

THURSDAY
DECEMBER 4, 2025

LAMP

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

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MAHC outlines winter safety

by Christina Yager/Munson Army Health Center Public Affairs Officer

Winter weather has arrived in the region, and Munson Army Health Center remains committed to protecting the health and safety of patients, staff and the community.

During inclement weather, MAHC leaders and operations personnel closely monitor conditions on and off post, local weather advisories and installation operations guidance.

"Snow, ice and severe cold can create hazardous travel conditions and impact clinic operations," said Lt. Col. Scott Reynoldson, deputy commander for Administration at MAHC. "Our goal is to maintain essential patient services

SEE WINTER SAFETY A3



Photo by Christina Yager/Munson Army Health Center Public Affairs

Sgt. 1st Class Marcus Harbin, Munson Army Health Center operations NCOIC, helps clear snow and ice from a sidewalk outside the facility during a winter storm Dec. 1. MAHC and other post offices closed early Monday as the snow kept falling causing icy conditions, and school was cancelled Tuesday.

Zais Park to light up Dec. 5 for holiday season

by Prudence Siebert/Editor

Fort Leavenworth will open the holiday season with the annual lighting event starting at 4 p.m. Dec. 5 at Zais Park.

"The event is an annual tradition on Fort Leavenworth that we use to kick off the holiday season. It's a chance for the community to come together and ring in the holiday season with music, friends and lights," said Zach Stephens, Family and Morale, Welfare and Recreation special events coordinator. "A deployed service member's family helping to turn on the lights has long been a tradition at the event as well, and we always engrave their names on a metal plate and add it to the switch, joining the names of all our other families that have helped in past years."

This year, the Akey family will join Combined Arms Command and Fort Leavenworth Commanding General Lt. Gen. James P. Isenhower III to flip the switch to light up the Zais Park gazebo and Memorial Chapel.

Kimberly McMenamin said she enjoyed attending the lighting ceremony last year with her husband, Maj. Marc McMenamin, and their twin toddlers, James and Tyler.

"My twin boys loved the hot chocolate and cookies and Santa, but what they loved most was seeing the horse and carriage rides that were pure magic," she said. "I loved seeing my boys' eyes light up when the tree was lit. This event is perfect for a family or anyone looking to get into the holiday spirit."

Stephens said the event will be much like it has been in previous years, with the exception of the carriage rides, which were cancelled due to current regional precautions to limit travel and gatherings of horses to keep them safe from a recent equine herpesvirus outbreak. Other area holiday equine activities have also been affected by the precautions, including the cancelling of the annual Old-Fashioned Christmas Parade in Lawrence, Kansas, that



Fort Leavenworth Lamp file photo of the Zais Park gazebo by Tisha Swart-Entwistle

was scheduled for Dec. 6.

In addition to the ceremonial lighting this Friday, Stephens said the event will feature musical performances from local school choirs and members of the 312th Army Band, a sampling from the Curtain Call musical "Frozen Jr." and a visit from Santa and Mrs. Claus.

"We'll also have various supporting organizations giving out some small snacks," Stephens said. "I would always encourage people to dress warm and festive."

In addition to the sneak peek by Curtain Call cast members at the lighting, "Frozen Jr." will be performed at 2 p.m. and 7 p.m. Dec. 6 at the Post Theater. Performances are free to attend.

The 312th Army Band is also offering a free holiday concert at 7 p.m. Dec. 12 at the Lewis and Clark Center.

Retirees honored

by Directorate of Plans, Training, Mobilization and Security

Eight officers, two chief warrant officers and two senior noncommissioned officers will be recognized for their service to the nation during the post retirement ceremony at 9 a.m. Dec. 11 at the Frontier Conference Center.

Retiring are: Lt. Col. Christopher Hamman, Mission Command Training Program; Lt. Col. Jeremy Pankratz, MCTP; Lt. Col. Andrew Wilson, Army University; Lt. Col. Matthew Maxwell, MCTP; Maj. Joel Sabella, MCTP; Maj. Ryan Rothchild, Combined Arms Command – Training; Maj. Michael Binns, MCTP; Maj. Michael Schoenbeck, MCTP; Chief Warrant Officer 4 Gabriel Perezcaban, MCTP; Chief Warrant Officer 3 Kyle Brouillet, MCTP; Command Sgt. Maj. Joshua Kreitzer, MCTP; and Staff Sgt. Sonny Cooper, Combined Arms Command.



During the government shutdown, two officers and two senior noncommissioned officers were recognized for their service to the nation during the post retirement ceremony at Oct. 23 at the Frontier Conference Center.

Retiring in October were: Lt. Col. Michael Cooper, Army University; Capt. Trevor Plummer, Mission Command Training Program; Sgt. 1st Class Aaron Browning, 209th Regional Support Group; and Sgt. 1st Class Timothy Gilley, MCTP.

Mental wellness seminar offered tonight in Lansing

by Staff Report

Presenters from the VA Eastern Kansas Health Care System include Dr. Christina Menager, suicide prevention program manager; Dr. Jessica Modrell, Whole Health program coordinator; and Brian Stephens, chief communications officer. Rachel Wolfe, clinical training director for the Guidance Center, will also present during the seminar.

Attendees are encouraged to bring a non-perishable food item for local food pantries.

AT A GLANCE

■ The SKIES Curtain Call free **PERFORMANCES OF FROZEN JR.** are at 2 p.m. and 7 p.m. Dec. 6 at the Post Theater. Call 913-684-3207 for more information.

■ **HOUNDS FOR THE HOLIDAYS** is noon to 4 p.m. Dec. 7 at the Fort Leavenworth Hunt Kennels, 625 McPherson Ave. Tour the kennels, meet the pack and learn about foxhunting traditions.

■ Trees for Troops is offering **FREE CHRISTMAS TREES** for military families, first come, first served, while supplies last, from 11 a.m. to 4 p.m. Dec. 8 at Merritt Lake. Limit one tree per family. DoD ID card required.

