



The "Pass It On" is available online at:

<http://carson.armymwr.com/us/carson/programs/community-ne>

09 NOVEMBER 2016

### **COLORADO STATE PRKS FREE ADMISSION TO MILITARY VETERANS DAY**

Colorado Parks and Wildlife is offering free admission to all veterans and active duty members of the military, military reserve and National Guard to any Colorado state park for Veterans Day. On Nov. 11, any member of the military forces or veteran can enter any of Colorado's 42 state parks free of charge, along with his or her companions in the same vehicle.

"CPW is proud to thank our veterans and military members by offering free admission to our state parks this Veterans Day," said CPW Director Bob Broscheid. "We invite the men and women who serve or have served our country in the armed forces to enjoy our state parks as a small gesture of our appreciation for their service."

The military member or veteran must present proof of military service at the park gate. All other passengers in the same vehicle will be admitted for free. All other park fees (for example, camping or fishing fees) still apply.

Military identification methods include:

- \* Military ID card
- \* Applicable DD Form
- \* Veterans Affairs health identification card
- \* A current Colorado Driver's License or state-issued identification card with the veteran seal printed on it

Plan your visit and learn more about Colorado's state parks on the CPW website <<http://state.us10.list-manage.com/track/click?u=5144ed31c5f2ba642e0393361&id=aecf17c44c&e=e5e45ab809>> .

**ADVISORY: DMV HOLIDAY CLOSURES**

The Fort Carson DMV will be closed on the following holidays: Veteran's Day, Nov.11; Thanksgiving Day, Nov. 24; the day after Thanksgiving Day, Nov. 25; Christmas Eve observance, Dec. 23; Christmas Day observance Dec. 26; New Year's Day observance, Jan. 2; and Martin Luther King Jr. Day, Jan. 16.

**ADVISORY: FALL CLEANUP**

Fort Carson is conducting the annual Fall Cleanup of the cantonment area, Family housing areas and selected maneuver training areas with special emphasis on unit/agency assigned police call areas from Nov. 15-18, which includes the Family housing area cleanup Nov. 16. All Fort Carson units, garrison agencies and volunteer Family members will participate in the annual Fall Cleanup.

**ADVISORY: FLU SHOTS AVAILABLE**

Patients enrolled with designated primary care clinics are encouraged to request their flu shots with any scheduled appointments. Clinics may have specified times for walk-in flu vaccinations, so beneficiaries are encouraged to call their clinic directly or 524-CARE (2273) and ask for the clinic's available flu vaccination walk-in times. Children with a pediatric clinic appointment and any accompanying siblings are encouraged to get their flu vaccinations during the visit. Pediatrics will provide walk-in flu vaccinations on a space-available basis weekdays from 8-11:30 a.m. and 1-3:30 p.m. Flu Mist will not be offered this year. Soldiers will receive their flu shots with their units. Visit <http://www.cdc.gov/flu> for current flu information.

**ADVISORY: HOLIDAY GATE CLOSURES**

Gates 6 and 19 will be closed Nov. 11 in observance of Veterans Day. They will reopen for normal business Nov. 14. Normal business hours for gates 6 and 19 are 5 a.m. to 6 p.m. The Visitor Control Center will remain open for normal business hours, 5 a.m. to 9 p.m., on Nov. 11.

**ASYMCA BREAKFAST WITH SANTA (FLYER)**

**the Y**  
ARMED SERVICES YMCA  
FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BREAKFAST WITH SANTA

## FOR MILITARY FAMILIES

**Saturday, December 3, 2016**  
Session #1: 9:00 a.m. — 10:30 a.m.  
Session #2: 11:00 a.m. — 12:30 p.m.  
Southeast & Armed Services YMCA  
Community Room A & B

**Gifts for kids ages 3 to 13 years-old**  
Military families are invited to come and enjoy a free breakfast with Santa! Santa will be providing gifts to the youngest members of the family! Online RSVP required, Limited seating.

**Register online**  
**at [ppymca.org/register](http://ppymca.org/register)**  
Search "2016 Breakfast with Santa for Military Families"  
September 1 thru November 30  
Military ID is required at check in.

For more information please contact  
Military Outreach Director Drew Aquino at  
[daquino@ppymca.org](mailto:daquino@ppymca.org) or 719.622.9622.

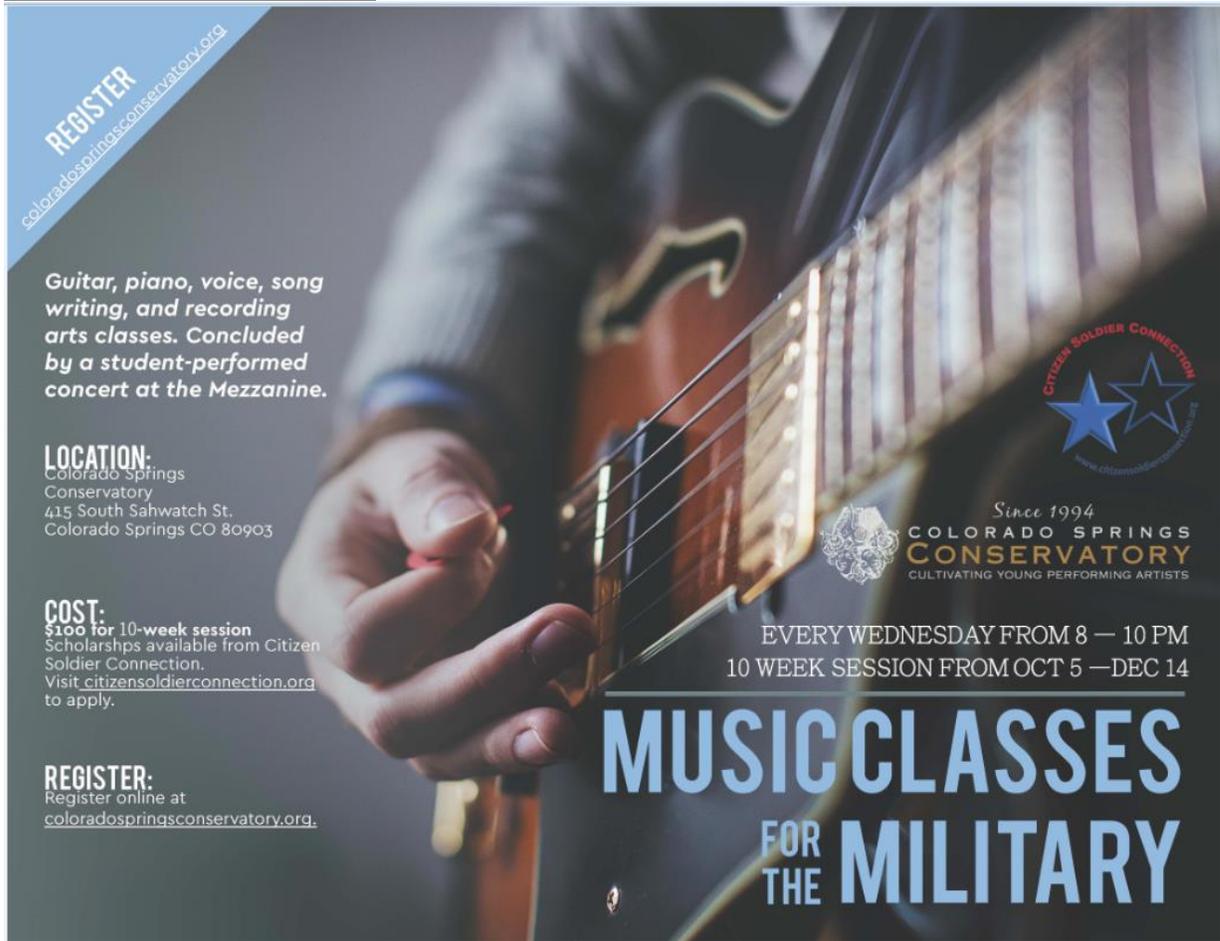
Southeast Family Center & Armed Services YMCA  
2190 Jet Wing Dr.  
Colorado Springs, CO, 80916  
719,622,9622  
[ppymca.org](http://ppymca.org)

/SoutheastArmedServicesYMCA

Stocking Stuffers provided by  
Operation Homefront



**COLORADO SPRINGS CONSERVATORY SCHOLARSHIPS FOR MILITARY  
MUSIC CLASSES (FLYER)**



**REGISTER**  
[coloradospringsconservatory.org](http://coloradospringsconservatory.org)

*Guitar, piano, voice, song writing, and recording arts classes. Concluded by a student-performed concert at the Mezzanine.*

**LOCATION:**  
Colorado Springs  
Conservatory  
415 South Sahwatch St.  
Colorado Springs CO 80903

**COST:**  
**\$100 for 10-week session**  
Scholarships available from Citizen Soldier Connection.  
Visit [citizensoldierconnection.org](http://citizensoldierconnection.org) to apply.

