

THURSDAY
MARCH 28, 2024



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The Wieggers family — 8-year-old second-grader Tristan; Maj. Trevor Wieggers, Mission Command Training Program observer coach/trainer; Erin Wieggers, Fort Leavenworth Army Military Pay Office military pay technician (prisoner pay); and 6-year-old kindergartner Trajan — play after school March 22, 2024, at the Eisenhower Elementary School playground.

Photo by Prudence Siebert/Fort Leavenworth Lamp

AMPO program guarantees military spouses jobs after PCS

by Mark R. W. Orders-Woempner/USAFMCOM Public Affairs Officer

INDIANAPOLIS — Military families face numerous challenges during relocations, and a recent U.S. Army Financial Management Command policy to help them is paying big dividends in the areas of readiness, family support, and employee relations.

Promising continuity in career paths, the recent initiative ensures Army Military Pay Office employees who relocate with their service member spouses during permanent changes of station will maintain their positions within the command.

“Military spouses face unique challenges in obtaining and maintaining employment due to the PCS cycle, and must relocate regularly, sometimes with little-to-no notice,” said Brig. Gen. Paige M. Jennings, USAFMCOM commanding general, who originally signed the policy in November 2022. “As a large employer of military spouses, USAFMCOM recognizes these challenges and their sacrifices.”

Under this policy,

AMPO employees who are moving with their military spouse to a new installation with a USAFMCOM presence are guaranteed employment with a like-position and at the same grade at the new location’s AMPO.

If the PCS move is to a location without a USAFMCOM presence, the employee will be placed in a leave without pay status, so they keep their employment status within the command.

The only stipulation to these guarantees is that the AMPO employee must be currently rated as “fully successful” in their duties and be without any pending disciplinary actions.

“When we hire people ‘off the street,’ they often don’t know anything about the military, but the military spouses have an understanding of what our soldiers face, which increases their value to the AMPO team,” said Susan Gillison, USAFMCOM Military Pay Operations director. “They don’t have to learn it; they live it. They’ve experienced issues with pay, so they are more conscientious about their work and taking care of our military.”

“After one PCS, my husband’s pay was so messed up that we only got a \$200 paycheck, and for a family of four, that was not going to cut it,” said Whitney Hartwell, Redstone Arsenal AMPO military pay technician, who is married to U.S. Army Capt. Joshua Hartwell, assistant project manager for acquisitions at the Army Program Executive Office Missiles and Space. “Knowing that I can help soldiers correct their pay, making sure they are getting their entitlements, and seeing that I can affect what’s happening and get things fixed, that makes me happy.”

Adding to readiness, the employment guarantee policy increased the number of military pay technicians available to support military pay, which allows them to resolve any issues and get back to the mission faster than ever.

According to USAFMCOM data, prior to the policy’s enactment, an average of 15 percent of the AMPO’s positions were vacant. Since its enactment, that number shrank to 3 percent.

“When the AMPOs

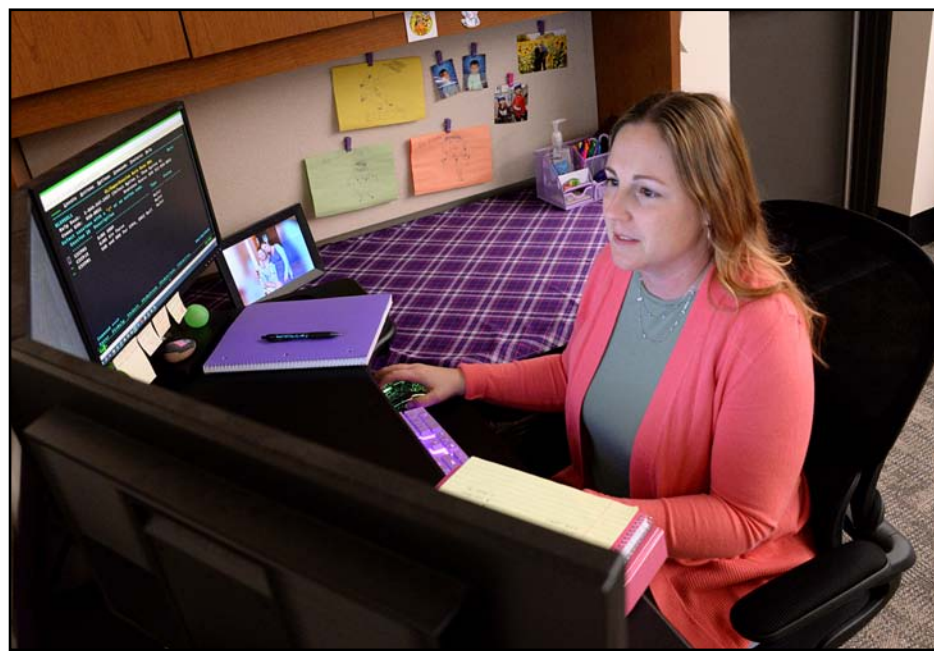


Photo by Prudence Siebert/Fort Leavenworth Lamp

Erin Wieggers, Army Military Pay Office MilPay technician (prisoner pay), works on tasks related to release orders and an entry of judgement awarding a prisoner’s family six months of pay March 22, 2024, Fort Leavenworth AMPO office.

came back to the Army from (Defense Finance Accounting Service) in 2020, the number of military spouses was relatively low with maybe 40 employees,” recalled Gillison. “Now, we have 144 spouses in the program, and with them, we know we will lose less people.”

“We have loyalty to them, and likewise they have loyalty to us,” she

added.

On top of their increased institutional knowledge and commitment, the program is also increasing military pay expertise. As the Army moves its soldiers from position to position to increase their experience and understanding, their AMPO employee spouses are receiving the same benefit.

“We go wherever our spouses go, and we use the

knowledge from our previous locations, taking it forward,” Hartwell said. “I’ve learned so much from both (Joint Base Lewis McChord) and Redstone; I feel like I’m a well-rounded technician.”

“With the old way, the soldier would move five times and the spouse would have as many jobs — at the

SEE AMPO JOBS FOR MILITARY SPOUSES | A5

AT A GLANCE

■ The VIETNAM WAR COMMEMORATION PINNING EVENT is at 11 a.m. March 29 at the Post Exchange.

■ The Directorate of Emergency Services EASTER PARADE is 1:30-4:30 p.m. March 29 throughout post housing.

■ The EXCHANGE EASTER EGG HUNT is at 1 p.m. March 30 for ages 2-3, 4-5 and 6-10 outside the Post Exchange. Bring a basket. Find the golden egg for a special prize. If inclement weather, the event will be

rescheduled.

■ EASTER SUNRISE SERVICE is at 7 a.m. March 31 at Pioneer Chapel, with a light reception to follow inside the chapel. For more information, call 913-684-2210.

■ CHAPEL EASTER EGGS HUNTS are at 10 a.m. March 31 for the CROSSROADS PROTESTANT COMMUNITY on the Pioneer Chapel grounds; at 10 a.m. March 31 for the ROMAN CATHOLIC MASS at St. Ignatius Memorial Park; and at 11:30 a.m. March 31 for the MULTICULTURAL GOSPEL SERVICE on

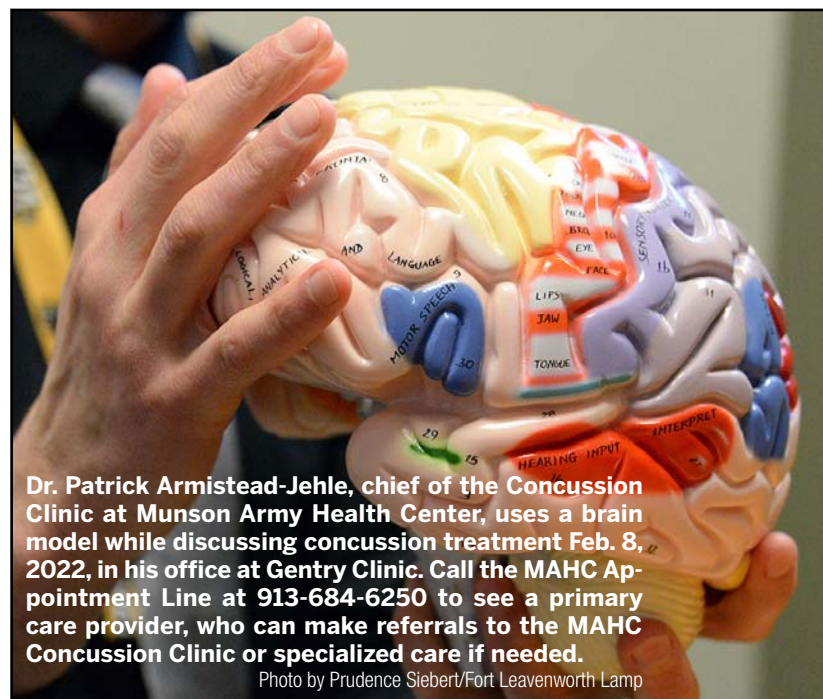
the Pioneer Chapel grounds.

■ Entries in the FRIENDS OF THE FRONTIER ARMY MUSEUM ESSAY CONTEST are due March 31. Visit www.ffam.us/essay-contest for contest details. Winning high school juniors or seniors will receive \$1,500, \$1,000 and \$500 scholarship awards.

■ The Fort Leavenworth CAREER AND EDUCATION FAIR is 10 a.m. to 2 p.m. April 2 at the Frontier Conference Center. For information, call the Transition Assistance Program at 913-684-2227.

TBI Awareness Month

Observations from MAHC's Concussion Clinic chief



Dr. Patrick Armistead-Jehle, chief of the Concussion Clinic at Munson Army Health Center, uses a brain model while discussing concussion treatment Feb. 8, 2022, in his office at Gentry Clinic. Call the MAHC Appointment Line at 913-684-6250 to see a primary care provider, who can make referrals to the MAHC Concussion Clinic or specialized care if needed.

Photo by Prudence Siebert/Fort Leavenworth Lamp

by Dr. Patrick Armistead-Jehle/Concussion Clinic Chief, Munson Army Health Center

Traumatic brain injuries (TBIs) have garnered a notable amount of media attention, particularly over about the last decade. I have been engaged in the care and research of this injury for the better part of my 20-plus years of doctoring. As March is TBI Awareness Month, I wanted to

pass along several observations.

• **Not all brain injuries are created equal.**

At the most elementary level, TBIs are divided into severity based on how long one is knocked out or how long one has a lack of memory after the injury event — a state called post-traumatic amnesia. The least severe level is termed a mild TBI, which is also known as a concussion. The projected outcome following a TBI is

heavily influenced by the initial severity of injury. For prognostic and treatment purposes, it is important to consider the severity of TBI.

• **TBIs are fairly common injuries, within and outside of the military.**

Since 2000 there have been nearly 500,000 reported TBIs among military personnel. The vast majority of these (82 percent) are categorized as mild TBIs (a.k.a. concussions). Among civilians, the Brain Injury Association of America estimates that there are nearly 3 million TBIs a year in the United States, with the majority of these again being considered mild in severity.

• **One does not need to be knocked out to have had a concussion.**

The diagnosis of and the recognition that one has experienced a concussion is certainly made easier if the recipient loses consciousness. However, an alteration of consciousness after an external blow to the head, blast exposure, or rapid acceleration and deceleration of the head (such as a whiplash injury) qualifies for a concussive injury. Phrases such as “seeing stars,” “feeling dazed and confused,” or “clearing out the cobwebs” are all euphemisms that describe this experience.

