

# LAMP

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

THURSDAY  
FEBRUARY 6, 2025



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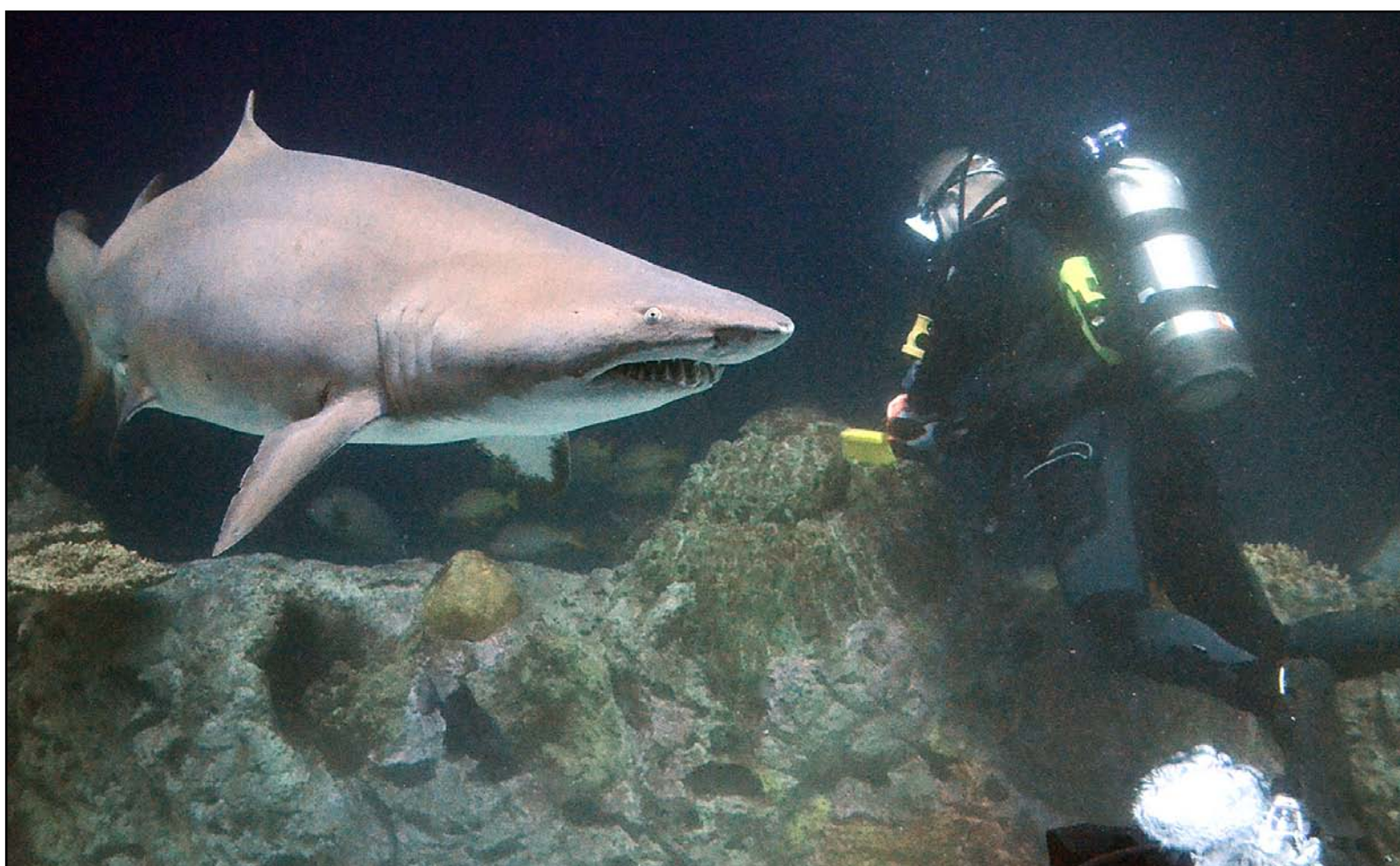
## German officer dives with sharks at KC Zoo

A sand tiger shark swims close to German Lt. Col. Marc Walther, Command and General Staff College exchange instructor in the Department of Army Tactics, during his hour-long volunteer dive to help clean the shark tank of the Sobela Ocean Aquarium Jan. 26 at the Kansas City Zoo in Kansas City, Missouri.

Walther said the sharks in the tank start to play "chicken" with him, swimming closer and closer, the longer he is in the tank. He also noted that the sharks are always given the right of way.

See pages A4-5 for more photos of Walther's dive with the sharks at the zoo.

Photo by Brian Allen/Special to the Fort Leavenworth Lamp



## 35th Artillery conducts change of authority

by Sgt. Claude D. Nelson/35th Division Artillery

The 35th Division Artillery conducted a change of command and change of responsibility ceremony Feb. 1 at the 35th Division Armory at Fort Leavenworth, Kansas.

Outgoing 35th Division Artillery Commander Col. Rodney Seaba handed over command to incoming 35th Division Artillery Commander Col. Shawn Miller.

Outgoing 35th Division Artillery Command Sgt. Major Gerald Gibson handed responsibility of the unit to incoming 35th Division Artillery Command Sgt. Maj. Darrian Campbell.

Seaba and Gibson received recognition for their time in the unit. During the ceremony, Seaba was awarded the Legion of Merit by Maj. Gen. John Rueger, commanding general of the 35th Infantry Division, and Gibson was awarded with the Meritorious Service Medal by Seaba.

The unit traces its history to World War I. The change of authority marks the unit's first change of command and responsibility since the unit was reactivated in September 2024.

**RIGHT: Incoming 35th Division Artillery Commander Col. Shawn Miller accepts the colors from Maj. Gen. John Rueger, commanding general of the 35th Infantry Division, during Miller's change of command with outgoing 35th Division Artillery Commander Col. Rodney Seaba Feb. 1 at the 35th Division Armory.**



Photos by Sgt. Claude D. Nelson/35th Division Artillery

**Incoming 35th Division Artillery Command Sgt. Maj. Darrian Campbell accepts the unit colors from (outgoing) 35th Division Artillery Commander Col. Rodney Seaba, left, as Campbell takes responsibility of the unit during his change of responsibility with outgoing 35th Division Artillery Command Sgt. Maj. Gerald Gibson Feb. 1 at the 35th Division Armory at Fort Leavenworth. The change of authority ceremony also included Seaba's change of command with incoming 35th Division Artillery Commander Col. Shawn Miller.**

### AT A GLANCE

■ The **OPERATION DEPLOY YOUR DRESS POP-UP SHOP** with walk-in shopping is from noon to 2 p.m. Feb. 8 in room 106 of the Resiliency Center. E-mail [odydflsc@gmail.com](mailto:odydflsc@gmail.com) for more information.

■ The Stronghold U **MASTERING YOUR PCS** class is at 1:30 p.m. Feb. 11 at Stronghold Food Pantry. Visit [strongholdfoodpantry.org](http://strongholdfoodpantry.org) to register.

■ Scholarship application deadlines are approaching. • Applications are due March 1 for **FORT LEAVENWORTH SPOUSES' CLUB SCHOLARSHIPS**. Visit <https://fortleavenworthspousesclub.org/community-giving> for more information. • Applications are due March 20 for the **POILLON SCHOLARSHIP**. Obtain an application at the Army Education Center. • Applications are due March 15 for **COMMAND AND GENERAL STAFF COLLEGE FOUNDATION SCHOLARSHIPS**. Visit <https://www.cgscfoundation.org/alumni/scholarships/> for more information.

■ **FORT LEAVENWORTH THRIFT SHOP GRANT APPLICATIONS** are due Feb. 25 and are available at the cashiers counter from 9:30 a.m. to 2:30 p.m. Tuesdays, Wednesdays and Thursdays at 1025 Sheridan Drive. Call 913-651-6768 for more information.

■ **VOLUNTEER OF THE YEAR NOMINATIONS** by post-approved organizations are due by March 14. Volunteer hours for March 2024 through February 2025 should be logged in the Volunteer Information Management System by March 14. Contact the Army Volunteer Corps Coordinator at 913-684-2800 or [april.m.rogers6.civ@army.mil](mailto:april.m.rogers6.civ@army.mil) for more information.

■ Construction on the new Child Development Center continues on Hancock Avenue, with heavy construction machinery traveling daily from Hancock Gate to the construction site. Pedestrians are reminded to **USE ONLY DESIGNATED CROSSWALKS TO CROSS HANCOCK AVENUE**.

■ The **PLAYGROUND** at the Fort Leavenworth Frontier Heritage Communities Community Center is now open. See page A6 for more information.

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



# Red Cross to host training for new local disaster response volunteers Feb. 8

by American Red Cross of Greater Kansas City and Northwest Missouri Press Release

KANSAS CITY, MO — The American Red Cross of Greater Kansas City and Northwest Missouri needs local disaster response volunteers and will be hosting a training for anyone interested to attend.

The Disaster Action Team (DAT) serves as the first, on-the-scene, Red Cross contact at the site of a disaster. While not consid-

ered first responders in the technical sense, DAT members are typically the first people at a disaster scene who provide comfort and direct assistance to help those who have been affected as they begin the recovery process.

The Disaster Action Team training is 9 a.m. to 5 p.m. Feb. 8 at the Kansas City Red Cross Office at 6601 Winchester Ave., Suite 110, Kansas City, Missouri, 64133. This training is for anyone who would like to

help locally respond to disasters like home fires, floods or tornadoes. Red Cross volunteers are there to help people who have been affected by a disaster 24 hours a day, 365 days a year.

**If interested in registering for the course, e-mail Emma Boyd at [emma.boyd@redcross.org](mailto:emma.boyd@redcross.org).**

About the American Red Cross  
The American Red Cross shelters, feeds and provides comfort to victims of disas-

ters, supplies about 40 percent of the nation's blood, teaches skills that save lives, distributes international humanitarian aid, and supports veterans, military members and their families. The Red Cross is a non-profit organization that depends on volunteers and the generosity of the American public to deliver its mission.

For more information, visit [redcross.org](http://redcross.org) or [CruzRojAAmericana.org](http://CruzRojAAmericana.org), or follow on social media.

# My Army Post App launched for Fort Leavenworth

by Sean Bergosh/Fort Leavenworth Public Affairs Office

As part of the Army's focus on providing a supportive and enriching environment through its quality-of-life initiatives, the new My Army Post Application (MAPA) was developed by the Army Futures Command Army Software Factory. The app aims to compile available services, programs and unit in-processing information within a single system to better inform installation stakeholders.

Fort Leavenworth is available on the platform for community members to access real-time information for a wide variety of activities and programs. The app differs from Digital Garrison, an existing smartphone application for Army installations, by enabling user customization and the modernization of features, such as user-created contributions feeding live updates to other users.