**REGISTER:**  
Register online at [coloradospringsconservatory.org](http://coloradospringsconservatory.org).

  
Since 1994  
**COLORADO SPRINGS  
CONSERVATORY**  
CULTIVATING YOUNG PERFORMING ARTISTS

EVERY WEDNESDAY FROM 8 — 10 PM  
10 WEEK SESSION FROM OCT 5 — DEC 14

**MUSIC CLASSES  
FOR THE MILITARY**

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**COMPANY COMMANDER AND FIRST SERGEANT SPOUSE COURSE (FLYER)**



## Company Commander & First Sergeant Spouse Course



***If your spouse is currently or newly assigned as a Company/Troop/Battery Commander or First Sergeant to Fort Carson, you are cordially invited to attend this two day course designed especially for you.***

***This course provides spouses of Company/Troop/Battery Commanders and First Sergeants with an excellent opportunity to meet with your peers, share experiences, and receive current information from professional subject matter experts on multiple areas of interest.***

***The class is held at Army Community Service, Bldg 1526, located next to the library. Limited childcare is available for children registered with CYSS on a space available basis by calling 526-4028***

**Upcoming Class Dates:**

**21&23 May 2016**

**19-20 September 2016**

**10&12 December 2016**

***To register for the course, please visit <http://www.carson.army.mil/acs/> and click on the EventBrite calendar.***

ACS Inclement Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 9:30 a.m. start time with the exception of the Family Enrichment events (i.e., AFTB, FRG, ITC, Rear D), those will start at their regular start time. If the installation is closed (2 or more hours), ACS classes will be canceled and rescheduled. For installation weather notifications, visit [www.carson.army.mil](http://www.carson.army.mil) or call (719) 526-0096. We apologize for any inconveniences that this may cause.

Army Community Service (ACS), ACS Center, Building 1526, 6303 Wetzel Avenue, Fort Carson, Colorado 80913-4104 / TEL: (719) 526-4590 / TOLL FREE 1-866-804-8763 / TTY: (719) 526-1949  
DSN: 691 / FAX: (719) 526-2637 / WEB SITE: [www.carson.army.mil](http://www.carson.army.mil) (Click on Services) / Facebook Username: Fort Carson Army Community Service / Twitter Username: Fort Carson ACS



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**EVANS ARMY COMMUNITY HOSPITAL NEEDS YOU! (FLYER)**

DO YOU CARE ABOUT YOUR HEALTHCARE? DID YOU KNOW that WE NEED YOU and YOU CAN MAKE A DIFFERENCE?

Evans Army Community Hospital's Patient- and Family-Centered Care initiative needs more patients who care about the quality of their healthcare to participate on our Patient and Family Advisory Council (PFAC). Please consider becoming a part of this opportunity to guide patient care and services. We especially need more representation from young men and women from our active duty and civilian population. This council consists of TRICARE beneficiaries (Service & Family Members and Retirees) and hospital leaders and staff. The council assesses current policies, operations, programs and practices that affect the care and services patients and Families receive and it designs, implements, and evaluates changes when necessary. The monthly meetings last about 1 to 1 ½ hours and council members should be able to attend a minimum 8 meetings per year. INTERESTED? Pick up an application within the Patient Advocate Office; located by the Main Entrance (West Side; use Parking Lot A) of the hospital (Room 1011). HELP US improve the care Evans delivers. Join the Patient and Family Advisory Council (PFAC) today! For more information call (719) 526-7225.



**“Patient and Family Advisory Council”  
(PFAC)**

**WE WANT YOU!** Your valuable knowledge and interactions makes you a potential candidate! You know how it feels as a patient or family member when things work well. You also know when things don't work so well. If you can give 1½ hours per month, please contact: Cynthia Brisby, Chief, Patient- and Family Centered Care at (719) 526-7225, or come into the Patient Advocate Office (Rm 1011) within Evans Army Community Hospital!!!



## FORT CARSON DMV OPEN (FLYER)

### Fort Carson Office

El Paso Clerk and Recorder proudly serves our military. Our offices provides services to Active Military and their families, Veterans, and Civilians which include: Motor Vehicle transactions, Elections, Recording and limited Driver's License services.



### Helpful Tips!

Do you have a title or registration from another State?  
DR2698 Vin Verification required. This is completed by Colorado licensed automobile dealers or law enforcement

Are you active duty, stationed in Colorado but not a resident?  
Current orders and LES required for the Specific Ownership Tax exemption

Processing title/registration for someone else? Spouse? Friend? Family?  
A Power of Attorney required to complete the transaction

Transferring your out of State Driver's License to Colorado?  
The following documents are required:  
A) State or County issued birth certificate or US Passport  
B) Original Social Security card, W2 or SSA-1099  
C) Two proofs of address. Acceptable documents listed at: <http://car.elpasoco.com>



El Paso County Clerk and Recorder  
Chuck Broerman  
<http://car.elpasoco.com>

630 Wetzel Ave Phone: 719-520-8240  
Building 1525 Fax: 719-444-8277  
Email: [kellyindgren@elpasoco.com](mailto:kellyindgren@elpasoco.com)



## EL PASO COUNTY CLERK AND RECORDER

Fort Carson Branch Office  
630 Wetzel Ave Building 1525  
Fort Carson, CO 80913



Motor Vehicle/Driver's License/Recording/Elections  
Open Mon-Fri 8:00-17:00  
Closed All Major Holidays

Tel: 719-520-8240

Fax: 719-444-8277

<http://car.elpasoco.com>

## Motor Vehicle

- Renewals
- Title Transfers
- Liens

All five of our Motor Vehicle locations provide all services:

Citizens Service Center  
1675 W Garden of the Gods RD  
Colorado Springs, CO 80907

Union Town Center (Open Saturday's 8am-1pm)  
8830 N Union Blvd  
Colorado Springs, CO 80920

Powers  
5650 Industrial Pl  
Colorado Springs, CO 80916

Centennial Hall  
200 S Cascade Ave  
Colorado Springs, CO 80903

Fort Cars on  
6351 Wetzel Ave Building 1525  
Fort Carson, CO 80913

Please see our website for more information:  
<http://car.elpasoco.com>

## Driver's License

### Limited Services

- Colorado DL/ID Renewals
- Colorado DL/ID Replacements
- Out of State Transfers
- MVR'S
- Motorcycle Endorsements

Note: All other Driver's License services can be done at any State Office.

Department of Revenue  
2447 North Union Blvd  
Colorado Springs, CO 80909  
719-594-8701

1881 Pierce St  
Lakewood, CO 80214  
303-205-5600

## Recording

- Marriage License
- Recording Documents
- DD214

## Elections

- Voter Registration

719-575-VOTE (8683)

Email: [elections@elpasoco.com](mailto:elections@elpasoco.com)

### Fort Carson Branch

630 Wetzel Ave  
Building 1525  
Fort Carson, CO 80913  
Phone: 719-520-8240  
Fax: 719-444-8277  
Email: [kellyindgren@elpasoco.com](mailto:kellyindgren@elpasoco.com)