• **Symptoms can be wide ranging and can vary from person to person.**

I like to think of concussive symptoms as falling into three general categories: (1) Physical (e.g., headaches, dizziness, vertigo, insomnia, visual tracking problems); (2) cognition (e.g., poor memory, inattention, slowed processing speed); and (3) emotional (e.g., anxiety, irritability, depression). The mix of symptoms can be different from person to person

and even within the same person with different injuries; however, these generally develop quickly after the injury.

• **The vast majority will experience a full recovery.**

The exact time frame for recovery depends on a number of factors, but most people with this severity of injury get better within a few days to at most a few months. Of note, recovery following a moderate to severe brain injury (which is not considered a concussion) can last longer, and the probability of long-standing residual symptoms is higher.

• **Appropriate management of the concussive injury is essential to optimized outcomes.**

While most people who experience a concussion will recover, management of this injury via a medical professional is incredibly important. The primary mechanism of this management is a graded return to physical and cognitive activities. In the past, many health care providers (and well-meaning care takers) would recommend “cocooning therapy,” which essentially equated to the patient being told to stay alone in a dark room with minimal stimulation until the concussive symptoms had abated. This has proven to be a rather ineffective treatment strategy. Current treatment starts with something akin to this, but within a day or two increasing activity levels are prescribed. Outcomes are optimized with such a protocol, and within military medicine we call this the Progressive Return to Activities (PRA). This is often done with adjunctive symptom management, but the PRA is the core of a concussion treatment plan.

• **For those in the military, it is medically mandated to present for evaluation following a sus-**

pected concussion.

Frequently, the military mind set to “drive on” prevents a service member from seeing a health care provider after a possible concussive injury; however, current policy dictates such evaluation, which should be initiated by the individual service member or leadership. Primary among the reasons for such an evaluation is to prevent a repeat injury while one is still in recovery from the initial concussion. Such an event will almost certainly result in a protracted period of recovery.

• **When it comes to the long-term outcomes of repeated concussions (to include sub-concussive exposures), the media is way in front of the science.**

One can scarcely turn on the news these days without seeing a reference to the purported dire long-term neurologic consequences of repeated brain injuries. Simply stated, at present, there is more we don't know than we do about this topic. Personally, I agree it is a bad idea to keep having brain injuries and if this situation can be prevented, one should. However, the notion that everyone who has had a history of concussions is destined to develop a crippling neurodegenerative disease is not supported by the current research. At present, the best advice I can give to those who have a history of repeat concussion and are concerned about such an outcome is to visit their primary care provider. Frequently, comorbid medical conditions can be addressed in primary care (or with a referral to a brain health specialist) that can improve the chances of optimizing current functioning and cerebral health with age.

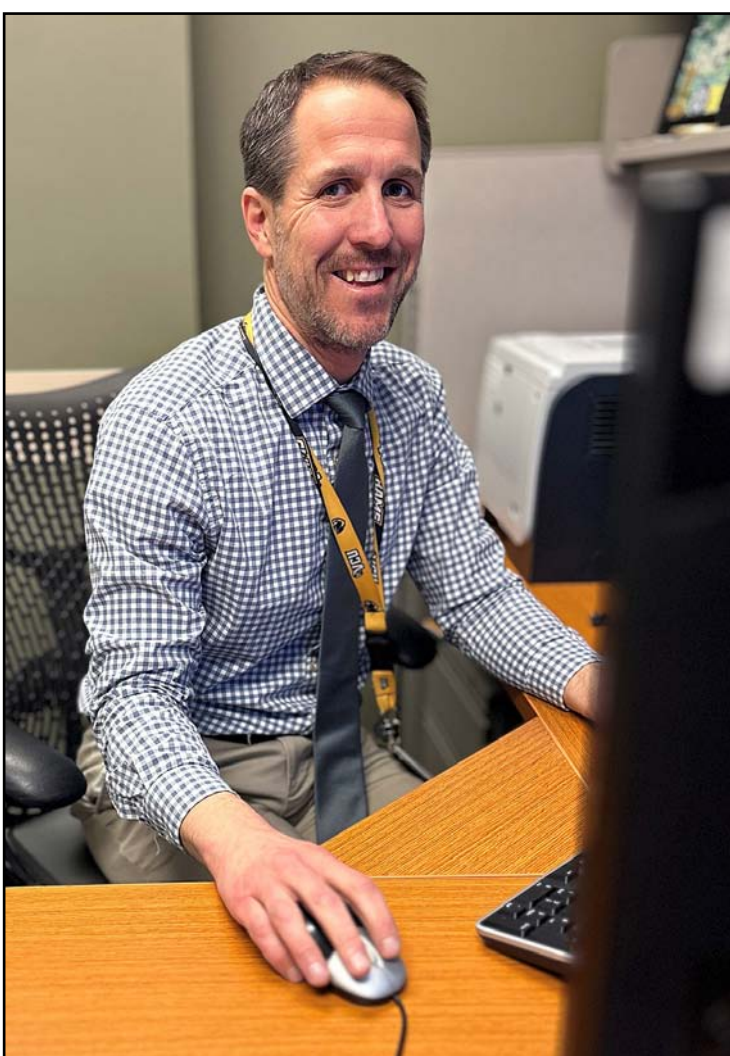


Photo by Maria C. Yager/Munson Army Health Center Public Affairs Officer

Munson Army Health Center Concussion Clinic Chief Patrick Armistead-Jehle has studied brain health for more than 20 years and shares the basics and some of his observations on traumatic brain injury or TBI.

MARCH IS BRAIN INJURY AWARENESS MONTH

#BIAMonth | health.mil/BIAMonth

FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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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

MAHC conducts car seat safety inspections

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

Munson Army Health Center personnel conducted a car seat safety round-up March 21 in the health center parking lot.

Injuries suffered in motor vehicle crashes are one of the leading causes of death and serious injury among children in the United States.

Parents can reduce this risk by ensuring children are properly secured in a child safety seat or a seat belt.

“Studies have shown that children who are correctly using the appropriate restraint for their sizes and ages are at a significantly lower risk of sustaining serious or fatal injuries,” said Jennifer Smith, a neuropsychometrist and certified child safety seat technician, assigned to the Concussion Clinic at Munson Army Health Center.

Smith and fellow team member Susan Landers, a registered nurse and nurse case manager assigned to MAHC’s Behavioral Health Clinic, conducted the car seat safety round-up on Fort Leavenworth to help ensure children’s safety. Participants came out to the health center parking lot in their personally owned vehicles so Smith and Landers, also CCSST qualified, could physically inspect installed car seats and give participants feedback.

“We are checking the car seat in the car and showing them how to install it correctly. Our goal is to make it so they are comfortable installing it into any car and they know what they are looking for to make sure it is installed properly,” Smith said.

“Sometimes the baby may go in a car with mom, or dad or grandparents. Each time the car seat is moved to a different vehicle, it is important to make sure the car seat is installed correctly,” Landers said.

In addition to checking that the car seat is installed correctly, parents and caregivers should also check how the straps are fitting the child because as children grow, the straps will need to be adjusted.

Car seats are designed to grow with a child, but at some point a child will outgrow his/her safety seat.

“We reiterate that children remain rear-facing for as long as possible,” Smith said.

She suggested parents pick a car seat with the highest weight and height limit for rear-facing use because that is the safest position for little bodies in the event of a motor vehicle accident.

Each car seat is different, so Smith said that parents should look at the owner’s manual, which will list the minimum and maximum weight and height of a child the car safety seat is intended for.

“You want the child to max one of those categories before moving up, so you don’t move them on too early,” she said.

Landers agreed, noting that all children are different.

“Some may be big for their age, others may be small, which is why we recommend using height or weight to determine when it is time to change seats.”

Seat Recommendations: Choosing the Right Seat

AGE (YEARS)	Birth	1	2	3	4	5	6	7	8	9	10	11	12	13+
REAR-FACING CAR SEAT														
FORWARD-FACING CAR SEAT														
BOOSTER SEAT														
SEAT BELT														

REAR-FACING CAR SEAT

Your child under age 1 should always ride in a rear-facing car seat in the back seat. There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

A rear-facing car seat is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.

FORWARD-FACING CAR SEAT

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness in the back seat.

A forward-facing car seat has a harness and tether that limits your child's forward movement during a crash.

BOOSTER SEAT

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

A booster seat positions the seat belt so that it fits properly over the stronger parts of your child's body.

SEAT BELT

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember, your child should still ride in the back seat because it's safer there.

A seat belt should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.

Reduce the risk of death and injury by properly securing your child. To maximize safety, keep your child in the car seat for as long as possible.

U.S. Department of Transportation
National Highway Traffic Safety Administration
Revised August 2021

[NHTSA.GOV/THERIGHTSEAT](https://www.nhtsa.gov/therightseat)

13035a-081021-v3a

Motor vehicle crashes are a **leading cause of death of children.**

In crashes from 2015-2019, **3,321 children** (under 13 in cars, SUVs, vans, and pickups) were killed. An estimated **717,000 children** under 13 were injured.



In 2019, **608 children** (under 13 in cars, SUVs, vans, and pick-ups) were killed in crashes.



Car seats reduce the risk of infants (under 1 year old) being killed in cars by **71%**

Car seats reduce the risk of toddlers (1 to 4 years old) being killed in cars by **54%**



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IF YOUR CHILD IS IN THE RIGHT CAR SEAT.

CAR SEAT CHECK

Call to make an appointment!

Location A: Fire Station #2	Location B: Gentry Clinic
Technicians: Melissa, Ryan	Technicians: Jennifer and Susan
Dylan, and Courtney	Susan
Phone: 913-684-4172	Phone: 913-684-6604 / 6769

VISIT [SAFERCAR.GOV/THERIGHTSEAT](https://www.safercar.gov/therightseat)

Defense Health Agency photo by Maria C. Yager

LEFT: Munson Army Health Center team member Jennifer Smith, assigned to the Concussion Clinic, is also one of two certified car seat safety technicians at MAHC. Car seat safety inspections are available at MAHC by appointment. Call 913-684-6604/6769.

Ultimately, when parents or caregivers choose to move a child to the next size car safety seat, there are additional considerations.

“A lot of times people don’t know there is an expiration date on a car seat,” Landers said. “Typically, that information may be found in the user manual, but in general a car seat should be retired about 10 years after the date it was manufactured because the integrity of the plastic breaks down over time.”

At that point the car seat should be removed from service and broken down. This involves cutting and removing all straps and webbing and writing “trash, do not use” on the car seat shell before disposing in the

trash. Some communities accept car seats to recycle the plastic to make resin for use in items like shampoo bottles, building materials and other components.

Car seats involved in an accident should not be reused, regardless of expiration date, even if it looks okay.

This is one reason Smith and Landers caution parents from placing children in used car seats.

“Unless you know the history of the seat, we don’t recommend used car seats,” Landers said, explaining that the seat might be beyond its life cycle or damaged and might not perform as intended in an accident.

Lastly, the MAHC team covered after-market accessories.

“A lot of parents will put up the mirrors and the hanging toys on and around the car seat but, in an accident or hard stop, those items can easily become projectiles, so we don’t recommend those,” Landers said.

Visit <https://munson.tricare.mil/Patient-Resources/Health-Services/Safety-Car-Seat-Install-and-Inspections> for information on scheduling a car safety seat inspection.

The National Highway Traffic Safety Administration maintains a directory of additional inspection stations. Visit <https://www.nhtsa.gov/vehicle-safety/car-seats-and-booster-seats#installation-help-inspection> to find a free inspection.

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1st Sgt. Michael J. Calkins Distinguished Honor Graduate Award

MP company dedicates award to late 1SG

by Brian Hill/Fort Leonard Wood Public Affairs Office

FORT LEONARD WOOD, MO — After positively impacting the lives of thousands of service members over the course of 18 years in the Army, 1st Sgt. Michael Calkins is still assisting in recognizing excellence — even after death.