■ The traditional **GERMAN CHRISTMAS SERV-ICE** is at 5:30 p.m., with a **CHRISTKINDLMARKET**

opening at 6 p.m., Dec. 10 at Memorial Chapel.

■ Fort Leavenworth Thrift Shop **COMMUNITY ASSISTANCE GRANT APPLICATIONS** are now available from 9:30 a.m. to 2:30 p.m. Tuesdays, Wednesdays and Thursdays at 1025 Sheridan Drive. Applications are due by Feb. 24, 2026, and funds will be available in April. Call 913-651-6768 for more information.



"The Death of General Montgomery in the Attack on Quebec, December 31, 1775" by John Trumbull in 1786, Yale University Art Gallery, New Haven, Connecticut. Visit <https://artgallery.yale.edu/collections/objects/57> for more information about the painting.

Roadmap to Revolution Part 4: 1775 – The War for Canada

by Walter Napier/Combined Arms Command Deputy Command Historian

Editor's note: This is the fourth article in a series about major events of the American War for Independence as part of the celebration of the United States' Semiquincentennial, which occurs in 2026, and this year's 250th anniversary of the U.S. Army.

After the dramatic Battle of Bunker Hill, the primary theater of the war around Boston settled into an extended siege. Newly appointed Commander and Chief George Washington collected the forces in New England and sustained pressure on the British forces hunkering down within the city. The Americans attempted to maintain pressure, while the British devised a new game plan and awaited reinforcements.

Meanwhile in Philadelphia, the Second Continental Congress established themselves as the governmental body of the United Colonies in revolt. On July 6, 1775, the Congress ratified "The Declaration of the Causes and Necessity of Taking Up Arms," written by Thomas Jefferson, and revised by John Dickinson, stating the American case for their actions. They questioned the legality of Parliament's power over the colonies and listed a number of British government offenses toward them. Stated grievances included: installing a hostile government in Canada, altering former governmental charters, quartering soldiers within the homes of colonials, and extraditing Americans for trial.

U.S. ARMY'S 250th ANNIVERSARY

From the American perspective, the decade since the French and Indian War had been spent trying to smooth relations between Parliament and the colonies, yet the crown had responded with armed enforcement. Instead of continuing discussions, the British devised a punitive campaign to isolate Massachusetts and divide the colonies. The Americans further complained that the British government in Canada had been organizing Native American populations to bolster their combat power. The 1775 declaration states that the only options left to the Americans are to resist by force or submit to tyranny. Importantly, at this stage, Congress did not view this as an attempt to declare independence. This was a temporary act of resistance designed to end when the British recognized colonial rights.

A few other notable events occurred in the latter stages of 1775. At the end of August, Rhode Island sent delegates requesting a fleet be established for the protection of the American Colonies. British power projection revolved around their outstanding naval capacity and posed a major threat to any American military campaign. On Oct. 13, 1775, Congress established a committee to create a Continental Navy to protect American trade and disrupt

British supply ships. The date is still celebrated as the birthdate of the U.S. Navy. Connecticut and Rhode Island were instructed to immediately arm merchant vessels, and two ships were armed and sent to Washington for his use. On Nov. 10, Congress also established the Continental Marines to serve as the Navy's amphibious force, a date which is still celebrated as the Marine Corps birthday.

In June, Congress also sanctioned an armed campaign into Canada. A successful campaign into Canada would reduce British power on the continent, and potentially add a fourteenth colony to the resistance movement. The operation got off to a poor start, however, as Richard Montgomery faced a myriad of logistical and command challenges. The first goal of the expedition was to take Fort St. Jean, the key to Montreal. After months of struggles, Montgomery successfully took the fort in November. Montreal surrendered to the Continentals soon after on Nov. 13, 1775.

Montgomery's next target was the city of Quebec. In December, a combined force of Montgomery and Col. Benedict Arnold's men linked up for the attack. Arnold had become an American hero after his actions at Fort Ticonderoga and lobbied for the campaign against Quebec. After

Montgomery departed, Arnold had led a secondary expedition into Canada. Arnold's march faced its own struggles, however, and by the time he linked up with Montgomery, his 1,100-man force had dwindled to roughly half its original strength.

Arriving at Quebec, Montgomery ordered the garrison to surrender. When they refused, the Continental force began shelling the city on Dec. 9. The shelling proved fruitless, so Montgomery devised an assault using poor weather to mask the colonial troop deployment. While Montgomery awaited opportune weather, he grew concerned about the impending end to many of his men's enlistment contracts. If the Americans did not attack before Jan. 1, many of the soldiers would be free to head home. Early on the morning of Dec. 31, Montgomery assaulted the city. An American deserter had warned the British about the attack, however, and Montgomery was killed shortly after the opening of hostilities. Arnold attempted to attack a different section of the city, but his forces also faced fierce resistance. Arnold suffered a severe leg injury in the attack and had to be removed from the battlefield.

Leadership of the Arnold attack fell to Capt. Daniel Morgan. Morgan and his troops made a valiant fight, especially considering that the weather rendered many of their firearms unusable. After fighting his way through the first barricade, Morgan and his men were eventually surrounded and forced to surrender. The Americans suffered 60 killed, in-

cluding Montgomery, and more than 400 men (nearly half the American force) were captured. Meanwhile, the injured Arnold made his way back to the main line and ordered the hasty construction of entrenchments in case the British counterattacked.

The American effort in Canada was largely at an end. No further offensive action was attempted by the American forces. In May 1776, the Americans retreated from Canada, when General John Burgoyne arrived with 4,000 British reinforcements. Arnold was the last American to leave Canada, and after the northern disaster all American attempts to capture Canada ceased. It had been a tough winter for the American cause. Yet as the calendar turned to 1776, the American spirit remained unconquered. In fact, as the struggle continued, the Americans leaned toward a complete break with Great Britain. Independence was on the horizon.

