



Community Leaders' Information Forum

18 June 2015

COL Andrew Shoffner Garrison Commander Fort Leavenworth, Kansas

http://garrison.leavenworth.army.mil

IMCOM delivers and integrates base support to enable readiness for a self-reliant and globally-responsive All Volunteer Army



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Patti Brown

"Becoming Informed is a Proactive Sport"

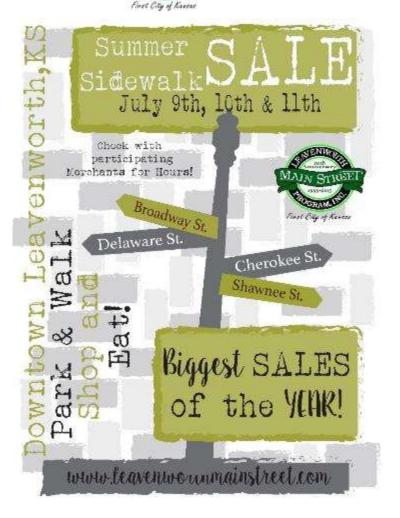
Welcomes & Farewells







Leavenworth Main Street



www.leavenworthmainstreet.com



director@leavenworthmainstreet.com





Leavenworth Convention and Visitors Bureau



A Heritage Festival & Community Event 100% volunteer event Created to help local non-profits raise needed funds! Score Community Event Created to help local non-profits raise needed funds! Created funds! Created to help local non-profits Created funds! Created funds!

Buffalo Bill Days Festival [™] August 22 & 23 ADVINIE Marcade Save 1992 Marc

www.visitleavenworthks.org

www.visitleavenworthks.org

CVB@firstcity.org

EAVENWORTH

K-LOVE





Leavenworth Farmer's Market

<u>Farmers Market</u>: Experience the colors, smells and fun!

The Leavenworth Farmers Market is a producers' only Market where locally grown produce and handmade products are sold. You can be assured that the products are grown or made by the vendor. Vendors are from within 50 miles of Leavenworth, and are happy to share information about their products with you .



Receive info about events as well as what produce will be available in the market that week. Contact us through: LeavenworthFarmersMarket.com

www.leavenworthfarmersmarket.com



LeavenworthFarmersMarket.com

Visit our Facebook page at LEAVENWORTH FARMERS MARKET Morgan Bean Saturday Market Manager

Saturday & Wednesday All Summer at Haymarket Square



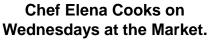
billkromer@lvnworth.com





Leavenworth Farmer's Market







Dipping Bowls for Artesian Breads



What is Sahnequark?



billkromer@lvnworth.com

Angela Banks/ (913) 684-1750 (DSN 552) / angela.j.banks.civ@mail.mil

www.leavenworthfarmersmarket.com





Weston Chamber of Commerce



Shopping & Dining Local Wineries, Brewery & Spirits Irisb Pub and Live Music Museums, Galleries & Artisans Tea Room & Dinner Theare Hiking, Biking and Camping Bed & Breakfasts & Historie Hotel Farms, Orchards and Fresh Produce Walking & Driving Historic Home Tours Wedding & Eccent Vennes Monthly & Seasonal Events... And So Much More.

Best Day Trip 12 Years In A Row. A Popular Overnight Destination... Best Small Town in Missouri...

Enjoy July With Us.

Upcoming Events July 4 Celebration, Parade and Pienic, July 5 Ice Cream Social and Concert July 8, 10 & 11 Weston Community Theater presents "Namia" July 10, 11 & 12 Burley House Flea Market July 12-19 Remember Our Fallen Exhibit

Every Second Saturday Shops Open Fale. Every 4th Saturday Westin Moonshiners Cars on Viain Street livery Sunday Entertaining Pamily Fun at Cline's Opry

www.westonmo.com

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westonmo@kc.rr.com





June 2015

- 18 Jun ASAP Supervisor Training; Armed Forces Ins; 9-11 am DHR
- 18 Jun Community Leaders Information Forum; FCC; 10 am-12 pm PAIO
- 19 Jun Installation Planning Board; FCC; 9-11 am PAIO
- 19 Jun CAC Golf Scramble; TWGC; 1-5 pm DFMWR
- 20 Jun Father/ Son Scavenger Hunt; Hunt Lodge, 10 am-12 pm DFMWR
- 22-26 DA Cemetery Visit; Old Prisoner Cemetery DPW
- 22 Jun Installation CY16 Calendar Synch Meeting; EOC; 10:30 am-12 pm-DPTM
- 23-24 Vocational/Technical Seminar; B 198; 8:30 am-4:30 pm DHR
- 25 Jun Post Retirement Ceremony; Post Theater; 0900-1030 DPTM
- 25 Jun Federal Resume Workshop; B 198; 11:30 am-1 pm DHR
- 25-26 New Comer Monthly/ Annual Refresher Resiliency Trng; Pioneer Chpl; 8 am-4 pm - CSF2





July 2015

- 1 Jul Monthly Installation Commo Checks; 9:30 am-12 pm - DPTM
- 3 Jul Federal Holiday
- 4 Jul Independence Day Celebration, Merritt Lake; 4-10 pm– DFMWR/ DPTM
- 6 Jul Military Training Holiday
- 8-9 ADAPT/Prime for Life; B 198; 8 am-4 pm- DHR
- 12-24 SPT PCC 15-08
- 13-17 Exec TAP Workshop/VA Benefits Brief, Pioneer Chpl; 8 am-5 pm-DHR
- 14-16 CAO/CNO Training; FCC; 9 am-4 pm DHR
- Monthly CHPC; B 198; 10-11 am HPO • 14 Jul
- 14 Jul 4th QTR Tenant Leader Protection meeting; EOC; 1:30-3 pm - DPTM
- 15 Jul Community Leaders Information Forum; FCC; 10 am-12 pm - PAIO
- 16 Jul DECA/Exchange Adv Mtg; Comm Conf Room; 1:30-2:30 pm-Exchange
- **JSIVA** • 19-25
- 20 Jul Install Calendar Synch; EOC; 10:30 am-12 pm DPTM
- 23 Jul Federal Resume Workshop; B 198; 11:30 am-1 pm DHR
- 24 Jul ACS 50th Anniversary; B 198; 11:30 am-2:30 pm DFMWR
- 27-31 TAP Workshop and VA Benefits Brief; B 198; 8 am-5 pm – DHR

http://garrison.leavenworth.army.mil		thomas.h.cowan2.civ@mail.mil
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July 2015