Calkins, who passed away in 2015 while serving on active duty at Fort Leavenworth, was memorialized by the leaders of Company C, 701st Military Police Battalion, for the impact he made in the 31E military occupational specialty — Army Corrections/Detention Specialist — via a dedication of the company's standard distinguished honor graduate award.

That newly dedicated award was presented for the first time by members of Calkins' family during a Feb. 23, 2024, ceremony in Fort Leonard Wood's Nutter Field House for the soldiers and Marines graduating the company's corrections training course.

Calkins' widow, Debra, called the dedication "an incredible honor for him," although she said he would "absolutely hate it."

"He was extremely humble," she said. "Anytime he was recognized for anything, he was never saying 'thank you' for him; he was saying 'thank you' for his soldiers. He believed that anything and everything that he ever achieved was because of his family and because of his soldiers. He was all about the soldiers, from the time he woke up until the time he went to bed."

For those reasons and more, Charlie Company 1st Sgt. Chad Hickey said Calkins was the correct choice for this award's dedication.

"The Army has a rich history, and if we can dedicate an award to somebody who came before and somebody who led the way and meant something to

the Army, it not only recognizes greatness, but it also pays honor to those who came before us and sets the example for us to follow," he said. "(Calkins) impacted thousands of soldiers over his career, and we felt the award was a great way to honor his dedication to both the Army and the MOS."

The inaugural recipient of the 1st Sgt. Michael J. Calkins Distinguished Honor Graduate Award was Marine Pfc. America Contreras, who, Hickey noted, had the highest GPA of the 86 service members graduating the class, along with being a first-time "go" on all evaluations and practical exercises.

Contreras, from Staunton, Virginia, said she joined the active-duty Marine Corps to gain experience, and her goal is to one day work in federal law enforcement.

"My mom, she worked in federal law enforcement," Contreras said. "I want to follow the same path."

The award "means a lot," Contreras added.

"I know a lot of the command here really admired the first sergeant, and I feel really honored to receive the award," she said.

After the ceremony, Debra spoke with Contreras, who will next move on to Camp Lejeune, North Carolina.

"I just wanted her to know the type of person he was," Debra said. "The whole reason that he is getting this honor is because he was for his soldiers. They remember him; they remember the lessons he imparted; they remember the fights he had for them, the lessons he taught them."

As they spoke, Contreras visibly held back tears and tried to maintain her military bearing. The two women parted with a hug.

"I think it's very special," Contreras said of the moment. "I'm honored for them to be here."



Photo by Brian Hill/Fort Leonard Wood Public Affairs Office

Debra Calkins, left, widow of 1st Sgt. Michael Calkins, who passed away in 2015 while serving on active duty at Fort Leavenworth, speaks with inaugural recipient of the 1st Sgt. Michael J. Calkins Distinguished Honor Graduate Award Marine Pfc. America Contreras, who graduated from correctional specialist training with Company C, 701st Military Police Battalion, Feb. 23 in Nutter Field House at Fort Leonard Wood, Mo.



Photo by Brian Hill/Fort Leonard Wood Public Affairs Office

Members of 1st Sgt. Michael J. Calkins' family join Marine Pfc. America Contreras for a photo Feb. 23 in Nutter Field House at Fort Leonard Wood, Mo. Contreras graduated from correctional specialist training with Company C, 701st Military Police Battalion, and was the inaugural recipient of the 1st Sgt. Michael J. Calkins Distinguished Honor Graduate Award.



First Sgt. George Sutton and Capt. Nickolas Zappone, Headquarters and Headquarters Company, 705th Military Police Battalion (Detention), pay their final respects to 1st Sgt. Michael Calkins at the conclusion of a memorial ceremony for Calkins June 2, 2015, at Frontier Chapel. More than 300 people attended the service for the 705th Military Police Battalion (Detention) soldier. Calkins died May 23, 2015.

Photo by Prudence Siebert/
Fort Leavenworth Lamp

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AMPO jobs for military spouses (continued from Page A1)

Exchange, the child development center, the AMPO and so forth,” added Genaro Penn, retired Army Finance Corps regimental sergeant major and AMPO branch manager. “Now, they develop their skills, staying in our AMPO network, and we can use those skills for 20 years or more.”

While increased readiness and employee satisfaction are huge measures of success for military organizations, perhaps the biggest impact of the policy is the support it provides to military families, which Army Secretary Christine Wormuth described as “the force behind the force.”

“Military spouses are the rock upon which their families and military community depend,” agreed Jennings, who spearheaded the policy. “Though they do not wear a uniform, they serve and strengthen our nation every day by supporting our soldiers and allowing them to focus on their mission.”

While military spouses have been long lauded for their efforts on the home front, many also want to contribute to their community, military, families and personal career goals outside of the home.

“I left the military to start a family in 2014, had a baby and realized I wasn’t cut out to be a stay-at-home mom,” said Erin Wieggers, Fort Leavenworth AMPO military pay technician, who is married to Maj. Trevor Wieggers, a Mission Command Training Program observer coach/trainer at Fort Leavenworth.

Wieggers holds two degrees in criminal justice and homeland security, and she has military experience as a prior enlisted administrative specialist and former commissioned military police officer, which helped her quickly get her first civilian job at the on-base credit union at U.S. Army Garrison Bavaria, Germany.

In the years immediately following, her family PCS moved three times, and she had to find work in various fields including dental assisting, banking, veterinary services and early childhood education.

“I actually had to get a second part-time job at the child development center, so I could make the list for child care in order to work my main position at the veterinary clinic,” Wieggers recalled. “That’s often the life of an Army spouse.”

“Being prior service, I just love the military; it’s where I’m most comfortable,” said the mother of two boys, ages 6 and 8. “I’d been out of the military for five years before someone

recommended the military pay office, which was under (the Defense Finance and Accounting Service) at the time. I applied and was hired.”

While Wieggers was able to find employment relatively quickly, many of the military spouses talked to said they struggle to find employment that is congruent with their unique circumstances.

“I always wanted a job, but it never fit in with what my husband’s job would require and what fit in with the kids,” recalled Hartwell, adding that she ran into struggles with the young age of her children, being able to afford child care, and then, finding something that would match her children’s schedules.

“After my husband decided to commission, and I was able to find a part-time job with a (Department of Defense Education Activity) school, so I could work during school hours, which worked with the kids,” she continued.

Both Wieggers and Hartwell said they kept searching for the right fit and both found that the military pay offices on base balanced both the needs of their families and their employment.

“When we got to JBLM, it just fit,” said Hartwell, who started off as a part-time AMPO employee and has now transitioned to full time. “They were willing to work with me and be a little more flexible with me, which is what I needed.”

If finding the right employment fit for a military spouse is hard, keeping that employment with the numerous moves military families make throughout a career can be next to impossible. That was until USAFMCOM started its military spouse employment guarantee policy.

“When I worked other jobs, I was never guaranteed they were going to have a job for me when we moved,” explained Hartwell. “With USAFMCOM, they said we are going to pay you what you were making with a job in line with what you were doing, not just shove me in a corner.”

For many of USAFMCOM’s military spouse employees, the idea of continuing their career progression on top of just having a job makes them work even harder for the Army and soldiers they serve.

“When I move, I’m not starting at the bottom of the barrel again – I’m not going backwards, I’m always going forward from here,” Wieggers said. “That’s very motivating, and the stability and the longevity that you

find is really reassuring.”

“It makes me want to push, because if I become a lead technician here, they will make me a lead technician there,” agreed Hartwell. “I’m not going to have to restart at ground zero.”

Additionally, the policy cuts red tape and makes it easy to transfer employment from one AMPO to the next.

“I let my Fort Campbell leadership know we were moving to Fort Leavenworth, and when we received the hard orders, they were able to get the ball rolling,” Wieggers explained about her experience with the program. “The worst part was I had to fill out two documents.

“Without blowing smoke, it was great,” she added. “I had nothing to stress about, and the losing and gaining directors really took care of me.”

Resoundingly, those who’ve used the new program over the last 16 months agreed it provided a tremendous amount of stress relief.

“You’ve got a bazillion things going through your head with getting the family situated,” Wieggers said. “Are the kids going to be happy, are we going to have a house, am I going to find a job in the civilian sector?”

“But, one thing I knew when we moved this time is that I was going to have a job and my husband was going to have a job,” she continued. “That peace of mind was absolutely fantastic.”

That peace often transfers to the military member as well.

“My husband realizes it because we aren’t stressing about saving more money because we are going to PCS, and it could take months for me to find a job after we move,” Hartwell said. “And, for me, I want a job that’s something I enjoy and not be miserable, and I have that now.”

“It takes a huge load off my husband,” confirmed Wieggers. “He’s got enough to worry about being gone every couple months, and he knows now that if he does choose to continue in his career, I will be taken care of and that I’m very happy.”

The spouses and command leaders that were interviewed all said they hope other organizations around the Army and Department of Defense take note of this program and use it as a template.

“It’s long overdue,” concluded Hartwell. “So many military spouses are smart, amazing and talented, and they would benefit from the same thing I have.”

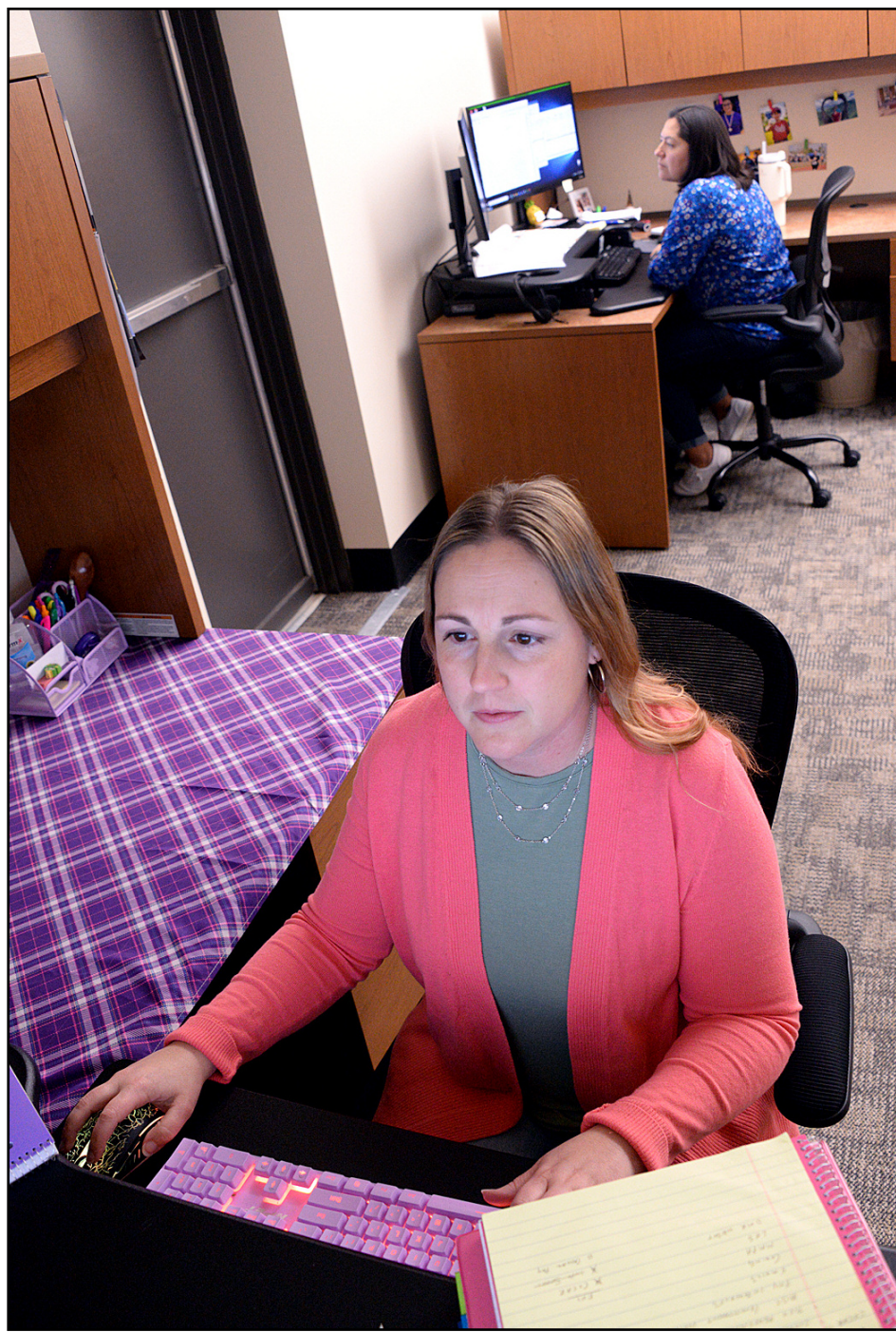


Photo by Prudence Siebert/Fort Leavenworth Lamp

Erin Wieggers, Army Military Pay Office military pay technician (prisoner pay), and her co-worker Rebekah Gerig, AMPO military pay technician (separations), work at their desks in the Fort Leavenworth AMPO office March 22.

