

THURSDAY  
AUGUST 21, 2025



# LAMP

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## Army Corrections marks 150th anniversary

### HISTORY SERIES

*Editor's Note: This is the first in a multi-week series about the history of Army Corrections.*

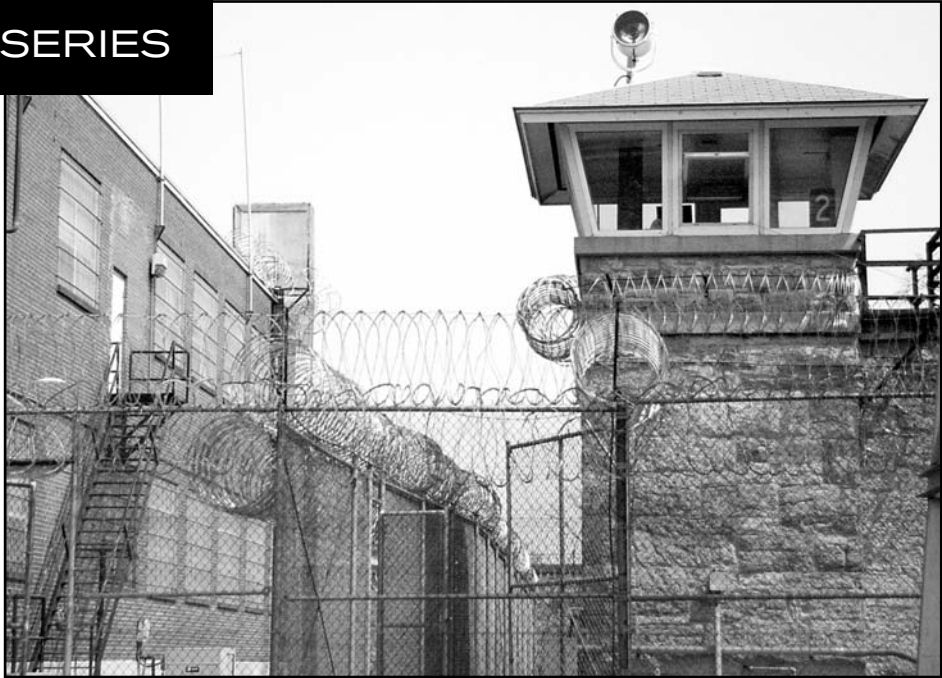
by Pete Grande/Army Corrections Command Historian

The U.S. Army is celebrating its 250th birthday this year and has been using the motto "This We'll Defend" since the Revolutionary War.

The mission of the Army is to deploy, fight and win the nation's wars by securing ready, prompt and sustained land dominance by Army forces across the full spectrum of conflict as part of the joint force.

History has documented that not everyone follows the rules of their armies, and a fraction of American soldiers have strayed from the acceptable norms.

Army Corrections did not exist at the forming of



File photo by Spc. Adrian A. Lugo/Fort Leavenworth Lamp

**Tower 2 of the Old U.S. Disciplinary Barracks, circa 2003 after USDB inmates had been moved to the new facility. The tower was once used by guards to watch over inmates in the courtyard.**

the Continental Army in 1775. For the first 99 years of the Army, there was no centralized structure for the confinement of prisoners. Discipline in the Army was harsh, and physical punish-

ment was designed to be public with the desired effect of deterring the offender and those observing. Army and congressional leaders expressed concerns with the uniformity of

treatment in Army stockades and the little control by the Army over the treatment of Army prisoners in state prisons.

SEE 150 YEARS OF ARMY CORRECTIONS | A8

## CGSC awards Golden Pens

by Army University Public Affairs

The Command and General Staff College recently conducted a ceremony to recognize staff and faculty for research and scholarship. Awards were presented in three categories: Golden Pen, in recognition of publishing books or a book-length series of articles; Silver Pen, for significant articles or chapters of a book; and Bronze Pen, for short articles, encyclopedia entries, book reviews, opinion/editorial pieces, letters to the editor or bodies of work.

**Golden Pen Awards** were presented to Dr. John Hosler, Department of Military History; Dr. Scott Moseman, DMH; and Lt. Col. Patrick Naughton, Department of Distance Education.

**Silver Pen Awards** were presented to Dr. Joseph Blanding, School for Command Preparation; Dr. Daniel Burland, Department of Command Leadership; Dr. Dan Cox, School of Advanced Military Studies; Lt. Col. Jerry Drew, Department of Joint, Interagency and Multinational Operations; Dr. Shanda Lauer, Army University; Lt. Col. Patrick Naughton, DDE; Dr. Steven Petersen, Army Management Staff College; Dr. John Ringquist, DJIMO; Dr. Meredith Shafto, Army University; and Dr. Barry Stentiford, SAMS.

**Bronze Pens** were awarded to Rick Baillergeon, Department of Tactics; Dr. Gates Brown, DMH; Lt. Col. Christopher Collins, DDE; Dr. Dan Cox, SAMS; James Kennedy, DCL-Belvoir; Sean Kentch, DJIMO; Mark Kormos, DCL; Lt. Col. David Lukefahr, Department of Sustainment and Force Management; and Andrew Murray.

Faculty advancements were also recognized during the ceremony.

## MAHC physical therapist earns EFMB

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

A U.S. Army physical therapist at Munson Army Health Center has become the unit's third soldier to earn the Expert Field Medical Badge this year.

Following an intense four-day evaluation Aug. 11-15 at Fort Carson, Colorado, 1st Lt. Trent McPherson successfully navigated the series of tactical and technical challenges. He joins a select group of Army medical professionals who have proven their mastery of field medical skills, including fellow MAHC team members Combat Medical Specialist Sgt. Joseph Smith and Physician Assistant Capt. Jacob Maechler, who both qualified in May at Fort McCoy, Wisconsin.

Like his peers, McPherson prepared for the EFMB by dedicating countless hours to studying medical procedures, honing his land navigation skills, and improving his physical fitness for the 12-mile foot march.

"The EFMB was tough, both physically and mentally," McPherson said. "It required a significant investment of time and effort,

but I knew it would make me a better leader and a more capable soldier."

The EFMB is considered one of the most challenging and difficult-to-earn badges in the U.S. Army, according to Sgt. Maj. Jason Trevino, MAHC's senior enlisted leader.

"It has a pass rate of around 30 percent and is dubbed the utmost challenge of professional competence and physical endurance of a soldier medic," Trevino said. "Candidates are tested on a wide range of medical and tactical skills under simulated combat conditions pushing candidates to their limits."

The four-day evaluation tests candidates in multiple areas, including:

- Written exam, testing knowledge of medical regulations, procedures and battle-field tactics.
- Tactical Combat Casualty Care Lanes, evaluating the ability to assess, treat and evacuate casualties under fire, following TCCC guidelines.
- Land navigation, requiring proficiency in day and night land navigation using a

SEE EXPERT FIELD MEDICAL BADGE | A7



**Following an intense four-day evaluation, U.S. Army Physical Therapist 1st Lt. Trent McPherson, assigned to Munson Army Health Center at Fort Leavenworth, earned his Expert Field Medical Badge Aug. 15 at Fort Carson, Colorado.**

**Two additional soldiers from MAHC, Combat Medical Specialist Sgt. Joseph Smith and Physician Assistant Capt. Jacob Maechler, qualified for the EFMB in May at Fort McCoy, Wisconsin.**

**The EFMB is considered one of the most challenging and difficult-to-earn badges in the U.S. Army.**

Submitted photo

## AT A GLANCE

■ The **POST RETIREMENT CEREMONY** is at 9 a.m. Aug. 21 (today) at the Frontier Conference Center. Honorees were listed in the Aug. 14 issue of the *Lamp*.

■ The Fort Leavenworth **DEERS/RAPIDS SECTION WILL BE CLOSED** and thus no services available Aug. 26-28 due to scheduled equipment and system upgrades. Personnel requiring ID card services during this time should visit <https://idco.dmdc.osd.mil/idco/> to find the nearest alternative facility. Call 913-684-2636 for more information.

■ The next **BLOOD DRIVE** is from 9 a.m. to 2 p.m. Aug. 28 at Frontier Chapel. Sign up at [savealifenow.org/group](https://savealifenow.org/group) and use group code BK. For more information, call 816-351-9308 or e-mail [kbeever@cbckc.org](mailto:kbeever@cbckc.org).

■ The Center for Army Lessons Learned has launched a podcast called **INSIGHTS FROM THE FIGHT**. Listen to the first episode at <https://www.dvidshub.net/audio/87848/insights-fight-podcast-episode-1>.

■ Until further notice, **DEPARTMENT OF THE ARMY OFFICIAL PHOTOS CAN NO LONGER BE PROVIDED**. Command photos can still be provided. Existing DA official photos in the Army Military Human Resource Record (AMHRR) will remain accessible through the interactive Personnel Records Management System (iPERMS), and existing digital photos in the now defunct Department of the Army Photograph Management Information System (DAPMIS) will be archived.

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

■ The date for the **STRIPING THE RE-PAVED SECTION OF GRANT AVENUE** has not been announced. The announcement will post on the Fort Leavenworth Garrison Facebook page as soon as the information is available.

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



# Beyond the exhibits: How community helps keep Army history alive

COMMENTARY

by Lt. Col. Arjean A Smith/Friends of the Frontier Army Museum President

The primary mission of Fort Leavenworth’s Frontier Army Museum is to utilize artifacts, exhibits, historical information and educational experiences to train and educate soldiers, civilians, units and the public.

FAM is responsible for holding artifacts and adhering to national standards and best practices of the museum profession within the United States. The Frontier Army Museum performs this mission with three professionally qualified Department of the Army civilians who have extensive training and experience in Army museum operations. The museum is an appropriated-fund entity that uses centralized funding and receives limited funds from the Army. There are several memorandums of agreements to assist with the delineation of roles and responsibilities at the installation level.

What is an Army museum?

The Center for Military History defines Army museums as designated institutions that preserve, interpret and display the material culture and heritage of the U.S. Army. These museums provide a tie to military and civilian communities, maintain and showcase Army customs and traditions through preservation and inform and influence military and civilian researchers and decision makers. The Frontier Army Museum is one of the

41 museums and other facilities of the Army Museum (AME) Enterprise Directorate.

Why all this talk about Army museums lately?

*Task and Purpose* reported in June that the Frontier Army Museum is one of many Army Museum Enterprise facilities identified for closure by 2028. (*FAM notes that the date for museum public closures is September 2027 and inactivations by September 2029.*) The museums identified for closure were based upon attendance numbers, aging buildings and growing maintenance costs.

There are several entities and organizations that support the museums with distinct responsibilities for specific aspects of the operations. The museum hierarchy is similar to a military chain of command. Army Regulation 870-20, Army Museum Enterprise and Army Artifact Collection, explains this complicated support system. Training and Doctrine Command exercises all authority, direction and control over the Center for Military History and its subordinate elements, to include prescribing CMH missions, functions and responsibilities. The CMH provides governance and administration of the AME through implementation of policy, resource management, programming and materiel management.

The Army Museum Enterprise is the platform for

SEE FFAM, ARMY MUSEUMS | A3



Submitted photo by Paula Skandis/Friends of the Frontier Army Museum

Friends of the Frontier Army Museum volunteer Betsey Ruiter hands out treats to a trio of firefighters during the trick-or-treat event Oct. 18, 2024, at the Frontier Army Museum. FFAM volunteers will help man the trick-or-treat event again this year from 5-7 p.m. Oct. 24 at the museum.

# Stronghold thanks community for support assisting military families

by Abby Ammons/Stronghold Food Pantry

Stronghold Food Pantry’s Pack the Backpack event Aug. 1 supported 369 military-connected individuals, but with the community’s help, the non-profit organization is just getting started for the fall season.

At the back-to-school event, not only did military students receive backpacks filled with school supplies for their specified grade level, families also received full bags with a week’s worth of groceries. At parents’ request, some recipients were also discreetly given kits from Stronghold’s Women’s Wellness Closet, which provides feminine hygiene products.