- 29-31 Vacation Bible School; Chapel Complex; 9 am-12 pm – Chaplain
- NewComer Monthly/Annual Refresher Res Trng; Depuy Aud; • 30-31 8 am-4 pm -R2C Coor
- 30-31 Applied Suicide Intervention Skills Training; B198; 8:30 am-4 pm – DHR

http://garrison.leavenworth.army.mil





Directorate of Plans, Training & Mobilization

August 2015

- 1 Aug Army 10 Miler Qualifier; Hancock Gate; 7-9 am– DFMWR
- 3 Aug 4th Qtr New Comer Orientation Brief; FCC; 8:30-11 am DPTM
- 4-6 Entrepreneurial Workshop; B 198; 8:30 am-4:30 pm DHR
- 5 Aug ASAP/TARP/Suicide Prevention Training; Post Theater; 8 am-12 pm DHR
- 5 Aug Monthly Installation Commo Check; 9:30 am-12 pm DPTM
- 5 Aug CYSS Parent Advisory Board; CDC; 5:30-7 pm DFMWR
- 5-6 ADAPT/Prime for Life; B 198; 8 am-4 pm DHR
- 6 Aug New Comer Orientation to CGSC Students; Eisen Aud; 1-3 pm DPTM
- 8 Aug PAIR Day; Harney Sports Complex; 9 am-1 pm DFMWR
- 9-21 SPT PCC 15-09
- 10 Aug SPT CGSOC Flag Ceremony; Eis Aud; 9-10 am CGSC
- 11 Aug Fort Leavenworth Transition Summit; FCC; 9 am-4 pm DHR
- 12 Aug SARB Mtg; Grant Aud; 1:30-2:30 pm DFMWR
- 14 Aug CAC Scramble; TWGC; 1-5 pm DFMWR
- 15 Aug Army 10 Miler Qualifier; Hancock Gate; 7-9 am DFMWR
- 15 Aug Adventure Quest; Gruber Gym; 8-10 am DFMWR
- 17-21 ACS Accreditation; CDCs DFMWR

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Directorate of Plans, Training & Mobilization

August 2015

- 17-21 TAP Workshop and VA Benefits Brief; B198; 8 am-5 pm DHR
- 17 Aug Installation Calendar Synch; EOC, B77; 10:30 am-12 pm DPTM
- 19 Aug CLIF; FCC; 10 am-12 pm PAIO
- 20 Aug ASAP Supervisor Training; Armed Forces Insurance; 9-11 am– DHR
- 20 Aug Quarterly Executive CHPC; Grant Aud; 1:30-3 pm HPO
- 22 Aug Great Escape Run 4m/ 10k; Old DB; 8-10 am DFMWR
- 27-28 NewComer Monthly/ Annual Refresher Res Trng, DePuy Aud; 8 am-4 pm - CSF2 Coord
- 27 Aug Post Retirement Ceremony; FCC; 9-10:30 am DPTM
- 27 Aug Federal Resume Workshop; B 198; 11:30 am-1 pm DHR
- 29 Aug Post Wide Yard Sale; 6 am-3 pm DFMWR





Directorate of Family and MWR



Sponsorship does not imply endorsement

www.fortleavenworthfmwr.com

glenn.d.hewitt.naf@mail.mil

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Directorate of Family and MWR



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Directorate of Family and MWR



JUNE 20 - COLOR RUN 5K SUPPORT B.O.S.S. EVENT AUG. 1 & 15 - ARMY TEN MILER QUALIFIERS AUG. 22 - USDB/FMWR GREAT ESCAPE RUN SEPT. 12 - RUN FOR THE FALLEN SEPT. 26 - MAHC/FMWR FREEDOM RUN OCT. 3 - CAC STB/FMWR HALF MARATHON OCT. 17 - DOMESTIC VIOLENCE PREVENTION 5K & WALK NOV. 21 - MCTP/FMWR TURKEY TROT DATES SUBJECT TO CHANGE FOR CURRENT INFORMATION VISIT WWW.FORTLEAVENWORTHFMWR.COM > CLICK ON 'ADULT SPORTS'

(913) 684-5136

www.fortleavenworthfmwr.com

www.fortleavenworthfmwr.com





Directorate of Family and MWR





CAC SCRAMBLE JUNE 19 JULY 17 AUGUST 14 SEPTEMBER 11



2 MAN BEST BALL Championship June 27

4th of July Scramble July 4



SIX 6 SIX Tournament July 26



TRAILS WEST GOLF COURSE MORE INFO @ WWW.FORTLEAVENWORTHFMWR.COM 913-651-7176

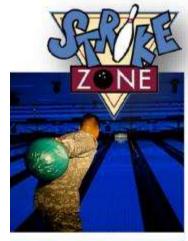
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Directorate of Family and MWR



COSMIC BOWLING! FRIDAYS/SATURDAYS 9 PM-MIDNIGHT \$1 GAMES! PLUS SHOE RENTAL

BOWLING SPECIALS

ALL-U-CAN BOWL! Wednesdays 5-9 PM \$6 For 2 Hours! 50/50 Night! Thursdays 5-9 PM Sundays 4-8 PM 50 Cent Games/Shoes!