“That’s what the Army is about – taking care of families,” added Wieggers. “Making sure families are taken care of so the service member can take care of the mission.”

USAFMCOM delivers precision enterprise-wide financial operations to integrate, synchronize and sustain the battlefield through the Joint Strategic Support Area and directly supports the Office of the Assistant Secretary of the Army for Financial Management and Comptroller in its role as the principal advisor on all matters related to financial management and comptrollership.

USAFMCOM’s Military Pay Operations directorate performs the installation-level military support for the Army across the United States and Japan. The MPO headquarters in Indianapolis manages 35 AMPOs and 14 satellite offices at 49 locations.

The AMPOs perform the full range of military pay services to include in- and out-processing, input of transactions generated by orders and forms from Army units and activities, and separations.



Photo by Prudence Siebert/Fort Leavenworth Lamp

Maj. Trevor Wieggers, Mission Command Training Program observer coach/trainer, and Erin Wieggers, Fort Leavenworth Army Military Pay Office military pay technician (prisoner pay), go down side-by-side slides together while playing with their children, 8-year-old second-grader Tristan and 6-year-old kindergartner Trajan, after school March 22 at the Eisenhower Elementary School playground.



The Wieggers family — 8-year-old second-grader Tristan; Maj. Trevor Wieggers, Mission Command Training Program observer coach/trainer; Erin Wieggers, Fort Leavenworth Army Military Pay Office military pay technician (prisoner pay); and 6-year-old kindergartner Trajan — play after school March 22 at the Eisenhower Elementary School playground.

Photo by Prudence Siebert/Fort Leavenworth Lamp

Eisenhower delivers school report at USD 207 board meeting

by Dani Lander/Special to the Fort Leavenworth Lamp

The monthly Unified School District 207 Board of Education meeting was March 25 at Eisenhower Elementary School.

Eisenhower representatives delivered a report to the board, sharing data on the school's Star Assessments testing, which helps educators identify student needs, plan instruction and measure growth, shared goals associated with Kansas Education Systems Accreditation (KESA). Highlighted was the Building Guiding Coalition, comprised of 14 staff members from all grade levels and subject areas. The team is divided into three action teams, which include the Leadership, Culture, and Academics teams. The school's Character Strong social-emotional learning curriculum and the focus on a Growth Mindset for students was also discussed.

During the superintendent's report, it was addressed that the staff is facing a growing e-mail phishing issue and is testing two new possible e-mail programs to combat this.

Additionally, it was announced that Patton Junior High School's Graduation will be at 4 p.m. May 16 at Patton.

There were several action items discussed and ap-

proved during the meeting.

The ratified Fort Leavenworth Education Association - USD 207 Negotiated Agreement was approved for the 2024 -2026 school year.

An adjusted release time of 1 p.m. April 25 for Patton Junior High School was approved in support of the annual Patton invitational track meet.

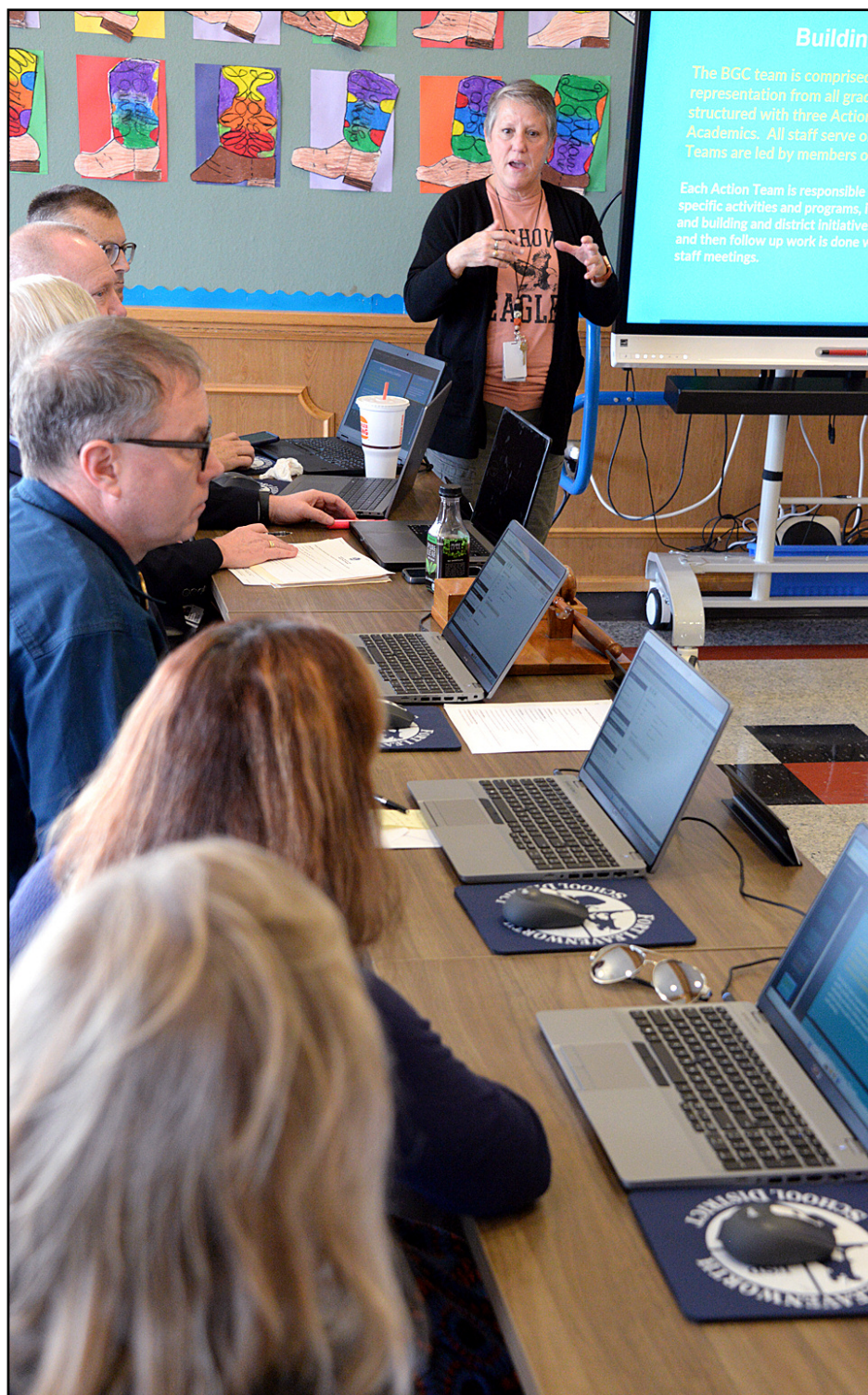
The purchase of Macbooks for district administrators and staff and a new English/language arts program for K-9 were also discussed and approved.

Representatives from the Odyssey of the Mind teams were present and addressed the board in hopes of assistance in funding their trip to the world competition. This was approved for funding, and the teams will travel to Iowa in late May to compete.

A purchase of a 10-seater passenger van was discussed and approved, as Kansas law allows students to be moved in such a vehicle.

Lastly, the financial reports for February 2024 and the warrant report for March 2024 were discussed and approved.

The next USD 207 Board of Education meeting is at 4:30 p.m. April 22, location to be determined. Visit <https://go.boarddocs.com/ks/usd207/Board.nsf/Public> for meeting minutes and agendas.



Eisenhower Elementary School Principal Kimberly Mitchell briefs members of the Unified School District 207 Board of Education on the goals and programs going on throughout the school during the monthly school board meeting March 25 in the Eisenhower Elementary cafeteria.

Photo by Prudence Siebert/Fort Leavenworth Lamp

Commissary celebrates MOMC with drawing, writing contest

Month of the Military Child

Spreading Joy Around the World



by Defense Commissary Agency Corporate Communications

FORT GREGG-ADAMS, Va. – The Defense Commissary Agency (DeCA) joins communities across the world in celebrating the Month of the Military Child in April.

For nearly 40 years, supporters from public and private organizations have come together for annual events and activities to honor military children and the sacrifices they make.

“Young people growing up in military families understand the meaning of service before self,” said Navy Command Master Chief Mario Rivers, senior enlisted advisor to the DeCA director. “Their courage and resilience inspire us all, and DeCA is proud to recognize the important role they play in military communities.”

Featured among DeCA's April events is the “Spreading Joy Around the World” drawing and writing contest for youth 18 years old and younger.

See page B2 of this week's issue of the Fort Leavenworth Lamp for information on upcoming Month of the Military Child events.

To enter the contest, children of authorized commissary patrons must submit a drawing or written description of a unique experience they have had as a military child.

Each store location will have one winner in the writing category and one in the drawing category, for a total of two winners per store location.

To enter, visit corp.commissaries.com/military-child-month and download the activity card. The webpage will be active April 1.

Entrants may also visit the customer service desk at their local commissary to obtain an activity card. Entries will be accepted at local commissary customer service desks April 1-30. There is a limit of one entry per child.

All entries must also include the first and last name of the artist/writer, age, e-mail and phone number. Parents must also complete the accompanying photo release authorization form to display their child's work in the store if his/her submission wins.

Each store will determine whether the activity cards of the winners will be displayed. Late entrants or entrants without complete information as noted above will not be accepted. DeCA employees and their family members are not eligible to participate in the contest.

Each commissary is responsible for selecting winners and contacting them by phone or email. Winners will receive a prize by May 31, 2024. No purchase is necessary to enter or win.

By entering, participants grant DeCA and its industry suppliers full rights to use all materials and information. All entries become the property of DeCA and will not be acknowledged or returned. A copy of these rules and the activity card can be found at corp.commissaries.com/military-child-month.

Commissary customers are encouraged to check with their local commissary store and corp.commissaries.com for other programs supporting the Month of the Military Child.

The Fort Leavenworth Lamp welcomes part-time volunteer REPORTERS and INTERNS!

Flexible schedule, great way to learn about the community and excellent opportunity to add content to a writer's professional portfolio. Experienced journalists preferred but training/mentorship provided if interested in learning the skills required.

Apply for the Fort Leavenworth Garrison Public Affairs Assistant position on the Volunteer Information Management System at <https://vmis.armyfamilywebportal.com>.