Stronghold relies on donor support, and

the partnership that has come from the community has been overwhelming, with corporate sponsors such as NorthStar Wealth and Armed Forces Bank. Yet individual donors have also repeatedly shown unmatched generosity.

The Young family has an annual tradition of giving generously, and this year, Stronghold patrons were the recipients. Once a year, they buy an entire liquidation pallet of goods to then donate. When they saw a pallet of pencil boxes and pouches at auction, they jumped to purchase the haul for Pack the Backpack. Requiring two car trips, the school supplies were happily received by awed Stronghold volunteers. One of the daughters also left a note that said, “Thank you so much for helping us donate.

I am so happy you make people smile every day. Thank you so much.”

Monica Bassett, CEO of Stronghold, recalled speaking to the mother.

“She shared with me, ‘This is just kind of what we do for fun. We do it once a year; this is our way of giving back.’... And then they stayed for our orientation to become volunteers.”

Events like Pack the Backpack are not only beneficial to the immediate needs military families might have, they provide exposure to the other offerings of the organization.

“After just one week, we’ve already had three new service members come in to sign up for diapers and other support resources we offer. These additional events, like Pack

the Backpack, help raise awareness — when families come in, we can share all the programs we offer weekly to military families. Now more service members know that we’re here for them,” Bassett explained.

None of this would be possible without the local support. While Stronghold has been awarded both national and local grants, many might not realize that those funds are earmarked for specific initiatives, such as the pop-up pantries at military installations around the country. Unrestricted funding from the community allows for the food pantry to buy fresh food weekly based on patrons’ allergies and dietary limitations.

"Sometimes grants are earmarked for

SEE STRONGHOLD FOOD PANTRY | A3

## FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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

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# FFAM, Army museums

(continued from Page A2)

history and heritage training, soldier education, and public outreach. They provide oversight and funding for the day-to-day operations of museums, including scheduling and conducting regulatory inspections. AME manages each individual museum collection according to Army regulations, applicable statutory requirements, and the American Alliance of Museums national standards and best practices.

## What support do Army museums receive locally?

Many of the Army museums have not-for-profit private organizations that are chartered to provide the support for the museum, referred to as the “Friends.” These organizations may use incidental space in the museum, operate consistently with applicable federal and state laws, may not accept donations of artifacts or works of art on behalf of an AME activity, and provide limited funding. The activities of the Friends organizations are planned and coordinated to support the museum’s objectives and goals.

The history of the Friends of the Frontier Army Museum goes back to 1990, when the Musettes formally registered with the state of Kansas. In March 2003, the Musettes changed their name and registration to the Friends of the Frontier Army Museum. Today, FFAM is a private, section 501(c)(3) not-for-profit organization, registered with the state of Kansas to support the Frontier Army Museum and its activities to help further the museum’s mission. The FFAM board has evolved over time to match the volunteers who lead the organization and the mission of the museum. Today, FFAM has a dedicated board of only six members with more than 300 lifetime members. Un-

fortunately, most of these lifetime members no longer reside in the Fort Leavenworth area.

The current FFAM board analyzed governance documents, financial records, historical files and museum reports to align with the original charter to support the museum’s efforts and mission. This included transitioning the beloved Fort Leavenworth Haunted Tours to the Fort Leavenworth Family and Morale, Welfare, and Recreation in 2024. Due to Army funding constraints and limitations on the Friends organizations, this fundraiser was assessed as not fiscally sound for FFAM to continue operating. The board voted to transition the tour to FMWR to allow proceeds to return to the Fort Leavenworth community for support at large. Additionally, FFAM passed the rights to the spring Historic Homes Tour to FMWR to align those tour operations with other military installations. These events did not directly support the museum activities or missions.

## If FFAM no longer operates the Haunted Tours, what support does the organization provide the museum?

FFAM is more than a fundraising organization. FFAM provides support to the museum through an annual gift proffer used to preserve, conserve and restore artifacts; provides the commercial internet inside the gallery; funds the Fort Leavenworth and Leavenworth Wayside Tours; and provides materials to support educational events. Additionally, FFAM provides refreshments for the guest speaker series, meals for volunteers during events, membership evenings at the museum, scholarship essay contest, and Military Historian



Submitted photo by Kary Goetz/Frontier Army Museum

Maj. Jonathon Krisko and Maj. James Untiedt pose by a tent at Citizens’ Military Training Camp Day in June 2025 outside the Frontier Army Museum.

Conference support. Most notably, FFAM has brought new event ideas to the museum staff to highlight the museum mission and bring patrons into the museum. This includes the recent Month of the Military Child Night at the museum, Citizen’s Military Training Camp Day, and the Pioneer Activity Day and Scavenger Hunt. FFAM is providing volunteers for the upcoming Living History Day, and the second annual trick-or-treating event through the Frontier Army Museum. In short, FFAM operates as an extension of the museum and provides volunteers for all programming, activities and events.

## If the museum needs additional money to operate, where do these funds come from?

Offers of donations of money, property or services from private organizations that benefit AME activities will be submitted in writing for approval. As with all Army gift programs, there are monetary limits with a lengthy approval process for

these donations. FFAM has a “potbelly” stove near the FAM reception desk for the acceptance of voluntary contributions. This is the only way to financially donate directly to the museum. The Frontier Army Museum Gift Shop is operated by the Command and General Staff College Foundation, with proceeds benefiting the CGSC Foundation and Fort Leavenworth Spouses’ Club. The Frontier Army Museum Gift Shop does not financially support the Frontier Army Museum.

## What about the efforts for a new museum, as explained in a Fort Leavenworth Lamp article in May?

The Frontier Museum of the U.S. Army Foundation (FMUSAF) is a public-private domestic not-for-profit organization established in the state of Kansas in July 2023 to raise funds for a new museum. The *Kansas City Star* published an article with a Youtube video in February 2024, at which time the FMUSAF representatives said they hoped

to have the new facility built by Fort Leavenworth’s bicentennial celebration in 2027. As with any large venture of this nature, the timeline has shifted past this date. FFAM is not associated with or privy to the operations of the FMUSAF. FFAM notes that FMUSAF is the second private organization to attempt to raise funds for a new museum. The Frontier Army Museum Association, established in 1981, was forfeited to the state of Kansas in 2006. FFAM hopes that history will not repeat itself with this effort.

## What can I do to help the museum or FFAM?

Community members can help the current museum by making routine visits, attending special events and programming, volunteering to assist and spreading the word about the museum’s activities. Current volunteer needs include the front desk greeter, speakers for the guest speaker series, a secretary, green thumbs to help with the maintenance of the

Tribute Trail, and thespians to bring the exhibits to life during the family events. Volunteers are a vital staffing resource for supporting AME activities.

E-mail [president@ffam.us](mailto:president@ffam.us) for more information about FFAM, and visit the Facebook pages for the Frontier Army Museum and FFAM for updates.

To read the referenced *Fort Leavenworth Lamp* article about plans for a new museum, download the May 22, 2025, issue at <https://home.army.mil/leavenworth/about/news> or visit [https://www.army.mil/article/285737/new\\_fort\\_leavenworth\\_museum\\_will\\_allow\\_more\\_of\\_frontier\\_army\\_museum\\_collection\\_to\\_be\\_displayed](https://www.army.mil/article/285737/new_fort_leavenworth_museum_will_allow_more_of_frontier_army_museum_collection_to_be_displayed).

*Lt. Col. Arjean Smith is an assistant professor with the Department of Sustainment and Force Management at the Command and General Staff College. She has volunteered as the president of FFAM since June 2023.*

# Stronghold Food Pantry

(continued from Page A2)

specific purposes — they aren’t always for the fresh food we provide weekly at Fort Leavenworth. Being able to spread the word and maintain our weekly operations relies heavily on local community support, like from the VFW, auxiliaries, Lions Club, Kiwanis, Boy Scouts, JROTC and local businesses,” Bassett said. “At Stronghold, we believe in mutual and supportive relationships within our community — we are all in this together. It’s why we also give back

to the greater Leavenworth and Lansing community. Strong community support is essential — not just for Stronghold to thrive, but for the entire community. When we all work together, everyone benefits.”

Bassett went on to detail how Stronghold pays contributions forward to local charitable groups. When Stronghold receives excess items, those items are shared with organizations that can use them. When the nonprofit received a generous

donation of socks that surpassed the amount of patrons, the surplus socks were donated to the local emergency shelter. Nothing goes to waste, Bassett stressed.

Because of the help of the Leavenworth community and beyond, the Stronghold mission to support those in the military community who are experiencing food insecurity is going strong. With Aug. 17 being designated National Nonprofit Day, the Stronghold team has a lofty goal of 75

pledges of \$50. That \$50 can be strategically stretched to supply a military family of six with a week’s worth of groceries.

“Food is a right for everyone. It is not a treat, it is not a luxury — it is a right,” Bassett said.

Visit [strongholdfoodpantry.org](https://strongholdfoodpantry.org) for more information.

Additional information, including the Stronghold monthly open pantry and events calendar, can be found on page B3.

THE FRONTIER ARMY MUSEUM

MILITARY LIVING HISTORY DAY

September 6th , 2025

Saturday

9 am – 4 pm

Open to the Public / Free to Attend!

Location: The Frontier Army Museum

100 Reynolds Ave, Fort Leavenworth, KS 66027


Military reenactors from various periods, historic military vehicles, and a great Army museum!

Coordination in advance for reenactors is necessary due to installation security policies

Reenactor Contact / General Questions: Jonathon Krisko 610-349-2750 / [jonathon.krisko@gmail.com](mailto:jonathon.krisko@gmail.com)

Alternate: Friends of the Frontier Army Museum Facebook Page or [ffam.us](https://ffam.us)

Frontier Army Museum: (913) 684-3191

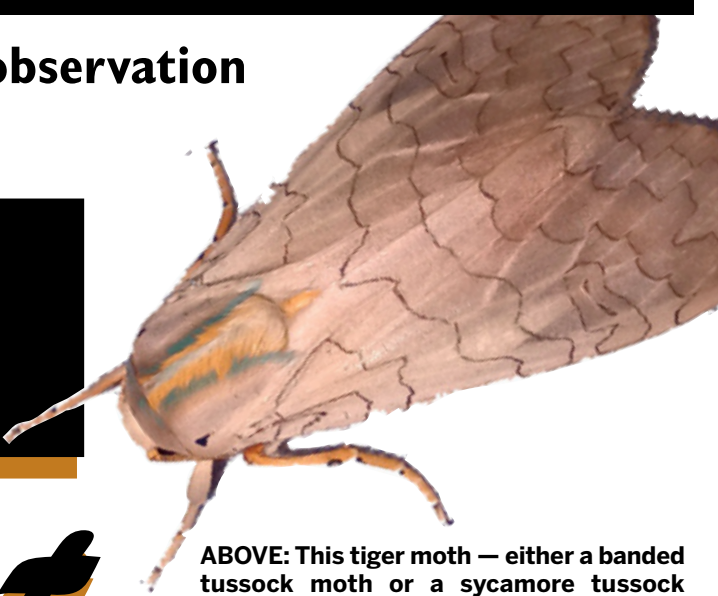




Summer night + white sheet + blacklight = Insect-observation fun for entomologists, nature enthusiasts

MOTH Night

Photos by Prudence Siebert/  
Fort Leavenworth Lamp



ABOVE: This tiger moth — either a banded tussock moth or a sycamore tussock moth, nearly identical species that can only be determined by further inspection — was among the insects spotted during Moth Night Aug. 16 off Sheridan Drive.



Eric Eaton, entomologist and author of “Bugwatching: The Art, Joy and Importance of Observing Insects,” identifies and photographs moths and other insects as they land on a white sheet, drawn in by a blacklight, during Moth Night Aug. 16 off Sheridan Drive. Eaton said good conditions for finding insects include setting out a light on a moonless night in a humid and diverse habitat, ideally with many oak trees, which are host plants for moths and caterpillars. Eaton exclaimed “Oh, wow” upon seeing a blood-sucking conenose “kissing bug,” which, he explained to Moth Night participants, preys on mammal blood. Eaton, who hosted Moth Night with Fort Leavenworth Natural Resources Specialist Neil Bass, said his goal for the event was for people to have fun and learn something new, and for participants to even enroll in the biodiversity information-sharing iNaturalist app and begin making their own observations. He estimated that more than 100 species were observed during Moth Night, with the greatest diversity appearing as the night went on. Bass said his intent for the event was to get a snapshot of insect diversity in that area to help monitor natural resources on post, and to introduce members of the community to some of the installation’s natural resources while learning from entomologists.



