponsorship Program provide for my child?

- Their Youth Sponsor will provide a welcome packet and information about their new community before arrival.
- Upon arrival, their Youth Sponsor will arrange for them to have a tour of the community and, once you know which school they will be attending, provide information about the school and arrange for a tour there as well.
- The program hosts various activities and events that will help your child meet new people, learn about their school and community.

How do I get a sponsor assigned to my child?

- Once you receive PCS orders, contact the School Liaison Officer at your current installation.

CYS Summer Enrollment Starts!
April 15th at 9am

- Middle School & Teen Camp Weeks**
Must have completed 6th-12th Grade (Level of Harrold Youth Center) for enrollment info
- SKIES Classes**
Gymnastics
Private Music Lessons
Horse & Pony
Jr. Golf Lessons
And more!
All classes & fees will open as the schedule is prepared by CYS by FTRM
- Youth Sports & Fitness**
Golf Program
Fitness Camp
Baseball Camp
Basketball Camp
*Challenger Soccer Camp (Most recent at Parent Central)
- Youth Babysitting Basics Classes**
\$15-18 per week
Call Parent Central for complete info
- Active CYS Registration is required to enroll
- Contact Parent Central For help with: CYS Registration, WebTrac Account Access, Enrollments
684-5138 or 4956
- Go to CYS WebTrac for more details! Use WebTrac account to enroll 24/7!

ARMY EMERGENCY RELIEF
SUPPORTING SOLDIERS AND THEIR FAMILIES SINCE 1942

Annual Campaign March 1 - June 14, 2024

YOUR DONATION HELPS SOLDIERS AND FAMILIES IN NEED
OFFICIAL NONPROFIT OF THE U.S. ARMY

Your Opinion Matters!

TENANT SATISFACTION SURVEY

March 4, 2024 to May 3, 2024

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

Your Army Wants to Hear from You!

*Completely confidential

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

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

THE US ARMY GARRISON FORT LEAVENWORTH EQUAL EMPLOYMENT OPPORTUNITY OFFICE

Presents

FY24 Mandatory Face to Face ANTI-HARASSMENT/ NO FEAR ACT AND EEO TRAINING

LOCATION: POST THEATER

2nd Quarter
20 March 2024, Wednesday: 1030-1130 (Employees)
1300-1400 (Supervisors)

3rd Quarter
2 May 2024, Thursday: 0900-1000 (Employees)
1030-1130 (Supervisors)

18 June 2024, Tuesday: 1300-1400 (Supervisors)
1430-1530 (Employees)

(Employees) = Civilian Employees,
(Supervisors) = Supervisors, and Military Supervisors of Civilian Employees

For FY24 face to face training is mandatory. On-line training is no longer valid. The Ft. Leavenworth Garrison EEO office will track attendance for IMCOM employees only. Other organizations are welcome to attend training, but they must track and report training separately.

For additional information, please contact:
EEO: Kale E. Webster, EEO Specialist, kale.e.webster.civ@army.mil



Donation Day FAQs

- When is Donation Day?**
Donation Day is every 2nd Saturday of the month. Please have items for donation out before 8:00 a.m.
- Where can I donate items?**
Items can be left on the curb in front of your home. Please place items in a clear bag or box clearly labeled FOR DONATION.
- What items can I donate?**
City Union Mission will take donations of household goods, clothing, toys, etc. Furniture will also be picked up, as long as it is in good condition for resale.
- What will happen in the event of inclement weather?**
Please follow us on Facebook for updates to the community.

COMMUNITY MANAGEMENT OFFICE: (913) 682-6300

REASONS TO CONNECT WITH 988

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

988 SUICIDE & CRISIS LIFELINE

MUNSON NOTES



SPORTS PHYSICALS ARE CURRENTLY UNAVAILABLE

Temporary Suspension of Sports Physicals

Due to provider staffing, sports physicals are currently unavailable from Munson Army Health Center, but they can be obtained off post. Unfortunately, sports physicals, on their own, are not a TRICARE-covered benefit. While MAHC has offered sports physical in previous years, the staffing this summer cannot support the extra service at this time without impacting access for patients with acute and/or chronic healthcare needs. MAHC continues to prioritize services to ensure we meet the soldier readiness mission and access to care standards and will fulfill that mission with systems already in place.

MAHC providers may complete sports physical paperwork in conjunction with a TRICARE-covered physical, like a school physical or routine physical; however, appointments for routine physicals may be delayed, when medically appropriate, until late summer/early fall when staffing recovers.



Munson Army Health Center Public Affairs

Munson Army Health Center's basement at 550 Pope Ave. is one of the designated tornado shelters on post.

If a tornado watch is activated after duty hours, Medical Department Activity personnel will open the health center for those needing shelter. The building will remain open until all watches or warnings are lifted.

No Referral Required

REHABILITATION CLINIC PELVIC FLOOR THERAPY

Do you experience any of the following?

- Incontinence
- Pain with Intercourse
- Pelvic Pain
- Pregnancy/post-partum discomfort
- Rectal pain/constipation

Make an appointment today at the Munson Rehabilitation Clinic for pelvic floor physical therapy!
No referral required!

913-684-6338/6138

Be vigilant in preventing tick-borne illness this spring.

BEWARE OF TICKS!

MiTICK

Military Tick Identification/Infection Confirmation Kit

HEALTH QUESTIONS WHILE YOU'RE ON THE GO?