FAMILY DAY OUT! Saturdays & Sundays Noon-4 PM Eat & Bowl at A Special Price!

\$1 NIGHT! FRIDAYS 5-9 PM

S1 EACH GAME, SHOES, Small Soda, Small Hot Dog, Pizza Slice



FAMILY COSMIC BOWL! 1ST SATURDAY OF EVERY MONTH FROM 5-7 PM \$5 PER PERSON

STRIKE ZONE BOWLING CENTER WWW.FORTLEAVENWORTHFMWR.COM 913-651-2195

www.fortleavenworthfmwr.com





Directorate of Family and MWR



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Directorate of Family and MWR

Time for Summer Fun with SKIES

ACADEMIC & SCIENCE DANCE ARTS & CRAFTS FITNESS & FUN MUSIC LIFE SKILLS

FOR A COMPLETE LIST OF SKIES SUMMER CLASSES: www.fortleavenworthfmwr.com or webtrac



QUESTIONS? (913) 684-3206 OR 684-3207



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Angela Banks/ (913) 684-1750 (DSN 552) / angela.j.banks.civ@mail.mil

www.fortleavenworthfmwr.com





Directorate of Family and MWR



NO MOVIES PLAYED 3-4 JULY 2015

www.fortleavenworthfmwr.com

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Directorate of Family and MWR



www.fortleavenworthfmwr.com





Directorate of Family and MWR

For more information visit

www.fortleavenworthfmwr.com

including... Community Calendar FMWR Preview – monthly newsletter FMWR Directory FMWR Insider – weekly e-newsletter FMWR Special Events



Like 'FortLeavenworthFMWR' on Facebook



www.fortleavenworthfmwr.com





Directorate of Family and MWR



Terrific Toddlers

The joys and challenges of parenting a toddler

TUESDAY, JULY 14 9:30-11:30 AM RESILIENCY CENTER

Review toddler development: physical, emotional, thinking and language Toddlers and challenging behavior: Why they do it and how to respond

Please call (913) 684-2800 to pre-register. Class is FREE.

Army Community Service | Resiliency Center | 600 Thomas Ave. | Fort Leavenworth, Kansas





www.fortleavenworthfmwr.com

Janice.l.downey.civ@mail.mil





Directorate of Family and MWR





UPCOMING DATES: JULY 15 & OCT. 14 6:30-8 PM - HARNEY SPORTS COMPLEX

Pre-registration required by calling (913) 684-2800. For ages 16 and older. Space is limited.

SELF AWARENESS - VERBAL SKILLS - ASSERTIVENESS - PHYSICAL TECHNIQUES





www.facebook.com/acs.fortleavenworth

www.fortleavenworthfmwr.com

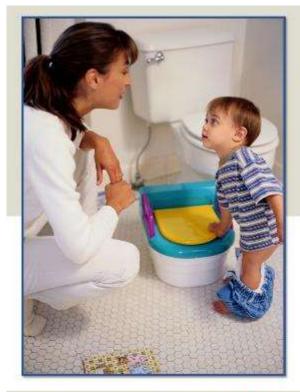
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Directorate of Family and MWR



Toilet Training

Discuss process of average potty training *plus...*

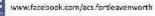
- Alternatives and variants to process
- Emotional growth needed for toilet training
- Concerns and anxieties regarding toilet training including use of rewards

Please call (913) 684-2800 to pre-register. Class is FREE.

Tuesday, July 21 | 9:30-11 a.m. | Resiliency Center

Army Community Service | Resiliency Center | 600 Thomas Ave. | Fort Leavenworth, Kansas





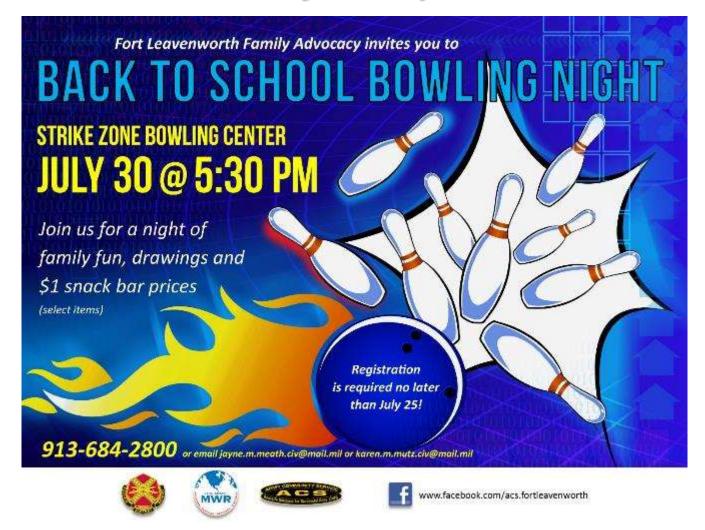
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Directorate of Family and MWR



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Better Opportunities for Single Soldiers

COME SHOW YOUR SUPPORT FOR B.O.S.S. COLORFUL 5K FUN RUN · DOOR PRIZES · BOUNCE HOUSES · HAMBURGER & HOTDOG LUNCH PROVIDED • ALL AGES WELCOME • SPECIAL APPEARANCE BY KC WOLF B PAPPY TOO!

June 20, 2015 11:00 am

Community Entertainment Cent 375 Grant Ave.

\$35 individual, \$40 same day \$70 family, \$75 same day (Family consists of up to 4 people; any additional children, \$10/child.)

Register by June 13 for t-shirt guarantee; same day registration is from 10:00-10:45 am. "Color Run can be messy, tips & suggestions FAQ available when registering. Please, no refuncts.