Five-year-old Colm Menge, son of Rachel Menge and Air Force Maj. Ryan Menge, Command and General Staff Officer Course student, gently captures a moth as it flutters around a blacklight during Moth Night Aug. 16 along a trail in the woods off Sheridan Drive. Colm’s parents said his fascination with moths and butterflies began when they read Eric Carle’s “The Very Hungry Caterpillar” to him when he was about 2 years old.



ABOVE: Just before 11 p.m., a polyphemus moth lands on Fort Hays State University biology and natural resources student Lauren Rush’s boot during Moth Night Aug. 16 off Sheridan Drive.

RIGHT: Fort Hays State University student Lauren Rush uses a flashlight and a cell phone to capture images of moths and other insects as she and Student Conservation Association intern Barbie Kalta observe insects drawn to a blacklight during Moth Night Aug. 16 along a wooded trail on post.

Rush was part of a biological survey crew from FHSU who spent late May through early August surveying species on post. During the survey, the crew found a smooth earthsnake, a Kansas species listed in need of conservation.



Isaac Fox, Fort Hays State University biology and natural resources student, and naturalist Heidi Eaton take photos of moths attracted to a blacklight during Moth Night Aug. 16 off Sheridan Drive. As night fell, moths and other insects were drawn to a blacklight set against a white sheet that had been set up along a trail in the woods. Moth Night attendees observed and photographed several species of moths, plus rove beetles, leafhoppers, Walker’s annual cicada, caddisflies and other insects while listening to the cries of flying squirrels and the hoots of barred owls. Fox was part of a biological survey crew on post this summer, and he serves as an insect collector for FHSU’s Sternberg Museum of Natural History.





Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

Families visit informational booths during Post Activities, Information and Registration (PAIR) Day Aug. 16 at Harney Sports Complex. The event assembles organizations and businesses in one location for community members to learn about area offerings, sign up for activities, try samples and more, and got even busier as the day went on.

# Organizations, businesses connect with community members at PAIR Day



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

Dorothy and Toto, played by Alexis Handy and Coco, take a break from posing for pictures and letting children pet the small dog during PAIR Day Aug. 16 at Harney Sports Complex. Price Chopper has provided “Wizard of Oz” role players at PAIR Day for several years.



Photo by Emilio Gutierrez/Fort Leavenworth Lamp Intern

Monna Jenkins and Patty Butts show items to passersby at the Kansas Country Store booth during PAIR Day Aug. 16 at Harney Sports Complex. The Leavenworth pet and livestock feed and supply store and gift shop offered visitors free pet treats.



ABOVE: Families and friends visit informational booths during PAIR Day Aug. 16 in the Harney Sports Annex. Perusing the indoor tables in the gym and annex allowed community members to cool off between visiting other PAIR Day vendors located in outdoor tents.

LEFT: Zarina Thompson has a push-up contest with Association of the United States Army mascot during PAIR Day Aug. 16 at Harney Sports Complex.

Photos by Emilio Gutierrez/Fort Leavenworth Lamp Intern

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# Fitness group celebrates 9th anniversary with ‘SLAMiversary’ workout

Lauren VanBemmel exercises with other moms during SLAM Leavenworth’s ninth-anniversary workout, “On Cloud 9 SLAMiversary,” Aug. 18 in the Merritt Lake-Post Theater parking lot.

“S.L.A.M. (Sweat Like a Mother) is a comprehensive exercise program for women in all stages of motherhood, but it is also so much more than just a fitness group,” according to SLAM Leavenworth’s Facebook page, referencing the community aspect of the group.

Submitted photos by Wanda Aviles/SLAM Leavenworth owner and instructor



Submitted photos by Wanda Aviles/SLAM Leavenworth owner and instructor

Emily Oliver and other SLAMiversary participants perform mountain climbers during a workout celebrating nine years of SLAM Leavenworth offering fitness classes for moms on post Aug. 18 at the Merritt Lake-Post Theater parking lot.

“SLAM isn’t just a workout — it’s a community,” said SLAM Leavenworth class participant Lauren Lawson. “We’re a group of moms lifting, sweating and supporting each other through every stage of motherhood. (It’s) more than fitness, it’s friendship.”



ABOVE: “On Cloud 9 SLAMiversary” workout participants perform squat holds Aug. 18 in the parking lot between Merritt Lake and the Post Theater. The workout celebrated the ninth year of the business offering classes on post.

LEFT: Megan Rendon and Katie Norby perform jump squat high-fives during the “On Cloud 9 SLAMiversary” workout Aug. 18 at the Merritt Lake-Post Theater parking lot.

Submitted photos by Wanda Aviles/SLAM Leavenworth owner and instructor



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SCAN FOR JOBS





# Army’s 250-year story told in stained glass



## Videos released each Monday feature CGSC’s stained glass collection to highlight eras from Army’s history

The Command and General Staff College is highlighting the Army’s 250th anniversary through videos of CGSC’s stained glass collection.

Videos produced by Dan Neal and Zac Schulte of Army University Public Affairs feature different eras depicted in the stained glass. The videos will be released in era-specific segments each Monday for the next few weeks at <https://www.facebook.com/US-ACGSC/> and <https://www.facebook.com/ArmyUniversity/>.

This week’s third installment in the series features the stained glass displays that depict the 1861-1865 Civil War and 1840-1890 Indian Wars. The Civil War stained glass window was a gift from the CGSC class of 1983, and the Indian Wars panel was presented by the CGSC Class of 1985.

The windows were moved in 2007 from Bell Hall (demolished in 2008) to the Lewis and Clark Center, where they extend up the side of the building three floors. The panels, mostly gifts to the Command and General Staff College from several years of classes, were refurbished before being placed in the new building.

Photos by Prudence Siebert/Fort Leavenworth Lamp



Nez Perce Chief Joseph’s declaration of surrender was incorporated into the Indian Wars stained glass window, a gift of the CGSC class of 1985. The stained glass gifts are displayed through three floors of windows at the Lewis and Clark Center. A different panel from the collection depicting scenes from Army history is highlighted each Monday in a video released on the Command and General Staff College and Army University Facebook pages to commemorate the U.S. Army’s 250th anniversary this year.

## Expert Field Medical Badge (continued from Page A1)

map and compass.

- Medical Skills Validation Stations, assessing competency in various medical procedures, such as IV insertion, airway management and hemorrhage control.
- 12-mile foot march, completing the march with a prescribed load within a set time limit.

McPherson credited his success to the support of his colleagues at MAHC and their dedication to preparing soldiers in the unit for the challenges ahead.

Over the past year, MAHC soldiers Family Medicine Physician Dr. (Capt.) William Glazier, Combat Medic Specialists Sgt.1st Class Steve Gaddy and Sgt. 1st Class Aaron Williams, and Maechler have used their past operational experiences to conduct weekly medic training for the medical company to build on skills used in military treatment facilities and in the field.

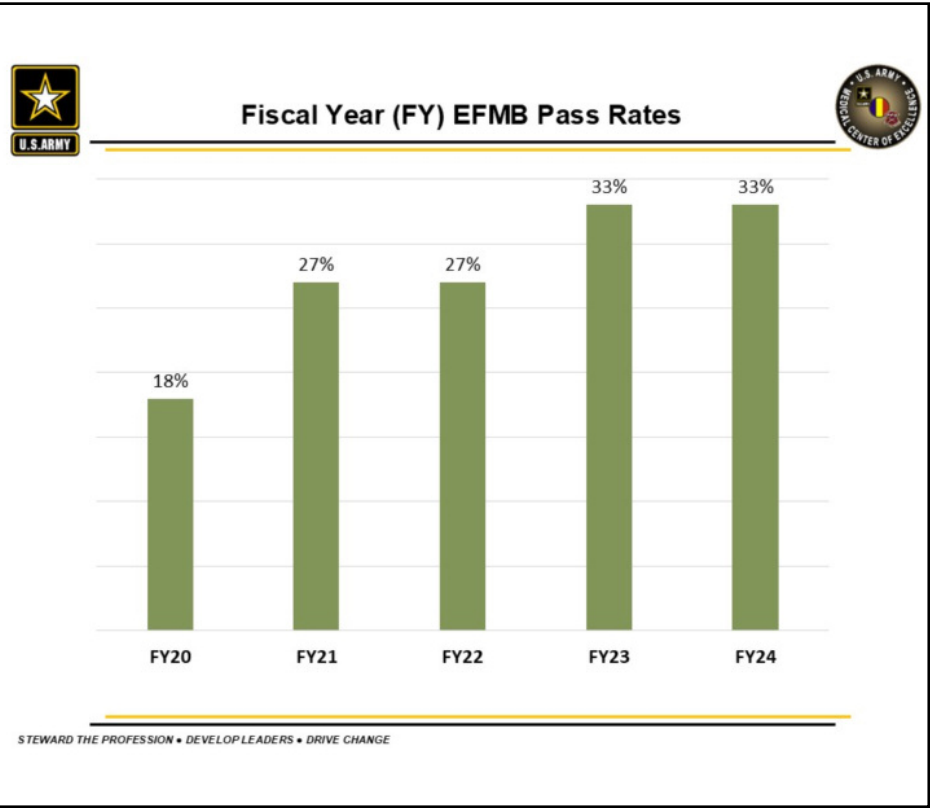
Fellow MAHC soldier Sgt. Joshua Thomas-Hernandez and Maechler have led early morning training sessions since February, focused specifically on tasks like land navigation, written exam preparation, foot

march and warrior skills, to help prepare unit soldiers pursuing EFMB, Air Assault and other career programs that strengthen a ready medical force.

Earning the EFMB is a commitment to excellence and requires a high level of proficiency in field medical skills, according to official guidance published on the U.S. Army Medical Center of Excellence website.

"We are incredibly proud of 1st Lieutenant McPherson, Sergeant Smith and Captain Maechler for earning their EFMB," said Col. Jolanda L.J. Walker, MAHC director. "Their achievement serves as an inspiration to all of us here at Munson and embodies the Army spirit to 'Be All You Can Be.' Their accomplishment not only reflects individual dedication but also underscores the commitment of Munson Army Health Center to providing the highest quality medical care and developing highly skilled medical professionals ready anytime, anywhere."

To learn more about the Army’s Expert Field Medical Badge visit <https://medcoe.army.mil/efmb>.



U.S. Army Medical Center of Excellence graphic



# 150 years of Army Corrections

(continued from Page A1)

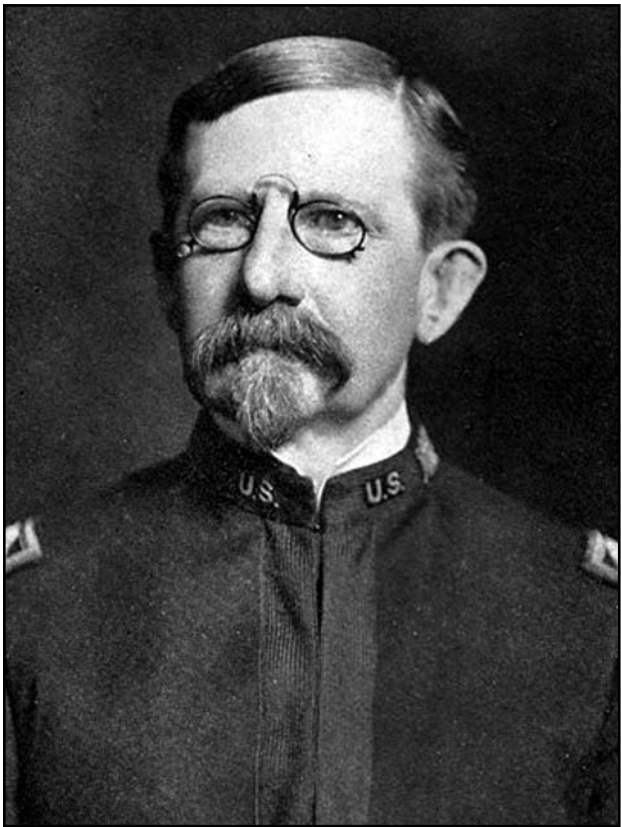
## Father of the USDB

In 1870, Maj. Thomas R. Barr was serving as the Adjutant of the East, responsible for the accountability of prisoners. Army prisoners were confined in 32 penitentiaries throughout the United States. Treatment of these prisoners varied and included branding, wearing striped uniforms, regimental shackling and beatings. Barr attended the first conference of the American Correctional Association, formerly the National Prison Association, in Cincinnati, Ohio, with wardens, superintendents, reformatory board members and general philanthropists. Barr called attention to the treatment of military prisoners to the Secretary of War, who formed a delegation to investigate. The delegation inspected military prisoner locations and visited the British Military Confinement Facility in Canada. Barr's staff study concluded that a separate military prison was needed to ensure humane treatment of military prisoners. At the time of his retirement in 1901 he was a brigadier general and the Army judge advocate general. Barr is considered by Army corrections as the "Father of the U.S. Disciplinary Barracks."

