

**Family & MWR Information**

Visit [www.fortleavenworthfmwr.com](http://www.fortleavenworthfmwr.com) for more information including

- Community Calendar
- FMWR Preview
- FMWR Activities
- FMWR Directory
- FMWR Insider
- FMWR special events

**FMWR Preview** May 2010

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**A Special Delivery At Cushing Memorial Hospital**



Cushing Memorial Hospital's newly renovated maternity rooms feature complete labor, delivery, recovery rooms with private bathrooms and brand new, state-of-the-art fetal monitoring equipment.

The renovated unit goes hand in hand with our long time commitment to providing quality, compassionate maternity care. Our caring, knowledgeable staff support an environment that recognizes the importance of family, and we offer a wide range of childbirth and family education classes (for details at [attakeshealthsystem.org](http://attakeshealthsystem.org)).

Complete lactation services and equipment rental are also available.

When it's time for your special delivery, choose Cushing Memorial Hospital to provide the modern conveniences and advanced technology, right here, close to home.



To find a doctor who delivers at Cushing, call NurseLine any time at (800) 932-6220.



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**2010**  
MAY

MONTHLY  
NEWSLETTER  
OF FAMILY &  
MORALE,  
WELFARE &  
RECREATION

# FMWR Preview



**Summer Movie Under the Stars**

Nothing beats watching a movie with the Family outside under the stars! Join us at Merritt Lake May-August for a free monthly movie showing!

**Summer Movie Schedule**

MAY 21 - Movie "UP"  
Grand prize - IPOD

JUNE 18 - Movie "BOLT"  
Grand prize - Children's bike

JULY 9 - Movie "CLOUDY WITH A CHANCE OF MEATBALLS"  
Grand prize - IPOD

AUGUST 13  
Movie "THE PRINCESS AND THE FROG"  
Grand prize - Children's bike

For more information, (913) 684-2726.

**NAF Property Sale**

The NAF property sale will be Thursday and Friday, May 20-21 from 7 a.m.-2 p.m. at FMWR Supply, 801 Riley Ave., Bldg. 303. Stop by for good bargains on items to include desks, dressers, tables, lamps, sofas, trash cans, printers, file drawers, cash registers and more!

For more information, (913) 684-2730.

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## Family & MWR celebrates military spouses!

May is Military Spouse Appreciation Month! Fort Leavenworth and FMWR celebrate and salute our military spouses. Join us for these events and specials during the month of May!

**Military Spouse Appreciation Kick-off**

On Friday, May 7 spouses are invited to pick up a flower and FMWR discount card. These items can be picked up at the Child Development Center from 7:30-9 a.m. and 3-5 p.m.; 12th Brick Grille from 11 a.m.-1 p.m.; and Gruber Fitness Center from 11 a.m.-1 p.m.

From 4:30-6:30 p.m. the 12th Brick Grille will hold a free wine tasting! Parents Night Out childcare will be offered at Patch and the CDC on this evening. Call (913) 684-9351 to reserve a spot for childcare.

Military Spouses can enjoy 10% off at these locations with their FMWR Discount Cards:

- 12th Brick Grille
- Strike Zone Bowling Center / Snack Bar / Pro Shop
- Trails West Golf Course / Fairway Grille / Pro Shop
- Outdoor Equipment Rental
- Brunner Range / Pro Shop
- Gruber Fitness Center
- Harney Sports Complex
- Holes 'n Rolls—Miniature Golf Course and Skate Park

For more information about these Family and MWR activities visit [www.fortleavenworthfmwr.com](http://www.fortleavenworthfmwr.com).



**ARMY FAMILY COVENANT:**  
**KEEPING THE PROMISE**  
Honoring our Commitment to Soldiers and Families.

**FORT LEAVENWORTH RUNNING EVENTS**

**CGSC/FMWR TRIATHLON**

Join us for the CGSC/FMWR 21st annual Triathlon on Saturday, May 1 at 9 a.m. starting at Harney Sports Complex. A non-competitive Kids Triathlon will take place after the adult race for children 6-12. Divisions include male, female, mixed, CGSC and Family. Age groups range from 13 through 66+. Entries are available for individuals and teams. Swim 200 yards, bike 12.7 miles and run 3.1 miles. Register at Harney Sports Complex, Gruber Fitness Center or online at active.com. This event is open the public. For more information, (913) 684-5125.

5K  
**ARMY BIRTHDAY RUN**  
June 12  
@ Harney Sports Complex

4 mile/10K  
**GREAT ESCAPE RUN**  
August 28  
@ old USDB

5K  
**FORT LEAVENWORTH FREEDOM RUN**  
September 11  
@ Harney Sports Complex

5K  
**CAC/STB**  
October 2  
@ Harney Sports Complex

5K  
**BCTP/FMWR TURKEY TROT**  
November 20  
@ Harney Sports Complex



**May Golf Events at TWGC**

**CAC Commander's Scramble**

**Friday, May 7**  
Event begins at 1 p.m. Cost is \$35 for members and \$50 for non-members. This includes greens fee, cart rental, range balls, drink tickets, prizes, awards and a buffet style meal after the event.

**Mother's Day Special**

**Sunday, May 9**  
Mothers can play golf with cart, hit range balls, and enjoy a Mother's Day meal at no cost.



**CDC Groundbreaking**

The groundbreaking for another Child Development Center (CDC) building is scheduled for Monday, May 11 at 9:30 a.m. The building, "CDC North," will be built on the north side of the current CDC parking lot. The completion of CDC North will provide facilities for 135 more children.