For more info, (913) 271-1602

www.fortleavenworthfmwr.com

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APPEARANCES BY

KC WOLF

Samuel.p.johnson31.mil@mail.mil

APPY TOO

www.fortlcovenworthfmwncom

THE





Directorate of Public Works

Custer Avenue Repaving

- Repaving of Custer Ave. is in progress
- Expect temporary road closures and loss of parking
- Detours are marked
- Project scope has been increased to include the parking lot and alley near SJA
- Expect further temporary impact on parking as work progresses



michael.j.wolf38.civ@mail.mil

http://garrison.leavenworth.army.mil





Directorate of Public Works 5th Artillery Road Repaying

- The project will resurface 5th Artillery Road and connect the road to the new McArthur School
- Construction of the connection to the school has begun. Residents should be aware of increased construction traffic
- The resurfacing work is in progress and will be done in phases
- Alternative parking will be designated at times
- Specific traffic control and detours will be announced prior to each phase





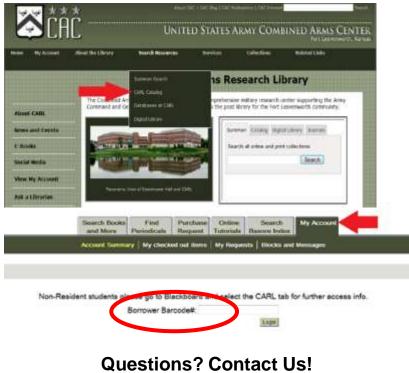


Ike Skelton Combined Arms Research Library

22 June – 5 July Summer Hours Monday - Thursday 7 am-5 pm Friday 7 am-4:30 pm Saturday & Sunday Closed The CARL will be closed Friday 3 July 2015 in observance of Independence Day

Library Regular Hours

Monday – Thursday 7 am – 7 pm Friday 7 am – 4:30 pm Saturday &Sunday 10 am – 5 pm CLOSED FEDERAL HOLIDAYS Visit http://carl.army.mil & use the barcode on the back of your library card to access your CARL account



Circulation Desk 913-758-3001 Reference Desk 913-758-3053

mallory.r.owens@us.army.mil

http://carl.army.mil



Ike Skelton Combined Arms Research Library



Summer Reading 2015 Read to the Rhythm

Complete weekly reading logs for new prizes that change every Friday!

Stop by the circulation desk today to pick up a starter bag that includes your first reading log, additional activity log & summer reading SWAG!



Events scheduled throughout the summer – we hope you can make them all!

http://carl.army.mil	UNCLASSIFIED	mallory.r.owens@us.army.mil
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Ike Skelton Combined Arms Research Library

Read to the Rhythm Events

THROUGHOUT THE SUMMER

Activity Log - finish one activity each day & return to circulation when complete for a special prize

Book Hide & Seek - can you find a gift wrapped book in the children's room? Find one and it's yours to keep!

17 July at 1530

Martial Arts Class Join the CARL and Sagasu Martial Arts to learn more about rhythm & movement in martial arts!



SAGASU FAMILY MARTIAL ARTS

Special Story Times

23 June at 4 pm 9 July at 6 pm 20 July at 9:30 am



31 July, Time TBA

Final Extravaganza

Come play a jungle beat with the Drum Safari, an interactive music program (see more at <u>drumsafari.org</u>).

mallory.r.owens@us.army.mil

http://carl.army.mil





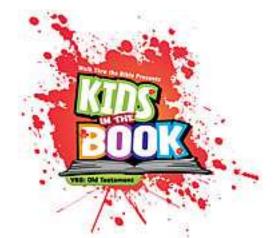
Community Chapel Events Vacation Bible School (VBS)





Volunteer Recruiting in Progress

POC: Dorothy Ling dorothy.a.ling.civ@mail.mil



http://garrison.leavenworth.army.mil

VBS July 29-31, 2015

Walk Thru the Bible 2nd Grade -6th Grade. Camp Discovery 4 years old - 1st Grade Camp Adventure Teens

scott.r.sherretz.mil@mail.mil





Community Chapel Events Upcoming Events

FATHER SON RETREAT – STEPPING UP TO FATHERHOOD



AUGUST 21, (3 pm) to 22, (10 am)

Heartland Presbyterian Center Friday to Saturday Event Package includes: All included <u>free of charge</u> - 3 Best Selling Books, 2 Meals, Fun and Games that are Relationship Oriented and a Medallion that symbolizes trust between you and your son. Value – priceless.





Friday Overnight Retreat, Dinner, Campfire Chat by Nate Larkin and Musical Guest, Outdoor Recreation, and Sun Rise Breakfast FOLLOWING THE PATHS OF MEN LIKE SAMSON AND DAVID



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scott.r.sherretz.mil@mail.mil





Community Chapel Events Chaplain Family Life Counseling Center



A Safe Place to Talk

Come and schedule an appointment today! 3rd Floor of Resiliency Building

Counseling for:

Post traumatic stress Addictions Marriage & Family Therapy Depression Anxiety More...

Completely Confidential and Free (913) 684-8995/8998/8999

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Community Chapel Events Weekday Events



PROTESTANT

<u>Tuesdays</u> 6:00am: Discipleship Training Breakfast – Pioneer Chapel

<u>Wednesdays</u> 9:00am: Moms In Prayer – Frontier Chapel 9:00am: Precepts Bible Study – Frontier

<u>Thursdays</u> 6:00am: Men of the Chapel – Pioneer Chapel 7:00pm-8:00pm: Traditional Service Choir Practice 7:00pm-9:00pm: Praise Team Practice – Pioneer Chapel

<u>Fridays</u> 6:30pm: IMPACT (Young Adult) Fellowship – Frontier Chapel

<u>Throughout the week</u> Neighborhood Bible Studies



http://garrison.leavenworth.army.mil

ROMAN CATHOLIC

<u>Mondays</u> 6:30 pm Choir Rehearsal – Frontier Chapel

<u>Tuesdays</u>

12 pm Daily Mass – Blessed Sacrament Chapel
– Pioneer Chapel
7:00pm: Knights of Columbus (2nd Tuesday of the Month) – Frontier Chapel