## Establishment of USMP/USDB

On May 21, 1874, Congress approved the establishment of the United States Military Prison at Fort Leavenworth. From 1875-1895, the USMP housed military prisoners from across the Army. With the passing of the Three Prisons Act of 1891, the Federal Prison System was established with the first three federal penitentiaries in Atlanta, Georgia; McNeil Island, Washington; and Fort Leavenworth. The Army annexed part of the southern boundary of Fort Leavenworth for the construction of the first United States Penitentiary. From 1895-1906, the Federal Prison System operated the old USMP on Fort Leavenworth and marched both federal prisoners and Army prisoners four miles daily to build the USP-Leavenworth.

Brig. Gen Enoch H. Crowder, the Army judge advocate general, consulted with penologists on reforming the Army prisons,



"Father of the USDB" Thomas R. Barr

and Congress supported his vision in 1915 by authorizing the USMP to be renamed the USDB. The USDB was to identify prisoners who could be rehabilitated and restored to duty. This philosophy is still alive today with the motto of the USDB being "Our Mission - Your Future."

## WWI to 1940

During World War I, more than 2 million men were drafted into the mili-

tary. The larger the military, the larger the percentage of disciplined soldiers in confinement. This also included conscientious objectors to war based on religion, political or humanitarian reasons. Conscientious objectors confined in Army prisons were not well treated by staff or other prisoners. Several months after WWI ended, the Army reviewed wartime court-martial punishments and

determined some were no longer appropriate after hostilities ceased. On January 1919, the Army ordered the release of 113 conscientious objectors from the USDB with pay for the entire time spent in the Army and prison. This caused a mutiny among the more than 2,000 prisoners and ended with the secretary of the Army promising to review each prisoner's case with the consideration of granting clemency. In April of 1919, the clemency board looked at 5,400 cases of soldiers confined in disciplinary barracks and penitentiaries and recommended clemency in 4,724 cases.

In 1929 the Bureau of Prisons, formerly the Federal Prison System, in need of additional bed space, took control of the USDB and renamed it USP Leavenworth-Annex. The roaring 1920s, with prohibition, created more crime and criminals than the federal government could absorb. In the 1930s, the Bureau of Prisons built additional USPs, and in 1940 returned the USDB to the Army.

## WWII era

During World War II, the massive troop mobilization increased the Army's confined population caus-

ing the creation of additional USDB branches, disciplinary training centers (DTCs) and detention and rehabilitation centers (DRCs).

Some of the USDB branches were at Fort Missoula, Montana; Jefferson Barracks and Camp Crowder, Missouri; Camp Haan, Camp McQuaide and Camp Cooke, California; Pine Camp and New Haven, New York; New Cumberland, Pennsylvania; Fort Hood, Texas; and Fort Gordon, Georgia.

The DTCs were overseas in theaters-of-war and designed to return as many military prisoners as possible to a combat unit after a rigorous training program. There were DTCs in French Morocco, Australia, France, and England. DRCs were also overseas and had a dual mission. The centers held prisoners convicted of serious crimes until they could be transferred to a disciplinary barracks. Other prisoners of minor crimes received training and educational activities designed to restore them to duty. DRCs in operation from December 1942 to May 1946 received 29,944 prisoners for rehabilitation, and 17,450 were restored to duty.

German and Italian pris-

oners-of-war were court-martialed at different POW camps for committing murder or other serious crimes and sentenced to confinement at the USDB. In the summer of 1945, there were 14 German POWs executed by hanging at the USDB for murdering other German POWs.

## Post-WWII

Starting in 1952, the Army made the decision to authorize only military police officers as the commandant (warden) of the USDB. Additionally, in 1952, the Military Training Company was established on Sherman Heights at Fort Leavenworth. The staff from the 1st Guard Company, USDB, provided training to prisoners from the Army and Air Force. The training consisted of eight weeks of basic training, and upon completion, the prisoner was restored to duty.

In 1959, an electric chair was built at the USDB and provided the Army with another method of execution in addition to hanging and musketry. The electric chair was never used, and the last execution in the Army was by hanging in 1961.

Read the next installment in this history series in the Aug. 28 issue of the *Fort Leavenworth Lamp*.



U.S. Military Prison at Fort Leavenworth, April 1911

Level 1 Antiterrorism Awareness Training:

[jko.jten.mil/courses/atl1/launch.html](http://jko.jten.mil/courses/atl1/launch.html)

iWATCH Army

[iwatcharmy.org/index.html](http://iwatcharmy.org/index.html)

iSalute

[inscom.army.mil/isalute](http://inscom.army.mil/isalute)

ALWAYS READY • ALWAYS ALERT

August is

ANTITERRORISM

AWARENESS Month



# Pet of the Week: Bibi



Bibi is a young female tabby available for adoption at the Fort Leavenworth Stray Facility. Spay surgery, vaccinations and microchipping are included in her adoption fee of \$100. E-mail [fortleavenworthstrayfacility@gmail.com](mailto:fortleavenworthstrayfacility@gmail.com) for an adoption application.

Visit [www.FLSF.petfinder.com](http://www.FLSF.petfinder.com) for adoptable pet profiles. Call 913-684-4939 for more information. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility. The Fort Leavenworth Stray Facility, at 510 Organ Ave., is open 11 a.m. to 4 p.m. Monday, Wednesday and Friday; 9 a.m. to noon the second Saturday of the month; and by appointment for pre-approved adopters. Call 913-684-4939 to schedule an appointment. (No voicemail.)

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, visit <https://vmis.armyfamilywebportal.com/>, enter ZIP code 66027, then search for "stray animal facility."

Photos by Prudence Siebert/Fort Leavenworth Lamp



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[frontierccu.org](http://frontierccu.org) (913) 651-6575



## Fort Leavenworth Bicycle Rider Rules

- Wear a helmet that has been approved by the American Society for Testing and Materials or that meets or exceeds the Snell Foundation Safety Standard.
- Don't ride your bicycle on Grant Avenue, use the sidewalk. Always walk your bike through crosswalks.
- You may ride on all sidewalks but should warn pedestrians as you approach (a bell or horn is encouraged) and always yield right-of-way to pedestrians.
- If you ride during limited visibility (night, fog, rain etc.) you must have a headlight and rear reflector.
- Riding in the National Cemetery is prohibited as well as inside of the golf course.
- Don't wear headphones while bike riding.



THURSDAY  
AUGUST 21, 2025



# LAMP

## Post Notes

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

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

B1

**THE GPA<sup>®</sup> GAME PLAN**  
**Thursday, AUG 21st**

AM Sessions	PM Sessions
<b>Study Groups &amp; Leveraging Your Peers</b> 0900-1000	<b>Study Groups &amp; Leveraging Your Peers</b> 1400-1500
<b>Presentation Skills &amp; Public Speaking</b> 1000-1100	<b>Presentation Skills &amp; Public Speaking</b> 1500-1600

**FT. LEAVENWORTH EDUCATION CENTER**  
120 DICKMAN AVENUE • BASEMENT OF CDC ROOM 20

**LIMITED SEATING AVAILABLE**

Call or email to reserve your spot:  
913-684-2496  
[usarmy.leavenworth.usag.mbx.education@army.mil](mailto:usarmy.leavenworth.usag.mbx.education@army.mil)

Scan to follow us on your spot!

In the market to buy a new home? ACS has the keys to get you started!  
Join us for our 2025

## HOME BUYING WORKSHOP

**August 21**  
**3:00pm - 4:00pm**  
ACS Classroom  
Resiliency Center  
600 Thomas Ave  
Ft. Leavenworth, KS  
Call for more info: 520-716-4951

In this FREE workshop, we'll cover:

- Building credit
- How the home buying process works
- The different types of home loans, including VA loans
- Military resources available
- How not to be "House Poor"

leavenworth.armymwr.com

Join us for the  
**Fort Leavenworth Arts & Crafts Studio**

## Pottery/Ceramic Studio GRAND OPENING & Fall Welcome Event!

**Friday, August 22**  
From 10am - 3pm  
310 McPherson Ave  
Fort Leavenworth, KS

**THE WAIT IS OVER!**  
Come meet our staff and check out the new Pottery/Ceramic Studio! Create your own artwork through planned art projects to include: painting, drawing, crafting, pottery (hand building), and framing/matting.

See what the Arts & Crafts Studio has to offer you! **FREE** and open to all ages. *Children under 12 must be accompanied by an adult.*

For more information call:  
(913) 684-3373

leavenworth.armymwr.com

**FORT LEAVENWORTH  
MULTICULTURAL GOSPEL SERVICE**

## Women's Ministry Kickoff

**AUGUST 21 | 6 PM**  
**PIONEER CHAPEL  
ACTIVITY ROOM**

**CONTACT:**  
**SISTER ALICIA MOORE**  
**EAMOORE5@YAHOO.COM**

SAINT IGNATIUS CATHOLIC COMMUNITY

## COMMUNITY APPRECIATION & PRIEST WELCOME DINNER

*All are welcome!*

**FOOD.FELLOWSHIP.FUN**  
SATURDAY, AUGUST 23, 2025 / FRONTIER CONFERENCE CENTER

**DOORS OPEN 1700**

**COST: FREE**  
BUFFET DINNER & REFRESHMENTS  
[FTLEAVENWORTHCATHOLIC@GMAIL.COM](mailto:FTLEAVENWORTHCATHOLIC@GMAIL.COM)

**ESL**  
ENGLISH AS A SECOND LANGUAGE

## MEET & GREET

**AUGUST 25 (900-1030)**  
**PIONEER CHAPEL**  
500 Pope Ave, Fort Leavenworth

Practical English Mastery (PEM) offers an ESL program for spouses of our military and international community. We invite you to our Meet & Greet on Monday, August 25, 9-10:30 am, at Pioneer Chapel where you can meet our instructors and hear about the different levels of classes that we offer. Classes begin in September and continue through May 2026.

If you are unable to attend the Meet & Greet, please, contact (913) 674-0447.

Find us on Facebook:  
"English As a Second Language Classes for Fort Leavenworth Spouses"  
[www.facebook.com/groups/FTLvnESL](https://www.facebook.com/groups/FTLvnESL)

Choose a class or classes you'd like to attend & meet our ESL team!

Classes for all levels of English from beginner (conversation) to advanced (help with grammar and composition).

Our classes offer you history, culture, grammar, and creative learning through conversation, games, parties, cooking, art, music, day trips, and more.

Children are welcome to accompany parents to classes.

No RSVP necessary for the Meet & Greet, just come by!