# 2016 FORT CARSON Housing Yard Sale

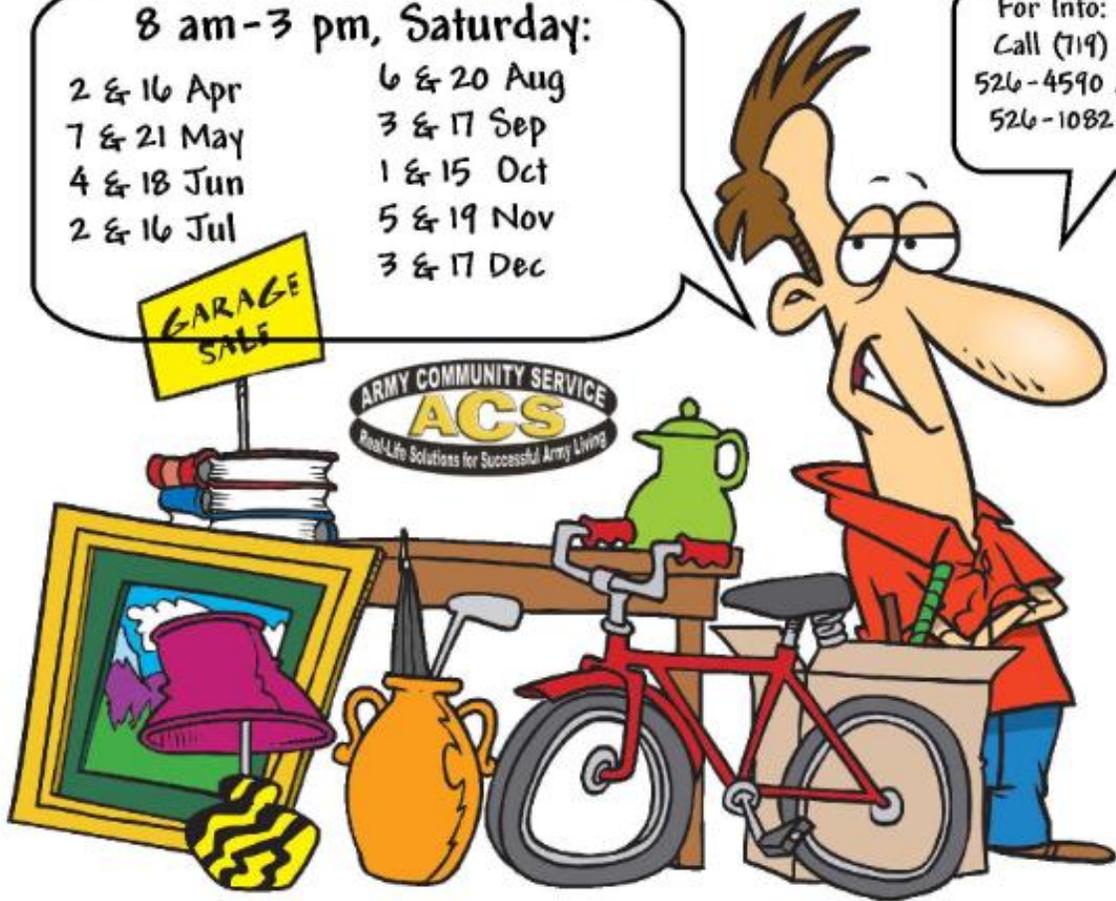


8 am - 3 pm, Saturday:

2 & 16 Apr  
7 & 21 May  
4 & 18 Jun  
2 & 16 Jul

6 & 20 Aug  
3 & 17 Sep  
1 & 15 Oct  
5 & 19 Nov  
3 & 17 Dec

For Info:  
Call (719)  
526-4590 /  
526-1082



Located in all on-post housing areas. Single soldiers & off-post residents can set up in the BBC Community Center parking lot - Building 4355 by Gate 3



**Every 1st & 3rd Saturday**  
**April through December 2016**

## FORT CARSON NEW PARENT SUPPORT PROGRAM (FLYER)

Fort Carson Army Community Service Soldier & Family Readiness

# New Parent Support Program

The Army Community Service New Parent Support Program (NPSP) is a professional team of social workers and nurses that provide supportive and caring services to military Families. Our trained and supervised home visitors have extensive knowledge of the issues confronting military parents and are sensitive to the unique challenges they face. The NPSP will help you learn to cope with stress, isolation, post-deployment reunions and the everyday demands of parenthood. A variety of classes are offered to meet the schedule and needs of our Fort Carson Families.

Class Frequency	Class Name	Times	Description	Location
Weekly	<b>Infant Massage &amp; Baby Nurturing</b>	Tuesday: 10 a.m. to Noon	Pregnant moms and parents with babies are encouraged to attend. Systematic infant massage strokes alleviate colic, create strong bonds, increase the communication between baby and parent and provide a foundation of unconditional love and attachment. Topics pertaining to infant development and health are discussed. The first Tuesday of each month will feature a nurse and lactation specialist to discuss nutrition, growth and development of babies. No registration required, walk-ins welcomed.	ACS Family Nurturing Center, Building 1354
Weekly	<b>Playgroup</b>	Friday: 10 a.m. to Noon	A fun-filled interactive get together for parents and children. Activities help children improve their social, cognitive and motor skills. No registration required, walk-ins welcomed.	ACS Family Nurturing Center, Building 1354
Weekly	<b>Toddler Time</b>	Thursday: 9:30 to 11 a.m.	Participants interact on topics such as gross motor enhancement through songs and dance, sensory enrichment through arts and crafts, and nurturing the child as well as the parent. Open to parents with toddlers 18 months or above. No registration required, walk-ins welcomed.	ACS Family Nurturing Center, Building 1354
Monthly	<b>Basic Training for New Moms</b>	3rd Tuesday of the month: 9 a.m. to Noon	Topics include becoming a new mom, caring for your baby and caring for yourself. Register online at <a href="http://www.carson.army.mil/acs">www.carson.army.mil/acs</a> or call (719) 526-8747	ACS Building 1526
Monthly	<b>Boot Camp for New Dads</b>	1st Tuesday of the month: 9 a.m. to Noon	Topics include becoming a new dad, caring for your baby and caring for mom. Register online at <a href="http://www.carson.army.mil/acs">www.carson.army.mil/acs</a> or call (719) 526-8747.	ACS Building 1526
Quarterly	<b>Nurturing (0 to 5 years)</b>	Call (719) 649-3860 for the next session and to register.	This 12-week class teaches parents how to be nurturing to their children as well as themselves. Topics include communication with your child, how to build your child's self-esteem, behavior management techniques and much more.	ACS Family Nurturing Center, Building 1354
Quarterly	<b>Nurturing (5 to 12 years)</b>	Call (719) 649-3860 for the next session and to register.	This 12-week class includes topics of communication with your child, how to build your child's self-esteem, behavior management techniques and much more.	ACS Family Nurturing Center, Building 1354
One on One	<b>Home Visitors</b>	Call (719) 524-1991 to schedule an appointment	A voluntary home visitation program for families expecting a child or with children from birth up to 3 years of age. Services are provided free of charge by NPSP staff. Appointments are available Monday thru Friday from 8 a.m. to 5 p.m., evenings are available on a limited basis.	N/A



Fort Carson ACS  
Family Nurturing

FORT CARSON TREE LIGHTING (FLYER)

4th Infantry Division  
& Fort Carson  
Tree Lighting Ceremony

Dec. 1, 2016

5:30 p.m. – 8 p.m.



William "Bill" Reed Special Events Center  
6550 Specker Ave., Bldg. 1829  
Fort Carson, CO



**Holiday entertainment**

**Pictures with Santa**

**Ornament crafts**

**Live reindeer**

**Stagecoach rides  
with Mounted Color Guard**

**Caricatures**

**Food and beverage for purchase**



*Free holiday fun!*

Visit [carson.armymwr.com](http://carson.armymwr.com) or  
call (719) 526-1867 for more information

CarsonMWREvents  
CarsonDFMWR



@carsonmwr  
#carsonMWR



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## FREE MILITARY FAMILY THANKSGIVING DINNER (FLYER)



American Military Family Friends,  
Please join us at White Fence Farm on Thanksgiving Day for a  
delicious family style Chicken Dinner with all of the fixings.

**Thursday, November 24, 2016**  
**White Fence Farm Restaurant**  
6263 West Jewell  
Lakewood, Colorado  
303-935-5945

Please arrive between 11:45 a.m. and Noon in order to check-in at the front desk area where you will then be shown to your table. We will be serving your meal at 12:15 p.m. and afterwards, be sure to take a stroll through the beautiful grounds to see the animals.

We are located on Jewell Avenue between Wadsworth Boulevard and Sheridan Avenue with plenty of parking around our grounds along with being on the bus route with a stop directly in front of The Farm.

Please reply by November 13, 2016 to  
Deb Quackenbush McElhinney at [dq@amf100.org](mailto:dq@amf100.org) or 303-746-8195

**FREE PAINTING CLASS FOR DEPLOYED SPOUSES/KIDS (FLYER)**

Thanks to a generous grant from the Mountain Post Spouses Club, we are able to offer these free canvas painting classes (a \$20 value) for family members of a deployed Soldier. You may only attend once to allow maximum participation.