Further Reading:

The Declaration of Causes and Necessity for Taking Up Arms, July 6, 1775. (National Archives, Jefferson Papers, online).

Resolution Establishing the U.S. Navy, Journal of the Continental Congress, Oct. 13, 1775. (Quick reference on Naval History and Heritage Command website).

Resolution Establishing the Continental Marines, Journal of the Continental Congress, Nov. 10, 1775. (Quick reference on the Marine Corps University website).

A Guide to the Battle of the American Revolution, by Theodore P. Savas and J. David Dameron.

FORT LEAVENWORTH LAMP

PUBLISHED FOR THE COMMUNITY OF FORT LEAVENWORTH, KANSAS

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DAR scholarship applications due Jan. 31

\$25,000 scholarships for 10 students studying American history will be given in 2026 to mark America's 250th anniversary

by National Society Daughters of the American Revolution Press Release

WASHINGTON – Undergraduate and graduate students studying American history can apply for a \$25,000 scholarship from the National Society Daughters of the American Revolution (DAR) through Jan. 31, 2026.

The DAR America 250! Scholarship will provide a one-time \$25,000 award to 10 students in 2026 and is offered to mark the 250th anniversary of the signing of the Declaration of Independence.

"We are so thrilled to expand the America 250! Scholarship in its final year of being awarded in order to be able to offer 10

\$25,000 scholarships to students," said Ginnie Sebastian Storage, DAR president general. "We see no better way to celebrate America's 250th anniversary than with these transformative and life-changing scholarships investing in the development of the next generation of American historians who will study our past and help us understand new aspects of the great American story."

The DAR gives more than 30 scholarships annually awarding close to \$250,000 a year to students across the country, but the organization has never provided a singular scholarship of this size. The significant amount of the America 250! Scholarship,

and that it will be awarded to 10 separate students, is a testament of the importance of American history education that DAR places emphasis on and in honor of the special celebrations taking place throughout 2026 in honor of the 250th anniversary of the nation.

Applicants should apply through the DAR online scholarship portal, DAR Academic Works, at <https://dar.academicworks.com/>

Students currently majoring in American history in an accredited university or college undergraduate or graduate program in the year 2026 are eligible to apply. Recipients must be U.S. citizens, prove a minimum 3.5 GPA on a 4.0 scale or equivalent, and prepare a one-page online essay either on the founding of our nation or on the applicant's personal volunteer achievements for community and country.

Students are urged to apply well ahead of the Jan. 31, 2026 deadline, as the schol-

arship application requires transcripts and letters of recommendation that must be submitted by others. Applicants will find that the scholarship portal will offer other DAR scholarships they might qualify for as well. Questions can be addressed to america250scholarship@nsdar.org.

Applications should be submitted at <https://dar.academicworks.com/>.

About the National Society of the Daughters of the American Revolution

One of the largest patriotic women's service organizations in the world, DAR has 190,000 members in approximately 3,000 chapters across the country and several foreign countries. DAR members promote historic preservation, education and patriotism via commemorative events, scholarships and educational initiatives, citizenship programs, service to veterans, meaningful community service and more. For additional information about DAR and its relevant mission, visit www.dar.org.

Winter safety

(continued from Page A1)

whenever it is safe to do so. If conditions require delayed opening, modified staffing or clinic closure, announcements for patients will be made as early as possible."

Preparing ahead helps ensure patients can safely access care and stay informed.

Patients with scheduled appointments affected by weather-related closures will typically be contacted by staff to reschedule when time and technology permits, but general announcements will also be shared over official command sources including:

- MAHC website at <https://munson.tricare.mil>
- Secure message through the MHS GENESIS Patient Portal
- MAHC Facebook page at <https://www.facebook.com/munsonhealth>

During inclement weather, Reynoldson recommends checking official sources before traveling to the health center for appointments or walk-in services like pharmacy, medical records and immunizations.

"Winter weather impacts everyone differently, and preparedness protects more than just us — it protects fellow drivers, patients and staff trying to provide care. Staying informed and making safe decisions keeps our entire community resilient throughout the season," Reynoldson said. "Do not risk driving in unsafe conditions. Your appointment can always be rescheduled."

Patients can contact MAHC's Call Center weekdays from 7:15 a.m. to 3:45 p.m. at 913-684-6250 or use the MHS GENESIS Patient Portal 24/7 at <https://patientportal.mhsgenesis.health.mil> to cancel or reschedule an appointment.

When driving in winter conditions, take a few simple steps to remain safe:

- Limit travel during snow or ice when roads may be slick or visibility is low.
- Dress in layers and protect exposed skin from frostbite.
- Keep vehicles winter ready with full fuel, proper tires, blankets and emergency supplies in case you become



stranded.

- Drive with caution — slow down, increase following distances and avoid unnecessary trips.

When you arrive, be sure to use caution on ice- and snow-covered parking lots and sidewalks. Snow removal teams treat the sidewalks and parking lot, but conditions

vary throughout the day during inclement weather.

"Munson Army Health Center appreciates your patience and understanding during inclement weather events. Our priority remains delivering safe, reliable care while ensuring everyone arrives and makes it home safely," Reynoldson said.



Post celebrates Thanksgiving



Photo by Sean Bergosh/Fort Leavenworth Garrison Public Affairs Office

Soldiers, community members and families gather for the Thanksgiving meal Nov. 27 at the Fort Leavenworth Dining Facility.



Photos by Sean Bergosh/Fort Leavenworth Garrison Public Affairs Office

ABOVE: Fort Leavenworth Garrison Commander Col. Todd Sunday helps serve the Thanksgiving meal Nov. 27 at the Fort Leavenworth Dining Facility.

RIGHT: Garrison Chaplain (Lt. Col.) Eric Bryan dishes up plates for Thanksgiving Day diners Nov. 27 at the Fort Leavenworth Dining Facility.