**CONTACT:**  
Ms. Irina (913) 674-0447  
(Office Telephone)

**ACADEMIC YEAR**  
Sep 2025 - May 2026

*De Sola La Parva Tot, L205*

**Community Blood Center**

## Blood Drive

**Life's a trip**

**Save a life and you could win a trip for 2.**  
[savealife.org/trip](https://savealife.org/trip)

**Fort Leavenworth**  
**Thursday, August 28th**  
**9:00 AM - 2:00 PM**

Fellowship Hall  
Frontier Chapel, 625 Thomas Avenue

**Prepare to donate**

- Eat well and hydrate
- Bring a photo ID
- Feel good and symptom free
- 17+
- Must be 17+ or 18 with parental consent form
- Meet minimum weight requirements

For full eligibility requirements and COVID-19 information, visit [savealife.org/eligibility](https://savealife.org/eligibility).

**Sign up** at [savealifenow.org/group](https://savealifenow.org/group) and use group code BK. For additional details, contact Kari Beever at 816.351.9308 or [kbeever@cbckc.org](mailto:kbeever@cbckc.org).

877.468.6844 • [savealifenow.org](https://savealifenow.org)

**CAC LAW ENFORCEMENT ACTIVITY  
SOLDIER AND FAMILY READINESS GROUP**

## HOT DOG FUNDRAISER

**FREE HOT DOGS, CHIPS, AND DRINKS**  
**DONATIONS APPRECIATED**  
**PROCEEDS WILL SUPPORT UNIT SFRG FUNDS**

**IN FRONT OF THE FORT LEAVENWORTH COMMISSARY**

**DATE: 22 AND 28 AUGUST 2025**  
**TIME: 1000-1400**

**FORT LEAVENWORTH KANSAS**

## USD 207 FREEDOM WALK

**SEPTEMBER 11, 2025**  
9:30 AM AT THE USD 207 TRACK AND FIELD COMPLEX

**Students and staff of USD 207 Fort Leavenworth invite you to attend our annual Freedom Walk.**

Started in 2005 by the Pentagon, Freedom walks remember the tragedy of September 11, 2001, honor those who lost their lives, and recognize the valor of all first responders.

We celebrate our heroes, the dedicated servicemen and women protecting and serving us, and we continue to thank them for their service to our country.

Students are encouraged to proudly wear red, white, and blue to school on September 11, 2025.

**VISIBLE PRESENCE OF CHRIST**  
**CWOC**  
SPIRITUALITY • LEADERSHIP • SERVICE

## CWOC KICKOFF

**AUGUST 21<sup>ST</sup>**  
0900  
PIONEER CHAPEL

**WATCHCARE AVAILABLE**

## Ay26 Know Your World Cultural Series

<b>NETHERLANDS</b>		SEPTEMBER 17 2025
<b>ARGENTINA</b>		OCTOBER 29 2025
<b>KUWAIT</b>		JANUARY 28 2026
<b>INDIA</b>		FEBRUARY 18 2026
<b>CABO VERDE</b>		MARCH 25 2026

**Presentations start at 1545 in Eisenhower Auditorium & on CGSC Facebook**

**Open to the public-all are welcome to attend or view online**

**All IMS Attend//Presenting IMS' Section expected to attend//All Staff Groups Highly Encouraged to Attend//Post Presentation Culinary Sampling Offered to all who attend in Arter Atrium**




**FORT  
LEAVENWORTH'S  
15th ANNUAL**

**RUN  
WALK**

**FOR THE FALLEN**

**2025 FORT  
LEAVENWORTH**

An illustration of military gear: a helmet at the top, a rifle in the middle, and combat boots at the bottom, all rendered in a stylized, hand-drawn manner. The rifle is positioned vertically, with the helmet resting on its barrel and the boots at its base. The entire graphic is set against a background with a vertical orange stripe on the right side.

Join us in remembering those who have made the ultimate sacrifice.

**SATURDAY, SEPT 13th**  
**@ The Resiliency Center**  
**600 Thomas Ave**  
**Fort Leavenworth, KS**

- Registration starts at 6:30 am
- Opening Ceremony at 8:00 am
- Followed by a 3 mile run / walk

This event is a go at your own pace,  
stroller friendly, and family friendly route.

Event is open to the public. Those without access can apply online for this special event using the QR code below. Passes can be obtained 10 days or less before the event. Call **913-684-1830** for more information.





# Sponsors WANTED



The International Military Student Division,  
Command and General Staff College,  
is welcoming  
U.S. sponsor families  
to volunteer today!






**Fort Leavenworth sponsors needed!**

- Civilians WG6/NAF4/GS-9 and above
- Permanent party military majors and above

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

# PHOTOGRAPHIC TREASURES

## OF HISTORIC LEAVENWORTH, KANSAS

### TRAVELING ART EXHIBITION



425 DELAWARE STREET,  
LEAVENWORTH KS.

**FREE ADMISSION &  
OPEN TO THE PUBLIC**



LEAVENWORTH COUNTY  
HISTORICAL SOCIETY & MUSEUM

THURSDAY	FRIDAY	SATURDAY
5-7PM	5-7PM	1-4PM

AUGUST <b>14<sup>th</sup>-16<sup>th</sup></b> WEEK 1	AUGUST <b>21<sup>st</sup>-23<sup>rd</sup></b> WEEK 2
SEPTEMBER <b>4<sup>th</sup>-6<sup>th</sup></b> WEEK 3	SEPTEMBER <b>11<sup>th</sup>-13<sup>th</sup></b> WEEK 4





LEAVENWORTH HONORS  
COL (Ret) Peter S  
IM





**ARMY**  
OIF I, OIF II, OND



**BANNER OF  
HONOR  
PROJECT**



# BANNER OF HONOR

## REMEMBER AND HONOR

**FEW SPOTS STILL AVAILABLE**  
**DEAD LINE SEPTEMBER 1ST**

Honor your beloved service member or veteran with the gift of a 2025/2026 banner to hang proudly in the heart of downtown

Banner spots fill up fast and are limited Reserve yours today!

**MORE INFO** 

 [office@leavenworthmainstreet.com](mailto:office@leavenworthmainstreet.com)  
 416 Cherokee St Leavenworth KS. 66048  913-682-3924



**MAIN STREET**  
First City of Kansas



# FORT LEAVENWORTH

## NEW CDC DETOUR ROUTE

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

**U.S. ARMY**

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## EXISTING FEATURES

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

# MILITARY POLICE BALL

## 3 October 2023

Join the Old West Chapter of the MPRA for the  
**Military Police Ball held at Embassy Suites  
Hilton Kansas City-International Airport**

**Address:** 7640 N. W. Tiffany Springs Parkway  
\$16.00 over night self-parking

**Ticket Prices (Guests Pay  
Their Soldier's Ticket Price):**  
All Soldiers & Civilians: \$53

**Bring CASH for  
the Cash Bar**

**Uniform:**  
Service Members: Dress Mess, Dress ASU, Dress AGSU, or Service Branch Equivalent  
Civilians: Formal Attire

**Choice of Entrée:**  
Mushroom Ravioli  
Herb-Roasted Chicken Breast  
12oz KC Strip

**Event Highlights:**  
-Unique Take Home Gift  
-Special Guest Speaker  
-DJ Entertainment  
-Guest Rooms are available  
for a discounted rate of  
\$135/night plus taxes

**Timeline:**  
Social Hour: 1730-1815  
Registration Line: 1815-1900  
Ceremony/Dinner: 1900-2030 (Formal)  
Reception: 2030-2359 (Informal)

**Purchase Tickets**  
**Here**

**Reserve your room here**

POC: 1LT Taylor, Shyla 913-684-4860

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

**Ms. Amanda Bonseigneur**  
Lead SARC  
Amanda.bonseigneur.civ@army.mil  
Teams: 520-669-3474  
Office: 913-684-2810  
Cell: 913-704-9620  
Bldg 197, 632 McClellan Ave

**Mrs. Dannielle Rothering**  
Supervisory SARC  
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Cell: 913-565-0741  
Bldg 197, 632 McClellan Ave

**LTC Craig Arnold**  
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craig.d.arnold.mil@army.mil  
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Cell: 913-704-9604  
Bldg 197, 632 McClellan Ave

**SFC Jacob Roach**  
Team 3 SARC  
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Cell: 913-547-5075  
835 Sabalu Rd

**Mr. Josh Belle**  
Team 4 SARC  
joshua.p.belle.civ@army.mil  
Teams: 520-945-5992  
Office: 913-684-5230  
Cell: 913-680-5699  
Bldg 58, 614 Custer Rd

Located at the corner of  
Kearny Avenue and  
McClellan Avenue, next to  
the Post Parade Field

## Ft Leavenworth SHARP Resource Center

Building 197, 632 McClellan Ave  
Fort Leavenworth, KS 66027

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

## We Have Realigned Under an Installation Model

**Team 1** AAFES, ACS, AFC, ARI, CDID, Cemetery, CID, CPAC, DeCA, DES, DLA, DMPA, FMWR, LRC, MCCoE, MICC, Museum, NEC, PAO, RCI Housing, TDS/SJA, TRAC, USAFMSA, USAG HQ, USASMD, USD 207, and US STAG CMD.

**Team 2** CAC HQ, CAC-T HQ, MCTP, NSC, STB, TMD, 505th CCW and 500th/67th MP

**Team 3** ACB, MWJRCF, USDB

**Team 4** Army U, CGSC, Dental, DLI, MAHC staff, Patients, SAMS, SOF, TRADOC, Veterinarian, and Other Service Staff tenant personnel

**Ms. Nicole Hernandez**  
Victim Advocate  
Maureennicole.n.hernandez.civ@army.mil  
Teams: 520-692-9215  
Office: 913-684-5230  
Cell: 913-544-9243  
Bldg 58, 614 Custer Rd

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

## Sexual Harassment Complaint Reporting Option

Formal | Anonymous | Confidential

## Sexual Assault Reporting Option

Restricted | Unrestricted | CATCH-Only

## Retaliation Reporting Options

Command | IG | SARC | DoD Safe Helpline | CPAC (DA Civ Only)

Find us on Facebook

WeCare  
App

GET IT ON  
Google Play

**STEP FORWARD: Prevent. Report. Advocate.**

Current as of 18 March 2025



ATTENTION PLEASE!

IMPORTANT ANNOUNCEMENT

Stronghold Office Hours for emails and to return phone calls are Monday, Tuesday, and Thursday from 9:00am – 3:00pm.

Open Pantry Hours, by appointment, are Wednesday from 11:00am – 1:00pm.

You can email us at, [Contact@strongholdfoodpantry.org](mailto:Contact@strongholdfoodpantry.org) or leave a message at (913) 303-8372

STRONGHOLD DISTRIBUTION & HAPPY BOTTOMS

By Appointment Only | [strongholdfoodpantry.org](http://strongholdfoodpantry.org)

SUN	MON	TUE	WED	THU	FRI	SAT
31					1 Pack the Backpack Event	2
3	4	5	6 Open Pantry Happy Bottom 11:00 - 1:00	7	8	9
10	11	12	13 Closed	14 Pop-Up Fort Campbell	15	16
17	18	19	20 Open Pantry Happy Bottom 11:00 - 1:00	21	22	23
24	25	26	27 Closed	28 Pop-Up Joint Base Lewis-McChord	29	30

17 AUGUST 2025

is

National Nonprofit Day

Stronghold's goal:

75 pledges of \$50.

Each pledge feeds a military family of 6 for a week.

Join us in our mission.

[www.strongholdfoodpantry.org](http://www.strongholdfoodpantry.org)

IMPORTANT ANNOUNCEMENT

HAVE YOU VOLUNTEERED, DONATED, PARTNERED, OR RECEIVED SUPPORT FROM STRONGHOLD?

We want to hear your story. Share how being part of this mission has impacted you – personally or professionally.

Named or anonymous – every voice matters.

You can email us today at: [Contact@strongholdfoodpantry.org](mailto:Contact@strongholdfoodpantry.org)

Stronghold: Happy Bottoms Program

Powered by: Rapid Response Charities

Free Monthly Diaper Distribution

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

More than a food pantry.