<u>Wednesdays</u> 12 pm Daily Mass – Blessed Sacrament Chapel – Pioneer Chapel 6 pm Home Blessings

<u>Thursdays</u> 12 pm Daily Mass – Blessed Sacrament Chapel – Pioneer Chapel

<u>Fridays</u> 12 pm Daily Mass – Blessed Sacrament Chapel – Pioneer Chapel

<u>Weekend</u> 6:30pm: Bethany (Prison Ministry)



GOSPEL

<u>Mondays</u> 5:30pm-6:30pm Dance Ministry – Pioneer Chapel

<u>Tuesdays</u> 6:30pm-8:30pm Adult Bible Study – Pioneer Chapel 6:30pm-7:30pm Young Children Bible Study age 4yrs old -5th grade – Pioneer Chapel 6:30 pm-8:30 pm Youth and Teens Bible Study 6th grade-12th grade – Pioneer Chapel

<u>Wednesdays</u> 6:30 Choir Rehearsal – Pioneer Chapel

<u>Fridays</u> 6:30pm Women's Ministry Bible Study 6:30pm -9:00pm Middle School High School Youth Group

<u>Saturdays</u>

7:00am-9:30am Men's Ministry Bible Study Breakfast Fellowship – Pioneer Chapel



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Voice of the Customer

In May 2015, 257 Submissions 85% Satisfaction

- May 2014, 394 submissions, 87% satisfaction
- May 2013, 310 submissions, 82% satisfaction



- FOLLOW-UP: Responded to 23 customers within 3-working days 87% of the time

ICE Satisfaction Questions (Percentage): 100%-85% ● 84%-65% ▼ 64%-0% ● ICE Followed-up within 3 days: 100%-85% ● 84%-65% ▼ 64%-0% ●



ICE Kiosks:

12th BrickDining FacilityArmy Substance Abuse (198)Education CenterArmy Community Svc (198)Frontier ChapelAdjutant GeneralFrontier Conference CenterBowling CenterGarrison Cmd HdqtrsGolf Course

Gruber Gym Harney Sports Complex Housing (198) Staff Judge Advocate Transportation Office Vehicle Registration

WE NEED YOUR FEEDBACK

Go to https://ice.disa.mil search "Fort Leavenworth

Fort Leavenworth Customer Management Services



http://garrison.leavenworth.army.mil

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Frontier Heritage Communities

Property Management

- Activities:
 - Freedom Festival Join FLFHC at Merritt Lake for fun and games July 4th
 - Super Saver of the Month Nomination deadline is Tuesday, July 21
 - Children's Coloring Contest Submission deadline is Tuesday, July 21
 - Monthly Birthday Drawing Submission deadline Tuesday, July 21
- How we communicate with you:
 - E-mail, newsletter, weekly Lamp article, flyers, website, Facebook, twitter (FLFHC)
- How you can communicate with us:
 - E-mail, website, surveys, contact our office 913-682-6300, visit us at 220 Hancock Avenue

Facilities

- Upcoming and/or Ongoing Projects and Reminders and/or Announcements :
 - Please make sure your trash/recyclables are curbside by 7am on your allotted trash service pickup day Reminder BULK pickup is every Monday; 6th, 13th, 20th and 27th
 - Please keep personal belongings from the grass area in which Tidewater is responsible for mowing on the day on your neighborhoods scheduled mow day
 - Roll off dumpsters are located in the soccer field parking lot by the Hancock Gate for your convenience for large items in preparation for moving out or moving in—Please make sure items are placed in the dumpster and not on the ground. Dumpsters will be in place until 31 July 2015
 - Roads and Grounds have begun landscape pruning in neighborhood villages. They will continue with pruning (weather permitting) until all villages have been completed
 - Contact maintenance @ 913-651-3838 for any identifiable issues within your home if any issues arise.

Development

Construction activities are complete in Normandy Village

www.ftleavenworthfamilyhousing.com

nthomas@themicaelsorg.com



Exchange





Einstein's Bagel in Lewis and Clarkwork starts on 15 June and will reopen 29 June. Installing new counters and reach in coolers.

Main Store- Completing project to reset fixtures and expand athletic clothing and shoes



Exchange 120th Anniversary 25 July

www.aafes.com

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manning@aafes.com





Defense Commissary Agency

STORE SERVICES

- Custom photo and party cakes
- Deli featuring Boarshead products
- Fresh sandwiches to go
- Party sandwiches, meat and cheese trays

- Fresh sushi
- Salad bar
- Fresh fruit and vegetable trays
- Rotisserie chicken and Zarda BBQ

STORE HOURSSUNDAY 11 AM-4 PMMONDAY thru SATURDAY 9 AM-7 PMEARLY BIRD SHOPPINGFOR ABOUT 20 ITEMSTUESDAY thru SATURDAY7 – 9 AM

Patrons of the commissaries save more than 30% over local stores. It's just one of the premier benefits offered to the military.

|--|





Fort Leavenworth Thrift Shop

Located in the old Trolley Station Corner of Grant & Pope Ave.



HOURS OF OPERATION:

Monday & Friday Closed

Tuesday, Wednesday & Thursday 9:30 am - 2:30 pm

First Saturday of the Month (unless it's a holiday-then it's open 2nd Saturday) 9:30 am - 12:30 pm

Third Tuesday of the Month Extended shopping hours until 5:30 pm

Consignments taken Tuesday, Wednesday, Thursday & first Saturday 9:30 am - 12:30 pm

Facebook: Search Fort Leavenworth Thrift Shop

www.ftleavenworththriftshop.com

(913) 651-6768

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Munson Army Health Center

The Performance Triad – Did you Know?