Each date has 18 slots. All classes are first come first serve and no one can sign up a friend.

All persons signing up for these FREE classes will need to have a copy of overseas deployment orders or a memo from the rear detachment commander stating their Soldier is deployed.

We will maintain a wait list and 5 mins after the class starts we will give your spot to the next person on the wait list. If you are a no-show you may not sign up for another free class.



*Free Painting Class for Deployed Spouses/Kids*

*Thanks to a generous grant from the Mountain Post Spouses Club, we are able to offer these free canvas painting classes (a \$20 value) for family members of a deployed Soldier.*

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*We will maintain a wait list and 5 mins after the class starts we will give your spot to the next person on the wait list.*

*If you are a no-show you may not sign up for another free class.*

*All Classes start at 6:30 and end at 8:30 - Kids classes, a parent must be present*

*Dates are as follows*

*Aug: 18 Aug 23*

*Sept 15 Sept 27 - Kids Class*

*Oct 13 Oct 25*

*Nov. 17- Kids Class Nov 29*

*Dec 6 Dec 8*

*Located in the Mini Mall on Chiles  
719 393-3734*

*tumbleweedsatthemountainpost@gmail.com*



## GET ON THE BUS SKI TRIPS (FLYER)

### Frequently Asked Questions:

#### Can I sign up on the day of?

Unfortunately, we are unable to take payment on the day of the trip, so enrollment must occur before a trip.

#### Where do we meet?

We meet at Hobby Lobby on 8th St. 525 S. 8th St., Colorado Springs, CO 80905

#### Who can sign up for trips?

DOD ID card holders, and up to 3 of their accompanying guests.

#### What about lift tickets?

Monarch and Loveland have tickets available to purchase with your trip enrollment. For other resorts, purchase your lift ticket at your installation's Leisure Travel Services office while you are signing up for the trip!

#### What about rentals?

Utilize your installation's ODR for quality ski or snowboard rentals at a good price. You will need to bring your rental skis to the pick up location.



### \$30 for transportation to your favorite resorts!

#### How to sign up:

Eligible users (DoD ID Card Holders) may sign up through their installation's Leisure Travel Services office.

#### Fort Carson:

Visit the Outdoor Recreation Center located on 7093 Specker Ave., Bldg. 2429



719.526.3907 (for information)



719.526.5366 (to sign up)



carson.armymwr.com



Fort Carson Adventure Programs and Education

#### United States Air Force Academy:

Visit the Outdoor Recreation Center located on 5136 Eagle Drive, Community Center, United States Air Force Academy.



719.333.2940 (sign up and information)



www.usafasupport.com

#### Peterson Air Force Base:

Visit the Outdoor Recreation Center located on 830 Tinker St., Bldg. 640.



719.556.4867 (to sign up)



www.21FSS.com



# GET ON THE BUS

## Ski Colorado



Brought to you by  
Fort Carson Adventure Programs & Education  
in partnership with  
USAF Academy Outdoor Recreation  
Schriever AFB Outdoor Recreation  
Peterson AFB Outdoor Recreation



**HOLIDAY FUN AT THE LIBRARY (FLYER)**

**Holiday Fun @ the Library**

**Dec. 10, 2016**  
11:30 a.m.-1:30 p.m.  
@ Grant Library

**Presents from Santa**

**Crafts**

**Food and beverages are provided!**

**Free!**  
Open to **DDP ID** card holders and accompanying guests

Call (719) 526-2350 for more information

More Events and Info at [carson.armymwr.com](http://carson.armymwr.com)

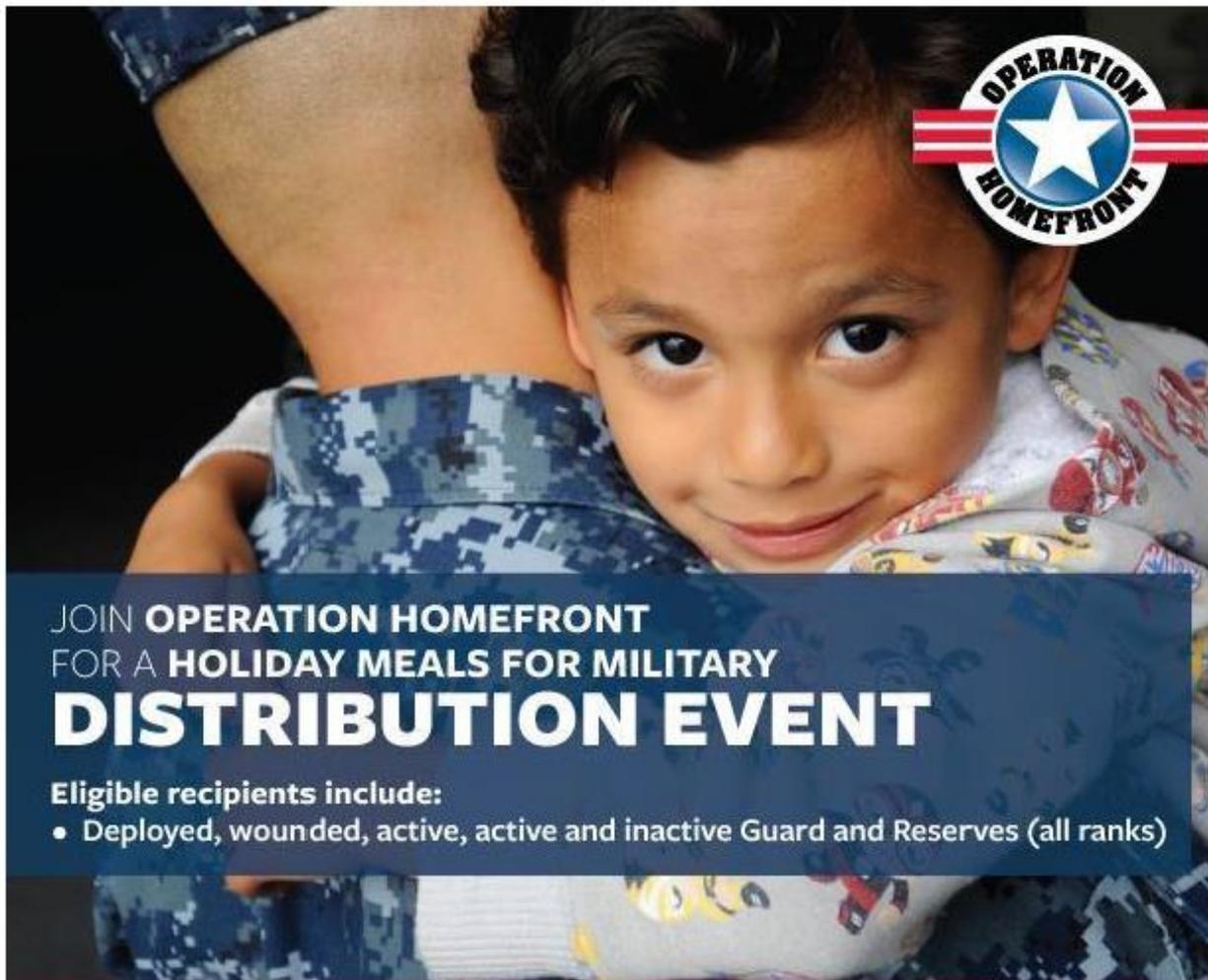
Carson Grant  
CarsonDFMWR

@carsonmwr  
#carsonmwr

Grant Library  
1637 Flint St., Bldg. 1528

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**HOLIDAY MEALS FOR MILITARY (FLYER)**



JOIN **OPERATION HOMEFRONT**  
FOR A **HOLIDAY MEALS FOR MILITARY**  
**DISTRIBUTION EVENT**

**Eligible recipients include:**

- Deployed, wounded, active, active and inactive Guard and Reserves (all ranks)



**HOLIDAY  
MEALS FOR  
MILITARY**

SHARE THE CELEBRATION

**November 21, 2016**

**Fountain, CO**

Register online at

[www.OperationHomefront.net](http://www.OperationHomefront.net)

For more information, contact Christine White or  
Kathleen Coleman

[Christine.White@OperationHomefront.net](mailto:Christine.White@OperationHomefront.net)

[Kathleen.Coleman@OperationHomefront.net](mailto:Kathleen.Coleman@OperationHomefront.net)

Priority Four

**HOME AWAY FROM HOME HOLIDAY (FLYER)**

**You can sign up  
with a friend!  
See our website  
for details!!**



**YOU ARE INVITED TO ENJOY A**

**HOME-AWAY-FROM-HOME**  
*Holiday!*



*This Thanksgiving, spend time  
with your Friends in the Community*

The local community appreciates your service. To thank you and your families for the sacrifices you make, local citizens are opening their homes to you. The holidays can be a difficult time when you are stationed far from family and friends. The local community would like to make this holiday much easier.