Distinguished Speaker Series

With Special Guest Speaker

**Gen. Robert B. Brown**

U.S. Army, Ret.  
President & CEO, Association of the U.S. Army

Thursday, September 10, 2025  
6 p.m. – 9 p.m.  
Carriage Club  
5301 State Line Road, KCMO 64112

Clean Paws Pet Wash

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

Info: (913) 651-7176

KU

THE UNIVERSITY OF KANSAS

Local Classes.

Global Respect.

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



# Volunteer with Campus Life Military!

☀️ Make a Difference in the Lives of Military-Connected Youth ☀️

♥️ Do you have a heart for teens?

💬 Do you love sharing the hope of Christ?

🌐 Want to impact youth from around the globe—right where you are?

We need caring adults who:

- ✓ Build relationships with teens
- ✓ Lead fun activities & small groups
- ✓ Support local ministry efforts
- ✓ Be a consistent, encouraging presence
- ✓ Have a willing heart and a passion for Jesus!


Ministry Activities:

- Club
- Small Groups
- Special Events
- Camps / Trips
- Contacting
- Appointments

 **CAMPUS LIFE MILITARY**





Samantha Odle  
(605)569-3820  
sodle@yfc.net




# VERTICAL Marriage

THE ONE SECRET THAT WILL CHANGE YOUR MARRIAGE

 **DATE NIGHT** 

08 AUG, 05 SEP, 10 OCT, 07 NOV, 05 DEC

For more information and to register, scan the QR code or call/text 910-644-2999



# Looking for Community?

## Join Campus Life Military



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


Samantha Odle  
(605) 569-3820 / sodle@yfc.net

# Discipleship Training Breakfast

A YEAR LONG TOPICAL BIBLE STUDY & BREAKFAST  
FOCUSED ON INTEGRATING FAITH IN CHRIST INTO  
ALL DOMAINS OF OUR LIVES (PERSONAL  
DEVELOPMENT, FAMILY, PROFESSION, AND  
COMMUNITY)

**0600-0730 EVERY TUESDAY IN  
PIONEER CHAPEL**






# U.S. ARMY

## Mission:

To provide Religious Support to all Soldiers, Family members, DA civilians, contractors, and retirees.



### Pioneer Chapel

500 Pope Avenue

**PROTESTANT**


- Traditional Worship – 0830  
(Children’s Church – K-5th grade)
- Sunday School – 0945

**MULTI-CULTURAL GOSPEL**

- Sunday Worship – 1000

**CATHOLIC MASS**

- Tuesday-Friday – 1200-1230
- Sunday Religious ED - 0810



### Frontier Chapel


625 Thomas Avenue

**CATHOLIC MASS**

- Sunday – 0930
- Sunday Religious ED - 0810

**PROTESTANT**

- Sunday School – 0945
- Contemporary Worship – 1100  
(Children’s Church – K-5th grade)



### Memorial Chapel

626 Scott Avenue

**LITURGICAL**

- Sunday Worship – 0930


## SHARE THE NUMBER

## SPREAD THE WORD


CALL OR TEXT

**988**

CHAT  
988LIFELINE.ORG



There is hope.



**988** | SUICIDE & CRISIS LIFELINE

## Download the My Army Post App

### Stay in the know at your Garrison

- Installation Services
- Gate Hours
- Community Events
- Maintenance Requests
- Weather
- Resources
- AND MORE









Friends of the Frontier Army Museum

# TRICK or TREAT




**Ages 12 and under**

**24  
OCT  
5-7 PM**

**History • Fun • Candy**

**Frontier Army Museum**  
100 Reynolds Ave, Fort Leavenworth



# **Fall 2025 Speaker Series History Brunch**

**Presented by the Frontier Army Museum & The  
Friends of the Frontier Army Museum (FFAM)**

**Light refreshments served at 10:30a, with presentations  
beginning at 11a.m.**

**September 13th**  
“Looking for Abraham Lincoln in Kansas” with Bill Stumpff

**October 11th**  
“Santa Fe in World War II: Contributing to Victory” with LTC  
Bob Walz (ret)

**November 8th**  
“Kansas City Kansas Community College (KCKCC), The  
Greatest Generation and You!” Maj. Joe Grasela (ret)

**December 6th**  
“History of Fort Sully” with Corps of Engineers  
Archaeologist Phillip Alig

**Events are free to the public and will be located at the  
Frontier Army Museum 100 Reynolds Ave Fort Leavenworth, KS**

**All presentations will be streamed live and recorded on the  
Friends of the Frontier Army Museum Facebook page:  
<https://www.facebook.com/ftleavenworthffam>**



# JOYS

## We're Hiring NOW!

Join our Team as a

**Child and Youth Program Assistant**

at Fort Leavenworth!

Pay starts at **\$18.71** per hour

Career Progression & Paid Training

Retirement & 401K

FREE childcare for the 1st child and 25% discount for each additional child

Regular Full-Time/ Part-Time & FLEX Hours Available

Medical, Dental, Vision, & Life Insurance Benefits \*

Paid Leave, & Paid Federal Holidays for Full-Time & Part-Time

Access to Commissary & AAFES Shopping Privileges & MWR Facilities

Job Transfer Program Worldwide Through Civilian Employment Assignment

Tool

\*Conditions Apply

Great pay and benefits!









Scan here to apply!



 Life's challenges weighing you down?  
Learn how to bend and not break.





**RESILIENCY**

**An EFMP 4 part Workshop Series:**  
**September 17, October 15,**  
**November 19, January 21**  
**5pm - 6pm**


**ACS Classroom Room 157**  
**The Resiliency Center**  
**600 Thomas Ave**  
**Fort Leavenworth, KS**

Geared toward adults and teens ages 14+, this FREE 4 part workshop series is led by Fort Leavenworth's own R2 Performance experts and will cover several resiliency competencies, teach skills to help navigate daily challenges, and give a foundation to successfully deal with life's more complex hurdles.

*Registration is required. Please call for more information:*  
520-684-3838 or 520-692-6363

leavenworth.armymwr.com



# Volunteers needed!

The Frontier Army Museum is looking for friendly faces to welcome guests to our museum. Volunteers will greet guests, answer questions, and assist museum staff with administrative tasks and research.

Availability: Fridays 9-3, Saturdays 10-3. Hours are flexible.

 **WE NEED YOU**

Age Requirement:  
16 and older.

If interested please contact  
Megan Hunter  
[megan.m.hunter4.civ@army.mil](mailto:megan.m.hunter4.civ@army.mil)  
or (913) 684-3190

# ARMY EMERGENCY RELIEF

**HEALTH & WELLNESS**

- dental care
- special-needs medical equipment
- austrus location leave
- non-medical attendant travel
- Wounded Warrior gift cards
- cranial helmets

**CARE DURING A CRISIS**

- disaster assistance
- safe travel from domestic violence
- emergency travel
- funeral expenses

**BASIC NEEDS & HOUSING**

- appliance repair/replacement
- PCS moves
- clothing
- food
- minor home repairs
- housing
- utilities
- vehicle repairs

**FAMILY SUPPORT**

- childcare
- paternity leave
- immigration fees

**WORKFORCE DEVELOPMENT**

- spouse relicensing/recertification
- Career Skills Program support

## AREAS OF SUPPORT

[www.ArmyEmergencyRelief.org](http://www.ArmyEmergencyRelief.org)



# ARMY COMMUNITY SERVICE



MON - FRI 0800-1600 with limited hrs Thurs 1300 - 1600 913-684-HELP(4357)/2800

Resiliency Center, 600 Thomas Ave, Bldg. 198 \*\* ACS is closed for lunch 1130-1230 daily\*\*

AUG 2025

### RELOCATION READINESS PROGRAM

**In-Processing Brief**  
Tuesdays, 9:00am-10:00am  
**OCONUS Levy Brief**  
Tuesdays, 10:00am-11:00am

*Smooth Move offered upon request.*



**Bowling for Families of Deployed Service Members**  
Aug. 02 12:00pm-2:00pm  
Strike Zone Bowling Center  
*\*Registration required*

**Lending Closet**  
Are you In/Out-Processing and need essentials? ACS has short-term basic items to help you get by.  
• Kitchenware  
• Cookware  
• Small Appliances

<https://leavenworth.armymwr.com>

### EXCEPTIONAL FAMILY MEMBER PROGRAM

**EFMP Bowling**  
Aug. 02, 12:00pm-2:00pm  
Strike Zone Bowling Center

**EFMP Refreshing Conversations**  
Aug. 07<sup>th</sup>, 10:00am-1100am  
Resiliency Center Room 157  
*\*Registration Required for EFMP events\**

**EFMP Lending Library**  
Now Open!  
Come and discover our range of sensory and educational products available for loan.

### SURVIVOR OUTREACH SERVICES

#### GOLD STAR CHILDREN'S DAY

We will recognize Gold Star Children's Day on Aug. 01, 2023



**Walk/Run for the Fallen**  
Sept. 13<sup>th</sup>  
08:00-10:00am

<facebook.com/FortLeavenworthACS>

### FINANCIAL READINESS PROGRAM



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

**Car Buying**  
Aug. 07<sup>th</sup> 3:00-4:00pm  
Resiliency Center Rm. 157  
**Home Buying**  
Aug. 21<sup>st</sup>, 3:00-4:00pm  
Resiliency Center Rm. 157  
*\*No registration is needed, but please call ahead for large groups.*

### ARMY EMERGENCY RELIEF (AER)

Provides emergency assistance to active-duty service members, their families, and retired service members.  
For emergency financial assistance apply at:  
[www.armyemergencyrelief.org](http://www.armyemergencyrelief.org)  
And call the ACS main line during duty hours to follow up.  
*\*Command & Troop training is also available upon request.\**

<facebook.com/FortLeavenworthFMWR>

### EMPLOYMENT READINESS PROGRAM

**Teen Employment**  
Aug. 01, 10:00am-12:00pm  
**Resume Writing**  
Aug. 06, 12:00pm-2:00pm  
*\*Evening 5:00pm-7:00pm*  
**Federal Employment**  
Aug. 20<sup>th</sup> 12:00pm-2:00pm  
*\*Evening 5:00pm-7:00pm*  
**Interview Skills & Professionalism**  
Aug. 27, 12:00pm-2:00pm  
*\*Evening 5:00pm-7:00pm*  
*\*All classes located at the Resiliency Center, Rm 157*

### ARMY VOLUNTEER CORPS

**Voluneteer Basics**  
Aug. 22, 12:00pm-1:00pm,  
Resiliency Classroom Room 157  
Visit website below to register for an account and find opportunities to volunteer in the community.  
[https:// vmis.armyfamilywebportal.com](https://vmis.armyfamilywebportal.com)

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

# ARMY COMMUNITY SERVICE



MON - FRI 0800-1600 with limited hrs Thurs 1300 - 1600 913-684-HELP(4357)/2800

Resiliency Center, 600 Thomas Ave, Bldg. 198 \*\* ACS is closed for lunch 1130-1230 daily\*\*

AUG 2025

### NEW PARENT SUPPORT PROGRAM

*\*\*Call 913-297-3212 to register for all NPSP classes & events.\*\**



**Toddler Time**  
Wednesdays, 0900am  
Resiliency Center Playroom

**Story Time**  
Wednesdays, 1000am  
Resiliency Center Room 157

**Play Morning**  
Thursdays, 0900-1000am & 1000-1100am  
Resiliency Center Playroom

**Stroller Walk**  
Tuesdays 09-10 am  
Meet at the front of the Resiliency Center

**Dad's Night Out**  
August 20<sup>th</sup>, 6:00-8:00pm  
Restaurant TBD

**Mom's Night Out**  
August 27<sup>th</sup>, 6:00-8:00pm  
Restaurant TBD

**Wiggles and Giggles**  
Fridays, 10-11 am  
Resiliency Center, Playroom

**Did you know that Home Visits are available for pregnancy through 3 years of age? Schedule your appointment with the NPSP team today!**

**Newborn Care Class**  
August 04<sup>th</sup> 5:00-7:00pm  
Resiliency Center Rm 157

**Breastfeeding Class**  
August 11<sup>th</sup> 5:00-7:00pm  
Resiliency Center Rm 157

**Potty Training**  
August 18<sup>th</sup> 5:00-7:00pm  
Resiliency Center Rm 157

### FAMILY ADVOCACY PROGRAM

*\*\*Registration is required for all FAP events.\*\**

**Anger Management Series**  
August 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, 1:30-3:00 pm

**5 Love Languages for Teens**  
August 13<sup>th</sup> 1:00-2:30pm



**Anger Management**  
August 21<sup>st</sup> 11:30am-1:00pm

**Navigating Teen Years**  
August 20<sup>th</sup> 1:00-2:00pm

*\*All FAP classes located at the Resiliency Center, Rm. 145*

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

<https://leavenworth.armymwr.com>

<facebook.com/FortLeavenworthACS>

<facebook.com/FortLeavenworthFMWR>

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

### ACS Employment Readiness Program Menu of Services

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

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

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

### Employment Readiness Program CLASS SCHEDULE

**Resume Writing**  
ACS Classroom 12pm - 2pm  
July 9, Aug 6, Sept 10, Oct 8, Nov 5, Dec 3  
5pm - 7pm\*  
July 9, Aug 6

**Federal Employment**  
ACS Classroom 12pm - 2pm  
July 16, Aug 20, Sept 17, Oct 15, Nov 19, Dec 10  
5pm - 7pm\*  
July 16, Aug 20

**Interview Skills & Professionalism**  
ACS Classroom 12pm - 2pm  
July 23, Aug 27, Sept 24, Oct 22, Dec 17  
5pm - 7pm\*  
July 23, Aug 27

Take the guesswork out of getting hired!