< 5 Hours

42% greater chance of obesity
69% more hypertension
40% more diabetes
36% increase in elevated lipids
62% greater risk of stroke
152% increase in MI's



Info for Munson

- Java Café now Open
 - The Java Café is open from 7:30 a.m. to 1:30 p.m. on the first floor at Munson
 - The café serves coffee drinks as well as sandwiches, salads and breakfast items

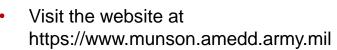
Closures and Training

- Closed July 3 for the Federal Holiday
- Limited staffing from 7:30 to 1 p.m. July 8 for training

School Physicals

Call (913) 684-6250 to make an appointment

https://www.munson.amedd.army.mil



- Follow Munson on Twitter at http://twitter.com/munsonhealth
- Become a Facebook fan by searching for Munson Army Health Center on Facebook
- e-mail sign-up (Munson Notes) request to tisha.m.entwistle.civ@mail.mil



john.e.kent4.mil@mail.mil





Army Wellness Center (AWC)

- Recommended Series of Appointments
 - Bod Pod with Metabolic Testing (30 min)
 - Body composition is assessed and caloric costs are measured (5 hour fast required)
 - "Upping Your Metabolism" Class (60 min)
 - Receive your results and tips on how to improve your metabolism and nutrition
 - Fitness Testing (60 min)
 - Receive heart rate training zones to meet your goals and an exercise plan to improve your fitness (5 hour fast required)
 - Stress Management (30-60 min)
 - Biofeedback technology to assess stress levels and develop techniques to apply to daily stressors

Additional Opportunities provided by the AWC

- Healthy Sleep Habits Class
- Optimizing Performance through Biofeedback Class
- Unit Assessments
- Group Trainings (Units, FRGs, Department In-services, etc.)
- FREE Service provided to Active Duty, Retirees, Family Members, and DOD Civilians

913-758-3403

https://www.facebook.com/AWCFortLeavenworth





- **Health Promotions Operations**
- Annual Strategic Plan in development
- Community suggestions & feedback for areas of focus
- Contact Sarah Zappone (<u>sarah.r.zappone.ctr@mail.mil</u>) or Danielle Jones (<u>danille.d.jones1.ctr@mail.mil</u>)



TRICARE West Region



Self-Service Options Online TRICARE West Region—Beneficiary Resources



www.tricare.mil

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kathy_lucero@uhc.com



TRICARE West Region



TRICARE News / Updates!

Beneficiaries can sign-up for TRICARE benefit news! https://public.govdelivery.com/accounts/USMHSTMA/subscriber/new

Traveling with TRICARE Prime?

- Urgent Care is not the same as emergency care. Urgent care to treat a condition that doesn't threaten life, limb or eyesight, but needs attention before it becomes a serious risk to health (i.e. fever, sprained ankle) You must contact your current PCM for a referral when traveling.
- Call the Nurse Advise Line (NAL) 24/7 provides healthcare advise
 - Beneficiary who receives care at a military installation NAL notifies PCM of what was advised
 - Beneficiary who receives care from a civilian PCM provides directions for obtaining a referral or prior authorization

Emergency Care – Requires immediate medical treatment

- Call 911, seek emergency care
- Call your PCM within 24 hours or the next business day



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www.tricare.mil

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TRICARE West Region



TRICARE Updates!

Beneficiaries can sign-up for TRICARE benefit updates! https://public.govdelivery.com/accounts/USMHSTMA/subscriber/new

TRICARE's Breast Pump Policy Updates Effective July 1

- Policy was recently updated to include coverage of breast pumps and supplies and breastfeeding supplies. These supplies and services will be retroactively covered as of December 19, 2014.
- To get full details about this important benefit change, as well as an opportunity to ask questions, TRICARE will host a Facebook Town Hall on June 22, 2015, 1:00 pm EDT.
- To be covered, the breast pump and supplies must be obtained form a TRICARE authorized provider, supplier or vendor.
- For manual or standard electric breast pumps and associated supplies (includes breast pump kits), this includes nay civilian retail store or pharmacy. If the beneficiary pays out of pocket for a covered breast pump, submit a completed claim form with a copy of the prescription for the breast pump along with your receipt for reimbursement.



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www.tricare.mil

kathy_lucero@uhc.com



Military & Family Life Consultant Program

- Non-medical short-term, situational problem-solving counseling
- Emotionally intelligent education to help understand the impact of stress, deployments, Family reunions following a deployment and the stresses of military life
- Augment existing military support services
- Flexible service delivery outreach/rotational on demand
- Can be offered on or off post for individuals, couples, Families and Groups
- Children's Support Program addresses impact of military life on children
- Mandated reporters of child abuse, domestic abuse and other duty-to-warn situations
- Services are otherwise confidential and private, except for duty-to-warn situations

Jr. High & High School (913) 297-4094 MFLC: (913) 608-2601/209-1453

684-2800 UNCLASSIFIED 2 MFLC NOW EMBEDDED IN LOCAL SCHOOLS

Elementary Schools (913) 297-4095 CYB MFLC: (913) 608-2583





Fort Leavenworth Stray Facility

A Volunteer Staffed Facility



http://ftleavenworthstrayfacility.rescueme.org

ftleavenworthstrayfacility@gmail.com



HOPE, Inc.



Proud sponsor of the Fort Leavenworth Stray Facility

HOPE, Inc. Low-Cost Spay & Neuter Clinic

Our Community HOPE, Inc. is a 501 (c) 3 not-forprofit organization for the purpose of supporting a local, affordable option for those who need a lower cost alternative to sterilize their pets.

HOPE for Cats

Our adoption facility is dedicated to saving cats that were or are presently in shelters that could potentially be euthanized without our help. We accept no owner surrenders or strays. Every pet in this facility has been spayed or neutered, feline leukemia tested, vaccinated, and socialized.