"The My Army Post App is the latest Army enterprise-level solution to connect Army communities with relevant, accurate and tailorable information," said Fort Leavenworth Garrison Public Af-

fairs Officer Scott Gibson. "We want this new app to improve the lives of Fort Leavenworth soldiers, families, civilian employees and area retirees, and we have confidence that it will."

Users can customize the app's resources based on personal preferences to stay informed on closures, how busy a resource is, or other important updates.

For example, if someone frequently eats lunch at the Fort Leavenworth Dining Facility, that patron can bookmark the individual resource to receive live push notifications for important messages and view other user comments to see if there is a long wait time.

User customization was identified as a critical feature during the initial pilot phase. The app was piloted at Fort Cavazos, Texas; Fort Meade, Maryland; Camp Humphreys, South Korea; Fort McCoy, Wisconsin; Fort Moore, Georgia; and U.S. Army Garrison Bavaria, Germany, to test the viability of the software and to collect actionable user feedback from a diverse pool of the Army community. Feedback from the pilot communities heavily influenced

the features ultimately incorporated into the final product.

**Current MAPA features include:**

- Real time gate status
- Map directions
- Postwide push notifications (delays, closures)
- Newcomers information and in-processing checklists
- Installation job openings
- Allows individuals to switch installations when on temporary duty (TDY) or undergoing a permanent change of station (PCS)
- Bookmarks for frequently used resources, including the *Fort Leavenworth Lamp*
- Installation directory
- Emergency phone numbers
- Housing resources
- Installation event calendar, and more

MAPA is expected to be a vital asset in Fort Leavenworth's communication strategy for installation stakeholders with its app push notification capability.

"This is another tool in our communication toolbox that literally puts information about Fort Leavenworth in the palm of the users' hands," Gibson said. "The

goal of this new app is that Army senior commanders will rely on MAPA to connect Army communities with installation services and command messaging."

The app works in concert with Fort Leavenworth's Garrison and the Directorate of Family and Morale, Welfare, Recreation websites, drawing on phone directories and other contact information to simplify the app transition process. The Fort Leavenworth Garrison Public Affairs Office and FMWR will also maintain a community calendar for users to track upcoming events.

"I think MAPA will be a great resource for community members looking to stay informed of upcoming community and FMWR events," said Fort Leavenworth FMWR's Marketing and Commercial Sponsorship Director Mary Manago. "We believe the app can help us reach younger, more smartphone-oriented people to better promote the terrific events FMWR offers throughout the year."

MAPA was also designed to improve efficiency and reduce confusion for incoming service members and families during the

PCS process. Service members can streamline their in-processing experience with unit-specific checklists available in the "Newcomers" tab of the app. Fort Leavenworth will have checklists for service members assigned to the Combined Arms Center, Army Corrections Brigade, Mission Command Training Program, Medical Department Activity and Dental Command.

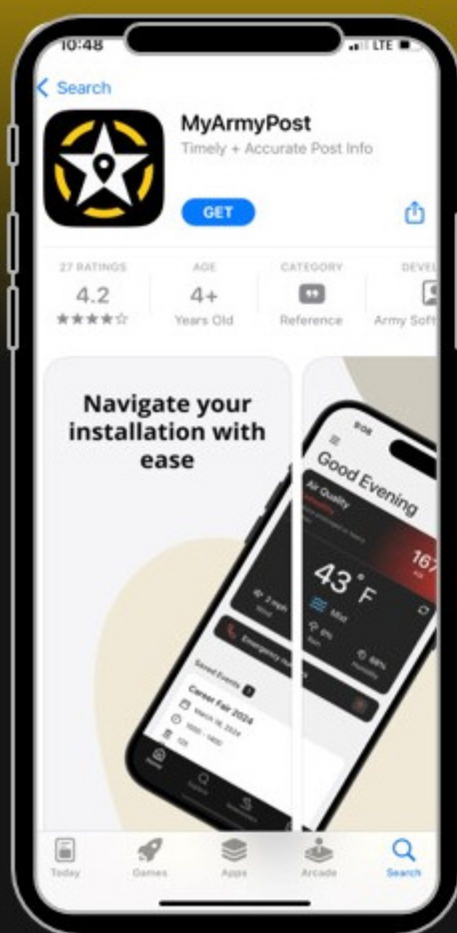
Newcomers who want to learn more about housing options on Fort Leavenworth can explore the different housing villages in the "Resource" tab on the app. Each village entry has the contact information of its respective village mayor, map pins to see the surrounding community, and links to the Fort Leavenworth Frontier Heritage Communities website to view housing floor plans and pictures.

**Download the My Army Post Application** for free on the Apple App Store at <https://apps.apple.com/us/app/myarmy-post/id6467240977> and the Google Play Store at [https://play.google.com/store/apps/details?id=mil.aswf.garrison&hl=en\\_US](https://play.google.com/store/apps/details?id=mil.aswf.garrison&hl=en_US).

## My Army Post App

### Step 1:

Download the app



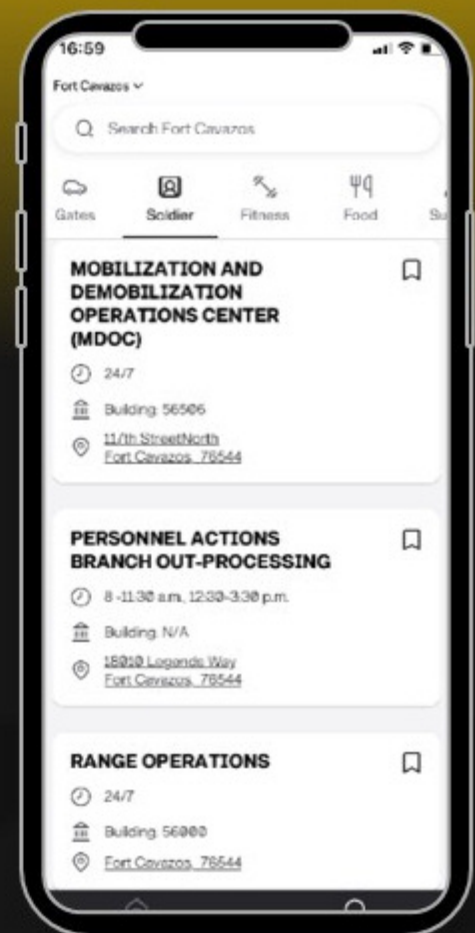
### Step 2:

Select your base



### Step 3:

Stay in the know!



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## FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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# 'Protecting Our Pollinators: On The Home Front'

## Girl Scout earns Gold Award with project to attract pollinators

by Melanie Libby/Fort Leavenworth Lamp Intern

Leavenworth High School senior and Girl Scout Ambassador Katie Moen completed the creation of two pollinator gardens on Fort Leavenworth last fall to fulfill the requirements for her Girl Scout Gold Award.

The Gold Award is the highest award a Girl Scout can earn, similar to the Eagle Scout Award in Boy Scouts. Gold Award projects must meet multiple requirements in order for a Girl Scout to be eligible for the award.

"You have to have certain measures like sustainability and measurability. You have to be able to have a national or global link for your project, and it's supposed to make a difference and inspire others to make a difference as well," said Moen, who has been a Girl Scout since the first grade. "(The award is) very prestigious."

Moen began her project in the fall of 2023 by planning the project on the Girl Scout website and receiving approval to move forward with the project from a council.

"After that got approval, I had to find people who were willing to be my advisors, so I talked to (Natural Resources Specialist) Mr. Neil Bass on Fort Leavenworth. He works with the Department of Public Works, and he does a lot of work with scouts, both Boy Scouts and Girl Scouts," Moen said, noting that she has two other project advisors, Susan Smith and Nicole Elder.

With the help of Bass, Moen received approval to plant at two separate lots near the Fort Leavenworth Frontier Heritage Communities Community Center. To begin the process of planting at the gardens, Moen and Bass acquired plants native to Kansas from Griffins Greenhouse Garden on post, and planted about 300 plants at each of the two sites in the 2,100 square feet of available garden space.

"I chose to do my Gold Award on pollinators because they're essential to our everyday lives, but many don't understand just how important they really are," Moen posted on her project website. "I took on a different pollinator-related project for my Silver Award, and that experience really opened my eyes to just how much pollinators do for us. I knew I definitely wanted to build upon that for my Gold Award."

The pollinator plants placed in the garden by the FLFHC Community Center included milkweed, bee balm, clover and sunflowers. Unfortunately, not all of the initial plants survived through the spring of 2024, which prompted Moen to change her course of action to get the gardens completed.

"By the time we came back in the spring, a lot of (the plants) were dead, so I decided we were going to seed. So, we did the rows of the plantings where we (planted) seeds, where we made sure that they had contact with wet soil, and then we covered them up and made sure that they were going to be

able to germinate," Moen said. "Then by the time summer hit, everything was really growing — it was crazy. It was very nice to see everything come to completion."

On top of exclusively planting native Kansas pollinator plants, Moen set up other features within the garden to increase the likelihood that pollinators would be attracted to the locations.

"We also put up some bee houses that I made," Moen said. "We took four by fours, and we drilled the holes in them, and then we put a slanted roof on top, so that's where the wood bees, the mason bees and carpenter bees will live. The hope is that they're also a big part of pollinators, not just bumble bees."

Moen said that bee houses, bird houses and bat houses built for this project are planned to be installed at other locations on Fort Leavenworth.

In addition to building the garden, Moen gave presentations on her project to multiple Girl Scout troops in hopes of broadening the impact this garden has on the community.

"I also spoke to several Girl Scout troops on Fort Leavenworth. I gave them a little lecture about pollinators and why they're important. It opened up with 'Do you like chocolate?'" Moen then described to the Scouts how important pollinators are to chocolate, and all foods found in grocery stores. "When I (gave the presentations), I also brought bee houses with me ... (and) they drew a bunch of stuff on them. There (are) some pretty crazy things that they drew on them — funny decorations, butterflies and bees and wolves. It just felt very full circle and very exciting to have little girls be so excited about what I was so excited about."