Munson Army Health Center's 1st Sgt. Scott Munday serves Pfc. Antonio Lopez, a combat medic specialist assigned to Primary Care, a piece of chicken during the unit's Thanksgiving Potluck Nov. 20 at MAHC. The potluck is an annual tradition at MAHC, where leaders trade their usual positions for aprons, carving turkeys, dishing out sides and greeting soldiers and staff with smiles.

Photo by Christina Yager/Munson Army Health Center Public Affairs



Religious holiday services

SPECIAL SERVICES

Dec. 5 - Tree lighting event starting at 4 p.m. at Zais Park. Memorial Chapel will be open.

Dec. 10 - Traditional German Christmas service and Christkindlmarket from 5-8 p.m. at Memorial Chapel

Dec. 19 - Jewish Hanukkah dinner at 6 p.m. at Pioneer Chapel

Jan. 9 - Jewish Shabbat dinner at 6 p.m. at Pioneer Chapel

Jan. 10 - Chapel decorations restoration event at 9 a.m., all chapels

CATHOLIC SERVICES at Pioneer Chapel, unless otherwise noted

Dec. 6 - Spiritual Retreat, 10 a.m. at Frontier Chapel

Dec. 7 - Second Sunday of Advent Mass, 9:30 a.m.

Dec. 8 - Solemnity of the Immaculate Conception of the Blessed Virgin Mary, noon and 6 p.m.

Dec. 13 - Advent Penance Mass, 10 a.m.

Dec. 14 - Third Sunday of Advent Mass, 9:30 a.m.

Dec. 21 - Fourth Sunday of Advent Mass, 9:30 a.m.

Dec. 24 - Christmas Eve Mass, 5 p.m.

Dec. 25 - Christmas Day Mass, 10 a.m. at Frontier Chapel

Dec. 28 - The Holy Family Mass. 9:30 a.m.

Jan. 1 - Solemnity of Mary Holy Day of Obligation, noon

Jan. 6 - Epiphany, noon

PROTESTANT (CONTEMPORARY) SERVICES at Frontier Chapel

Dec. 7 - Second Sunday of Advent, 11 a.m.

Dec. 14 - Third Sunday of Advent, 11 a.m.

Dec. 21 - Fourth Sunday of Advent, 11 a.m.

Dec. 24 - Christmas Eve Candlelight Service, 6 p.m.

Dec. 28 - First Sunday after Christmas, 11 a.m.

PROTESTANT (TRADITIONAL) SERVICES at Pioneer Chapel, unless otherwise noted

Dec. 7 - Second Sunday of Advent, 8:30 a.m.

Dec. 14 - Third Sunday of Advent, 8:30 a.m.

Dec. 21 - Fourth Sunday of Advent (Christmas Cantata), 8:30 a.m.

Dec. 24 - Christmas Eve Candlelight Service, 6 p.m. in Frontier Chapel

Dec. 28 - First Sunday after Christmas, 8:30 a.m.

For more information, e-mail christopher.w.weinrich.mil@army.mil.

Festive pet photos could earn shoppers gift cards in AAFES' holiday contest

by Army and Air Force Exchange Service Public Affairs News Release

DALLAS – For military shoppers, it's time to deck the paws for the Army and Air Force Exchange Service's Holiday Pet Photo Contest with Nestle Purina for a chance to fetch their share of \$3,000 in Exchange gift cards.

Through Dec. 31, authorized Exchange shoppers 18 years or older can submit a festive photo of their pets at ShopMyExchange.com/Sweepstakes for a chance to win a share of \$3,000 in gift cards.

Two grand-prize winners each will receive a \$500 Exchange gift card. Eight runners-up each will receive a \$250 gift card.

"The holidays are all about joy, and what better way to spread cheer than by showcasing our beloved pets in their festive best," said Air Force Chief Master Sgt. Rich Martinez, the Exchange's senior enlisted advisor.

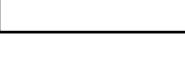
No purchase is necessary to win. Winners will be contacted around Jan. 23, 2026.

Department of War and Coast Guard civilians and honorably discharged veterans who have confirmed their eligibility to shop online may also enter. Veterans can visit <https://aafes.media/paveterans> to learn more about their shopping benefit. DoW civilians can visit <https://aafes.media/cacbenefitspa>.

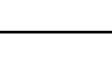
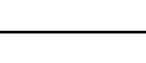
Holiday PET PHOTO CONTEST
Enter December 1 - December 31, 2025

2 GRAND PRIZE WINNERS
RECEIVE A \$500 EXCHANGE GIFT CARD.

8 RUNNER UP WINNERS
RECEIVE A \$250 EXCHANGE GIFT CARD.



Your Pet, Our Passion.



Pet of the Week: Artie

Artie (Artemis) is 1-year-old female mixed-breed dog available for adoption at the Fort Leavenworth Stray Facility. She has already been spayed, vaccinated and microchipped. The adoption fee for a dog is \$155, which helps cover some of the care received. Email fortleavenworthstrayfacility@gmail.com for an adoption application and call 913-335-0788 for an appointment. Military affiliation is not required to adopt from the Fort Leavenworth Stray Facility. Visit www.FLSF.petfinder.com for adoptable pet profiles.

FLSF, 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 913-335-0788 for an appointment or more information.



THURSDAY
DECEMBER 4, 2025



Post AM

Notes

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

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

B1

KICK OFF THE HOLIDAYS WITH FORT LEAVENWORTH'S ANNUAL

Tree Lighting

December 5th at Zais Park
Begins at 4pm



Family Fun!

Carriage Rides, Choir Performances, Refreshments,
Special Holiday Treats, Santa, and much more!