HOPE, Inc. (913) 651-7335 - hopelvclinic@yahoo.com - hopespayneuter@sbcglobal.net



LOOKING TO DONATE HOUSEHOLD ITEMS?

Tax deductible donations accepted Tuesday-Friday 10 a.m.-5 p.m. & Saturday 10 a.m.-4 p.m.

EVERY ERA UPTOWN SHOWROOM

101 N. Broadway downtown Leavenworth (913) 680-1525

Profits benefit

HOPE, Inc.

Low-Cost Spay & Neuter Clinic To help support spay, neuter and other needs of pets in the Leavenworth area

http://hopespayneuter.com

913-651-7335 UNCLASSIFIED

hopelvclinic@yahoo.com

Angela Banks/ (913) 684-1750 (DSN 552) / angela.j.banks.civ@mail.mil

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Leavenworth Animal Welfare Society (LAWS)

Leavenworth Animal Welfare Society (LAWS)

Helping animals in Leavenworth county since 1991

Our primary mission: > Reduce pet overpopulation Our goals: > A home for every pet > End euthanasia of adoptable animals WORTH ANA



LAWS outreach program offers free spay/neuter surgery for all Leavenworth county dogs and cats. We have paid for 5,900 surgeries since April 2010.

For more information call (913) 651-5297 or visit us on Facebook

www.lawspets.com

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Fort Leavenworth Veterinary Treatment Facility



WE ARE NOW IN OUR REMODELED FACILITY LOCATED IN 831 McClellan Ave, Ft. Leavenworth, KS 66027



All dogs and cats living in on-base housing must be vaccinated for Rabies, microchipped and registered with the Fort Leavenworth VTF !

- **Dog and Cat Vaccinations**
- Heartworm/Tick disease, FeLV/FIV testing
- Internal parasite testing, preventative and treatment
- Health Certificates CONUS and OCONUS

- FAVN Testing
- Monthly flea, tick and heartworm preventatives
- Microchipping
- Bloodwork
- Limited Surgery and Dental Services ٠ (call for availability)

No Emergency or Critical Care Services

Services available to all Active Duty, Retirees, Reservists, National and Coast Guard and their dependents

http://garrison.leavenworth.army.mil		taylor.k.opel.mil@mail.mil
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Leavenworth County Humane Society, Inc.

Spay/Neuter Transport – July 9-10 Linwood



LCHS, Inc. is the ONLY organization working to build and operate a pet animal shelter to serve <u>ALL</u> Leavenworth County residents.

www.LCHSInc.org

www.facebook.com/LvnCoHumane

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LvnCoHS@live.com

Angela Banks/ (913) 684-1750 (DSN 552) / angela.j.banks.civ@mail.mil

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Barton Community College

Fort Leavenworth Campus



Scholarship Courses

Leader Skills Enhancement Courses (LSEC) *Earn your Associates in 1.5-2 years at no cost to the student -Eligible:

-Active Duty Military, Spouses, & Dependents

-Retired Military, Spouses, & Dependents

-DoD Civilians, Spouses, & Dependents

-Basic Skill Education Program (BSEP)

-Improves basic math, reading, and writing skills

-Soldiers with TABE scores less than 10.2 Grade Equivalency

-Books are provided at no cost to the students

-High School students that fit the eligibility can take classes as long as they are a sophomore or higher and they have permission from the Principal or Home School Official. This may also count for dual credit.

www.bartonccc.edu

(855) 509-3374 UNCLASSIFIED

millerle@bartonccc.edu

Angela Banks/ (913) 684-1750 (DSN 552) / angela.j.banks.civ@mail.mil







Fort Leavenworth Campus



-Please contact – John Truitt – 785.238.8550

email: truittj@bartonccc.edu

-Terri Mebane – 785-240-5379

email: mebanet@bartonccc.edu

-Open to all LSEC eligible people

-Certifications available including MOST and OSHA



(855) 509-3374 UNCLASSIFIED millerle@bartonccc.edu





Leavenworth School District – USD 453

UPCOMING EVENTS

- August 3-4: 2015-16 Student Enrollment On-Site at LHS
 - Proof of Residency
 - Immunization Records
 - Student Physical (new students and ages 9 and younger)
 - Official Birth Certificate (new students)
- August 14: New Student Orientation at Warren Middle & LHS
- August 17: Elementary Back to School Night
- August 18: First Day of School for All Students



Schools at a Glance –

Four K-5 schools, one Middle (6-7-8), one High School (9-12); approximately 3,900 total students

Leavenworth High School Advanced Placement Classes for 2014-15

	d453 org	013-684-1400		iako pottor@ucd543.c
*	Like Us on Facebook -	- "Leavenworth USD 453"		
*	Usd.453.org – Human	Resources – "Join Our Team" -	- <u>contactus@usd4</u>	53.org
Sta	tistics	US Government & Politics	Art History	World History
Eng	lish Lit. & Compositio	n European History	Physics	US History
Bio	logy	Calculus A/B	Chemistry	English Literature

www.usd453.org	913-684-1400	jake.potter@usd543.org
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Leavenworth School District – USD 453

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CAMP REGISTRATION:

WEEKLY

- Packets available at www.usd453.org. Click Families and then Horizon Kids Child Care. FIELD TRIPS!
- Drop off to Kim at the Board of Education Office, 200 N. 4th Street

Contact Kim Taylor for more information: kim.taylor@usd453.org or 913.240.1638

jake.potter@usd543.org

Angela Banks/ (913) 684-1750 (DSN 552) / angela.j.banks.civ@mail.mil

www.usd453.ora

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913-684-1400





Leavenworth School District – USD 453

LEAVENWORTH/FORT LEAVENWORTH PARENTS AS TEACHERS

- Parents as Teachers is a child development program for parents of children under 36 months of age
- Free of charge for families living within the Leavenworth and Fort Leavenworth communities
- Services include:
 - Personal visits
 - Group meetings
 - Playgroups (<u>Summer playgroups</u> begin June 1)
 - Screenings
 - Links with other community resources
- Call (913) 684-1450 to register for the program and take advantage of all the available resources