Easter season services

Fort Leavenworth Lent and Holy Week services

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

Lenten Lunch, noon to 1 p.m. March 20 at Frontier Chapel, room 153
 Good Friday service, CrossRoads Protestant Community, 5 p.m. March

29 at Frontier Chapel
Catholic Services
 Stations of the Cross, 5:30-7 p.m. March 22 at Pioneer Chapel
 Holy Thursday Mass, 6 p.m. March 28 at Pioneer Chapel
 Good Friday service, 6 p.m. March 29 at Pioneer Chapel
 Easter Vigil Mass, 8 p.m. March 30 at Pioneer Chapel
 Easter Mass, 9:30 a.m. March 31 at Frontier Chapel

SUNDAY, 31 MARCH 2024, 0700



**EASTER
SUNRISE SERVICE**

Pioneer Chapel, 500 Pope Avenue
 Uniform: Army Service Uniform/Army Green Service Uniform with Service Cap or Civilian Attire
 Light Reception Follows inside Pioneer Chapel
 For Information Call 913.684.2210
 POC: Chaplain (MAJ) Chris Weinrich
 christopher.w.weinrich.mil@army.mil

2024 Ramadan Time of Prayer: Frontier Chapel



Dates: Ramadan: 11 MAR – 09 APR (Frontier Chapel, Room 111)

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

Frontier Chapel: 625 Thomas Avenue

Time: 0900-1700 (MON-FRI)

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


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

US Army Combined Arms Center
 SOLDIERS AND LEADERS - OUR ASYMMETRIC ADVANTAGE

2024 Ramadan Time of Prayer

Who: All Muslim teammates assigned to Army University and affiliated elements



What: The practice of Ramadan to celebrate a season of prayer, fasting, reflection, and community. Muslim practice requires prayer 5 times a day. In order to facilitate the mid-day prayer requirement during Ramadan, Muslim teammates may pray in either of the two coordinated locations.

When: 10 MAR – 08 APR 2024

Where: Two locations have been coordinated for mid-day prayer

- L&C: The faculty lounge near the Joint Services pub on the 1st floor. –Available 1130-1300 Wednesdays 1130-1230.
- Room 111 in Frontier Chapel, 625 Thomas Avenue – Available 0900-1700 M-F

POC: Chaplain Andrew Muilenburg, CGSC Chaplain
 Email: andrew.c.muilenburg.mil@army.mil
 Phone: 425-220-3164

Pet of the Week



Photos by Prudence Siebert/Fort Leavenworth Lamp



Hermes is a 2-year-old husky mix currently available for adoption at the Fort Leavenworth Stray Facility. He has already been neutered, vaccinated and microchipped, which are included in his \$110 adoption fee.

The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday, and by appointment for pre-approved adopters. The facility is also open the second Saturday of each month (April 13) from 9 a.m. to noon. See www.FLSF.petfinder.com or call 913-684-4939 for more information, or e-mail fortleavenworthstrayfacility@gmail.com for an adoption application.

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

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

frontierccu.org (913) 651-6575



NOW OPEN
ENROLLMENT
 FOR THE 2024-2025 SCHOOL YEAR

Apply Now

HUNGRY?

Fort Leavenworth MWR has AMAZING food options!

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

LEAVENWORTH.ARMYMWR.COM



THURSDAY
MARCH 28, 2024



LAMP Post Notes

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

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

B1

Fort Leavenworth's
DES EASTER HOLIDAY PARADE
March 29, 2024
1:30 p.m. - 4:30 p.m.
SEE YOU THERE!

Vietnam War Commemoration Pinning Event
Join us on 29 March, National Vietnam Veterans Day, as Americans unite to thank and honor Vietnam veterans and their families for their service and sacrifice
The United States of America Vietnam War Commemoration honors all veterans who served on active duty in the U.S. Armed Forces at any time from November 1, 1955 to May 15, 1975, regardless of location, and their families.
29 MARCH 1100
Fort Leavenworth Exchange
330 Kansas Ave
Light refreshments provided by
COMMISSARY
DON'T HAVE BASE ACCESS TO ATTEND OR CONTACT POC: Marina Lemanua (913) 651-7271

Join us for our Annual
Easter Bunny Brunch
Saturday, March 30th
9am-12:30pm
The Frontier Conference Center
Special Event Pricing
Adults : \$23.50
Children (4-12) : \$12.50
Kids 3 and under : \$4.00
Call 913-684-3825
or stop by the FCC to reserve your spot today!
Your choice of one hour seating times:
9am, 9:45 am, and 10:30 am
A very special visitor will be hopping by to visit with the kids! There will be children's activities including crafts and photos!
Reservations are OPEN NOW
Space is limited.
Reservations CLOSE March 22nd
For more information visit leavenworth.armymwr.com
MENU
Gourmet Denver Style Egg Strata
Applewood Smoked Bacon and Sausage
Seasoned Potatoes O'Brien
Fresh Buttermilk Biscuits with Country Gravy
Organic Spring Greens with Assorted Dressings
Assorted Cheese and Charcuterie Display
Southern Fried Chicken
Smoked Gouda Au Gratin Potatoes
Chef Carved Roast Baron of Beef with Au Jus and Horseradish Sauce
Fresh Green Beans with Roasted Garlic
Premium Chicken Bites
Four Cheese Macaroni and Cheese
Assorted Fresh Baked Desserts
Coffee
Juice
Milk

EXCHANGE™
Easter Egg Hunt
03.30.24
The hunt begins at 1:00 Don't Forget Your Basket!
Age Groups: 2-3, 4-5, & 6-10
Find the Golden Egg and win a very special Prize!
(In the event of adverse weather the Easter Egg Hunt will be rescheduled)

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

Chapel Easter Eggs Hunts
Date: 31 March 2024 (Sunday)
1. CrossRoads Protestant Community (0830 & 1100)
1000: Pioneer Chapel Grounds
2. Roman Catholic Mass
1000: St. Ignatius Building Area for the Egg Hunt
3. Multicultural Gospel Service: 1130 Pioneer Chapel Grounds
***Sponsored by the Fort Leavenworth Chapel Congregations.
Please join our chapel services and the egg hunts on 31 March 2024!!

Friends of the Frontier Army Museum
Essay Contest
In honor of the 220th Anniversary of the Lewis and Clark Expedition, write an essay on any member of the expedition focusing on their role and significant contribution.
1000-1500 words
Submit by March 31, 2024
For complete contest details, see our website
www.ffam.us/essay-contest
Qualifications
11th or 12th Grade Student
Leavenworth County Resident
FFAM Member
Scholarship Awards
\$1500 | \$1000 | \$500

Fort Leavenworth
Michael's Educational Foundation
THE 2024 MICHAELS ORGANIZATION EDUCATION FOUNDATION SCHOLARSHIP APPLICATIONS ARE NOW AVAILABLE!
High School seniors or graduates pursuing higher education with college or trade school qualify.
IMPORTANT DATES:
• February 5: Application forms available at all offices of The Michaels Organization.
• March 8: Suggested deadline for college students to request grade transcripts from their registrars to ensure that part of the application will be received before April 15, 2024.
• April 15: Final deadline for all parts of the application for a 2024 The Michaels Educational Foundation Grant. Mail the application form, references, essay, and grade transcripts to Dr. Bruce W. Johnson, The Michaels Educational Foundation, P.O. Box 90708, Camden, NJ 08101.
YOU CAN DOWNLOAD YOUR APPLICATION AT
<https://tmo.com/scholars/#for-scholars>

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

Scholarship Opportunities
Note: This information is provided to US Army School Liaison Officers as information of common interest regarding various scholarship opportunities throughout the United States.
Such information is not an actual or implied endorsement of these colleges/universities/organizations by the US Army, Fort Leavenworth FMWR, and/or Fort Leavenworth CYS.
https://home.army.mil/leavenworth/application/files/7816/3284/5772/Fort_Leavenworth_SLO_Scholarship_List_September_2021.pdf

Fort Leavenworth
Career & Education Fair
2 April, 10 am to 2 pm
Frontier Conference Center
Open to Active Duty, Guard, Reserve, Retirees, Veterans, Family Members, Contractors, & DOD Civilians
Government, Law Enforcement, Contracting, Manufacturing, Sales, Logistics, Retail, Service, Technical, Educational, and Many Other Opportunities Available
For information call the Transition Assistance Program at 913-684-2227 or email usarmy.TAP.leavenworth@army.mil
Hosted by: Transition Assistance Program & the Family and Morale, Welfare and Recreation Directorate

BLOOD DRIVE
DONATIONS SAVE LIVES
Fort Leavenworth
Thursday, April 4th
9:00 AM - 2:00 PM
Frontier Chapel
625 Thomas Avenue
Appointments are preferred. Book your appointment today at savealifenow.org/group, enter Group Code: BK or scan the QR code at right. For additional details, please contact Wendy Eisele at 816-351-1128 or weisele@cbckc.org.
Medical eligibility questions? Please call 800.688.0900.
Please remember to eat, drink, and bring your ID with your name and photo. Appointments are preferred however walk-ins will be welcomed if space permits. Visit savealifenow.org/coronavirus for COVID-19 safety protocols.
Community Blood Center
877.468.6844 • savealifenow.org #cbckc

2024 MPRA ANNUAL SCHOLARSHIP PROGRAM
APPLICATIONS NOW ACCEPTED
Deadline: March 31, 2024
www.mpraonline.org/scholarship



Military Children: Brave, Fearless and Resilient

Fort Leavenworth Month of the Military Child April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 MOMC Proclamation Signing HYC at 4pm	2	3	4	5 SKIES Music Recital FREE Movie Trolls Band Together	6 MOMC Arts & Crafts
FREE BUCKET OF BALLS & SOFT DRINK AT TRAILS WEST GOLF COURSE ALL MONTH KIDS RIDE/PLAY FREE						
7	8	9	10	11	12	13 PAIR DAY & Kids Fest
COMMUNITY-WIDE PURPLE UP! ON APRIL 15! SPIRIT WEEK IS M - F APRIL 15 - 19						
14	15 Purple Up! Day and start of Spirit Week	16 Wear Blue for Child Abuse Prevention Month	17 Super Hero Day! (Dress like your favorite Super Hero)	18 ACS Moving With Kids Inside Out/ Mismatch Day	19 YS MLB Pitch/ Hit & Run FREE Movie Paw patrol: The Mighty Pajama Day	20
21	22	23	24	25	26 Operation Megaphone Lock-in Must register with CYS (grades 6-12)	27 Operation Megaphone Lock-in Jim Cosgrove & The Hiccups Concert
28	29	30				
KIDS BOWL FREE EVERY SUNDAY AND THURSDAY AT THE STRIKE ZONE ALL MONTH!						

MOMC Highlights

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

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

Free Movie Nights
7pm @ The Post Theater
Trolls:
Trolls Band Together April 5
Paw Patrol:
The Mighty Movie April 19

MOMC Arts & Crafts
April 6 10am -2pm @ The Arts & Crafts Studio.

PAIR Day/ Kids Fest
April 13 10am-2pm @ Harney Sports Complex

Jim Cosgrove & The Hiccups Concert
April 27 3pm @ The Resiliency Center

MOMC PURPLE UP!
On April 15 wear purple to support Military Kids! Submit photos to FTLVNMOMC@gmail.com



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



MONTH OF THE MILITARY CHILD Proclamation Signing

April 1, 2024
1600
Harrold Youth Center
(913)684-5118

Join us for the reading and signing of the MOMC Proclamation by the Garrison Command Team and youth from Osage and the Youth Center. A BBQ and performance from the band **Royal Purple** will follow. You can also watch it live on Facebook facebook.com/cys.ftlvntcenter

HARROLD YOUTH CENTER is celebrating MONTH OF THE MILITARY CHILD

Parents/Guardians/Grandparents/Siblings... Join us for the following family activities:

04/05/2024 1800 Karaoke Night
04/12/2024 1700 Family BINGO
04/19/2024 1800 Ice Cream Social

Have fun, win prizes and socialize with other families!