LEAVENWORTH ARMY MWR.COM

U.S. ARMY MWR

Polar Express Storytime

December 5, 2025
at The C.R.L.
1400 - 1430



Fort Leavenworth

OPERATION
DEPLOY
YOUR
DRESS

DECEMBER POP UP

Need a dress for the holiday season, special date night or just because? Come check out our selection of beautiful gowns

LAST
SHOP OF
THE
YEAR



SHOP NOW

Saturday 6 December 2025
By appointment 10-12
Walk in 12-2

600 Thomas Ave. Room 106

odydfpsc@gmail.com

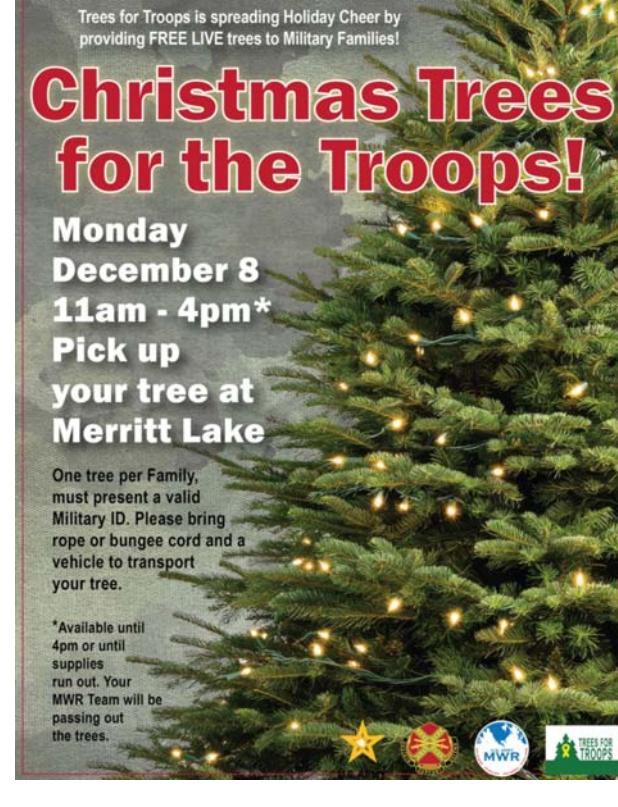
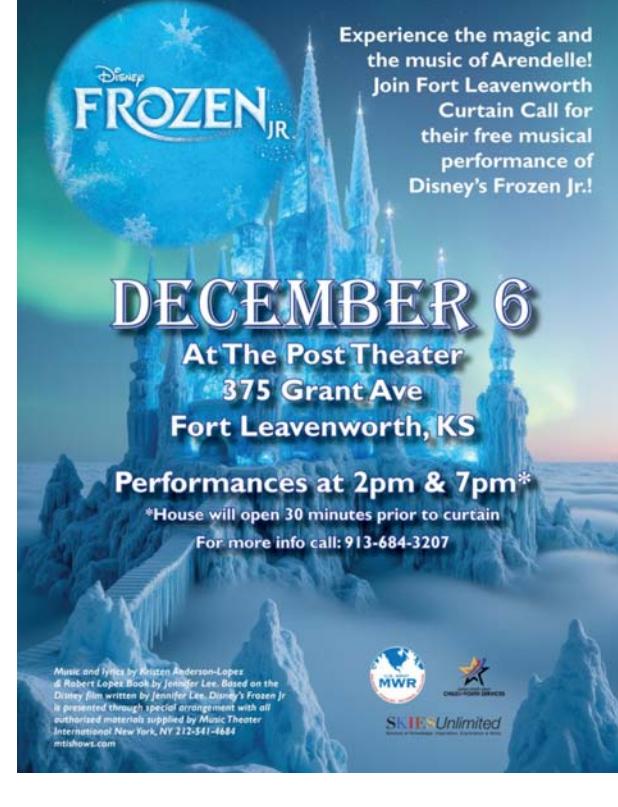
SANTA ARRIVES! Exchange Mall Event

PROFESSIONAL PHOTOS WITH
Santa AVAILABLE FOR
PURCHASE. COURTESY OF
LEAVENWORTH'S OWN



Saturday
Dec. 13th 1330-1600
Exchange
Mall

Kids, be sure to meet us at the Exchange Main Entrance to greet Santa as he arrives by Fire Truck promptly at 1330.



Fort Leavenworth Thrift Store Open – Saturday, 6 December 2025

- ❖ Location: 1025 Sheridan Drive, Building 1049
- ❖ Phone: 913-651-6768
- ❖ Hours:
 - ❖ Monday & Friday: Closed
 - ❖ Tuesday-Thursday: 930am-230pm
 - ❖ First Saturday of each month: 930am-230pm
 - ❖ Consignments taken each day the store is open from 930am-1230pm



Saturday, December 6, 2025 at 10:30 AM – 12:00 PM CST

History Brunch: Douglas's Battery and archaeological investigations at Fort Sully

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



December 7, 2025

12pm - 4pm | Fort Leavenworth Kennels

625 McPherson Ave





QUARTERLY MEETING

Fort Leavenworth



JOIN US!

**TUESDAY 9 DEC 2025
1:00-2:00PM**

**ATTEND IN-PERSON
OR
ON FACEBOOK LIVE**

DETAILS BELOW



PRESNTATION

Winter Wellness & Outdoor Play
by CYS Nurse, Amy Boos, R.N.

ALL CYS PARENTS-ALL CYS PROGRAMS

Parents are invited to provide input, ask questions, & help CYS continue to meet family & community needs.

Email your PAC Parent Presidents Directly at: ftlvn.cys.pac.2526@gmail.com

913-684-5138 / 4956

usarmy.leavenworth.id-training.mbx.ftlvnparentcentral@army.mil



LIONS INTERNATIONAL

KIWANIS INTERNATIONAL

ROTARY INTERNATIONAL

VA

U.S. Department of Veterans Affairs

THE GUIDANCE CENTER

Mental Wellness Seminar

Date: December 4, 2025
Time: 6:00 – 8:00 pm
Location: Lansing Middle School Auditorium, 220 Lion Lane
Key topics will include:

- Mission, Aspiration, and Purpose (a whole health discussion).
- Lethal Means Safety to mitigate the risk of suicide.
- Suicide Prevention.
- Digital Applications to assist in suicide prevention.
- Crisis Resources.