Our Employment Readiness Program will provide the tools and strategies that you need to navigate the job market successfully!

Learn how to:

- write a compelling resume
- understand the market
- become the ideal candidate

The Resiliency Center  
600 Thomas Ave  
Ft. Leavenworth, KS  
For more info : 913-684-2800

Open to all DOD ID card holders. \*Registration is required for evening classes only.

### 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



Join ACS/ New Parent Support for

Toddler Time

Wednesdays @ 9am  
The Resiliency Center  
600 Thomas Ave  
Fort Leavenworth, KS




Learn through play as we build social skills, introduce preschool routines, and explore!


Toddler Time is free and open to ages 2 to 3 years (must have an adult present).

Please call or text by the close of business day on the Tuesday before Toddler Time.

913-297-3212



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 Family Advocacy New Parents Support Program  
Presents

Toddler Time Playgroup

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

Wednesdays @ 9:00am

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

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




5 Love Languages of Teenagers


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

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

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

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





ACS Family Advocacy  
New 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](https://www.facebook.com/acs.fortleavenworth)

ACS Family Advocacy New Parents Support Program  
Presents

Storytime!

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

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

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

Every Wednesday @ 10:00 am

Located at the Army Community Service Resiliency Center  
600 Thomas Ave. Fort Leavenworth, Kansas  
Registration required call or text  
913-297-3212 or 913-297-9704





WIGGLES & GIGGLES

Fridays  
10am - 11am  
ACS Playroom  
600 Thomas Ave

FREE  
Ages 3-12 months  
Register by COB  
Thursday



We wanna go...

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

For more info or to register call 913-297-3212 / 9704



It's Back to School at Fort Leavenworth!

MWR Events August 2025

SPECIAL EVENTS

- PAIR Day!**  
August 16  
Come on out for a FREE day of family fun at our annual August PAIR Day! Saturday from 9am - 1pm at Harney Sports Complex! PAIR Day is a wealth of information about our on-Post and off-Post community! Learn about the local Boys and Girls Scouts, available sports, medical facilities, entertainment options, Fort Leavenworth services such as Munson, the Commissary and Exchange, USD 207, ACS, CYS and our other top notch MWR facilities! Meet your neighbors, snag some swag or just come by and say hi!  
Call 913-684-1674 for more information

ACS

- Car Buying Workshop**  
August 7  
Stressed out about buying a vehicle? Let ACS take the wheel and get you on the road to success! Thursday from 3pm - 4pm in the ACS classroom at the Resiliency Center.  
Call 913-684-2800 for more information.
- Home Buying Workshop**  
August 21  
Shopping for a new home? ACS can help! You will learn about the VA loan process, interest rates, and finding the right space for your family's needs. Thursday from 3pm - 4pm in the ACS classroom at the Resiliency Center.  
Call 913-684-2800 for more information.


CYS

- Youth Sports Fall Enrollment**  
August 1 - 31  
Youth Fall Sports is enrolling NOW through the end of the month for flag football, running club, soccer, and cheerleading! Looking to volunteer? Consider being a Youth Sports coach!  
Call 913-684-7525 for more information.

Sneak peek!




Run Walk for the Fallen 2025 Fort Leavenworth




Back to School

CYS

- Trails West Ladies Invitational**  
August 16  
Ladies, this one is just for you! Enjoy a relaxed 2 person scramble with lunch, prizes and more! Saturday at Trails West starting at 9am.  
Call 913-651-7176 for more information.




Fun for the whole Family!



CYS

- HVC Teen Summer Trips**  
August 8  
Friday at Harrold Youth Center. Don't miss the last Worlds of Fun/ Oceans of Fun trip of the summer! Leaving from Harrold Youth Center at 10am and returning at 6pm. Must be eligible to attend Harrold Youth Center. \$45 or \$10 with a season pass.  
Call 913-684-5118 for more information.
- Brunner Range Fun Shoots**  
August 2, 16  
Come on out to the range! Saturdays at Brunner Range.  
Call 913-651-8132 for more information.
- FREE Movie: Sonic the Hedgehog 3**  
August 8  
Rated PG. Friday at the Post Theater starting at 7pm. Sponsored by BOSS  
Call 913-684-2736 for more information.
- Great Escape 5K**  
August 9  
Join us for the 30th Annual Great Escape 5K! Unique to Fort Leavenworth, this fun running event starts at the Old USBB at 8am. Same day registration is available.  
Call 913-684-1674 for more information.

Recreation



Visit the FMWR Ft. Leavenworth website and FB page for more exciting events and updates!


leavenworth.armymwr.com

SKIES

Instructional Catalog for Classes  
August - December 2025

Registration begins July 7 @ 9am\*

We're on our way!




\*A current registration with Parent Central is required to enroll. For more info call: 913-684-5138

OPEN HOUSE  
July 24th from 5:30pm - 7:00pm

Patch Community Center  
320 Pope Ave  
Fort Leavenworth, KS

For more info on SKIES call: 913-684-3207 or text: 913-704-7595


SCAN HERE FOR THE SKIES CATALOG




HUNGRY?

Fort Leavenworth MWR has AMAZING food options!

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





LEAVENWORTH.ARMYMWR.COM







## August & September Kids Classes

### Messy Art

\$12 per class

Ages 7+

Thursday  
August 7  
11am - 12pm

Thursday  
August 21  
11am - 12pm

Thursday  
September 4  
11am - 12pm

Thursday  
September 18  
11am - 12pm

### Color Me Happy

\$10 per class

Parent & Toddlers

Thursday  
August 14  
10am - 11am

Thursday  
August 28  
10am - 11am

Thursday  
September 11  
10am - 11am

Thursday  
September 25  
10am - 11am

### Art History

\$20 per class  
(ages 7+)



### Strawberries & Seurat

Wednesday  
August 20  
1pm - 3pm

### Cookies & Carle

Wednesday  
September 17  
1pm - 3pm



Tuesday - Friday 9am - 4pm  
Call now to register! (913) 684-3373



### OPEN STUDIOS

Ask about our Hourly Fees

#### Multi-Craft Studio

Great for the whole family with supplies for any craft, personalized gift, or project you have in mind!

#### Painting Studio

Provided watercolor and acrylic supplies to create your own masterpiece.

#### Framing Studio

Assemble your own custom frames in our DIY Studio! Must take Intro to Framing before using DIY Studio.

#### Pottery/Ceramic Studio

We have all of the supplies you need for hand building and wheel throwing. We also offer a variety of customizable bisque pieces ready for you to glaze!

310 McPherson Ave • Fort Leavenworth, KS

leavenworth.armymwr.com

artsandcraftsfortleavenworth@gmail.com



## August & September Workshops

### Watercolor

\$30 per workshop  
pre-registration required

**Watercolor (Basics)**  
Tuesday,  
August 19  
6pm - 8pm

**Watercolor (Color Theory)**  
Tuesday,  
August 26  
6pm - 8pm

### Framing

\$40 per class

Intro to Framing  
\*Must pre-register\*

Fridays  
August 8, September 12  
10am - 2pm

Saturdays  
August 23, Saturday 27  
10am - 2pm

**Watercolor (Landscapes)**  
Tuesday,  
September 2  
6pm - 8pm

**Watercolor by the Lake (plein-air)**  
Tuesday,  
September 30  
6pm - 8pm



scan for more info

Tuesday - Friday 9am - 4pm  
Call now to register! (913) 684-3373



### Paint & Sip

\$35

Must be 21 years or older.  
BYOB



Back to School  
Friday,  
August 8  
6pm - 8pm

Camping Under the Stars  
Friday,  
September 12  
6pm - 8pm



Cost includes all supplies!

310 McPherson Ave • Fort Leavenworth, KS

leavenworth.armymwr.com

artsandcraftsfortleavenworth@gmail.com



## Modern Calligraphy

### Basics

\$20 per class  
pre-registration required

Wednesday  
August 27  
1:30pm - 3pm

### Special Projects

**Thank You Cards**  
Wednesday  
September 10  
1:30pm - 3pm

### Intermediate

\$20 per class  
pre-registration required

Wednesday  
September 3  
1:30pm - 3pm



### Acrylic

\$35 per class

**Acrylic Pour**  
Tuesday,  
August 19  
11am - 1pm  
Wednesday,  
September 24  
11am - 1pm



### Crafts

\$35 per class

**Wooden Growth Chart**  
Thurs, August 14  
6pm - 8pm  
Wed, August 27  
11am - 1pm

**Wooden Birthday Calendar Board**  
Tues, September 16  
6pm - 8pm  
Fri, September 26  
11am - 1pm





## WORLDS OF FUN & OCEANS OF FUN

Harold Youth Center / 45 Biddle Blvd / Ft. Leavenworth, KS / 913-684-5115

# TEEN SUMMER TRIPS

**2025 Dates:**

- Friday June 6
- Wednesday June 18
- Friday June 27
- Thursday July 3
- Friday July 18
- Thursday July 24
- Thursday July 31
- Friday August 8

Leaving from HYC at 10am, returning at 6pm

\$45 for each session or \$10 with a season pass (season passes can be purchased from Leisure Travel Services for \$84.50) Includes a sack lunch, transportation, and supervision. Trips are for 8th - 12th graders who are eligible to attend the Youth Center. Registration is at HYC two days before trip.

leavenworth.armymwr.com



## We have KC Royals Tickets for the 2025 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

## Join Us!



# Lancers

## 2025-2026 FORT LEAVENWORTH LANCERS SWIM TEAM

**REGISTRATION OPENS AUG 8TH!**

- Open to all swimmers, military and civilian.
- To schedule a tryout/group placement click "New Swimmer Information" on our website.
- Practice begins Aug 18, 2025
- Swimmers must be registered to practice.
- August is free for new swimmers, register soon.
- Only the registration fee is collected in Aug.
- Practice at Harney Gym - 1LT David R. Bernstein Memorial Pool

**USA SWIMMING REGISTRATION**

- 2026 USA Swim Registration opens **Sept 1st**.
- All swimmers must also re-register with USA Swimming.

**www.fortleavenworthlancers.com**





# CGSC GET ACQUAINTED SCRAMBLE

Great Prizes & lots of FUN!

Hi!

Registration opens on July 23rd and closes August 20th.

Relaxed 4 - Person Scramble

All CGSC Students and Families are encouraged to participate!

TRAILS WEST GOLF COURSE  
306 Cody Rd  
Fort Leavenworth, KS  
913-651-7176

**Saturday August 23rd 0800**  
shotgun start

\$50 members  
\$60 non-members  
\$35 Youth 16 and under

WORTH BOULEVARD FRONTIER

no federal endorsement implied

# ADULT SPORTS FLAG FOOTBALL LEAGUE

Want to get fit and have a blast doing it?  
The only catch is the one you make.  
Flags up, game on!