Check the April calendar for all daily activities

Please call for more information 913-684-5118

SKIES Music Recital

April 5th @ The Pioneer Chapel starting at 5:30pm
For more info call 913-684-3207

String Ensemble
Duet
Multiple Soloists!

Come out and support our young performers as we celebrate the Month of the Military Child! This FREE event is open to Family, Friends, and the Fort Leavenworth Community.

Month of the Military Child "Military Children: Brave, Fearless & Resilient"

CYS Presents FREE:

Make & take Original Memories with Arts & Crafts

At the **MWR Arts & Crafts Studio**
310 McPherson Ave
Fun crafts for all ages!
April 6th
Stop by anytime between 10 am - 2 pm
For more information call 913-684-5138

PAIR Day & Kid Fest

April 13 // 10AM - 2PM
Harney Sports Complex

Experience what Fort Leavenworth and the surrounding Kansas City area have to offer at PAIR Day (Post Activities Information & Registration). This is your one stop-shop for everything social, recreational, spiritual, and educational.

There will be informational tables, and lots and lots of FREEBIES!

In honor of Month of the Military Child, this event is a celebration for Military Kids!

This event will be filled with family friendly fun, with a DJ, CYS class demos and informational tables. And the best part it's all FREE!

For more info, call (913) 684-1734 Or scan the QR Code.

MOMC SPIRIT WEEK

2 April 15 Purple Up! Day
0 April 16 Wear Blue for Child Abuse Prevention Month
2 April 17 Super Hero Day! Dress as your favorite Super Hero! (No masks or hats)
2 April 18 Inside Out/ Mismatch Day
4 April 19 Pajama Day

CYS and USD 207 encourage everyone to participate in the Month of the Military Child Spirit Week!

CELEBRATING THE MONTH OF THE MILITARY CHILD!

Mr. Stinky Feet

SATURDAY, APRIL 27th @ 3:00 PM
RESILIENCY CENTER FRONT LAWN
600 THOMAS AVE.
www.jimcosgrove.com

FREE CONCERT!

BRING A PICNIC BASKET, BLANKETS & LAWN CHAIRS & BE READY TO DANCE
LOCATION: THE RESILIENCY CENTER!

ICE CREAM Proudly Sponsored by: SHATTO

RAIN LOCATION: Post Theater 375 Grant Ave
For weather updates, like us on our Facebook page! www.facebook.com/cys.ftlvntcenter

QUESTIONS? (913) 684-1655 leavenworth.armymwr.com

NIGHT AT THE MUSEUM

APRIL 26

Tours begin at 5:30pm and run every 15 minutes
Reserve your tour time beginning April 1 at www.ftlm.us

26

FRIDAY, APRIL 26, 2024 AT 5:30 PM - 7:30 PM CDT
Month of the Military Child Night at the Museum
100 Reynolds Ave, Fort Leavenworth, KS, United States, Kansas 66027

STORYTIME AT THE MUSEUM

FRIDAY April 19th @ 10am

- Located in the Fort Leavenworth gallery at the Frontier Army Museum (100 Reynolds Ave, Ft Leavenworth)
- Family Storytime (open to all ages)
- Explore the museum after the program

MILPARENTS ROCK: Rock Painting

April 5, 2PM - 4PM
Resiliency Center // 600 Thomas Ave.

April is National Child Abuse Prevention Month. During April, FAP / NPSP will be sponsoring events focused on stress reduction and family fun. Come celebrate with us to honor military parents and children by painting rocks for your own personal rock garden.

Supplies will be provided. This event will be hosted outside, and is open to parents and their children.

Registration is required and can be done until March 29th.
 Event is FREE and open to DoD ID card holders 2+.
 For more info or to register call, (913) 684-2808.




PREVENTION IN THE PARK

APRIL 19 // 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 12th.
 For more info or to register call, (913) 684-2808/2800.
 Rain out date: April 27 // 10AM - 12PM




BOSS PRESENTS MOVIE NIGHT

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

April 5 **April 19**



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



Pitch Hit & Run

No Federal Endorsement Implied

Youth Sports and Fitness Pitch, Hit & Run

April 19, 2024
5:00 pm - 7:00 pm
@ Doniphan Field #1

Pitch, Hit & Run

Baseball and Softball Divisions

7 - 8 yrs / 9 - 10 yrs / 11 - 12 yrs / 13 - 14 yrs
 * Age cut-off set on November 15, 2024 *

Pitch, Hit, and Run Registration MUST be done online. Scan the QR code to register!

Parent volunteers needed!

FREE!
 Official Skills Competition

For more information: (913) 684 - 7525 or 7528

* Parents/Guardians must provide proof of age with a valid record (such as birth certificate)



Griffin Gardens Greenhouse

Opening April 17th!

Monday & Friday 1330 - 1500
Wednesday 0830 - 1030

Located between Griffin Cuts Barbershop & the MWJRCF



Directions from the USDB Sales Store to the Greenhouse

- Take a left on McPherson Ave
- Take a right onto Sylvia Trail & follow down to the stop sign
- Turn left onto N. Warehouse Rd.
- Follow until you have reached Sabalu Rd. and take a left (please do not turn right into the USDB)
- The greenhouse will be located on your right in between Griffin Cuts & the MWJRCF.



WANTED

Fort Leavenworth Sponsors

Civilians WG6/NAF4/GS-9

and Permanent Party Military MAJ's and Above

The International Military Student Division is Welcoming

CGSOC -Class AY 24 US Sponsor Families to Volunteer Today

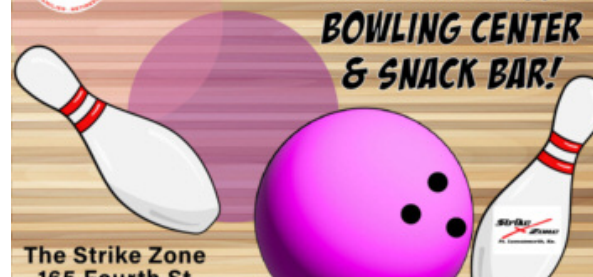




Please Contact:
Mr. David M. Bornn
 (913) 684-7323
david.m.bornn.civ@army.mil

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

The Strike Zone
 165 Fourth St
 913-684-BOWL



Stronghold: Happy Bottoms Program

Powered by: Rapid Response Charities

Free Monthly Diaper Distribution

Email: contact@strongholdfoodpantry.org

More than a food pantry.

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.

More than a food pantry.

STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS

By Appointment Only
www.strongholdfoodpantry.org

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

The Fort Leavenworth Frame Studio

IS NOW OPEN!

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!

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

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

COLLECTING DONATIONS

Operation Deploy Your Dress is collecting donations to build our shop inventory

- *Formal & Cocktail Attire (dresses and suits)
- *Shoes, Jewelry & Handbags

All items should be clean & free of tears, snags or stains

SEND US A FB MESSAGE OR EMAIL ODYDFLSC@GMAIL.COM

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

March & April Craft Workshops

Acrylic
\$35 per class

- Acrylic Painting (Robin Nest) Wednesday March 6 12:30pm - 2:30pm
- Acrylic Pour Wednesday March 27 11:30am - 1:30pm
- Acrylic Painting (Happy Hedgehog) Wednesday April 10 12:30pm - 2:30pm
- Acrylic Pour Wednesday April 24 11:30am - 1:30pm

Crafts
\$30 per class

- Birthday Banner Craft Tuesday March 5 11:30am - 1:30pm
- Wooden Welcome Sign Friday April 26 11:30am - 1:30pm
- Intro to Framing \$40 *Must pre-register* Thursday March 7 or April 11 10am - 2pm
- Intro to Framing \$40 *Must pre-register* Saturday March 23 or April 27 10am - 2pm

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

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

- Bunny in Tall Grass Friday March 1 6pm - 8pm
- Umbrella in the Rain Friday April 12 6pm - 8pm

Cost includes all supplies!

Kids Crafts

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

- Wednesday March 6 10:30am - 11:30am
- Thursday March 28 10:30am - 11:30am
- Wednesday April 10 10:30am - 11:30am
- Thursday April 25 10:30am - 11:30am

Kids Messy Art
\$12

- Thursdays (ages 7+) March 21, April 18 10:30am - 11:30am
- Fridays (ages 4 - 6) March 22, April 12 10:30am - 11:30am / 12:30pm - 1:30pm

Art History
\$15 per class (ages 7+)

- Apples & Adams Wednesday March 20 12:30pm - 2:30pm
- Thursday March 21 4pm - 6pm
- Donuts & Da Vinci Wednesday April 17 12:30pm - 2:30pm
- Thursday April 18 4pm - 6pm

Call now to register!
913-684-3373

Come see what's new at the Studio!

March & April Watercolor

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!)

Calligraphy

Basics
\$20 per class

Tuesday March 26 11:30am - 1pm

Intermediate
\$20 per class

Tuesday April 2 11:30am - 1pm

Mother's Day Cards
Tuesday April 9 11:30am - 1pm

Recurring 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

Call now to register!
913-684-3373

Come see what's new at the Studio!

The Spouse Toolkit

8 Ways AER Supports Army Spouses

- HEALTHCARE ASSISTANCE:** Assists with dependent dental care, special-needs equipment like cranial helmet and heavy blankets, medical co-pays.
- RELICENSING GRANTS:** Provides need-based grants to help alleviate state relicensing and recertification fees.
- SCHOLARSHIPS:** Offers the Shinskei Spouse Scholarship to provide assistance for up to four academic years of full-time study or eight years of part-time study.
- PASSPORT & VISA FEES:** Provides assistance for visa and passport application fees to promote Family unity and reduce the financial burden of maintaining two separate households.
- RENT & LODGING:** Offers housing assistance to help with initial deposit, rent and temporary lodging.
- SURVIVOR SUPPORT:** Provides surviving Spouses and children of active-duty and retired Soldiers with monthly monetary support to ensure our own are always taken care of.
- CHILDCARE ASSISTANCE:** Assistance for Families to help alleviate the costs of daycare and before- and after-school care.
- PET TRANSPORTATION ASSISTANCE:** Offers zero-interest loans to help alleviate the financial burden of transporting pets during PCS moves.

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.

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.

ACS Family Advocacy
New Parent Support Program

Play Morning

Thursdays from 9-11:00 a.m.

Ages 3 months – 3 years with Guardian • Resiliency Center

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

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

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

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

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

SHARP BOWLING TOURNAMENT

@ 2 pm

FRIDAY APRIL 12th

\$20 PER 4-PERSON TEAM W/SHOES • 2 GAMES

Prizes awarded to 1st Place in each Flight

U.S. ARMY MWR

FORT LEAVENWORTH FMWR

CHILD AND YOUTH SERVICES

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

ARMY COMMUNITY SERVICE

(913) 684-2800

EFMP, FAP, ERP, AER, MFLC And much more!

RECREATION

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

BUSINESS OPERATIONS

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

Connect with Us!
Facebook: Fort Leavenworth FMWR
Online: leavenworth.armymwr.com

FINANCIAL PEACE UNIVERSITY

Wednesday Evenings, 6 - 8 p.m.