**Spend Thanksgiving with a local family**  
**THURSDAY, NOVEMBER 24, 2016**

For more information and to register please go to our website:

<http://CitizenSoldierConnection.org> OR  
email [Elizabeth@citizensoldierconnection.org](mailto:Elizabeth@citizensoldierconnection.org)

<http://CitizenSoldierConnection.org>

**HOMEBUYING WORKSHOP (FLYER)**

FORT CARSON, COLORADO

**ARMY COMMUNITY SERVICE**

RELOCATION READINESS PROGRAM

# Homebuying Workshop

**4<sup>th</sup> Wednesday of the month**  
**1 P.M. to 4 P.M.**  
**ACS Center, Building 1526**

**Topics include: preparing for home ownership, choosing a realtor, selecting the right house, obtaining the right mortgage and understanding the closing process.**

**Advance registration is required. Childcare is available, for reservations call (719) 526-4028.**

**For more information or to sign up, please call (719) 526-0457.**

**Register online with EVENTBRITE.COM search for Fort Carson Army Community Service, or scan the codes below and be taken directly to the website!**



**ACS Website**



**Eventbrite.com**



ACS Incident/Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 10:30 a.m. start time with the exception of the Family Enhancement events, i.e., AFTS, FRS, TTC, Reso. Ds, these will start at their regular start time. If the installation is closed 1/2 or more hours, ACS classes will be cancelled and rescheduled. For installation weather notifications, visit [www.fortcarson.army.mil](http://www.fortcarson.army.mil) or call (719) 526-0696. We apologize for any inconvenience that this may cause.

Army Community Service (ACS), ACS Center, Building 1526 6805 Wetzel Avenue, Fort Carson, Colorado 80913-1104 / TEL: (719) 526-1090 / TOLL FREE: 1-888-894-8765 / TTY: (719) 526-1949 / DDA: (719) 526-2627 / Web: [www.fortcarson.army.mil/ACS/](http://www.fortcarson.army.mil/ACS/) / Facebook: [Fort Carson Army Community Service](https://www.facebook.com/FortCarsonArmyCommunityService/) / Twitter: [Fort Carson ACS](https://twitter.com/FortCarsonACS)



**JINGLE BELL RUN (FLYER)**



**5K**  
**Jingle Bell Fun Run**  
**Dec. 9, 2016**  
**FREE 5K Fun Run/Walk**  
**Iron Horse Physical Fitness Center**  
**Race begins at 8 a.m.**

Celebrate the holidays and jingle all the way to the finish line with Santa cheering you on! Festive attire is highly encouraged!

- Open to the public!
- Same day registration begins 6:30 a.m. until 7:30 a.m.
- Pre-registration starts Nov. 21, 2016 until Dec. 7, 2016 at Garcia PFC.
- Free bells are available while supplies last.
- Free refreshments.
- Prizes for 2 selected runners.
- Strollers and pets are welcome.
- The race route is a mixture of dirt and pavement.

**Questions? Call (719) 526-3944**

 More Events and info at [carson.armymwr.com](http://carson.armymwr.com)

 Iron Horse Sports Fitness Center  
CarsonDFMWR

 @carsonmwr  
#CarsonMWR

 Iron Horse Physical Fitness Center  
6415 Spaulder Ave., Building 1925  
Fort Carson, CO 80913

## MILITARY CAREGIVER PEER FORUM (FLYER)

# Do You Care for a Service Member or Veteran?

If you are a spouse, friend, family member or loved one who assists a wounded, ill or injured Service member in any activity of daily living you are a **military caregiver**...

Join us in a conversation with your peers at The **Military Caregiver PEER Forum** (Personalized Experiences, Engagement and Resources):

- » **Connect** with other military caregivers;
- » **Learn** more about issues impacting your day-to-day life; and
- » **Share** stories and resources in a safe environment facilitated by Military Family Life Counselors.



**DATE: 3<sup>rd</sup> Wednesday of each month**

**TIME: 12:30 to 2:00 pm**

**LOCATION: SFAC Building 7492 (lunch will be provided)**

**RSVP: 719-419-2558**

We look forward to your participation.



@WarriorCare #MilitaryCaregivers #P2P

<http://warriorcare.dodlive.mil/caregiver-resources>



## MILITARY FAMILY FIRST DINNER (FLYER)



The flyer features a blue background with a red and white wavy border at the bottom. The YMCA logo is in the top left, and the event title 'MILITARY FAMILY FIRST DINNER' is in large white letters. The date and time are listed below the title.

**the**   
ARMED SERVICES YMCA  
FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MILITARY FAMILY FIRST DINNER

Saturday, November 12, 2016  
5:30 p.m. — 8:00 p.m.

### CELEBRATE MILITARY FAMILY MONTH AT THE SOUTHEAST & ARMED SERVICES YMCA

We salute you! All active duty personnel put your boots on the ground for a **FREE** dinner for you and your family in celebration of our Military Family Month in November 2016.

- FREE dinner for active duty personnel and immediate family.
- Fun prizes and activities.
- Children's entertainment provided.

Online RSVP is required, Seating is limited.

Military Family Month is a military community event in partnership with the Armed Services YMCA, Army Community Service and the Airman and Family Readiness Center.



Register online  
at [ppymca.org/register](http://ppymca.org/register)

Search "2016 Military Family First Dinner"

June 1 thru November 6

Must present valid DoD active duty ID card at check in.

For more information please contact  
Military Outreach Director Drew Aquino at  
[daqino@ppymca.org](mailto:daqino@ppymca.org) or 719.622.9622.

#### MAKING MILITARY LIFE EASIER.

Southeast Family Center & Armed Services YMCA  
2190 Jet Wing Drive  
Colorado Springs, CO 80916  
719,622,9622  
[ppymca.org](http://ppymca.org)

 /SoutheastArmedServicesYMCA



No Federal Endorsement of Sponsors Intended.

**MOUNTAIN POST OUTFITTERS WINTER SALES (FLYER)**

# Mountain Post Outfitters **WINTER SALES**

**Nov. 5**

## **Ski & Snowboard Expo**

Get ready for winter and save a bundle at our largest sale of the year!

New inventory: **10% off**  
Last year's inventory: **up to 50% off**

\*New skis and boards

\*Used rental equipment

Talk to local ski representatives and buy your season pass!

**Dec. 16**

## **Holiday Sale**

Stock up for the holidays with **great prices** on our overstock!

Sale items will be announced via Facebook.

**Jan. 20**

## **Inventory Drawdown Sale**

Items will be announced via Facebook.

**March 17**

## **End-Of-Season Sale**

Used Rental equipment: **20-50% off** retail inventory!

Unbeatable package prices!

The **lowest prices of the year**, just in time for Spring Break! If we still have it, we want to sell it!



Questions? Call (719) 526-1993



More Events and Info at  
[Carson.ArmyMWR.com](http://Carson.ArmyMWR.com)



Fort Carson Leisure  
Travel Services ITR  
[CarsonDFMWR](http://CarsonDFMWR)



@carsonmwr  
#carsonmwr



Inside the Outdoor  
Recreation Complex  
7093 Specker Ave., bldg. 2429

**MOUNTAIN POST THRIFT SHOP (FLYER)**

# Mountain Post Thrift Shop

## Building 305

### Business Hours

Tuesdays 10:00-2:30

Wednesdays 8:30-2:30

Thursdays 10:00-2:30

First Saturdays April thru September

10:00 – 1:00

Bring your gently used donations to Building 305

5050 Tevis Street between

9:00 AM and 2:30 PM

Tuesday Wednesday and Thursday

Or stop at the recycling center outside the PX at our attended facility!