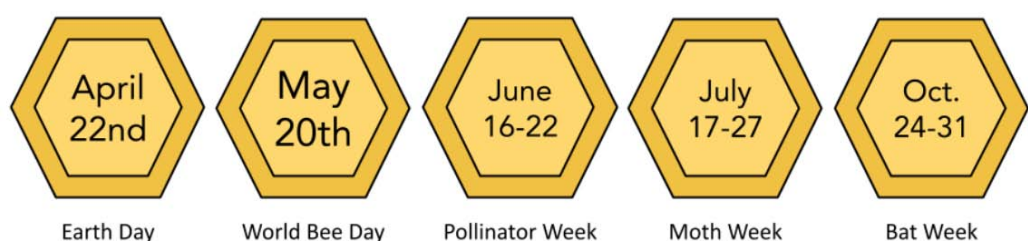
Over the past year, Moen has dedicated more than 100 hours to this project and raising awareness to pollinator protection. She said that she wants to inspire people to learn more and make a difference. In hopes of educating more people across Fort Leavenworth, she installed QR codes that link to her website throughout the gardens, so that anyone who passes through can scan the code and learn more about the project, pollinators and what more can be done to protect them.

"The goal is to raise awareness. The goal is actually thinking about where food comes from, and how important pollinators actually are — so that's kind of what we were trying to do, just raise awareness about pollinators, and kind of get people involved and educate them," she said. "I just hope that more people walk by and they visit the website. They kind of warm up a little bit to pollinators along the way and how important they are."

The website includes information on how to make bee and bat houses, what plants are native in the area, and pollinator-friendly plants people can add to their own gardens. Visit <https://sites.google.com/view/protectingourpollinators?usp=sharing>.

### Pollinator Dates

Graphic from Girl Scout Katie Moen's Gold Award project at <https://sites.google.com/view/protectingourpollinators?usp=sharing>



**ABOVE:** Girl Scout Katie Moen helps younger Girl Scouts with a pollinator-inspired arts and crafts project May 1, 2024, at the Girl Scouts Hastings House on post.

**LEFT:** Katie Moen begins the planting process in the pollinator gardens Oct. 13, 2023, by the Fort Leavenworth Frontier Heritage Communities Community Center. One of the two gardens Moen planted for her Gold Award project is still growing by the FLFHC Community Center off Hancock Avenue. The second garden will be displaced by construction for the new Child Development Center.

For more information on the project, visit <https://sites.google.com/view/protectingourpollinators?usp=sharing>.

Photos by Amanda Moen/Volunteer helping with Katie Moen's Gold Award project. Additional project volunteers, credited on the project website, included Bill Moen, Krista Moen and Mady Kline.



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

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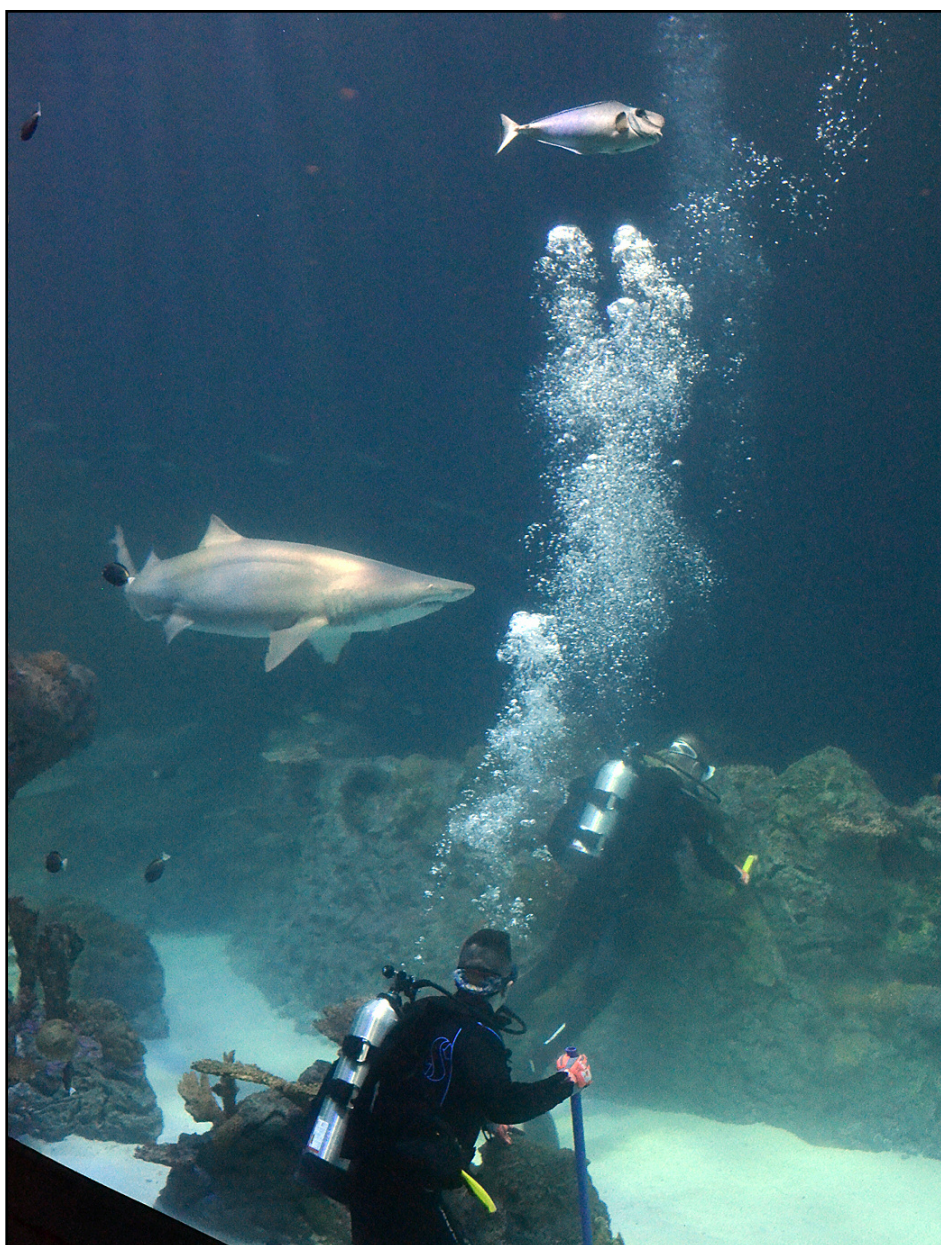


# German officer dives with sharks at KC Zoo



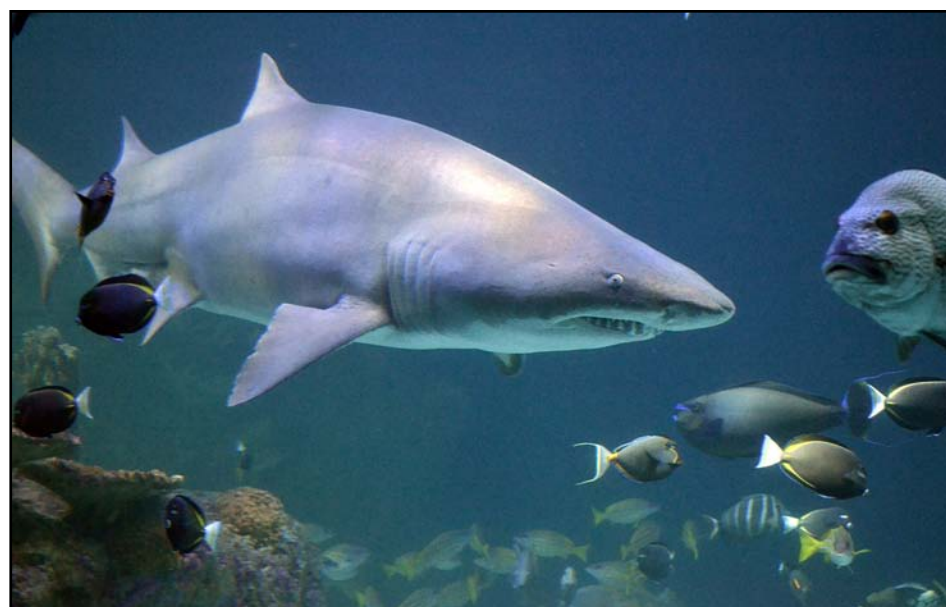
Photo by Brian Allen/Special to the Fort Leavenworth Lamp

A sand tiger shark swims close to German Lt. Col. Marc Walther, Command and General Staff College exchange instructor in the Department of Army Tactics, during his hour-long volunteer dive to help clean the shark tank of the Sobela Ocean Aquarium Jan. 26 at the Kansas City Zoo in Kansas City, Missouri. Walther said the sharks in the tank start to play "chicken" with him, swimming closer and closer, the longer he is in the tank. He also noted that the sharks are always given the right of way. Walther is part of a volunteer contingent of divers who help maintain the aquarium habitats.



Photos by Brian Allen/Special to the Fort Leavenworth Lamp

ABOVE and BELOW: Volunteer diver Boyce Richardson (with stick) keeps an eye on the sharks to alert divers when they need to move while volunteer divers Tyler Laughlin and German Lt. Col. Marc Walther, Command and General Staff College exchange instructor, clean rock features in the main tank Jan. 26 at the Kansas City Zoo aquarium. According to the zoo's website, dive volunteers are supervised by the zoo's dive safety officer and animal care staff to help with habitat upkeep. For more information about the zoo's competitive volunteer diver program, visit <https://kansascityzoo.org/volunteer/dive-volunteers/>.