20 March – 22 May

Frontier Chapel, Fort Leavenworth

Childcare will be available

Contact Zach at zjmundell@gmail.com for more details

March 2024

ARMY COMMUNITY SERVICE ACS

Real-Life Solutions for Successful Army Living

Event Schedule

New Parent Support Program

- Stroller Walk: Tuesdays, 10:00am - 11:00am, Resiliency Center, Outside
- Play Morning: Thursdays, 9:00am - 10:00am & 10:00am - 11:00am, Resiliency Center
- Childbirth Class: March 4, 11, & 18, 5:00pm - 7:00pm, Resiliency Center, Room 157
- Dad's Night Out: March 20, 6:00pm - 8:00pm, Restaurant is TBD
- Mom's Night Out: March 27, 6:00pm - 8:00pm, Restaurant is TBD

Survivor Outreach Services

- Knock Your Pin Off Bowling Social for Gold Star & Survivor Families: March 23, 1:00pm - 3:00pm, Strike Zone Bowling Center

Army Volunteer Corps

- Volunteer Basics: March 13, 12:00pm - 1:00pm, Resiliency Center, Room 157

Family Advocacy

- Scream Free Marriage & Parenting: March 6, 1:00pm - 2:30pm, Resiliency Center, Room 145
- Stress Management: March 14, 11:30am - 1:00pm, Resiliency Center, Room 145
- Navigating the Teen Years: March 19, 1:00pm - 2:30pm, Resiliency Center, Room 145
- Co-Parenting Workshop: March 21, 12:00pm - 1:30pm, Resiliency Center, Room 145

Employment Readiness Program

- Federal Employment: March 6, 12:00pm - 2:00pm, Resiliency Center, Room 157
- Resume Writing: March 20, 12:00pm - 2:00pm, Resiliency Center, Room 157

Bowl Your Socks Off

FREE Bowling Event to support World Down Syndrome Day
March 21, 5-7pm
Registration Required!

Exceptional Family Member Program

- EFMP Recreational Bowling for EFMP Members and their Families: March 2, 12:00pm - 2:00pm, Strike Zone Bowling Center
- EFMP Refreshing Conversations: March 7, 10:00am - 11:00am, Exchange Food Court
- Sensory Storytime: March 15, 10:00am - 11:00am, Combined Arms Research Library
- Empowering Families Lunch & Learn Workshop: March 21, 12:00pm - 1:00pm, Microsoft Teams

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

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

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

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

Stroller Walk & Talk

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

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

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

POC 913-297-3212

ACS New Parent Support Prenatal Classes

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

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

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

Free for Expectant Parents!

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

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

"Refreshing Conversations"

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

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

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

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

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

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

Moving with kids

April 18th
ACS Classroom
Office Bldg 198
10am-11:30am

Let ACS Relocation and Mobilization help you with some of the hard questions.

Emotions of moving
Getting your mind right
Helpful Resources
Positive Coping Skills
Talking to kids

For additional info please call 913-684-2800

ACS New Parent Support Potty Training

Are you ready?

Time to lose the diapers?

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

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

Empowering Families Lunch & Learn Workshop Series

12 - 1 pm via Microsoft Teams

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

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

Volunteer Recognition Ceremony

Shining a Light on our Volunteers!

April 16
Volunteer Check-In: 9:45AM - 10:15AM
Ceremony: 10:30AM - 12PM
Frontier Conference Center

Please join us in recognizing our amazing Fort Leavenworth Volunteers. We will be honoring our Volunteers, Volunteer Organizations, announcing the Volunteer of the Year, and unveiling the check our Volunteers helped us generate.

Registration is NOT required for the public.
For more info: (913) 684-2835

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

EFMP presents: SENSORY STORY TIME

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

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

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

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

Wireless Emergency Alerts (WEA)

can alert you when weather threatens!

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

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

Update
As of: 19 October

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

We are sorry for the inconvenience.

COME EXPERIENCE A

NIGHT AT THE MUSEUM

April 26, 2024
5:30 - 7:30 PM

Enjoy a guided tour of the Frontier Army Museum as it comes to life with special exhibits that are fun for the whole family.

SIGN UP AT FFAM.US

The Friends of the Frontier Army Museum
100 Reynolds Avenue
Fort Leavenworth, KS 66027

BOSS soldiers

here's what's happening

"let your voice be heard"

updated monthly



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

U.S. ARMY MWR
BOSS
BETTER OPPORTUNITIES FOR SINGLE SOLDIERS

ACS Family Advocacy Program Presents:

ANGER MANAGEMENT

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

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

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

Childcare not provided.

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

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



U.S. ARMY MWR ACS

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+



U.S. ARMY MWR ACS


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



U.S. ARMY MWR ACS


STRESS MANAGEMENT

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

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

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

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



U.S. ARMY MWR ACS

FREE ENTRY

FORT LEAVENWORTH PRESENTS

Summer Kick-Off

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



U.S. ARMY MWR

- 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



U.S. ARMY MWR ACS

Join our ACS/FAP team for

STORY TIME!


To be held in Room 145
600 Thomas Ave

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

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

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

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



U.S. ARMY MWR ACS

BILINGUAL STORYTIME AT THE MUSEUM

FRIDAY April 12th @ 10am

- Located in the Fort Leavenworth gallery at the Frontier Army Museum (100 Reynolds Ave, Ft Leavenworth)
- Family Storytime (open to all ages)
- Storytime told in Spanish & English

SENSORY STORYTIME AT THE MUSEUM

FRIDAY April 19th @ 10am

- Located in the Fort Leavenworth gallery at the Frontier Army Museum (100 Reynolds Ave, Ft Leavenworth)
- Family Storytime (open to all ages)
- Activities, like stories, crafts, sensory experiences, songs, games and socialization.

25

THURSDAY, APRIL 25, 2024 AT 5:30 PM CDT

The French in Kansas in the 18th Century: Fort de Cavagnial by Donald Wade Davis

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



CYS is hiring!

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



U.S. ARMY MWR

Commissary Privileges* for all CYS Employees

NOW HIRING

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

APPLY NOW!
ArmyMWR.com/cyscareers

* Conditions apply



SCAN TO LEARN MORE



Intramural Volleyball League

Season Starts: April 2
 Games: Tues. and Thurs
 5:30PM - 8:30PM
 Harney Sports Complex

Coaches Meeting: Thurs. March 21 at 5:30PM at Oruber Fitness Center.
 Team Rosters and/or Letters of Intent due COB Wed. March 27.

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





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
 3 MAY - 4:00PM-6:00PM
 Frontier Conference Center 350 Biddle Blvd, Ft Leavenworth







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

POWERED BY




MAKE THE CONNECTION

Download on the App Store



GET IT ON Google play

JOKER'S SCRAMBLE

APRIL 6 // 9AM SHOTGUN START
 TRAILS WEST GOLF COURSE



This 4-person scramble features tricks and challenges not often seen on a golf course!
 \$50 Members // \$60 Non-Members
 Last day to register is April 3.
 Fees include, tournament, greens, cart, range balls, April Fool's Buffet, and beverage.
 Flight and hole prizes!
 Info: (913) 651-7176

FLSC Annual Charity GOLF SCRAMBLE

APRIL 27TH

Two Fun Events

One Amazing Day

WESTERN NIGHT

BEER BIRDIES BBQ BOURBON

Trails West Golf Course 1 PM • Frontier Conference Center 6 PM



Enlisted Week at the Golf Course



Apr 1 2024 - Apr 7 2024

From the 1st - 7th of every month, Active Duty Enlisted Soldiers get to play for FREE at Trails West Golf Course!

Monday - Friday // Anytime

Saturday - Sunday // Anytime after 1PM

Golf cart not included, walkers are welcome!

FUN SHOOT

Brunner Range
 1st Saturday of the Month

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

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

Space is limited so register early.

Rental guns and shells are available or bring your own.

Prizes and awards distributed at the end of each shoot.

Info: (913) 651-8132
 701 Sheridan Drive




Brunner Range 2024 LEAGUE SCHEDULE

Winter Combo
 4 January - 7 March

Spring Combo
 21 March - 23 May

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

Fall Combo
 5 September - 7 November

Winter Warm-up
 14 November - 19 December

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

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




New Season New Hours!

Fairway Grille will be OPEN on Saturdays beginning April 6th and will be CLOSED on Mondays beginning April 8th.

Updated hours:
 Tues - Fri: 11AM - 1:30PM
 Sat: 10:30AM - 3PM

Info: (913) 651-7176








Strike Zone Bowling Center's GOOD GRADES SPECIAL

NOON - 7 pm

October 21, January 6, March 23 & May 25

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

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

STRIKE ZONE Birthday Packages

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

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

Party Enhancements
 Birthday Pins \$20
 Call us today to book your party! 913-651-2195





Clean Paws Pet Wash

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



Info: (913) 651-7176



Cosmic Bowling at the Strike Zone

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

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





Starting Monday January 8th, 2024

Fort Leavenworth Group Fitness Classes

GRUBER FITNESS CENTER - 200 Reynolds Ave. - 664-5120
Mon-Fri: 0500-1800, Sat and Sun: 0800-1700

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530			Spin (Karyn)			
0900	(0915) Zumba (Lydia)		(0915) Zumba (Lydia)		Zumba (Stephanie)	Zumba (Lydia)
1630	3030 Split (Kim)		Power Cycling (Kim)			

HARNEY SPORTS COMPLEX - 185 Fourth St. - 664-2190
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>

918 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!

DECIDE TO COMMIT TO SUCCESS

leavenworth.armymwr.com

WE OFFER 24/7 Gym Access
(After registration)

LET'S GO!

UNITED STATES DISCIPLINARY BARRACKS SESQUICENTENNIAL CELEBRATION



Time to Register

May 19-21, 2024 | Fort Leavenworth, Kansas
RSVP Due April 12, 2024

Welcome Reception | USDB Tours | Banquet | Plaque Ceremony



Register on Event Brite USDB Sesquicentennial Anniversary Celebration

Schedule of Events

19 May 24, Sunday

➢ Welcome Reception, VFW Post 56, (1700-2100) (cash bar)

20 May 24, Monday

- USDB "Changes Over Time" Presentation (0800-1030) (Lewis and Clark Center)
- Windshield Tour of Ft Leavenworth (1030-1200)
- USDB Sales Store Open House (1100-1500)
- No-Host Lunch (1100-1300) (12th Brick Grill inside old USDB)
- Tour of the new USDB (1300-1415)
- Tour of the old USDB (1300-1415)
- Tour of the new USDB (1430-1545)
- Tour of the old USDB (1430-1545)
- BBQ Dinner (1700-2100) 35th ID HQ

21 May 24, Tuesday

- Sesquicentennial Plaque Ceremony (0900-1000) (Lewis and Clark Center)
- Tour of Lewis and Clark Center (new CGSC) (1030-1130)

\$35 includes meat/veggie trays at Welcome Reception; BBQ Dinner w/beer/wine, soda, H2O; and 150th Anniversary Cake with refreshments.

Questions: peter.j.grande.vol@army.mil or 913-683-8263

REASONS TO CONNECT WITH 988

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



ARMY COMMUNITY SERVICE ACS
FORT LEAVENWORTH, KANSAS
913-684-2830/2800

Who: All Active Duty, Retiree, DA Civilian and their family members who are either permanent party, TDY or PCSing.