Please contact us at

719-526-5966

Like us on Facebook

<https://www.facebook.com/MountainPostThriftShop>

**MULTI-CULTURAL SUPPORT GROUP (FLYER)**



# MULTI-CULTURAL SUPPORT GROUP

Interested in meeting new friends?  
Feeling lonely while your spouse is busy?

**JOIN IN ON THE FUN!**

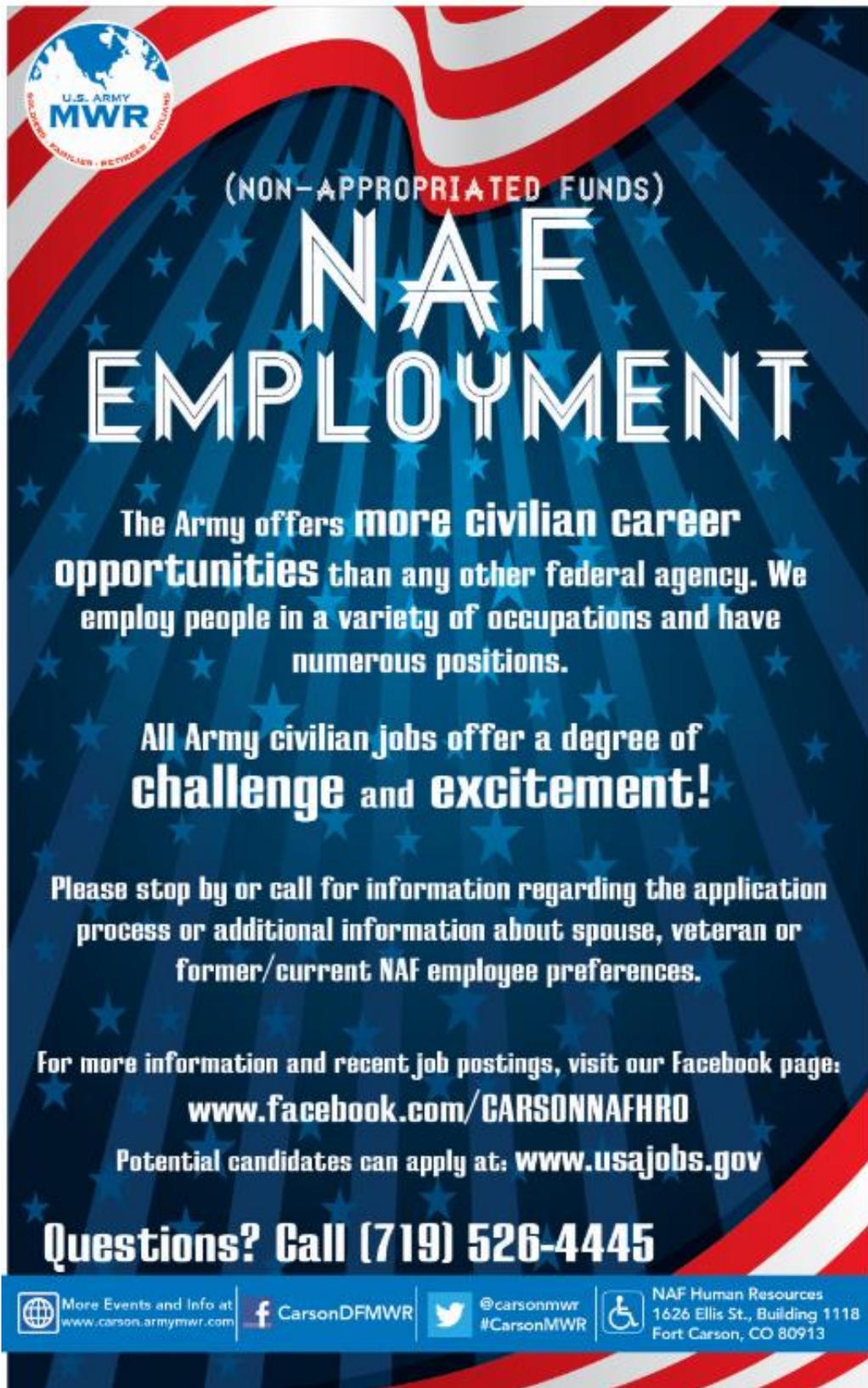
**WEDNESDAYS • NOON-1PM**

ACS Community Connection, Building 1524  
6391 Wetzel Ave., Fort Carson, CO. 80913

**CHILDREN ARE MORE THAN WELCOME!**



**NAF EMPLOYMENT (FLYER)**



 (NON-APPROPRIATED FUNDS)

# NAF EMPLOYMENT

The Army offers **more civilian career opportunities** than any other federal agency. We employ people in a variety of occupations and have numerous positions.

All Army civilian jobs offer a degree of **challenge and excitement!**

Please stop by or call for information regarding the application process or additional information about spouse, veteran or former/current NAF employee preferences.

For more information and recent job postings, visit our Facebook page:  
[www.facebook.com/CARSONNAFHRO](http://www.facebook.com/CARSONNAFHRO)

Potential candidates can apply at: [www.usajobs.gov](http://www.usajobs.gov)

**Questions? Call (719) 526-4445**

 More Events and Info at [www.carson.armymwr.com](http://www.carson.armymwr.com) |  [CarsonDFMWR](https://www.facebook.com/CarsonDFMWR) |  [@carsonmwr](https://twitter.com/carsonmwr) [#CarsonMWR](https://twitter.com/CarsonMWR) |  NAF Human Resources  
1626 Ellis St., Building 1118  
Fort Carson, CO 80913

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**NEWCOMER ORIENTATION (FLYER)**

Army Community Service hosts a Newcomer Orientation every month. Been here a week, a month or a year...let us get acquainted! The next class will be held

**Army Community Service (ACS)**

**Fort Carson**

# **Newcomer Orientation**

**ACS Building 1524**

For more info, please call (719) 526-8747 / [www.carson.army.mil/acs](http://www.carson.army.mil/acs)

## OPERATION KID COMFORT (FLYER)



ARMED SERVICES YMCA

**OPERATION  
KID COMFORT**

★ ★ ★

# The Fabric That Keeps Military Families Together



Our dedicated staff and volunteers embrace your family's challenges and needs as your children cope with a parent's deployment.

Operation Kid Comfort helps children find love and encouragement through the creativity of our quilters.

Each hand-crafted quilt or pillow embodies your family's story illustrating your personal history and heritage. Family photos are printed onto fabric and sewn into a quilt or pillow for your child(ren) for **FREE**.\* Local quilters donate their personal time and materials for each family to express their gratitude for your family's commitment and service.

\*Children ages seven+ receive pillows,  
Children ages 6- receive quilts.



**Open to all Military Branches!**

**Request a quilt or pillow today! Apply online at  
[ppymca.org/operation-kid-comfort](http://ppymca.org/operation-kid-comfort)**

Certain restrictions apply

For more information, contact Military Outreach Director Drew Aquino  
at [daquino@ppymca.org](mailto:daquino@ppymca.org) or 719.622.9622.

 /SoutheastArmedServicesYMCA

Making Military Life Easier.

   
No Federal Endorsement of Opinions Intended.

**PEAK MILITARY CARE NETWORK V.I.E.W. WORKSHOP ON HOUSING  
(FLYER)**



**PEAK MILITARY  
CARE NETWORK**  
*Connecting Need to Resource*

# V.I.E.W.

## Veterans Information and Education Workshops HOUSING

November 14, 2016

9:30-10:45 a.m.

Southeast YMCA 2190 Jet Wing Dr,  
Colorado Springs, CO 80916

### Topics that will be covered:

- How to find housing that is affordable for you
- What are the obstacles people run into when looking for affordable housing
- Steps to overcome these obstacles
- How to seek assistance in advance of transition or retirement



**RSVP: <http://bit.ly/2dRM4nA>**

**Questions? Email Tammi Tiefel: [ttiefel@pmcn.org](mailto:ttiefel@pmcn.org)**

Refreshments will be provided.