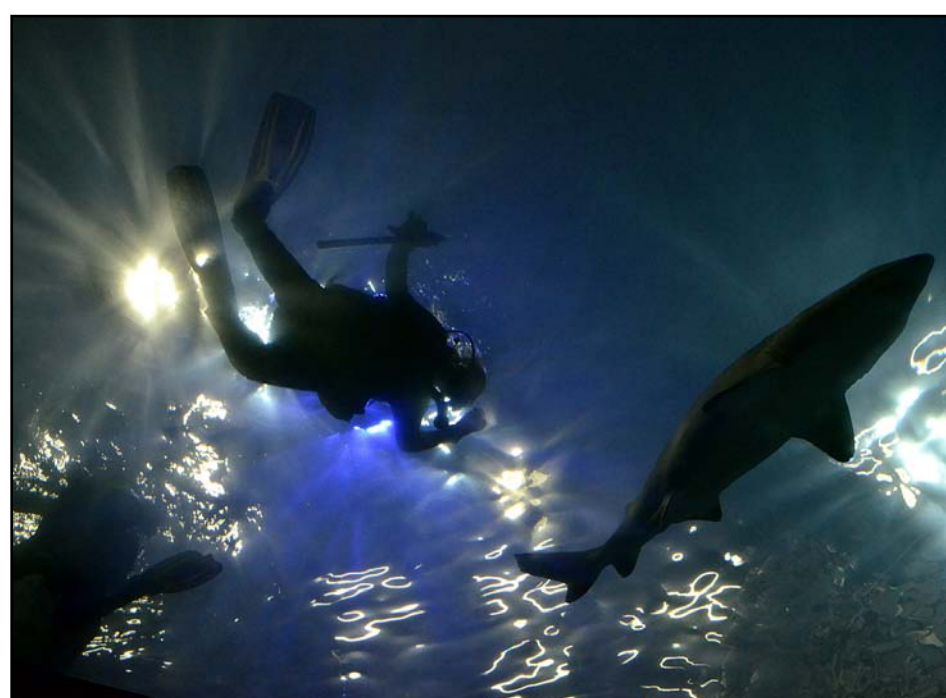
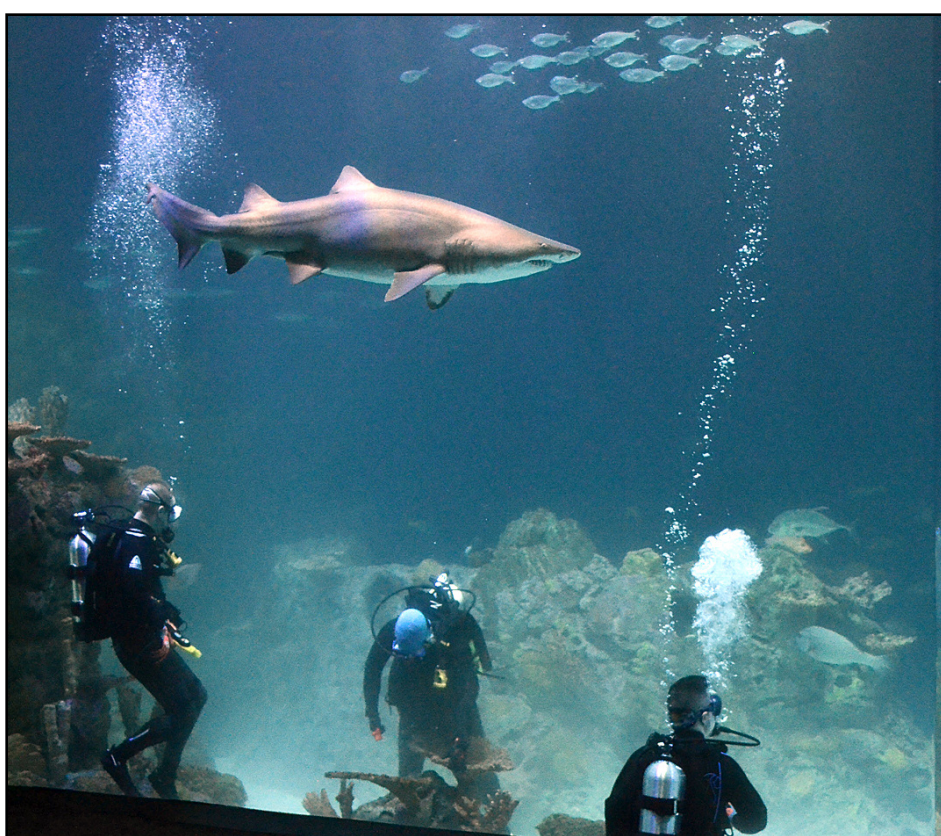


LEFT: Volunteer divers, including German Lt. Col. Marc Walther, Command and General Staff College exchange instructor, help maintain the shark habitat, ABOVE, by cleaning rock features Jan. 26 at the Kansas City Zoo aquarium.

According to the zoo's website, dive volunteers are supervised by the zoo's dive safety officer and animal care staff to help with habitat upkeep. For more information about the zoo's competitive volunteer diver program, visit <https://kansascityzoo.org/volunteer/dive-volunteers/>.

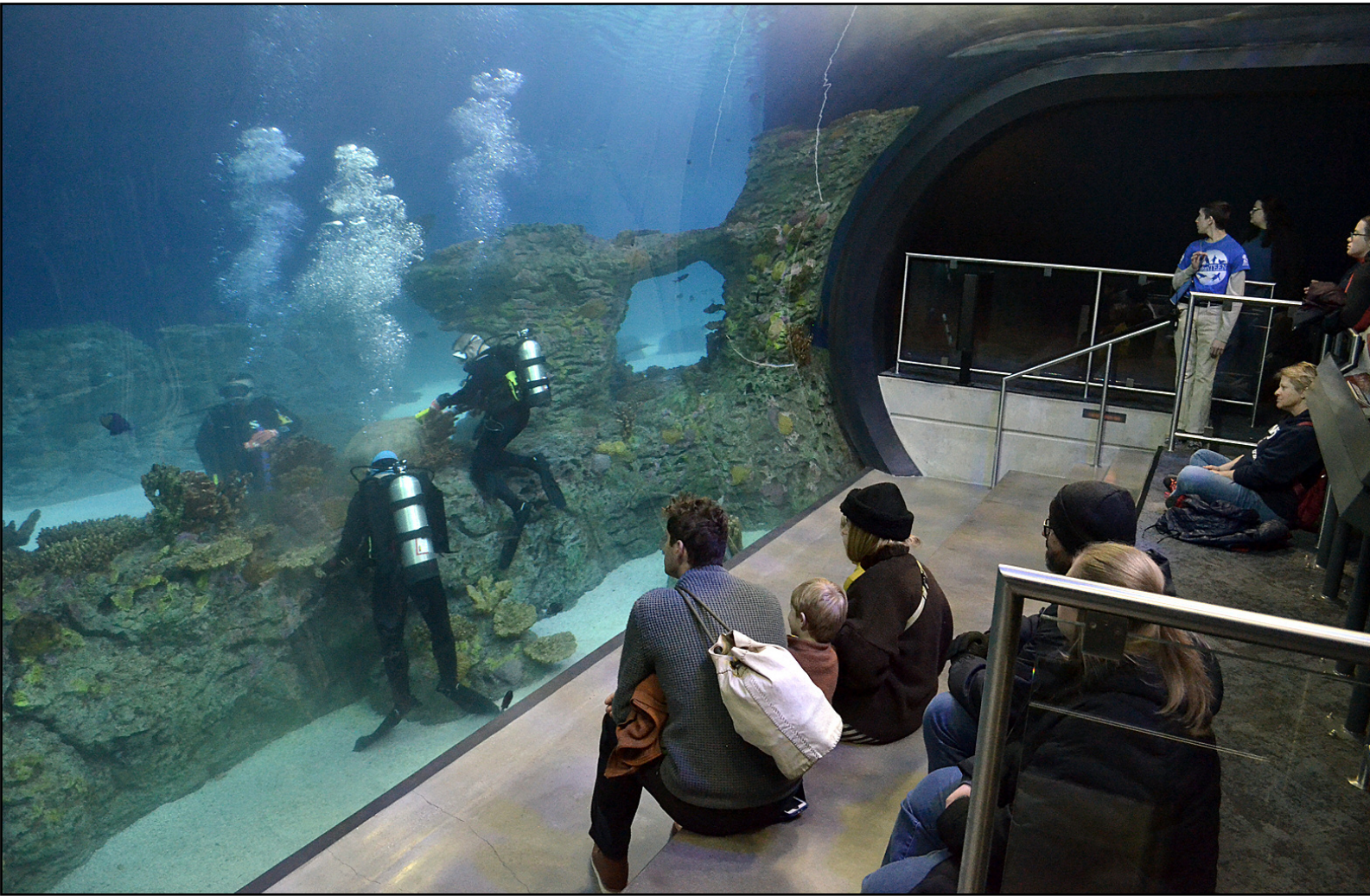
BELOW: Volunteer diver Boyce Richardson, completing his shark watch duty, ascends to the dive platform Jan. 26 at the Kansas City Zoo.

Photos by Brian Allen/Special to the Fort Leavenworth Lamp



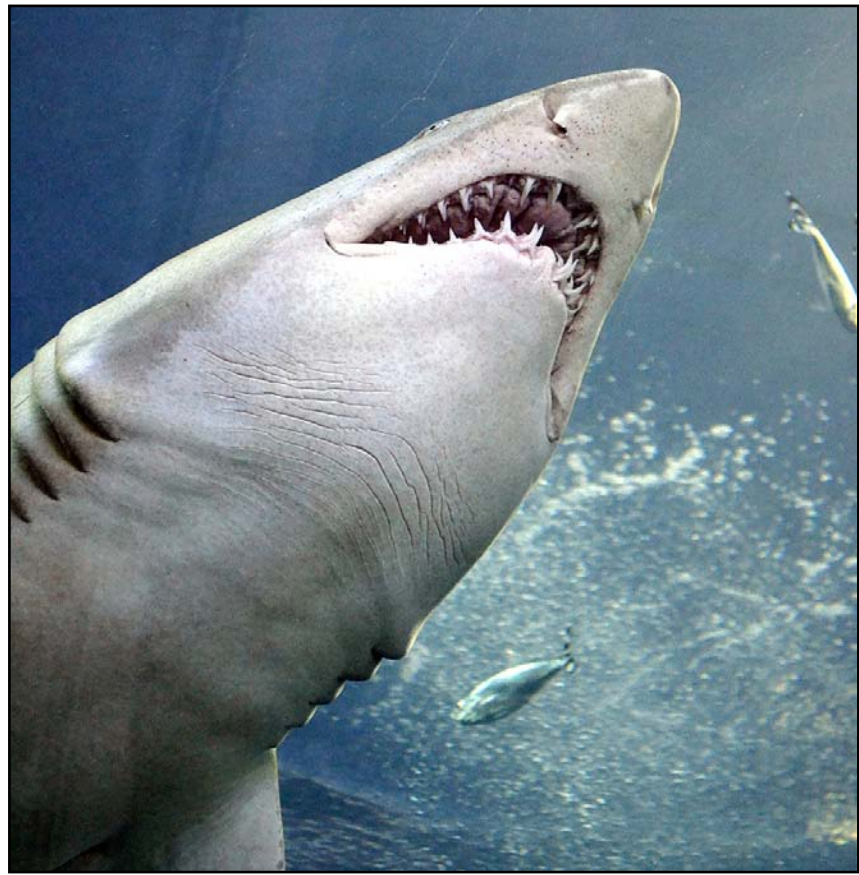


# Shark dive (continued from Page A4)



German Lt. Col. Marc Walther, Command and General Staff College exchange instructor, and fellow volunteer diver Tyler Laughlin clean rock features while volunteer Boyce Richardson keeps an eye on the sharks in the shark tank of the Sobela Ocean Aquarium while aquarium visitors watch Jan. 26 at the Kansas City Zoo in Kansas City, Missouri. Walther is part of a volunteer contingent of divers who help maintain aquarium habitats.