When: Monday - Wednesday & Friday 0800-1600 (closed during 1130-1230); Thursday 1300-1600

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

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

Items available:

Pre-Packed Kitchen Kit:

1 Bowl (mixing)	1 Large Kitchen Knife
1 Pitcher	4 Steak Knives
1 Colander	1 Peeler
1 Cookie Sheet	1 Skillet
2 Pots with Lids	1 Spatula
4 Plates	4 Plastic Glasses
4 Bowls	1 Can Opener
4 Coffee cups	1 Set of Measuring Spoons
4 Forks	1 Measuring Cup
4 Spoons	1 Pot/holder
4 Knives	2 Serving Spoons

Additional Items Available:

Cheese Graters	Plates	Square Tables
Pizza Cutters	Bowls	Circle Tables
Spaghetti Servers	Coffee Cups	Folding Chairs
Tongs	Blenders	Laundry Baskets
Whisks	Coffee Makers	Irons
Glass Baking Dishes-Rectangle	Crock Pots	Ironing Boards
Glass Baking Dishes-Circle	Toasters	Trash Cans
Muffin Pans	Rice Cookers	Air Fryers
Hand Mixers	Microwaves	Indoor Grills

Operation Prevention Community Brief
April 11th
11am - 12:30pm
Post Theater
375 Grant
For more info call 913-684-2808/ 2800

Child Abuse in Preventing is the First Step

Come join the Family Advocacy Program to learn valuable information about recognizing, reporting, and helping to prevent child abuse and/or neglect, and domestic violence/ intimate partner violence. Training is FREE and open to all Spouses, DOD Civilians, and Service Members 18+.

Bring your Unit and check off a Training Requirement for FY 24.

EXCHANGE YOUR MADE + THE GRADE
you get the REWARDS!

\$20 REWARDS! Straight A students
\$10 REWARDS! Average B students

ENTER FOR A CHANCE TO WIN A \$2,000, \$1,500 OR \$500 REWARDS! GIFT CARD!

See an Associate for details and entry forms.

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 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

THE ORIGINAL HARLEM GLOBETROTTERS 2024 WORLD TOUR

GET YOUR TICKETS NOW AT FORT LEAVENWORTH LEISURE TRAVEL SERVICES!

310 McPherson Ave, Bldg 464
913-684-2141

Saturday 6 APRIL @ 2PM

\$36 or \$56

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

We have KC Royals Tickets for the 2024 season!

Exclusive Military Rate for tickets and parking.

Ticket prices are based on tiers and vary depending on opponent.

For more info call, or stop by Leisure Travel Services.
(913) 684-2580
310 McPherson Ave (located inside the old USDB)
Or check out our website, leavenworth.armymwr.com

2024 Worlds of Fun/Oceans of Fun Gold Season Pass

Available Now @ Fort Leavenworth Leisure Travel Services

\$94.50



310 McPherson Ave BLDG 464, Fort Leavenworth 913-684-2580 Business Hours Tue/Wed/Thu/Fri @ 10a-3p



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

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

Event Space: \$225

Small Snack Package*: \$6 per kid includes drink, kid size popcorns, candy
Large Snack Package*: \$8 per kid includes drink, medium popcorns, candy
*minimum of 10

Call 913-684-2736 to book your party

TENANT SATISFACTION SURVEY RESULTS!

The Department of Army issued the TENANT SATISFACTION SURVEY (TSS) on March 4th! FHC wants feedback from all households. What is FLFHC doing right & what improvements would you like to see?

YOUR PARTICIPATION COUNTS! Thank you to those who have already completed their survey.

HOW IS YOUR NEIGHBORHOOD RANKING?

LEAVENWORTH, CHEYENNE	33	6.1 %
LEAVENWORTH, EAST CHEYENNE	21	19.0 %
LEAVENWORTH, INFANTRY BARRACKS	58	22.4 %
LEAVENWORTH, IOWA	71	26.8 %
LEAVENWORTH, KICKAPOO	141	16.3 %
LEAVENWORTH, LOWER KANSAS OSAGE	84	20.2 %
LEAVENWORTH, MAIN POST	111	23.4 %
LEAVENWORTH, NEZ PERCE-OREGON NEW-PAWNEE NEW	80	15.0 %
LEAVENWORTH, NORMANDY	87	16.1 %
LEAVENWORTH, OREGON OLD	89	20.2 %
LEAVENWORTH, OSAGE	97	17.5 %
LEAVENWORTH, OTTAWA	113	11.5 %
LEAVENWORTH, PAWNEE OLD	23	8.7 %
LEAVENWORTH, POTTAWATOMIE	136	15.4 %
LEAVENWORTH, SANTA FE	166	21.7 %
LEAVENWORTH, SHAWNEE	121	9.9 %
LEAVENWORTH, UPPER KANSAS	44	20.5 %
LEAVENWORTH, WINDY	13	23.1 %

The sooner you respond, the more chances you have to win!

There are 32 chances left to win a \$50 GIFT CARD and one \$250 prize! CEL will randomly draw the winner. FHC will only receive the residents name and address. Your survey feedback is not shared if you are selected, the survey is completely anonymous to FLFHC.

CANT FIND YOUR SURVEY?

Scan QR code or Contact CEL via email at ArmyHousingSurvey@celassociates.com to request a survey link. When you email CEL You must include your Installation name and complete street address including unit number, if applicable.

OMB Control Number: 0704-0553
OMB Expiration Date: 31 May 2025

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

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

World Leaders in Wartime: King Henry II

FT. Leavenworth Series

April 3 @ 3:00 pm - 4:15 pm Hybrid Event

THE FORT LEAVENWORTH SERIES

KING HENRY II

WORLD LEADERS IN WARTIME

JOHN HOSLER
Associate Professor of Military History,
U.S. Army Command and General Staff College

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

JOIN OUR TEAM!

We Are Looking For a Professional:

Supervisory SARC (Principle) "AKA Lead SARC" GS-0301-13

Come join the Combined Arms Center SHARP Team

Accepting Applications until 22 Mar 24 - 29 Mar 24

Submit Your Resume : <https://www.usajobs.gov/GetJob/ViewDetails/783040800>

JOIN OUR TEAM!

We Are Looking For a Professional:

Supervisory SARC (SAR WF) GS-0301-12

Come join the Combined Arms Center SHARP Team

Accepting Applications until 22 Mar 24 - 29 Mar 24

Submit Your Resume : <https://www.usajobs.gov/GetJob/ViewDetails/783041600>

Employment Readiness Program Classes

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

- Resume Writing:** Mar 20* • June 19* • July 17*
Aug 14* • Sept 25*
Evening Classes: May 22 • Aug 14 - 5PM - 7PM
Registration required for evening classes
- Federal Employment:** Jan 17* • Mar 6* • April 10*
May 8* • June 5* • July 10*
Aug 7* • Sept 11* • Oct 9* • Nov 6*
Evening Classes: May 15 • Aug 7 - 5PM - 7PM
Registration required for evening classes
- Interview Skills & Professionalism:** Feb 21* • May 22*
July 24* • Aug 21*

Scan QR Code for more info!

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

For more info call: (913) 684-2800

NOW HIRING

Military Spouses & Veterans

MONARCH BUTTERFLY DOD INTERNSHIP

Environment for the Americas (EFTA), with funding from the US Forest Service and Department of Defense (DoD), is supporting military installations with monarch butterfly monitoring and management efforts. We are looking for veterans, military spouses, and dependents to join our team!

POSITION DESCRIPTION

- Monarch butterfly and habitat monitoring** - Interns will receive training in surveying monarchs and their habitat, along with instruction in ecological field protocols.
- Engaging the public** - Interns will engage with the military community through leading talks, nature walks, and outreach activities, and are encouraged to contribute blogs to the EFTA website.
- Collaborating with partners** - Interns will work closely with the natural resource managers on their installation, representing our program to the public and partners.

AT A GLANCE

- Compensation:** \$600/week
- When traveling, participants will receive a \$1000 housing stipend and travel costs tail from the work site.
- Duration:** 6 week - 6 month positions available starting March 2024. Please list desired location(s) in your application.

SITES INCLUDE:

- TX: Ft. Cavazos, Dyess AFB, Laughlin AFB
- OK: Ft. Sill, Tinker AFB, Camp Gruber
- KS: Ft. Riley
- NE: Camp Ashland
- CA: Vandenberg AFB

QUALIFICATIONS

- Veteran, military spouse, or dependent.
- A desire to learn about monarchs and habitat surveying.
- Ability to conduct fieldwork on DoD lands, which may include long days outdoors and walking long distances.
- Preferred: background in ecology, biology, or natural resources or interest in these fields

JOIN US!

Apply on our website at: environmentamericas.org/fta-internships-landing-page/
Reach out to Debra May, the Monarch Program Manager with any questions at: dmay@environmentamericas.org

MUNSON NOTES

MUNSON ARMY HEALTH CENTER

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.

BRAIN INJURY AWARENESS

HEAD INJURY?
Seek medical help if you have these warning signs:

HEARING

- Dizziness
- Ringing, buzzing, or other sounds in your ears or head
- Trouble understanding speech in noisy environments

VISION

- Dizziness
- Blurry or double vision
- Trouble reading
- Flashes and/or floaters

health.mil/BIAMonth

MARCH IS BRAIN INJURY AWARENESS MONTH

A traumatic brain injury—or TBI—is a blow or jolt to the head that disrupts the normal function of the brain.

The severity of the TBI is determined at the time of the injury and may be classified as: mild, moderate, severe, or penetrating.

MORE THAN 485K
TBIs REPORTED SINCE 2000 BY U.S. SERVICE MEMBERS*

82.2%
CATEGORIZED AS MILD TBIs, ALSO KNOWN AS CONCUSSION

ONLY 16.9%
TBIs OCCUR IN THE DEPLOYED SETTING†

WHAT TYPES OF ACTIVITIES CAN LEAD TO A TBI?

Military Training Exercises

Sports and Recreational Activities

Motor Vehicle Collisions

HOW CAN I BE A BRAIN WARRIOR?

PROTECT

- Wear a helmet
- Practice safe driving techniques
- Be aware of your surroundings
- Check out health.mil/AHFTF for more safety tips

TREAT

- See your health care provider as soon as you experience a potentially concussive event
- Learn to recognize signs and symptoms of TBI, including headaches, trouble sleeping, and blurred or double vision
- Check out health.mil/TBIFactSheets for more information

OPTIMIZE

- Learn how to advocate for a loved one with TBI while ensuring your own emotional and physical health
- Ask your medical provider to explain the steps on your recovery journey and how to safely return to duty
- Check out health.mil/TBIPatientResources for more information

†17BC06 2023/2020 Worldwide Numbers for TBI, DOD TBI Worldwide Numbers since 2000, health.mil/TBInumbers
*Agnew V, Regina LE. Stout MC. Incidence of traumatic brain injury in the U.S. military, 2010-2014. *Mil Med.* 2019;184(5-6):e233-41.

health.mil/BIAMonth | #BIAMonth

SAVE YOUR VISION MONTH

The average American worker spends seven hours a day on the computer. To help alleviate digital eyestrain, follow the

20-20-20 RULE

Take a 20-second break

View something 20 feet away

Every 20 minutes.

Defense Public Health

WHY WAIT?

There is a NEW secure, convenient, and private way to pick up your refills at Munson Army Health Center.

Located in the East entrance of Munson Army Health Center M-F 6 a.m.-5 p.m.
It's as easy as 1-2-3!

- 1 Order your refills by calling the number on your bottle (913) 684-6500 or by using the MHS Patient Portal.
- 2 Select "Munson ScriptCenter" as your pickup location.
- 3 Pick up refills after 2 business days.

First time Enrollment: Select 'Pick Up' | Scan Military ID | Enter PIN

If the barcode on your Military ID does not contain your DoD ID, you will need to provide a prescription number to validate your identity during your first pick up from ScriptCenter.

Enhancing Patient Safety
Increasing Patient Satisfaction

Refills are here!

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

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

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>

Munson Website

www.Munson.TRICARE.mil

Information updated weekly! Check us out!

913-684-8000
Information Desk

BEYOND THE TABLE

2024 NATIONAL NUTRITION MONTH

A CAMPAIGN BY

THE ACADEMY OF NUTRITION AND DIETETICS

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.

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.