[www.pmcn.org](http://www.pmcn.org) | 719-577-7417 |



**POST SHUTTLE CHANGES (FLYER)**

The Fort Carson Post Shuttle is currently transitioning from a USAG run operation to an LRC run operation with the Transportation Motor Pool as the service provider. The Shuttle will change to a traditional fixed route service versus a call-in, taxi type service. Vans will operate on the fixed routes Monday through Friday from 0800 - 1930 and Saturday and Sunday from 0800 - 1530. DPW is working to install signs, maps and benches for the regular stops. During this 2-week transition, drivers will watch for riders waiting or flagging them down along the route until DPW gets the new signage installed. We apologize for any inconvenience to post shuttle riders. For a detailed map of the routes, visit Facebook page "Fort Carson TMP Shuttle Service." Points of contact at TMP for further information are Dispatch 526-1651, and for issues/concerns, TMP Supervisor 526-8093 or the ASO Transportation Manager, 526-8722.

## FORT CARSON POST SHUTTLE

GREEN ROUTE		
Stop #	Facility	Building #
1	Wetzel Barracks / Garrison HQ	1000
2	USO / DPW	1218
3	Mini-Mail	1510
4	Soldiers' Memorial Chapel	1500
5	Main PX	6110
6	Commissary	1800
7	Special Events Center	1829
8	Iron Fighter Barracks	1554
9	Inprocessing / USAG	1456
10	Wolf DFAC	1444
11	Education Center	1117
12	4th Sustainment BDE	842

BLUE ROUTE		
Stop #	Facility	Building #
1	Provider Chapel	1350
2	Family Nurturing Center	1354
3	Iron Fighter Barracks	1552
4	Garcia Gym / Iron Horse Park	1853
5	Barkley Barracks	2060
6	SABCT HQ	2132
7	Raider DFAC	2330
8	Barkley Barracks South	2460
9	Child Youth Services	2765
10	Waller Gym / Motorpool	2361
11	Magrath Motorpool	2391
12	Garcia Gym / Smith Dental	1855
13	WCAP	1661
14	MEB Counsel / McKibben Gym	1162

RED ROUTE		
Stop #	Facility	Building #
1	Main PX	6110
2	Legal	6237
3	Colorado Inn	7301
4	Evans Hospital Main	7500
5	Evans Hospital East	7503
6	Warrior Transition BN	7493
*7	10th SFG Barracks	7480
*8	4th CAB Airfield	9626
*9	Warfighter Road Barracks	9459
*10	Warfighter DFAC	9439
11	SABCT	2620
12	SABCT	2640
13	Raider DFAC / Barracks	2344
14	Utah Beach Barracks	2146
15	Iron Horse Gym	1925
16	Mountain Post Soldier Center	1636

**Hours of Operation:** 0800-1900 (M-F), 0800-1530 (weekends)  
 \*Shuttle will not operate when road conditions are red\*

Shuttles visit each stop every 10-15 minutes on weekdays and every 25 minutes on weekends.

On weekdays, passengers must call (719) 526-1651 to be picked up at RED ROUTE stops 7, 8, 9, and 10. These stops will be visited on a roaming basis on weekends.

Shuttles will not stop unless riders are present.

For questions or concerns call (719) 526-1651 or (719) 526-8093

**On weekdays only, passengers must call (719) 526-1651 to be picked up at RED ROUTE stops 7, 8, 9, and 10.**

**PRUSSMAN DINNER & A MOVIE (FLYER)**

# **PRUSSMAN DINNER AND A MOVIE**

DINNER AND A MOVIE WILL NOW TAKE PLACE  
EVERY 3RD SATURDAY OF THE MONTH WITH  
DINNER BEGINNING AT 5:30 PM AND MOVIE  
STARTING AROUND 6:00 PM.

**THIS IS A FREE EVENT.**

THIS EVENT TAKES PLACE AT  
PRUSSMAN CHAPEL BUILDING 1850.

**DATES:**

- ~ 16 JULY
- ~ 20 AUGUST
- ~ 17 SEPTEMBER
- ~ 15 OCTOBER
- ~ 19 NOVEMBER
- ~ 17 DECEMBER

**DINNER – PIZZA HUT AND WILD WINGS.**

INVITE A FRIEND, INVITE FAMILIES,  
INVITE SOLDIERS IN THE BARRACKS.

**FOR MORE INFORMATION, EMAIL [PRUSSMANCHAPEL@GMAIL.COM](mailto:PRUSSMANCHAPEL@GMAIL.COM)**



**REAR DETACHMENT COMMANDERS & LEADERS COURSE (FLYER)**

Army Community Service - Fort Carson  
Mobilization, Deployment Readiness & Stability Support Operations Presents:

**REAR DETACHMENT  
COMMANDERS & LEADERS  
COURSE**

**2 -DAY COURSE      2016 SCHEDULE**  
**9 A.M. TO 4 P.M.**      Aug 18-19  
   Oct 20-21  
   Dec 1- 2

This class is intended for Rear Detachment Commanders (RDC), First Sergeants, Family Readiness Liaisons (FRLs), Family Readiness Group Leaders (FRGs) and Family Readiness Support Assistants (FRSAs). The 2-day course provides an overview of the RDC role, Family readiness systems, and reviews military and civilian community resources. Attendees will gain a better understanding of the Family issues in each deployment phase and strategies for crisis intervention.

**For more information call (719) 526-4590**  
**Register online at [www.carson.army.mil/acs](http://www.carson.army.mil/acs)**



ACS Inclement Weather Policy: If the installation is on a 2 hour or less delay, ACS events will be adjusted to a 9:30 a.m. start time with the exception of the Family Enrichment events (i.e., AFTB, FRG, ITC, Rear D), those will start at their regular start time. If the installation is closed (2 or more hours), ACS classes will be canceled and rescheduled. For installation weather notifications, visit [www.carson.army.mil](http://www.carson.army.mil) or call (719) 526-0096.

Army Community Service (ACS), ACS Center, Building 1526, 6303 Wetzel Avenue, Fort Carson, Colorado 80913-4104 / TEL: (719) 526-4590 / TOLL FREE 1-866-804-8763 / TTY: (719) 526-1949 DSN: 691 / FAX: (719) 526-2637 / WEB SITE: [www.carson.army.mil/acs/](http://www.carson.army.mil/acs/) Facebook Username: Fort Carson Army Community Service / Twitter Username: Fort Carson ACS



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**RESILIENCE CLASSES (FLYER)**



**Army Community Service**  
**RESILIENCE**  
**CLASSES**  
**2016**

**ACS Building 1526**  
**9 a.m. to Noon**

Are you feeling overwhelmed? Need help with goal setting? Letting catastrophic thinking take over? Then resilience classes may be for you! Participants learn about resilience and the competencies that contribute to it: Self-Awareness, Self-regulation, Optimism, Mental Agility, Strengths of Character, and Connection. Grow and thrive in the face of challenges and bounce back from adversity.

<b>Detect Icebergs</b>	<b>June 16</b>
<b>Problem Solving</b>	<b>July 21</b>
<b>Put It in Perspective</b>	<b>Aug 18</b>
<b>Mental Games</b>	<b>Sept 15</b>
<b>Real-Time Resilience</b>	<b>Oct 20</b>
<b>Identify Character Strengths</b>	<b>Nov 17</b>
<b>Assertive Communication / Effective Praise</b>	<b>Dec 15</b>

For more information, please call (719) 526-8747 or visit the ACS website at [www.carson.army.mil/acs](http://www.carson.army.mil/acs)

ACS also offers one on one Resilience Coaching. Call 524-1899 for more information.



**SELF-CARE MEDICATION PROGRAM (FLYER)**



**SELF-CARE MEDICATION PROGRAM**

**Evans Army Community Hospital  
Main and SFCC Pharmacy  
offer select**

**Over-the-Counter medications  
without a prescription after attending a  
class at the  
ACS Community Connection Center.**

**Available FREE to all beneficiaries**

**Evans Army Community Hospital Pharmacy**

For more information,  
contact the  
Main  
Outpatient Pharmacy  
at 719-526-7410,  
option #4

**Classes are held on a walk-in basis  
on the  
2nd and 4th Monday at 0900  
in the  
ACS Community Connection  
Building 1524  
located at 6391 Wetzel Ave.**

**SKIES UNLIMITED CLASSES (FLYER)**



# SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

## Classes include:

- |               |                    |              |
|---------------|--------------------|--------------|
| Ballet        | Horseback Riding   | Piano        |
| African Dance | Swimming           | Guitar       |
| Kung Fu       | Youth Golf         | Drums        |
| Gymnastics    | Cooking            | Discover Jam |
| Yoga          | Babysitting Course | Li'l Dragons |

- Horseback Riding is held **April – October**.
- Babysitting is held every quarter.
- All other classes run year-long.
- Must be registered with CYSS to enroll.