**Vote for Fort Leavenworth!**

Fort Leavenworth is one of the 24 finalists for the 8 Wonders of Kansas History! Please go online to [www.kansassampler.org/8wonders/history.php](http://www.kansassampler.org/8wonders/history.php) and vote! You may vote three times under the same email address. You must also vote for eight each time. Please pass on the word! Deadline to vote is June 15, but don't wait! This is a great opportunity for Fort Leavenworth to be recognized for its history and beauty! For more information call 684-1654.

**Beer Tasting & Demo Day**

**Wednesday, May 12**  
Beer tasting from 4-6 p.m. Try FREE beer samples from all over the world! Be sure to check out the latest in golf equipment at the equipment demo from 3-7 p.m.

**CGSC Spring Golf Tournament**

**Saturday, May 15**  
Events begins at 8 a.m. Format is a four person scramble. Cost is \$35 for members and \$50 for non-members. This includes greens fee, cart rental, range balls, drink tickets, prizes, awards and a BBQ meal. Prizes go to teams in 1st-3rd place.

**Spring Garrison Open**

**Friday, May 21**  
Event begins at 1 p.m. Format is a four person scramble. Cost is \$35 for members and \$50 for non-members. This includes greens fee, cart rental, range balls, drink tickets, prizes, awards and a BBQ meal. Prizes go to teams in 1st-3rd place.

**1st Annual FMWR/National Guard Tournament**

*Sponsored by Superior Lexus North*  
**Thursday, May 27**  
Sign-in from 8:30-11 a.m. for the early bird putting and chipping contest. The tournament tees off at noon. Cost is \$65 for members and \$80 for non-members. This includes unlimited beverages, \$50 Callaway product package, boxed lunch, BBQ dinner and access to over \$7,500 in prizes!

**4th Annual FMWR Invitational**

**Saturday, June 5**  
This is TWGC's biggest event of the year! Arrive at 7:30 a.m. for breakfast and registration. Tee off at 9 a.m.

*Fort Leavenworth Family and MWR is on Facebook! Follow us to stay up to date on the latest events and programs available to you and your Family on post. Also, be sure to find the new Facebook fan page Leavenworth/Fort Leavenworth~SHOW Me LOCAL FIRST! Get an inside look on things to see/do in the local area!*



**Upcoming Recreation Activities**

**Kids Fishing Derby**

It's time for the Kids Fishing Derby at Merritt Lake on Saturday, May 15. Registration begins at 8 a.m., with fishing from 9-11 a.m. A limited amount of fishing worms will be available for \$1 a cup. Awards will be given by age group 1st-3rd place and big fish! Hot dogs and drinks will be available. The event is for kids 15 and under. Rod and Gun Club member's kids and Families of deployed Soldiers can participate for free, non-members are \$3 each.

Families of deployed soldiers are asked to RSVP. For more information, (913) 684-1703.

**Scuba Lessons**

Learn to scuba at Harney Indoor Pool! Lessons are for ages 12 to adult. Next session will be May 15-June 19. Cost is \$220 per person which includes equipment and materials. Must have basic swimming skills and sign a medical waiver. \$190 for each additional Family member.

Additional fee for open water testing. Register at the Aquatics office or for more information, (913) 684-2190.

**Strike Zone Challenge**

The Strike Zone Challenge, presented by Motiv, will be Sunday, May 23. Check-in is at 8 a.m. with practice at 9 a.m. Entry fee is \$80 (\$10 bowling fee, \$70 prize fund). Estimated prize fund will be \$900 for first place! For more information, (913) 684-BOWL.

**Mr. Stinky Feet Concert and Ice Cream Social**

Be sure to bring the kids to enjoy the music talent of Mr. Stinky Feet and his band the Hiccups at 5:30 p.m. on Tuesday, June 1 at Merritt Lake! Mr. Stinky Feet is a Kansas City born children's entertainer and musician. He has been recognized by several parenting magazines and his songs have made Parents' Choice for years. The concert and ice cream are FREE! Hot dogs and chips will be available for purchase and are free to Family members of deployed Soldiers and Families receiving AFC Mission Level Benefits.



For more information, (913) 684-5135.

**Family & MWR wants to thank our military spouses!**

**UPCOMING EVENTS**

**Monthly Picks**

CGSC/FMWR TRIATHLON  
May 1 @ 9 a.m.  
Harney Sports Complex  
(913) 684-5125

PITCH, HIT & RUN  
May 1 @ 1 p.m.  
Doniphan Field  
(913) 684-7525

DEMO DAY & FREE BEER TASTING  
May 12 @ 3 p.m.  
Trails West Golf Course  
(913) 651-7176

KIDS FISHING DERBY  
May 15 @ 8 a.m.  
Merritt Lake  
(913) 684-1703

NAF PROPERTY SALE  
May 20 @ 7 a.m.  
801 Riley Ave.  
(913) 684-2730

MOVIE UNDER THE STARS "UP"  
May 21 @ dusk  
Merritt Lake  
(913) 684-2726

25TH ANNUAL PET FAIR  
May 22 @ 10 a.m.-2 p.m.  
Merritt Lake  
(913) 684-6515

SPECIAL AMERICAN FISHING EVENT  
May 29 @ 8 a.m.  
Merritt Lake  
(913) 684-2800

MR. STINKY FEET  
June 1 @ 5:30 p.m.  
Merritt Lake  
(913) 684-5135

GRANGER SMITH CONCERT  
June 15 @ 7 p.m.  
Merritt Lake  
(913) 684-1674

ALLSTAR WEEKEND CONCERT  
June 16 @ 6 p.m.  
Merritt Lake  
(913) 684-1674

**JOIN US!**

**Sports teams honor Fort Leavenworth**

Take the Family to the games this month as our Kansas City teams honor our Soldiers!  
**KC ROYALS - May 15**  
**KC WIZARDS - May 23**  
Fort Leavenworth Night with military discounts with ID!