Photo by Brian Allen/Special to the Fort Leavenworth Lamp



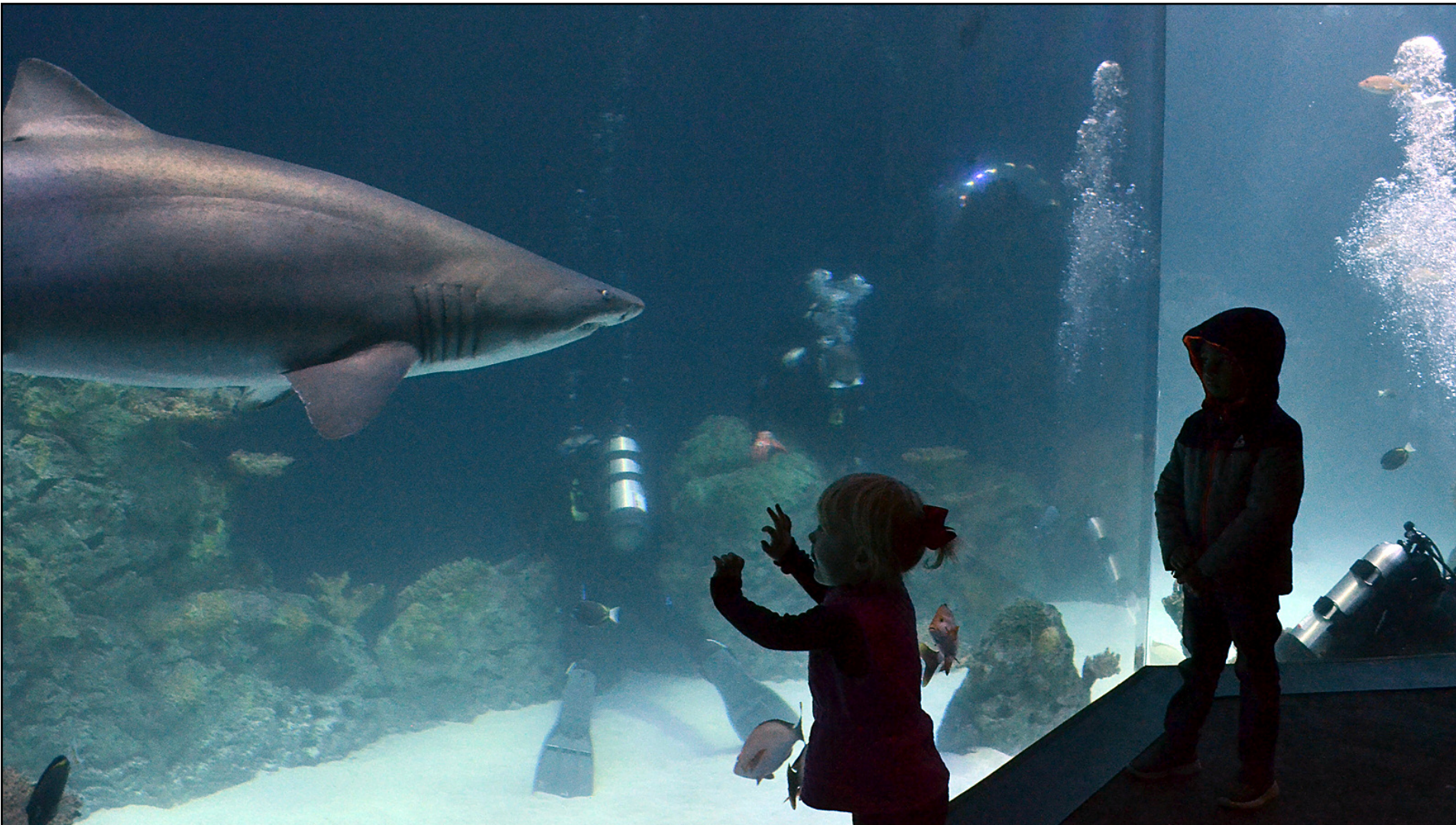
Photos by Brian Allen/Special to the Fort Leavenworth Lamp

Volunteer divers, including German Lt. Col. Marc Walther, Command and General Staff College exchange instructor, help maintain the shark habitat, ABOVE, at the Kansas City Zoo aquarium.

According to the zoo's website, dive volunteers are supervised by the zoo's dive safety officer and animal care staff to help with habitat upkeep. For more information about the zoo's competitive volunteer diver program, visit <https://kansascityzoo.org/volunteer/dive-volunteers/>.

LEFT: German Lt. Col. Marc Walther, Command and General Staff College exchange instructor, cleans rock features in the main tank at the Kansas City Zoo aquarium while careful not to disturb a moray eel Jan. 26 in Kansas City, Missouri.

BELOW: From the observation area, children watch German Lt. Col. Marc Walther, Command and General Staff College exchange instructor, and other volunteer divers help clean the shark tank Jan. 26 at the Kansas City Zoo in Kansas City, Missouri. Although divers add an extra element of interest to the aquarium view, Kansas City Zoo Dive Safety Supervisor Shannon Hunt said that divers make every effort to blend in and not draw attention away from the animals, nor do they interact with the animals.





# FLFHC opens destination playground



Photos by Prudence Siebert/Fort Leavenworth Lamp

**ABOVE and BELOW LEFT:** Children play a game of Tag using the slides and climbing structures of the destination playground Feb. 3 at the Fort Leavenworth Frontier Heritage Communities Community Center. The newly constructed playground, at 220 Hancock Ave., features interactive play areas and more in addition to the slides and climbing structures.



**VALENTINES BINGO BASH**

3-4PM  
FEBRUARY 7TH  
IN THE FHC COMMUNITY ROOM

**VALENTINES BINGO BASH**

Kids ages 4-12 are invited to a fun-filled afternoon of bingo, snacks, prizes, and sweet surprises! Come celebrate Valentine's Day with games, laughter, and plenty of fun!

**FREE EVENT**

THE MICHAELS ORGANIZATION EDUCATIONAL FOUNDATION

Michaels EDUCATIONAL FOUNDATION

**Resident Scholarship Program**

**APPLICATIONS NOW OPEN!**

FEBRUARY 3 - APRIL 15, 2025

APPLY ONLINE @ [tmoef.communityforce.com](https://tmoef.communityforce.com)

SCAN HERE TO APPLY

**ELIGIBILITY REQUIREMENTS**

- Matriculating college students & those with a high school diploma who plan to attend any accredited college, university, trade school, or technical program
- Current residents, in good standing at a Michaels community
- Official grade transcript must be submitted
- Complete all required parts of the application (including Conditional essay, if applicable)

Need Assistance? Contact Us!  
[Scholarships@tmo.com](mailto:Scholarships@tmo.com)

**SCHOLARSHIP**

CGSC Foundation Scholarship Program

Applications due March 15.  
Apply now!

**FORT LEAVENWORTH SPOUSES' CLUB SCHOLARSHIP FUND**

**2025 APPLICATION**

The Fort Leavenworth Spouses' Club (FLSC) Scholarship Committee facilitates and awards merit-based scholarships for eligible family members of all active, retired, or veterans of all service branches of the Fort Leavenworth/Leavenworth community.

Visit <https://fortleavenworthspousesclub.org/community-giving> for scholarship application form and information.



# Pet of the Week



Photo by Prudence Siebert/Fort Leavenworth Lamp

Banana Nut Muffin is a 12-week-old male tabby kitten available for adoption at the Fort Leavenworth Stray Facility. The adoption fee to adopt a cat/kitten is \$75 and helps cover some of the care received, including spay/neuter, microchipping and vaccinations to date. Visit [www.FLSF.petfinder.com](http://www.FLSF.petfinder.com) for adoptable pet profiles, e-mail [fortleavenworthstrayfacility@gmail.com](mailto:fortleavenworthstrayfacility@gmail.com) for an adoption application, and call 913-684-4939 for more information. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility. The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to

4 p.m. Monday, Wednesday and Friday, and by appointment for pre-approved adopters. Call 913-684-4939 to schedule an appointment. Hours may vary, so call to be sure someone is at the facility when you would like to visit.

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/>.



## Volunteer! Help Shelter Pets!

*They need your help for walks and general care!*

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

Several shifts to choose from

Want to know how to join our team?

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

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

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

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

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

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

Work with either our cats  
or dogs or both!



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



Fort Leavenworth Stray Facility

## Second Saturday is Back!



Every second Saturday of  
the month

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

You can find all of our adoptable pets at:  
[www.petfinder.com](http://www.petfinder.com) Fort Leavenworth

[fortleavenworthstrayfacility@gmail.com](mailto:fortleavenworthstrayfacility@gmail.com)

913-684-4939

510 Organ Ave  
Fort Leavenworth, KS  
66027



THURSDAY  
FEBRUARY 6, 2025



# LAMP

## Post Notes

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

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

B1



**FAMILY & MWR WANTS TO HEAR FROM**



# YOU!

Let us know how we're doing.  
Our goal is to make what's good for you...better.

**TAKE THE SURVEY TODAY!**



Or visit [ArmyMWR.com/survey](https://ArmyMWR.com/survey)



**VACATION SWEEPSTAKES!**

You could win a trip to an Armed Forces  
Recreation Center for taking the survey!



UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND  
A major subordinate command of Army Materiel Command

[ArmyMWR.com/survey](https://ArmyMWR.com/survey)

**FORT LEAVENWORTH THRIFT SHOP**

## COMMUNITY ASSISTANCE GRANTS

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

Hours of Operation  
**Tuesday, Wednesday, Thursday, 1st Saturday**  
from **9:30 AM - 2:30 PM**

GRANTS ARE AVAILABLE FOR ELIGIBLE ORGANIZATIONS, NOT INDIVIDUALS

APPLICATIONS MUST BE COMPLETED AND RETURNED TO THE THRIFT SHOP BY TUESDAY, FEBRUARY 25TH

**STRONGHOLD**

**Featured Program:**  
**Mastering Your PCS**  
and navigating the new GHC

Register online & join us in person.

**FEBRUARY 11, 2025**  
**1:30 PM**  
655 BIDDLE BLVD  
FORT LEAVENWORTH, KS

[strongholdfoodpantry.org](https://strongholdfoodpantry.org)

**CASO Cultural & Area Studies Office**

## IRAN AND THE AXIS OF RESISTANCE: DECLINING POWER OR EVOLVING THREAT?

**OPENING REMARKS:**  
**DR. DAVID G. COTTER**  
Dean of Academics, U.S. Army CGSC and Chief Academic Officer, Army University.

**PANEL MEMBERS:**  
**MR. MARK J. BOSSE**  
Chair of Diplomacy Studies, CGSC; Career U.S. Foreign Service Officer.  
**DR. TIRDAD DAEI**  
Senior Instructional System Specialist, CGSC.  
**MR. GARY HOBIN**  
Assistant Professor, DJIMO, CGSC.