LEAVENWORTH KCKCC PIONEER CAREER CENTER

- Technical/Career Education for High School Juniors/Seniors; Adult Learners
 - Health Careers (CNA/CMA/Medical Assistant)
 - Culinary
 - Major Appliance Repair
 - Construction
 - Electrical
 - Building and Property Maintenance
 - HVAC
 - Accounting
 - Office Assistant

www.usd453.org

913-684-1400 UNCLASSIFIED

jake.potter@usd543.org





Leavenworth Regional Catholic Schools

- ★ Brigadier General (Retired) Richard Geraci, new LRCSS President/Immaculata Principal, starts on July 1st.
- ★ Camp Xavier July 23rd for Preschool (8:45 a.m.-11:15 a.m.) and K-8th Grade (9 a.m.-11:30 a.m.) for prospective students who may be interested in attending our Preschool or K-8.
- ★ Immaculata graduated 26 seniors; 70% completed the Kansas Scholars Curriculum (compared to 21% of Kansas graduates). Two seniors honored with the designation as Kansas Scholar.
- ★ Immaculata High School Golf Team won the Kansas Class 1A golf title. Junior Dawson Schroeder won 1st place overall.
- ★ Technology updates in the Xavier K-8 building with more wi-fi capability, updates to computer labs and increased availability

of 2-in-1's and iPads for student and teacher use.

- ★ State of Kansas starts Low Income Scholarship Program this year.
- ★ Scholarships and financial aid available to all families and students.



Thursday, July 23rd



Kansas Class 1A State Champs

www.leavenworthcatholicschools.org

mthompson@archkckcs.org





Public Affairs Office

- Command Information Bob Kerr, (913) 684-1722
 - Lamp newspaper (Civilian Enterprise), (913) 684-1728, <u>editor@ftleavenworthlamp.com</u> or see website <u>http://www.ftleavenworthlamp.com/</u>
 - Fort Leavenworth Answer Book
 - Post Maps
 - TV2/AM 1610/Garrison website http://garrison.leavenworth.army.mil/
- Community Relations Adrian Cruz, (913) 684-1724
 - Military Support Requests (Color Guard, Tours, Outreach Partnerships)
 - Speakers Bureau

• Media Relations - Denise Haeussler, (913) 684-1723

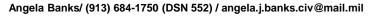
- News media (press releases, media queries)
- Media training for units and organizations
- Media facilitation for casualty assistance cases
- Social Media best practices and training
- Social Media sites:

Facebook: <u>http://www.facebook.com/ftlvn</u> Twitter: @FortLvn Flickr: https://www.flickr.com/photos/fortleavenworth/

Can't find what you're looking for? Call (913) 684-1723 or e-mail: usarmy.leavenworth.imcom-central.mbx.pao-inbox@mail.mil

jeffrey.l.wingo2.civ@mail.mil

http://garrison.leavenworth.army.mil





Points of Contact



Army Community Service	Janice Downey	684-2800	Janice.l.downey.civ@mail.mil
Army Wellness Center MAHC	Rachel Darrow	758-3414	Rachel.Darrow.ctr@mail.mil
Combined Arms Research Library	Mallory Owens	758-3041	mallory.r.owens@us.army.mil
DeCA/Commissary	Glennie Morris	684-4903	Glennie.morris@deca.mil
Emergency Services	Jeff McCowen	684-3322	jeffrey.a.mccowen.civ@mail.mil
Family, Morale, Welfare & Recreation	Glenn Hewitt	684-1675	glenn.d.hewitt.naf@mail.mil
Friends of the Frontier Army Museum	Connie Croft	(931) 249-0156	conniecroft13@gmail.com
Frontier Heritage Communities	Nancy Thomas	682-6300	nthomas@themichaelsorg.com
Fort Leavenworth Spouses Club			president@fortleavenworthspousesclub.org
Fort Leavenworth Stray Facility		684-4939/1669	ftleavenworthstrayfacility@gmail.com
Fort Leavenworth Thrift Shop		651-6768	ftleavthriftshop@yahoo.com
Health Promotions Operation	Sarah Newsome		Sarah.r.newsome.ctr@mail.mil
Human Resources	Gerald Henderson	684-1697	gerald.a.henderson8.civ@mail.mil
Logistics	Debora Palmer	684-8903	debora.a.palmer.civ@mail.mil
Public Works	Bill Waugh	684-8967	harold.w.waugh.civ@mail.mil
Military & Family Life Consultant		913-608-2601	
Munson Army Health Center	COL John Kent	684-6000	john.e.kent4.mil@mail.mil
Plans, Training and Mobilization	Doug Cook	684-3775	Douglas.a.cook12.civ@mail.mil
Public Affairs	Jeff Wingo	684-1725	jeffrey.l.wingo2.civ@mail.mil
Religious Services Office	LTC Scott Sherretz	684-2210	scott.r.sherretz.mil@mail.mil
The Exchange	Paula Manning	651-7271	Manning@aafes.com
USD 207 Ft Leavenworth School Distric	ot	651-7373	gparscale@usd207.org
Veterinary Treatment Facility	CPT Taylor Opel	684-6510	Taylor.k.opel.mil@mail.mil
Voice of the Customer/CLIF	Angela Banks	684-1750	Angela.j.banks.civ@mail.mil

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Next CLIF 10 a.m. 15 July 2015

Upcoming Dates: 19 August 2015

Find slides online at:

http://garrison.leavenworth.army.mil/Services/Services-Directory/Customer-Management-Services.aspx

OPEN TO THE PUBLIC

Presenter slides are due NLT 1 week prior.

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