Coaches Meeting:  
Wednesday, August 13  
5:30pm  
Gruber Fitness Center  
200 Reynold Ave  
Ft. Leavenworth, KS

League play begins  
Tuesday September 2.  
Letters of intent due by COB on August 27.

Games: Tuesdays, Thursdays  
5:30pm, 6:30pm, 7:30pm  
Gruber Football Field

Open to all Active Duty, DOD Civilians, Retirees, Dependents, Spouses, and Contractors working at Fort Leavenworth ages 18+.  
League awards given for regular season champions, tournament runner-ups and tournament champions.  
For more info call 913-684-3224/ 5136  
leavenworth.armymwr.com

# Brunner Range ASTRO CLAYS

Looking for a new and unique range experience?  
Introducing Astro Clays! Shoot under the stars!  
Special UV black lights turn the clays into glowing targets that are fun for every skill level!

**\$25 for 50 clays**

**Sep 13 at 2030**  
**Oct 11 at 1930**  
**Oct 25 at 1930**  
**Nov 8 at 1800**  
**Nov 25 at 1800**  
**Dec 13 at 1800**

**Brunner Range**  
701 Sheridan Dr  
Ft. Leavenworth, KS  
Call for more info: 913-651-8132  
leavenworth.armymwr.com

Starting June 2nd, 2025

# Fort Leavenworth Group Fitness Classes

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

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

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

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

\*Power Cut classes are held in the Bubble Gym

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

<https://leavenworth.armymwr.com>

# Independent Instructor Class Schedule

**Gruber Fitness Center**

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

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

**Harney Sports Complex**

Monday	Tuesday	Wednesday	Thursday	Friday
Olympic Lifting 0900-1015		Olympic Lifting 0900-1015		Olympic Lifting 0900-1015
Kids Olympic Lifting 1600-1700 Bubble Gym		Kids Olympic Lifting 1600-1700 Bubble Gym		

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

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

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

# Combined League Scramble

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

April 30  
June 25  
August 27  
September 24

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

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

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

# Couples League

Are you looking for some good old-fashioned fun?

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

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

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

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

I just love spending quality time with you!

For more information: leavenworth.armymwr.com

# Trails West Golf Course Wednesday League

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

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

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

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

# Swimming Lessons

**Bernstein Memorial Indoor Pool**

Enrollment opens Wednesday, 6 August at 0800  
**August 25, 26, 27, 28, September 2, 3, 4, 5**  
Week 1: Monday-Thursday, and Week 2: Tuesday - Friday  
(8 classes) \$64.00

50503-48	1200-1230 Parent Child	max 6
50503-49	1245-1315 Preschool Level 1	max 5
50503-50	1330-1400 Preschool Level 2	max 5
50503-51	1415-1445 Preschool Level 1	max 5
<b>Break</b>		
50503-52	1545-1615 Learn to swim level 1	max 5
50503-53	1630-1700 Learn to swim level 2	max 6
50503-54	1715-1745 Learn to swim level 3	max 6

**Swimming Lesson Age Requirements:**

**Parent Child:** participants may be 6 months - 3 years and must be accompanied into the water by a parent or guardian.

**Preschool levels:** Participants must be 4 years - 5 years old.

**Learn-to-swim levels:** Participants must be 6 years old -17 years old.

# Fall Youth Sports & Fitness

Confidence begins here! Are you in?

**Flag Football** (1st - 2nd grades) (Ages 7 - 8) Tuesday/ Thursday Sept 9 - Oct 23 (3rd - 4th grades) (Ages 9 - 10) Monday/ Wednesday Sept 8 - Oct 22 (5th - 6th grades) (Ages 11 - 12) Monday/ Wednesday Sept 8 - Oct 23 \$50

**Soccer** 6 & Under (Ages 5 - 6) 8 & Under (Ages 7 - 8) 10 & Under (Ages 9 - 10) Sept 8 & 9 - Oct 22 & 23 Under 12 & 14 TBA \$50

**Cheerleading** (Ages 5 - 12) Monday/ Wednesday Sept 8 - Oct 22 Participants will cheer for all 3rd/4th & 5th/6th grade Teams. \*Pom-poms, shirt, and skort are included in the cost. \*\$55

**Fall Running Club** (3rd - 8th grades) (Ages 8 - 14) Tuesday/ Thursday Sept 9 - Oct 25 Season ends with the Halloween 5K. \$50

Start Smart Flag Football (Ages 3 - 4) \$30 Sept 15 & 17 - Oct 15 & 20 Start Smart Soccer (Ages 3 - 4) \$30 Sept 16 & 18 - Oct 14 & 16

Registration and enrollment will begin July 7 and close Aug 4. All Youth must have an updated sports physical before first practice. Enrollment can be done at all CVS locations if centrally registered. Webtrac online enrollments can only be done with a Youth Sports Physical that covers the entire season. Volunteer Coaches are needed! For more information call 913-684-7525 or 7526

# ADULT CLASSES TAEKWONDO

Kick your fitness into high gear!

**Tuesdays & Thursdays**

Offered from:  
• 6pm - 7pm  
• 7pm - 8pm  
\$65 per month  
\$10 for a single class

Gruber Fitness Center  
200 Reynolds Ave  
Fort Leavenworth, KS  
913-684-3224 or 5136

Open to eligible DOD ID card holders. Must be 18+ and have 24/7 access prior to taking first class.



BRUNNER RANGE



2025



CALENDAR

For more information (913) 651-8132

701 Sheridan Dr. Fort Leavenworth, KS 66027

Fun Shoot	Special Fun Shoots	League Schedule
1st Saturday of every month		
4 January	• Rod & Gun 16 April	• Winter Combo 9 January - 13 March
1 February	• VFW Post 12003 26 April	• Spring Combo 20 March - 22 May
1 March	• Lil Weenie 17 May	• Summer Warm-up 5 June - 10 July 17 July - 21 August
5 April	• Club Championship 21 June	• Fall Combo 4 Sept - 6 Nov
3 May	• One Gun/One Choke 19 July	• Winter Warm-up 13 Nov - 18 Dec
7 June	• Shuck n' Chuck 16 August	
5 July	• American Legion Post 411 20 September	
2 August	• Rod & Gun 15 October	
6 September	• Lil Weenie 18 October	
4 October		
1 November		
6 December		

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

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

SCAN HERE





FUN SHOOT

Brunner Range

1st Saturday of the Month

Jan 4 - Dec 6 2025

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

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

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 2025

SPECIAL FUN SHOOTS

16 April	Rod & Gun Club
26 April	VFW Post 12003
17 May	Lil Weenie
21 June	Club Championship
19 July	One Gun/ One Choke
16 August	Shuck n' Chuck
20 September	American Legion Post 411
15 October	Rod & Gun Club
18 October	Lil Weenie

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

Brunner Range

2025

LEAGUE SCHEDULE

Winter Combo

9 January - 13 March

Spring Combo

20 March - 22 May

Summer Warm-up

5 June - 10 July  
17 July - 21 August

Fall Combo

4 September - 6 November

Winter Warm-up

13 November - 18 December

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



DID YOU KNOW BRUNNER RANGE SELLS FIREARMS?

They will sell your firearms on consignment.  
Or special order and work with you to find the perfect firearm to meet your needs.  
Brunner Range also provides transfer services for firearms.

Call, or stop by for more info:  
(913) 651-8132  
701 Sheridan Dr.  
Wed - Thurs: 12PM - 8PM  
Sat - Sun: 10AM - 5PM







Fort Leavenworth's  
Rod and Gun Club

Advanced Hunter Education & Hunting Dog Training

Saturday, 11 OCT 25

(Inclement weather backup date is 18 OCT 25)

0730-1830 Hrs

Location: Northwest Leavenworth County

Note: Pheasants will be used.

A team consists of 1 dog (pointing or flushing), 2 hunters and as many shotgun shells as desired. At least 3 game farm pheasants will be in the field for each team. The focus is on a safe, live fire training experience for the hunters and dogs finding and retrieving harvested pheasants in field conditions. Prizes are awarded to top performing teams; scoring is based on the team's combined firearms handling and hunting skills. The event is open to Club members, active duty and retired military, military dependents, Federal employees, and invited guests. Entry fees are \$75 for Club members and \$85 for non-members. Participation is **limited up to 28 paid & registered** teams (depending on field and crop conditions). Registration **opens** 1730 hours **13 AUG** and **closes** 1700 hours **29 SEP**. Rules and final location will be provided by email. Rules are reviewed prior to each team's start on site. Initially, a household can enter 1 dog as a primary; additional dogs will be put on the "Stand-by List" with accompanying reimbursable fees and registration(s). If the event is not full by 1700 hours 29 SEP, paid and registered Standbys are drawn (one per household) until all have had a 2<sup>nd</sup> chance to fill vacant slots. Remaining unfilled slots will be filled with 3<sup>rd</sup> dog stand-by's, etc. Running order is determined by a **random, slotted draw o/a 30 SEP** with the initial draft released on 1 OCT and feedback due by 6 OCT so the running order can be finalized by 9 OCT 25.

For more information and entry forms contact Kent Ervin, 913-240-9596.

Volunteer!

Help Shelter Pets!

They need your help for walks and general care!

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

Several shifts to choose from

Want to know how to join our team?

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

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

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

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

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

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

Work with either our cats or dogs or both!





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

Ft. Leavenworth  
International Loan Closet

Located in the alley off McClellan & Kearny  
Hours Vary, Check FB Page







# MUNSON NOTES

## MUNSON NOTICES

■ Community Blood Center of Kansas City will conduct a **BLOOD DRIVE** from 9 a.m. to 2 p.m. Aug. 28 at Frontier Chapel. Sign up at [savealifenow.org/group](https://savealifenow.org/group) and use group code BK.

■ The **MUNSON ARMY HEALTH CENTER PATIENT AND FAMILY PARTNERSHIP COUNCIL** meets quarterly at MAHC. The PFPC captures voices and insights of patients and families to improve the patient care experience. The council is composed of volunteers who represent the interests of patients who receive care from MAHC. Volunteers can be active-duty, active-duty family member, retirees or retiree family members. Call 913-684-6211 or e-mail [usarmy.leavenworth.medcom-mahc.mbx.patient-advocate@health.mil](mailto:usarmy.leavenworth.medcom-mahc.mbx.patient-advocate@health.mil) if interested in participating.

■ It is important that military families new to the Fort Leavenworth community **ESTABLISH A NEW PRIMARY CARE MANAGER** for their health care needs. Munson Army Health Center offers a wide range of primary care providers to choose from for personalized care at a convenient on-post location. Once your new address is established in DEERS, call 1-888-TRI-WEST (874-9378) and follow the prompts to establish a primary care manager at MAHC. Learn more about services at [munson.tricare.mil](https://munson.tricare.mil).

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

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

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

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

MUNSON ARMY HEALTH CENTER

## Medical Emergency

In case of a medical emergency,  
call 911. The health center does  
not have an emergency center.

> [MUNSON.TRICARE.MIL](https://munson.tricare.mil)



## Speak up! Your voice matters

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

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

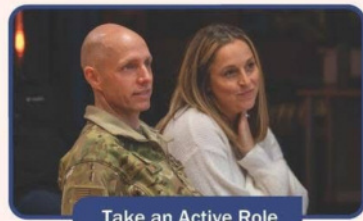
#### Is being a patient and family advisor right for you?

#### We are looking for volunteers who can:

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



Patient and Family Advisors



Take an Active Role



Improve Staff-Patient Communication



Make a Difference in the Care of Fellow Service Members and Their Families

### Learn more about the Patient and Family Partnership Council!

For more information, contact:

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

MUNSON ARMY HEALTH CENTER

## Call Center 913 684-6250

- Primary Care
- Dental
- Optometry
- Mental Health
- Medical Records
- Pharmacy
- Referrals
- Nurse Advice Line
- More



[munson.tricare.mil](https://munson.tricare.mil)





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EVERY THURSDAY



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