**MODERATOR:**  
**DR. MAHIR J. IBRAHIMOV (DR. I.)**  
Director, Cultural and Area Studies Office, CGSC.

**DATE:** Thur, 06 FEB, 2025  
**TIME:** 1300 - 1500 (CST)  
**LOCATION:** Arnold Conf. Room, Lewis and Clark Center, Fort Leavenworth, KS  
All welcome for the audience.  
For outstations, the event will be available live on CGSC's Facebook page at: <https://www.facebook.com/USACGSC>

*Dream Date Your Spouse*  
A Strategic Planning Journal for Couples  
*Dinner & Mini-Workshop*

**February 7, 2025, 5:30-7:30pm**  
**Pioneer Chapel**

Sign up to attend here: Watch Care Sign up here:

**BY ROMANUS CATHOLIC COMMUNITY FORT LEAVENWORTH**

### ACS Presents: Volunteer Basics



Feb 7 2025, 12 pm

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).

Classes are held in the ACS Classroom - 600 Thomas Ave.

Info: (913) 684-2835

**BOSS PRESENTS MOVIE NIGHT**

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

**February 7** **February 21**

**TRANSFORMERS ONE** PG **IT ENDS WITH US** PG-13

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

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

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



*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'



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!*



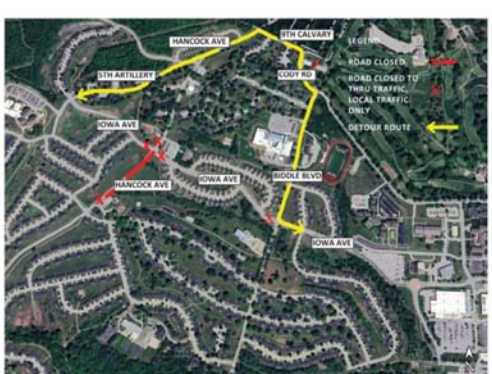
05 SEP, 03 OCT, 07 NOV, 05 DEC, 09 JAN, 06 FEB, 06 MAR, 03 APR, 01 MAY

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

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.

## 2025 Islamic Holy Times of Prayer: Frontier Chapel



Dates: Ramadan: 01 – 29 MAR 25

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

Frontier Chapel: 625 Thomas Avenue

Time: 0900-1700 (MON-FRI and SUN)

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

**Lewis & Clark Building will hold Midday Prayers in the Faculty Lounge (MON-FRI)**

**MyArmyPost**



Try the Army's Newest Mobile Application!

DOWNLOAD IT TODAY



**EXISTING FEATURES**

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




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

**Ike Skelton Combined Arms Research Library**

CGSS students, need help with your H400 paper?

Check out the H400 resources on the CARL website or ask a librarian for help

H400  Ask A Librarian 



## Ash Wednesday Services

**Protestant:** 05 MAR 25  
Faculty Lounge, Lewis and Clark Building  
Time: 0730-0800

**Roman Catholic:** 05 MAR 25  
Pioneer Chapel, 500 Pope Avenue  
Time: 1200

**Anglican:** 05 MAR 25  
Memorial Chapel, 626 Scott Avenue  
Time: 1730

For more information, please call the Religious Support Office at 913-684-2210 or email christopher.w.weinrich.mil@army.mil



**HUNGRY?**

Fort Leavenworth MWR has AMAZING food options!

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



LEAVENWORTH.ARMYMWR.COM

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

frontierccu.org (913) 651-6575



Federally insured by NCUA



THE UNIVERSITY OF KANSAS

# Local Classes. Global Respect.

leavenworth.ku.edu








15

Saturday, February 15, 2025 at 10:30 AM - 12:00 PM CST

**History Brunch: A Contribution to Victory: Western University's Vocational Training Program for WWI**

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



26

Wednesday, February 26, 2025 at 5:30 PM CST

**Speaker Series: A Kansas Soldier at War**

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

**CALL FOR PRESENTERS**

The Frontier Army Museum is seeking presenters to speak on historical topics.



Interested in sharing your passion and knowledge of history with others?

Contact Megan Hunter for details and scheduling:  
(913)684-3190 / [megan.m.hunter4.civ@army.mil](mailto:megan.m.hunter4.civ@army.mil)

**CALL FOR VOLUNTEERS**

The Frontier Army Museum is looking for a consistent, longterm volunteer to work in the collections.



Role: Assisting with inventory, minor artifact cleaning, mount making, and other collections related tasks.

Age Requirement: Must be 16 and older.

Interested? Please contact Megan Hunter  
[megan.m.hunter4.civ@army.mil](mailto:megan.m.hunter4.civ@army.mil)

**KNOW YOUR WORLD PRESENTATIONS 2025**

**POLAND 18 SEPTEMBER 2024**

**FIJI 30 OCTOBER 2024**

**PAKISTAN 29 JANUARY 2025**

**ECUADOR 19 FEBRUARY 2025**

**ANGOLA 26 MARCH 2025**

*Presentations Start at 1545 in Eisenhower Auditorium and Streamed Live on the CGSC Facebook Page Open to the Public [ALL ARE WELCOME] to Attend or View Online All IMS WILL Attend//Presenting IMS' Section Expected to Attend*

**February 2025**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 <b>OPEN PANTRY &amp; HAPPY BOTTOMS 1100-1300</b>	6	7	8
9	10	11 <b>STRONGHOLD U MASTERING YOUR PCS @ 1:30P</b>	12 <b>OPEN PANTRY &amp; HAPPY BOTTOMS 1100-1300</b>	13	14	15
16	17	18	19 <b>OPEN PANTRY &amp; HAPPY BOTTOMS 1100-1300</b>	20	21	22
23	24	25	26 <b>OPEN PANTRY &amp; HAPPY BOTTOMS 1100-1300</b>	27	28	

**Stronghold: Happy Bottoms Program**

Powered by: Rapid Response Charities



**Free Monthly Diaper Distribution**

Email: [contact@strongholdfoodpantry.org](mailto:contact@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?

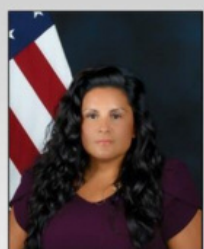
Bring your pack back for a REFILL or register online to pick up your pack.







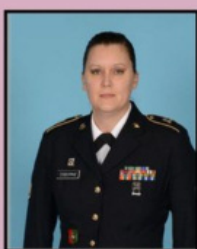
# UNITED STATES ARMY COMBINED ARMS CENTER AND FORT LEAVENWORTH SEXUAL HARASSMENT AND SEXUAL ASSAULT RESPONSE WORKFORCE



For Assistance  
contact  
LTC Craig Arnold

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

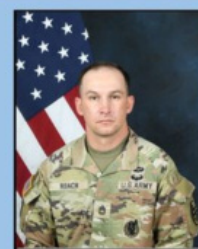
Hiring Underway  
Supervisory SARC



**SFC Jerri Osborne**  
Team 1 SARC  
jerri.l.osborne.mil@army.mil  
Office: 913-684-1698  
Cell: 913-565-0741  
Bldg 77, Room J209,  
290 Grant Ave



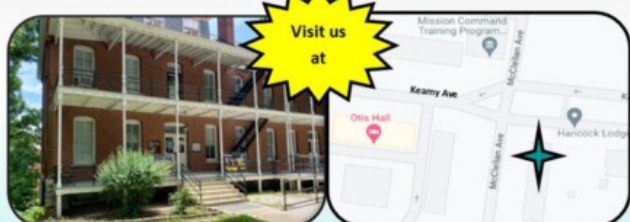
**LTC Craig Arnold**  
Interim Supervisory SARC  
Team 2 SARC  
craig.d.arnold.mil@army.mil  
Office: 913-684-2818  
Teams: 520-692-8849  
Cell: 913-704-9604  
Bldg 197, 632 McClellan Ave



**SFC Jacob Roach**  
Team 3 SARC  
jacob.w.roach.mil@army.mil  
Office: 913-684-0956  
Cell: 913-547-5075  
835 Sabalu Rd



**Mr. Josh Belle**  
Team 4 SARC  
joshua.p.belle.civ@army.mil  
Office: 913-684-5230  
Cell: 913-680-5699  
Bldg 58, 614 Custer Rd



**Ft Leavenworth SHARP Resource Center**  
Building 197, 632 McClellan Ave  
Fort Leavenworth, KS 66027

Contact the team at [usarmy.leavenworth.cac.mbx.cac-sharp@army.mil](mailto:usarmy.leavenworth.cac.mbx.cac-sharp@army.mil)

For Assistance  
contact the  
SHARP Hotline

Hiring Underway  
Victim Advocate



**Ms. Nicole Hernandez**  
Victim Advocate  
Maureennicole.n.hernandez.civ@army.mil  
Office: 913-684-5230  
Cell: 913-544-9243  
Bldg 58, 614 Custer Rd

For Assistance  
contact the  
SHARP Hotline

Hiring Underway  
Victim Advocate

For Assistance  
contact the  
SHARP Hotline

Hiring Underway  
Victim Advocate

### We Have Realigned Under a New Installation Model!

- Team 1** AAFES, ACS, AFC, ARI, CDID, Cemetery, CID, CPAC, DeCA, DES, DLA,DMPA, FMWR, LRC, MCCoE, MICC, Museum, NEC, PAO, RCI Housing, TDS/SJA, TRAC, USAFMSA, USAG HQ, USASMDC, USD 207, and US STAG CMD.
- Team 2** CAC HQ, CAC-T HQ, MCTP, NSC, STB, TMD, 505th CCW and 500th/67th MP
- Team 3** ACB, MWJRCF, USDB
- Team 4** Army U, CGSC, Dental, DLI, MAHC staff, Patients, SAMS, SOF, TRADOC, Veterinarian, and Other Service Staff tenant personnel

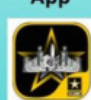
**Fort Leavenworth 24/7 SHARP Hotline**  
913-683-1443  
**DoD Safe Help Line**  
877-955-5247

**Sexual Harassment Complaint Reporting Option**  
Formal | Informal | Anonymous  
**Sexual Assault Reporting Option**  
Restricted | Unrestricted  
**Retaliation Reporting Options**  
Command | IG | SARC | DoD Safe Helpline

Find us on Facebook



WeCare App



GET IT ON Google Play



#NotInOurArmy  
Current as of 17 November 2024

- Family Advocacy Program -  
**Victim Advocacy Program**

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

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

Safety Planning

Victim Advocacy Services

Education & Support Group

**DOMESTIC VIOLENCE EDUCATION AND SUPPORT GROUP**

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

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

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

FOR QUESTIONS  
CALL 913-683-2537

**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

**ACS FAP Presents:**  
**5 Love Languages for Couples**

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

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

Deadline to register is day before each class.  
FREE and open to DoD ID card holders 18+.  
For more info: (913) 684-2822/2808

Scan the QR Code for more info about FAP.