Presenters/MC:
From the VA Eastern Kansas Health Care System

- Dr. Christina Manager, Suicide Prevention Program Manager
- Dr. Jessica Modrell, Whole Health Program Coordinator
- Mr. Brian Stephens, Chief Communications Officer

From The Guidance Center

- Rachel Wolfe, Clinical Training Director

Special thanks to USD 469 for our venue.

A voluntary donation of a non-perishable food item for local food pantries would be appreciated.

**GO ARMY BEAT NAVY
WATCH PARTY
HOSTED BY
HENRY LEAVENWORTH
AUSA CHAPTER**

Saturday 13 December 1300 hrs

35th Infantry Division HQ
4 Wagon Wheel Way
Leavenworth, KS 66048

Heavy Hors d'oeuvres, Beer & Wine Provided

RSVP by 1 December

RSVP

[Eventbrite](https://www.eventbrite.com/e/go-army-beat-navy-watch-party-hosted-by-henry-leavenworth-ausa-chapter-tickets-33000111111)

Melissa Miller
913-306-2269
melissa.miller@afi.org

Judy Bauer
913-683-0696
bauerjdc@aol.com

June Neer
913-908-6622
juneer@aol.com

CASO
Cultural & Area Studies Office

IRREGULAR WARFARE THREATS

DURING MULTI-DOMAIN OPERATIONS IN THE INDOPACOM REGION

OPENING REMARKS:
COL ETHAN J. DIVEN-
Commandant, U.S. Army Command and General Staff College (CGSC)

PANEL MEMBERS:
DR. DAN G. COX-
Professor, The School of Advanced Military Studies (SAMS)
DR. LUKE M. HERRINGTON-
Assistant Professor of Social Science, SAMS
MR. JOSEPH DONALBAIN-
Assistant Professor, Dept. of Joint, Interagency, and Multinational Operations, U.S. Army CGSC
LTC J. DAVID THOMPSON-
Instructor, Dept. of Joint, Interagency, and Multinational Operations, U.S. Army CGSC

MODERATOR:
DR. MAHIR J. IBRAHIMOV (Dr. I.)-
Director, Cultural and Area Studies Office, U.S. Army CGSC

DATE:
Mon, 15 Dec, 2025

TIME:
1300 - 1500 (CST)

LOCATION:
Arnold Conf. Room, Lewis and Clark Center, Fort Leavenworth, KS
All welcome for the audience.
For outstations, the event will be available live on CGSC's YouTube page at:
<https://www.youtube.com/@USArmyCGSC>

**WREATH & TREE
auction**

AND AN UGLY SWEATER CONTEST!

FRIDAY, DEC. 12TH
5:30 PM COCKTAILS / 6 - 9 PM EVENT
DINNER: \$25/PERSON OR \$210 FOR
A RESERVED TABLE OF 8
FRONTIER CONFERENCE CENTER
GUESTS WELCOME. BRING YOUR
SPOUSE FOR A NIGHT OUT!
PROCEEDS FUND OUR GRANTS
AND SCHOLARSHIPS.

STRONGHOLD Christmas DEPOT

MILITARY FAMILIES ARE INVITED TO SIGN UP FOR THIS YEAR'S CHRISTMAS DEPOT.

BRINGING SUPPORT AND JOY TO YOUR FAMILY WITH CARE AND HEART.

For More Information:
www.strongholdfoodpantry.org
contact@strongholdfoodpantry.org

STRONGHOLD Christmas DEPOT

SPONSOR A MILITARY CHILD THIS HOLIDAY SEASON. EMAIL US TO GET STARTED.

For More Information:
www.strongholdfoodpantry.org
contact@strongholdfoodpantry.org

Starting October 13th, 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	Sunday
0530			Spin (Karyn)				
0600	Vinyasa Yoga (Leslie)		Vinyasa Yoga (Leslie)				
0900						Yin Yoga (Brandie/Leslie)	
0930	Zumba (Virmarie)				Power Yoga (Kim)		
1200							
1630	Zumba (Virmarie)	Power Cycling (Kim)	Yin Yoga (Brandie)				
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

U.S. ARMY
SFA
SPORTS - FITNESS - AQUATICS

<https://leavenworth.armymwr.com>The court is calling.
Answer it.....**Adult Sports
Basketball
League**Harney Sports Complex
185 Fourth St.
Fort Leavenworth, KS

Coaches meeting
Wednesday, November 19th at 5:30pm
Gruber Fitness Center
200 Reynolds Ave/ Fort Leavenworth/ KS

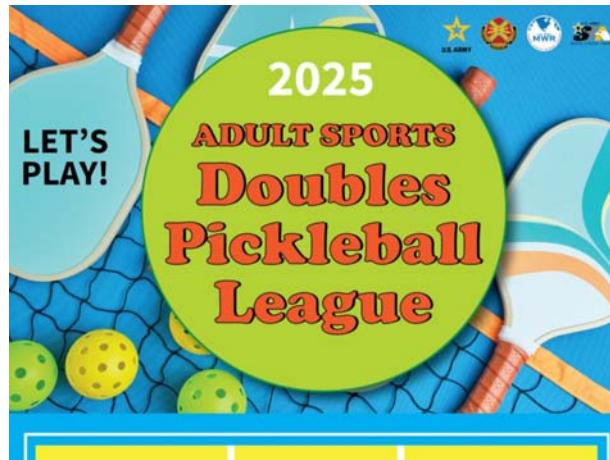
Letters of Intent due COB
Wednesday, November 26th

League play starts Thursday, December 4th
Games are Tuesdays and Thursdays
5:30pm, 6:30pm, 7:30pm at Harney Sports Complex

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

Open to Active Duty, DOD Civilians, Retirees, Dependents, Spouses, and Contractors working at Fort Leavenworth. Must be 18+
Call 913-684-3224/ 5136 for more information

FMWR FB



Player's Meeting
Wednesday
Oct 15
5:30pm @ Gruber
Fitness Center
Registration due by COB
Wednesday Oct 29

**Harney
Sports
Complex**
New to Pickleball?
That's okay! This fast growing
sport is described as a hybrid
of tennis, badminton, and
ping pong. It's played on a
net, a hard paddles and
soft, hollowed out balls.
There may be less running
than tennis, but don't let that
fool you! Players can burn
serious calories during just
30 minutes of play!