A REGISTERED NURSE IS ONLY A CALL OR CLICK AWAY



MHSNurseAdviceLine.com

Web chat, video chat or find your country-specific phone number 24/7

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

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

Munson Army Health Center

WE ARE HIRING

PHYSICIAN (PEDIATRICS)
PHYSICIAN ASSISTANTS
DENTAL ASSISTANT
AND MORE!

Munson Army Health Center is hiring:
Physician (Pediatrics)
<https://www.usajobs.gov/v/job/777561300>
Physician Assistant
<https://www.usajobs.gov/v/job/784711600>
Clinical Social Worker
<https://www.usajobs.gov/jo/b/784493400>

Practical Nurse (Special Salary Available)
<https://www.usajobs.gov/v/job/784710800>
This is a Direct Hire solicitation. Salary negotiation may be available for those candidates who are new to federal service. Student loan repayment may be authorized.

MHS GENESIS

Refills are here!

TRICARE® beneficiaries can order prescription refills through their MHS GENESIS Patient Portal.

To learn more visit: www.tricare.mil/MHSGENESISRefills

Don't Delay – Update DEERS Today!

Check and make sure your DEERS information is correct.

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

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

Update DEERS immediately if you experience any of the following:

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

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

Fort Leavenworth Dental Activity

We're hiring Dental Assistants

JOIN OUR TEAM

MUNSON ARMY HEALTH CENTER

EYE EXAMS

Munson Army Health Center is currently scheduling routine eye exams for eligible school-aged beneficiaries age 6 years and up. Call 913- 684-6250 to schedule.

NEW CONTENT
EVERY THURSDAY



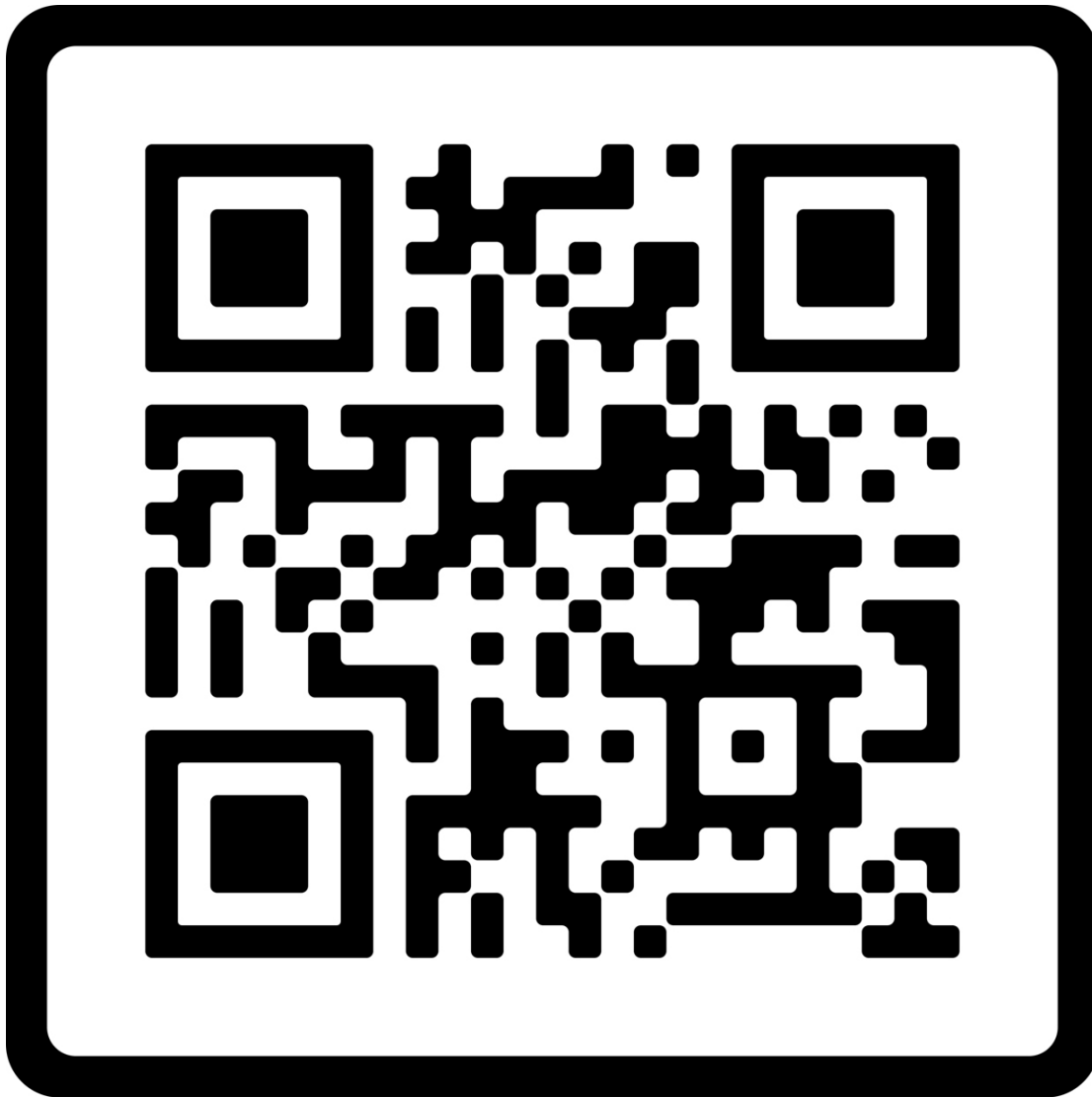
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