**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

**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+

**OPERATION: Deploy Your Dress**  
FORT LEAVENWORTH

**PORCH PICK-UPS!**

Donate your formal gowns and semi-formal cocktail dresses, jewelry, formal shoes, & other special occasion accessories

This Thursday, February 6th  
12:00 - 15:00

**STRESS MANAGEMENT**

Thursdays: Sept 12, Nov 14, Jan 16, Mar 27  
1130 - 1300  
ACS Conference Room 145

Registration Required (must register by the day before the class you want to attend.)  
Classes are for 18 and over, no childcare will be provided.

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

To register or for more information, call (913) 684-2808/2822

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



## A PARENTS ROADMAP TO HEALTHY AND UNHEALTHY RELATIONSHIPS

Teen parenting can be tough. Join the Family Advocacy Program for a workshop about how to identify healthy & unhealthy relationships for your teen, indicators of teen dating violence, and digital red flags.

**VIRTUAL OPTION**

Wednesday, February 5th  
11:00-12:30PM

Wednesday, February 19th  
11:00-12:30PM

via Teams

**REGISTRATION REQUIRED**  
913-683-2537

**IN-PERSON OPTION**

Wednesday, February 12th  
4:30-6:00PM

Wednesday, February 26th  
4:30-6:00PM

600 Thomas Ave, Bldg 198  
Room 157



## 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.



## 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.

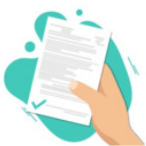
INFO AND REGISTRATION: (913) 684-2808/2822



## 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



**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

Scan QR Code for more info!

**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



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

## 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



## DAD'S NIGHT OUT

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

2025 DATES:

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

Time: 6PM • Restaurants TBD

Childcare, food, and drinks are not provided.

For Dads with children 0-3 years old.

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



## ACS New Parent Support Prenatal Classes 2025



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

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

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

## ACS New Parent Support 2025 Potty Training



Are you ready?

Time to lose the diapers?

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

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



DoD

## Safe Helpline

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247





# BRUNNER RANGE

MWR 2 25 CALENDAR

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

Fun Shoot	Special Fun Shoots	League Schedule
1st Saturday of every month		
4 January	• Rod & Gun 16 April	• Winter Combo 9 January - 13 March
1 February	• VFW Post 12003 26 April	• Spring Combo 20 March - 22 May
1 March	• Lil Weenie 17 May	• Summer Warm-up 5 June - 10 July 17 July - 21 August
5 April	• Club Championship 21 June	• Fall Combo 4 Sept - 6 Nov
3 May	• One Gun/One Choke 19 July	• Winter Warm-up 13 Nov - 18 Dec
7 June	• Shuck n' Chuck 16 August	
5 July	• American Legion Post #11 20 September	
2 August	• Rod & Gun 15 October	
6 September	• Lil Weenie 18 October	
4 October		
1 November		
6 December		

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

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

SCAN HERE




## Saturday Morning Spring Youth Bowling League

Meeting: January 11th @ 10:00am  
12 Week Handicap League  
January 18th - April 12th

Every Saturday at 9:45am  
@ The Strike Zone

Ages 3-5 years old - Little Rollers  
(2 games per Saturday w/ bumpers - \$8 per week)  
Ages 6-9 years old - Dragons  
(3 games per Saturday w/ optional bumpers - \$11 per week)  
Ages 10-18 years old - Explorers  
(3 games per Saturday no bumpers - \$11 per week)




For more info call  
913-651-2195

## CGSC BOWLING LEAGUE

MIXED

Thursday Nights @ 6:15pm  
4 person mixed teams  
\$10 per week - includes 3 games & shoes



Meeting January 9th at 6:30pm  
12 Week League starts  
January 16th - April 10th at 6:15pm  
at The Strike Zone  
For more info call: 913-651-2195

## VOLUNTEER NOW to become a Youth Basketball Head Coach!

**SWOOSH!**

Winter Basketball  
Jan 8 - March 1


Practices are Wednesdays or Thursdays\* with Games on Saturdays

\*Coaches pick their evening one hour practice time

Age Groups : Kinder, 1st and 2nd grade, 3rd and 4th grade

When you volunteer with Youth Sports and Fitness, it's nothing but net!

Required Volunteer Background Check  
Required Volunteer Coaches Training  
Call for more info:  
913-684-7525 or 913-684-7526



## Intramural Volleyball League

Season Starts: April 1  
Games: Tues. and Thurs. 5:30PM - 8:30PM  
Harney Sports Complex

Coaches Meeting: Wed. March 12 at 5:30PM at Gruber Fitness Center.

Team Rosters and/or Letters of Intent due COB Wed. March 26.

This is a co-ed league.

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

League awards given for regular season champions, tournament runner ups, and tournament champions.

Info: 913-684-3224/684-5136



## SIGN UP NOW FOR YOUTH SPORTS & FITNESS SPRING SPORTS!

REGISTRATION/ ENROLLMENT  
FEBRUARY 3 - MARCH 3  
Registration must be done through Parent Central or Webtrac. Must be centrally registered and have an updated sports physical on file.

<b>Start Smart Baseball \$30</b> (ages 3 - 4) (Monday Sessions) April 14 - May 12 (Tuesday Sessions) April 15 - May 13 (Thursday Sessions) April 17 - May 15	<b>Soccer \$50</b> (ages 5 - 14) April 7 - May 22  <b>Baseball \$50</b> Kinder - 6th grade (ages 5 - 12) April 7 - May 22  <b>Girls Kid Pitch Softball \$50</b> 3rd - 6th grade (ages 8 - 12) April 7 - May 21	<b>LET'S PLAY BALL!</b> 
--	--	--

For more info call 913-684-7525/ 7526  
Volunteer Coaches Needed!

Starting August 19th, 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)		
1200						
1630	Hot Yoga (Kim)	Zumba (Lydia)	Power Cycling (Kim)	Zumba (Lydia)		
1730			Power Yoga (30min) (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

<https://leavenworth.armymwr.com>

## Independent Instructor Class Schedule


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

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

Harney Sports Complex					
Monday	Tuesday	Wednesday	Thursday	Friday	
Olympic Lifting 0900-1015	Resistance Training 0900-1015	Olympic Lifting 0900-1015	Resistance Training 0900-1015	Olympic Lifting 0900-1015	
Kids Olympic Lifting 1600-1700 Bubble Gym		Kids Olympic Lifting 1600-1700 Bubble Gym			

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

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



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

## FORT LEAVENWORTH LEISURE TRAVEL SERVICES TOP TICKETS

Disneyland Military Salute Offer 2025:

- 3 DAY Park Hopper  
Our Price \$295.00  
W/Lightening Lane \$391.00
- 4 DAY Park Hopper  
Our Price \$349.00  
W/Lightening Lane \$477.00

Disney World Military Salute Offer 2025:

- 4 DAY Park Hopper  
Our Price \$365.00
- 5 DAY Park Hopper  
Our Price \$385.00
- 6 DAY Park Hopper  
Our Price \$399.75

Universal Orlando Military Freedom Offer 2025:

- 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+ \$99.00-\$122.50

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

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



## Worlds of Fun Season Gold Passes are here!

Purchase @ Leisure Travel Services  
310 McPherson Ave  
Bldg 464  
913-684-2580

\$93.25 a pass  
Single day tickets coming soon!



you should be here  
or here...  
or maybe here...



## January & February Workshops

### Watercolor

\$30 per workshop

**Watercolor (Basic Techniques)**  
Tuesday, Jan 21  
11am - 1pm

**Watercolor (Landscapes)**  
Tuesday, Feb 18  
6pm - 8pm

**Watercolor (Color Theory)**  
Tuesday, Jan 28  
11am - 1pm

**Watercolor (Florals)**  
Tuesday, Feb 25  
6pm - 8pm

**Watercolor (Valentine Cards)**  
Tuesday, Feb 4  
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  
Jan 21  
6:30pm - 8pm

### Intermediate

\$20 per class

Tuesday  
Jan 28  
6:30pm - 8pm

### Special Projects

**Valentine Cards**  
Tuesday  
Feb 4  
6:30pm - 8pm



## Reoccurring Classes

MUST PRE-REGISTER

### Intro to Framing

\$40 per class  
Every 2nd Thurs & 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



## January & February Workshops

### Acrylic

\$35 per class

**Acrylic Pour**  
Wednesday, Jan 29  
11am - 1pm

**Acrylic Pour**  
Wednesday, Feb 26  
11am - 1pm



### Framing

\$40 per class

**Intro to Framing**  
\*Must pre-register\*

Thursdays  
Jan 9, Feb 13  
10am - 2pm

Saturdays  
Jan 25, Feb 22  
10am - 2pm

### Crafts

\$30 per class

**Valentine Wreath**  
Thursday, Jan 30  
11am - 1pm

**Macrame Plant Holder**  
Friday, Feb 28  
11am - 1pm



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



**Dragons Friday**  
January 10  
6pm - 8pm

**Couples Koi Fish**  
Friday, February 14  
6pm - 8pm



Cost includes all supplies!

## Kids Arts & Crafts

### Messy Art

\$12 per class (ages 7+)

Thursday, Jan 16  
11am - 12pm

Thursday, Feb 6  
11am - 12pm

Thursday, Feb 20  
11am - 12pm

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

Thursday, Jan 9  
10:30am - 11:30am

Thursday, Jan 23  
10:30am - 11:30am

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

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

### Art History

\$15 per class (ages 7+)

**Popcorn & Pollock**  
Wednesday, Jan 22  
1pm - 3pm

Thursday, Jan 23  
4pm - 6pm

**Muffins & Michelangelo**  
Wednesday, Feb 19  
1pm - 3pm  
Thursday, Feb 20  
4pm - 6pm



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)

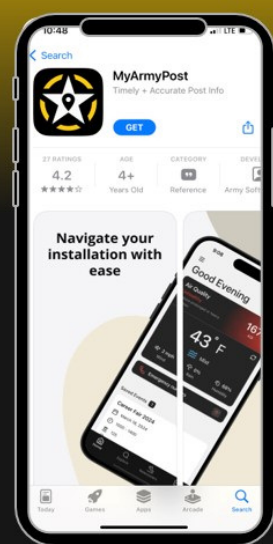
Every 2nd Thursday of the month from 10am - 2pm

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

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

## My Army Post App

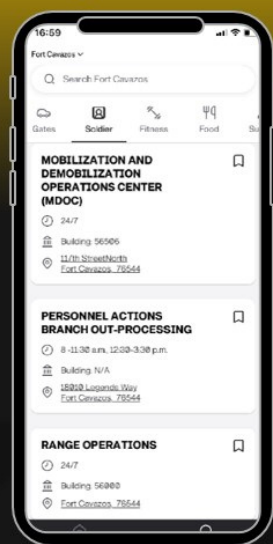
Step 1: Download the app



Step 2: Select your base



Step 3: Stay in the know!