Games
Mondays & Wednesday
5:30pm, 6:30pm,
7:30pm
Harney Sports Complex

Open to Active Duty, DOD Civilians,
Retirees, Dependents, and
Contractors working on
Fort Leavenworth that are 18+
Call 913-684-3224/ 5136
for more information

leavenworth.armymwr.com**YOUTH SPORTS & FITNESS
Winter Sports****REGISTRATION**

October 14 - November 17

**Winter Youth Basketball**
January 7 - February 28
\$50

Kinder
(5 - 6 yrs old)
1st & 2nd grade
(7 - 8 yrs old)

3rd & 4th grade
(9 - 10 yrs old)
5th & 6th grade
(11 - 12 yrs old)

Start Smart Basketball ages 3 - 4 yrs old
January 12 - February 23 (Monday Sessions)
January 14 - February 11 (Wednesday Sessions)
\$30

Winter Youth Wrestling
January 8 - February 26
5 - 12 yrs old
\$50

5 - 12 yrs old

\$50

VOLUNTEER HEAD COACHES NEEDED!

All Youth must have an updated sports physical before the first practice. Enrollment can be done at any CYS location if centrally registered. Webtrac enrollments can only be done with a current Youth Sports Physical. For more info call 913-684-7525/ 7526

CHILD-YOUTH SERVICES

**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
Call for more information:
214-205-4954

Open to eligible DOD ID card holders.
Must be 18+ and have 24/7 access
prior to taking first class.U.S. ARMY
SFA
SPORTS - FITNESS - AQUATICS

Saturday Swimming Lessons
Bernstein Memorial Indoor Pool

Saturday Swimming Lessons

Bernstein Memorial Indoor Pool

Enrollment opens: Wednesday, 19 November 2025 at 0800

Session 1: December 6, 20, 27, & January 3, 10, 17, 24, 31

(8 classes) \$64.00

502601-00 0800-0830 Parent Child Aquatics (max 8)

502601-01 0845-0915 Preschool level 2 (max 5)

502601-02 0930-1000 Learn-to-swim level 1 (max 6)

502601-03 1015-1045 Learn-to-swim level 2 (max 6)

Break

502601-04 1130-1200 Learn-to-swim level 1 (max 6)

502601-05 1215-1245 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 Aquatics Levels: Participants must be 4 years - 5 years old.

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

Private Lessons: Participants may be adults or children, 4 years old and older.



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CELEBRATE ADVENT WITH US!

SUNDAYS; 30 NOV, 7, 14 & 21 DEC
AT 0930-1030

MEMORIAL CHAPEL
626 SCOTT AVE

THE LIGHT OF THE WORLD
HAS COME WITH
HOPE FOR ALL!

It's the most wonderful time of the year...
...the German families invite you to a

CHRISTMAS CANTATA 2025

THEIR STORY: A CHRISTMAS WITNESS
“BECAUSE THEIR STORY BECAME OURS”

Music, Dance, and The Story

“And all they that heard it wondered at those things which were told them by the shepherds. But Mary kept all these things and pondered them in her heart.”
Luke 2:18-19

Sunday, December 14, 2025
Pioneer Chapel
Fort Leavenworth
10:00 AM

Followed by a Fellowship
Meal in the Activity Room

?

The image is a promotional graphic for a marriage seminar. On the left, there is a large, stylized heart composed of two smaller hearts: a light green one at the top and a larger orange/red one below it. To the right of the heart, the word "VERTICAL" is written in a small, all-caps, olive-green sans-serif font. Below it, the word "Marriage" is written in a large, flowing, black cursive script font. Underneath the main title, the text "THE ONE SECRET THAT WILL CHANGE YOUR MARRIAGE" is written in a smaller, all-caps, black sans-serif font. In the bottom left corner, there is a dark grey rectangular box containing the "CROSSROADS" logo, which features a stylized cross and the text "CROSSROADS" and "WEDDING COORDINATORS". Below this box, the text "Supported by" is followed by the "cru" logo, which includes the word "cru" and a stylized blue cross. In the bottom right corner, there is a QR code. Above the QR code, there is a light green heart-shaped graphic containing the text "Meals & Childcare provided". In the bottom center, the words "DATE NIGHT" are written in a large, bold, red sans-serif font. Below "DATE NIGHT", the dates "08 AUG, 05 SEP, 10 OCT, 07 NOV, 05 DEC" are listed in a smaller, black sans-serif font. At the very bottom, the text "For more information and to register, scan the QR code or call/text 910-644-2000" is written in a small, black sans-serif font.

FINANCIAL *Peace* UNIVERSITY

Sunday Afternoons, 1 - 3 p.m.
23 November – 22 February
Frontier Chapel, Fort
Leavenworth

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

A group of six young women are smiling together in front of a blue wall. They are all wearing casual clothing, including hoodies and t-shirts. The woman in the foreground on the left is wearing glasses and a white hoodie. The woman on the far right is wearing glasses and a striped shirt. The woman in the center is wearing a dark t-shirt. The woman on the far left is wearing a grey t-shirt. The woman in the center-left is wearing a grey t-shirt. The woman on the far right is wearing a blue t-shirt. They are all smiling and looking towards the camera. The background is a blue wall with a framed picture on the right side.