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







Join Our Team

**FORT LEAVENWORTH SCHOOL DISTRICT OPENINGS FOR THE 2024-25 SCHOOL YEAR:**

- Special Education Para Educators
- Food Service Manager
- Food Service Cook
- Full-Time & Daily Substitute Teachers
- Full-Time Bus Aide
- Full-Time Bus Driver
- Special Education Teacher K-5
- Special Education Teacher 6-9
- Early Childhood Pre-School Special Education Teacher

**APPLY NOW**



www.usd207.org - 913-651-7373

**2024-2025 School Calendar**

July 2024							January 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6		5	6	7	8	9	10	11
7	8	9	10	11	12	13	12	13	14	15	16	17	18
14	15	16	17	18	19	20	19	20	21	22	23	24	25
21	22	23	24	25	26	27	26	27	28	29	30	31	
28	29	30	31										

August 2024							February 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
				1	2	3	2	3	4	5	6	7	8
4	5	6	7	8	9	10	9	10	11	12	13	14	15
11	12	13	14	15	16	17	16	17	18	19	20	21	22
18	19	20	21	22	23	24	23	24	25	26	27	28	29
25	26	27	28	29	30	31							

September 2024							March 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
1	2	3	4	5	6	7	2	3	4	5	6	7	8
8	9	10	11	12	13	14	9	10	11	12	13	14	15
15	16	17	18	19	20	21	16	17	18	19	20	21	22
22	23	24	25	26	27	28	23	24	25	26	27	28	29
29	30						30	31					

October 2024							April 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
						1	1	2	3	4	5	6	
6	7	8	9	10	11	12	6	7	8	9	10	11	12
13	14	15	16	17	18	19	13	14	15	16	17	18	19
20	21	22	23	24	25	26	20	21	22	23	24	25	26
27	28	29	30	31			27	28	29	30			

November 2024							May 2025						
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
						1	1	2	3	4	5	6	
3	4	5	6	7	8	9	4	5	6	7	8	9	10
10	11	12	13	14	15	16	11	12	13	14	15	16	17
17	18	19	20	21	22	23	18	19	20	21	22	23	24
24	25	26	27	28	29	30	25	26	27	28	29	30	31

December 2024						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Holiday/No School		Parent/Teacher Conf.	
July 23	Patton New Parent Meeting - 5:00 PM	Jan 6	Staff PD Day - No School
July 24	Elem. & Patton Enrollment A-L 8:30 AM - 3:00 PM	Jan 7	First Day Back for Students
July 25	Elem. & Patton Enrollment M-Z 8:30 AM - 3:00 PM	Jan 20	Martin Luther King Jr. Day - No School/No Staff
Aug 8	Elementary New Parent Meeting - 3:00 PM	Jan 31	Parent/Teacher Conf - 8:00 AM - 3:30 PM - No School
Aug 12	Patton Parent Know Your School - 9:30 AM - 12:00 PM	Feb 17	Presidents' Day - No School/No Staff
Aug 12	Elementary Parent Know Your School - 1:00 PM - 3:30 PM	Mar 14	Half Day PD/Half Day Grading - No School
Aug 13	First Day of School	Mar 17-21	Spring Break - No School/No Staff
Aug 13-22	Kindergarten Half Days	Apr 18	No School/No Staff
Aug 23	Parent/Teacher Conferences - 8:00 AM - 3:30 PM - No School	May 15	PJH 9th Grade Graduation
Aug 26	Kindergarten Full Day Schedule Starts	May 16	Half Day PD/Half Day Grading - No School
Aug 30	Staff PD Day - No School	May 23	Last Day for Students - 1/2 Day of School - No Preschool
Sept 2	Labor Day - No School/No Staff		
Oct 11	Half Day PD/Half Day Grading - No School		
Oct 14	Columbus Day - No School/No Staff		
Oct 17	Parent/Teacher Conferences - 8:00 AM - 7:00 PM - No School		
Oct 18	Parent/Teacher Conferences - 8:00 AM - 12:00 PM - No School		
Oct 11	Veterans Day - No School/No Staff		
Nov 27-29	Thanksgiving Break - No School/No Staff		
Dec 19	Half Day of School/Half Day Grading - No Preschool		
Dec 20 - Jan 3	Winter Break - No School		

School Hours	
Elementary School:	8:00 AM - 3:20 PM
Patton Junior High:	7:40 AM - 3:00 PM
Preschool - AM Class:	8:00 AM - 11:00 AM
Preschool - PM Class:	12:20 PM - 3:20 PM
Early Dismissal/Release Times	
Elementary School:	1:30 PM
Patton Junior High:	1:00 PM
Preschool - AM Class:	10:00 AM
Preschool - PM Class:	2:20 PM

Fort Leavenworth USD 207 Board Approved: 2/26/2024

**Hungry for a new career?**

# CYS

**HAS THE RECIPE FOR SUCCESS!**

**CYS Fort Leavenworth is hiring NOW for a NA-8 RPT Cook**

- Starting pay is \$22.87 per hour
- Includes a recruitment/retention incentive of \$2000
- Priority childcare and 50% childcare discount on 1st child
- Commissary privileges
- Guaranteed 20 hours per week
- Benefits that include health, dental, life insurance
- Earned annual and sick leave

Scan here to apply!

MWR LEAVENWORTH.ARMYMWR.COM

**CYS is Hiring**

Great Pay! Amazing benefits! What are you waiting for? Apply to Fort Leavenworth Child and Youth Services today!

up? Get paid to play!

to level

Ready

Medical, Dental, Vision, & Life Insurance Benefits\*  
Retirement & 401K  
Regular Full-Time/ Part-Time and FLEX Hours Available  
Paid Leave and Paid Federal Holidays for Full-Time & Part-Time  
Career Progression & Paid Training  
Priority Child Care Placement & Employee Child Care Discounts  
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

**Ready for your career to take off?**

**CYS IS HIRING**

Join our Fort Leavenworth Team as a **Lead Child and Youth Program Assistant!**

Pay starts at **\$24.06 per hour**

Career Progression & Paid Training  
Retirement & 401K  
Priority Childcare Placement & Employee Childcare Discounts  
Medical, Dental, Vision, & Life Insurance Benefits \*  
Full-Time Positions with Paid Leave, & Paid Federal Holidays  
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

**BREAKING DOCTRINE**

Episode 62

**Stewarding the Profession: THE HARDING PROJECT**

LTC Zach Griffiths, Dr. Trent Lythgoe, and COL(R) Rich Creed join our host LTC Lisa Becker to talk about The Harding Project. They discuss how Army Professionals advance the Profession of Arms through professional writing and discourse. They examine myths of writing, tips to get better at writing, and writing initiatives within The Harding Project.

Now available on...

Apple Podcast Audible.com Spotify

https://podcasts.apple.com/us/podcast/episode-62-stewarding-the-profession-of-arms-the-harding-project/id1522392251?i=1000563116512

**NCO JOURNAL**

CHECK OUT THE NCO JOURNAL PODCAST WHERE WE DISCUSS RECENTLY PUBLISHED ARTICLES WITH AUTHORS, TO PROVIDE AN OPEN EXCHANGE OF IDEAS AND INFORMATION.

https://www.armypress.army.mil/journals/nco-journal/nco-journal-podcasts/

https://www.facebook.com/NCOjournal  
https://twitter.com/NCOjournal

**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**

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

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**



# MUNSON NOTES

## Celebrating Army Nurse Corps anniversary



Photo by Munson Army Health Center Public Affairs

Munson Army Health Center Public Health Nurse 1st Lt. Kennedy Reeves and Family Nurse Practitioner Maj. Vincent Krause cut a birthday cake commemorating the 124th birthday of the U.S. Army Nurse Corps Feb. 2 at MAHC. Army Nurse Corps officers work in a wide range of settings, including emergency and trauma, field nursing, primary care, and education and training.

■ **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.

■ 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>.

## Speak up! Your voice matters

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

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

Is being a patient and family advisor right for you?

We are looking for volunteers who can:

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



Learn more about the Patient and Family Partnership Council! For more information, contact:

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



## MUNSON ARMY HEALTH CENTER



# FEBRUARY SCHEDULE

FEB 12

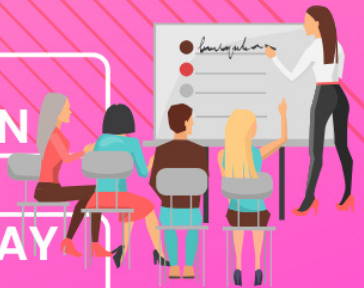
TRAINING DAY  
CLOSED AT NOON

FEB 14

TRAINING HOLIDAY  
OPEN

FEB 17

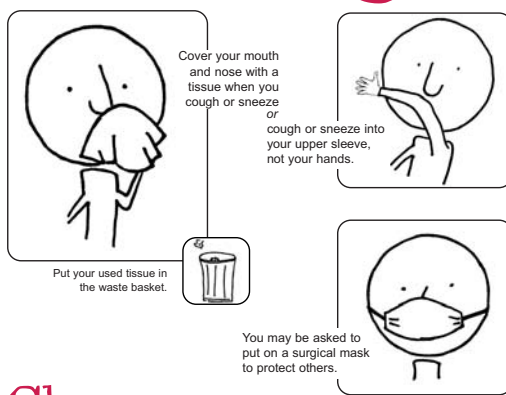
PRESIDENTS DAY  
CLOSED



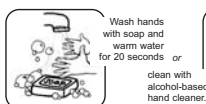
<https://munson.tricare.mil>

Stop the spread of germs that make you and others sick!

# Cover your Cough



Clean your Hands after coughing or sneezing.



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



VIRTUAL EDUCATION CENTER Educated Patients. Better Health.

- Health and medical information available at home and on the go!
- Access to more than 50,000 education resources covering 60 medical topics.
- This valuable resource is available to all patients and providers.

[www.health.mil/VEC](http://www.health.mil/VEC)

### How You Get Norovirus From People or Surfaces

Norovirus spreads when a person gets poop or vomit from an infected person in their mouth.

YOU BECOME ILL WITH NOROVIRUS

For more information, visit [www.cdc.gov/norovirus](http://www.cdc.gov/norovirus)



NEW CONTENT  
EVERY THURSDAY



# LAMP

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