Chaplain Family Life Center

100% Confidential & Faith Informed

Pastoral Counseling Services

(Individual, Couple, & Family)

Free for all Service Members, Retirees, DoD/DA Civilians and Dependents

Pastoral counseling provides compassionate support for individuals, couples, and families facing challenges such as anxiety, depression, communication difficulties, conflict, parenting concerns, and spiritual struggles—providing faith-informed guidance to strengthen relationships and promote healthy growth in every season of life.



**To book an appointment
scan here:**





CH (MAJ) Joshua M. Portwood is a trained Pastoral Counselor in Marriage and Family Life. His formal education includes a Masters of Divinity from Gordon Conwell Theological Seminary, a Masters of Science (Marriage and Family Therapy) from Texas A&M-Central Texas, and a Doctorate of Ministry from Vanderbilt University Divinity School.

Located at the back of Pioneer Chapel

500 Pope Ave., Bldg. 56

Fort Leavenworth, KS 66027

Government Cell: (913) 680-7336

joshua.m.portwood.mil@army.mil

<https://cal.com/chaplainportwood>

 U.S. ARMY	<p>Mission: To provide Religious Support to all Soldiers, Family members, DA civilians, contractors, and retirees.</p>
 <p>Pioneer Chapel 550 Poplar Avenue</p>	 <p>Frontier Chapel 625 Thomas Avenue</p>
<p>PROTESTANT</p> <ul style="list-style-type: none"> Traditional Worship – 0830 (Children's Church – K-5th grade) Sunday School – 0945 <p>MULTI-CULTURAL GOSPEL</p> <ul style="list-style-type: none"> Sunday Worship – 1000 <p>CATHOLIC MASS</p> <ul style="list-style-type: none"> Tuesday-Friday – 1200-1330 Sunday Religious ED – 0810 	<p>CATHOLIC MASS</p> <ul style="list-style-type: none"> Sunday – 0930 Sunday Religious ED – 0810 <p>PROTESTANT</p> <ul style="list-style-type: none"> Sunday School – 0945 Contemporary Worship – 1100 (Children's Church – K-5th grade)
	<p>LITURGICAL</p> <ul style="list-style-type: none"> Sunday Worship – 0930

The image displays the VMIS On The Go mobile application. On the left, a smartphone screen shows the VMIS login page with options for 'Login', 'Sign Up', and 'Continue as Guest'. On the right, three numbered steps are shown: 1. 'SCAN QR CODE' with a QR code icon; 2. 'LOG INTO YOUR ACCOUNT' with the text 'Log into the mobile account or Easily Sign up for an account'; 3. 'SEARCH AND LOG' with the text 'Search for volunteer opportunities and log your hours easily!'. The ACS logo is at the bottom right.

MUNSON NOTES

MUNSON NOTICES

■ Military families may be able to get dental or vision coverage through the Federal Employees DENTAL AND VISION Insurance Program. Federal Benefits Open Season is currently underway but ends Dec. 8 — one day before TRICARE Open Season ends. You must have a TRICARE health plan to get FEDVIP vision coverage.

■ TRICARE Prime and TRICARE Select beneficiaries ages 13-64 experiencing recurring HAND, WRIST AND ELBOW PAIN may find relief through occupational therapy services available at Munson Army Health Center. No referral required. Call the appointment line at 913-684-6250 to schedule a consultation.

■ 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 email 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-TRIWEST (874-9378) and follow the prompts to establish a primary care manager at MAHC. Learn more about services at 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/8wtlf>.

■ 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.



Blood Drive

Ft. Leavenworth - Frontier Chapel

Fellowship Hall
625 Thomas Avenue
Fort Leavenworth, KS 66027

Monday, December 8th, 2025
10:00 a.m. - 2:00 p.m.

For an appointment, please visit RedCrossBlood.org, scan the QR code below, or call 1-800-RED CROSS (1-800-733-2767).

This holiday season, when donors make time to spread joy and give the gift of blood, platelets or AB Elite plasma, they'll get a gift in return! All who come to give Dec. 8-18, 2025 will receive a \$15 Amazon Gift Card by email! Terms and additional details can be found at RedCrossBlood.org/Gifts.



Schedule your blood donation appointment today!

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

© 2025 The American National Red Cross | 604301-3

Munson Army Health Center

Walk-In FLU SHOT Event

TUESDAY, DEC. 9

FRONTIER CHAPEL

FELLOWSHIP HALL

3 - 6 P.M.

Beneficiaries aged 10 years and up must present their Department of Defense identification card. Children 17 years and under must be accompanied by a parent or legal guardian.

MUNSON.TRICARE.MIL

NEW CONTENT
EVERY THURSDAY

LAMP

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

CONTACT US | Phone: 913-684-5267 | E-mail: ftlvpampeditor@gmail.com | On the Web: <https://home.army.mil/leavenworth/about/news>

Read all about it — online!

**[HTTPS://HOME.ARMY.MIL/
LEAVENWORTH/ABOUT/NEWS](https://home.army.mil/leavenworth/about/news)**



Scan the QR code with your phone to go directly to [HTTPS://HOME.ARMY.MIL/LEAVENWORTH/ABOUT/NEWS](https://home.army.mil/leavenworth/about/news) to read/print/download the *Fort Leavenworth Lamp*.

EDITORIAL OFFICE: 913-684-LAMP

ADVERTISING: 913-684-1702

The *Fort Leavenworth Lamp*, an FMWR activity, needs sponsors/advertisers to exist! Please support your local newspaper! Thank you!

- News
- Community Features
- Pet of the Week
- Upcoming Events
- and more!

**BONUS!
Printable
"old school"**

**newspaper layouts
included with every
story and photo
package!**

**E-MAIL:
[ftlvpampeditor
@gmail.com](mailto:ftlvpampeditor@gmail.com)**