All SKIES Unlimited classes are taught by certified contractors.

All classes besides horseback riding, swimming and golf are held at Timberline Child Development Center.

Pick up a schedule at Parent Central Services (1518 Ellis St.) or at Timberline Child Development Center (5939 Ellis St.).

To download the schedule, visit the SKIES Unlimited page at [carson.armymwr.com](http://carson.armymwr.com).

## Questions? Call (719) 524-2896



More Events and Info at [carson.armymwr.com](http://carson.armymwr.com)



carsonCYSSteen  
CarsonDFMWR



@carsonmwr  
#CarsonMWR



SKIES Unlimited  
1352 Ellis St., Building 5939  
Fort Carson, CO 80913

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## **SPOUSE EDUCATION AND CAREER OPPORTUNITIES (SECO) PROGRAM**

Military One Source reminds all that the Spouse Education and Career Opportunities (SECO) program provides many resources for spouses:

MySECO Resume Builder - Spouses have the opportunity to look over these samples, which include cover letters, and then build their own resume.

<https://myseco.militaryonesource.mil/Portal/Content/View/2793>

Help for Spouses on the Move and in Transition - Certified Career Counselors are a perfect asset to call on for information and assistance at each of these three key transition points: New to the military, Mid-career decision points, or End of military service. Call 800-342-9647. Counselors are available from 7 a.m. to 10 p.m. EDT Monday through Friday or from 10 a.m. to 5 p.m. EDT on Saturday. [www.militaryonesource.mil/seco/enewsletter?content\\_id=292024](http://www.militaryonesource.mil/seco/enewsletter?content_id=292024)

Free Certifications - Military Spouse Employment Partnership employers, like JPMorgan Chase, have made a commitment to military spouses. JPMorgan Chase funds the Veterans Career Transition Program, a tuition-free, online career development resource for post-9/11 veterans and military spouses. More than 3,400 veterans and military spouses have earned more than 4,600 certificates. <http://vets.syr.edu/education/employment-programs>

Education, Training and Licensing - Spouses can get work experience while still in school. Experience can come in various forms, volunteer work, internships and federal work study. To learn more of these opportunities, spouses can call a certified Career Counselor at 800-342-9647.

Virtual Volunteering Opportunities  
<https://myseco.militaryonesource.mil/Portal/Content/View/671>

Department of Education Internships  
<https://myseco.militaryonesource.mil/Portal/Content/View/1229>

Federal Work-Study jobs <https://studentaid.ed.gov/sa/types/work-study>

Additional resources:

Certified Career Counselors have answers - every other Wednesday at 3 p.m. Eastern time on LinkedIn.

<https://myseco.militaryonesource.mil/Portal/Content/View/2764>

\* Nov. 15 — at noon EDT: Prepare for MSEP Partner Connect

\* Nov. 30 — at 10 a.m. EDT: The Importance of a Career Assessment when selecting a lifelong career

\* Dec. 12 — at 3 p.m. EDT: Prepare for MSEP Partner Connect

\* Dec. 28 — at 3 p.m. EDT: Military Spouse Preference

Visit the Military Spouse Employment Partnership Career Portal - Learn more about employment opportunities for military spouses.  
<https://msepjobs.militaryonesource.mil/msep>

# SPRINGS WELLNESS NIGHT

## WHEN

**November 15th, 2016  
6PM- 8PM**

## WHERE

**Stonehaven Event Center  
7740 Deer Hill Grove,  
Colorado Springs, CO 80919**

## AGES 18 AND ABOVE

**Time To Practice Yoga • Learn Benefits of  
Meditation • Learn The Signs of Mental  
Wellness • Get Connected In the Commu-  
nity Through Social and Physical Activities.**

## SPONSORS



Booz | Allen | Hamilton

Ongoing commitment and dedication to promoting a healthy work environment and encouraging its employees and families to maintain healthy lifestyles.



To enrich the lives of American's veterans by connecting them to their community through physical and social activity.



Offering free/confidential mental health services to military, veterans, and their loved ones regardless of deployment or discharge status.



oneyogaUSA

Offering different aspects of yoga practice to the community.

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**TBI "BACK TO BASIC" WARRIOR CARE MONTH (FLYER)**



**TBI BACK TO BASIC CLASS**

(Open to ANYONE- Come find out about concussion, TBI, Resources, and General Information on DVBC)

**30 NOVEMBER, 2016**

**1100-1130 A.M.**

**SFAC (Soldier & Family Assistance Center) 1481 Titus BLVD, BLDG 7492 719-526-5807**

By

Robin Winger, DVBC Regional Education Coordinator

719-526-8636 (Please confirm your attendance)

[Robin.r.winger.ctr@mail.mil](mailto:Robin.r.winger.ctr@mail.mil)

Mountain Post Soldier Center Room 140

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**TEEN SUPPORT GROUP (FLYER)**



*If you, or someone you know, is a teen with thoughts or actions toward suicide, **YOU ARE NOT ALONE!***

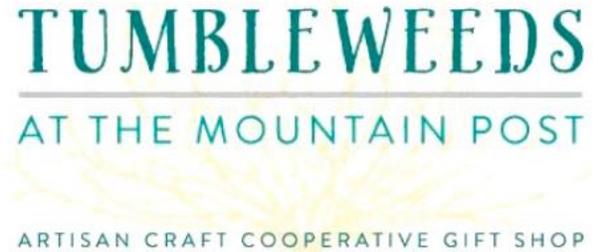
**Teen Support Group on  
Saturdays at 12pm  
704 N. Tejon St  
Colorado Springs,  
80903**

**Free and Confidential!**

**For more info:  
(719) 573-7447**

# Volunteer with us!

- Opportunities available
- President
- Vice President
- Store manager
- Co manager
- Secretary
- Publicity chair



Contact us at  
1510 chiles ave  
Fort Carson, CO 80902  
Aafes mini mall across from  
wing zone

**TURKEY SHOOT (FLYER)**

# TURKEY SHOOT



- Open to the public
- Regular admission fees apply

**Nov. 19, 2016**  
**8 a.m.-4 p.m.**

## 8 CATEGORIES

Age Group	Scope	Iron Sights
6-12	✓	✓
13-17	✓	✓
18-54	✓	✓
55+	✓	✓

## PRIZES

- Prizes awarded in each category:
- 1st prize: Frozen 12 lb. turkey
  - 2nd prize: Gift certificate to Sarge's Grill
  - 3rd prize: Hunter Blaze Orange winter cap

## RULES

- .22 Caliber only
- Unlimited entries allowed
- Contestants are required to purchase targets for \$0.50 each
- All categories compete throughout the day
- Ammunition is not provided
- Contestants shoot 10 rounds per target
- All targets are compiled throughout the day and scored individually
- Winners are notified after scoring is completed
- Category winner is limited to one prize
- Tie breakers are determined by the individual shot nearest to the bullseye
- Prizes are not mailed and must be picked up at the facility

**Questions? Call (719) 896-6196 or visit [carson.armymwr.com](http://carson.armymwr.com)**



More Events and Info at [carson.armymwr.com](http://carson.armymwr.com)



Cheyenne Mountain Shooting Complex  
 CarsonDFMWR



@carsonmwr  
 #carsonmwr



Cheyenne Mountain Shooting Complex  
 Off of I-25: exit 132B (South) or 132 (North), outside Fort Carson Gate 20.

## TURKEY TROT (FLYER)



DFMWR Sports and Fitness proudly presents the Turkey Trot 5K Family Fun Run/Walk. This race provides the perfect setting for the non-competitive walker or runner.

**Date:** November 12, 2016  
**Location:** William Reed Special Events Center  
(Business hours: Monday-Friday  
5 a.m.-8 p.m.)  
**Time:** 10K Run starts at 8 a.m.  
5K Run starts at 8:15 a.m.

Baby strollers are permitted on the dirt trail. Please keep in mind the terrain consists of steep hills and sharp turns. Jogging strollers fit for dirt terrain are recommended. Pets on leashes are allowed. A turkey prize drawing is held after the race.

**Questions? Call (719) 524-1163**

This free 5K & 10K run is open to all DOD ID card holders and guests.

Pre-register at the Special Events Center or at any Fort Carson Gym during regular business hours. Pre-registration ends on November 11 at 6 p.m.; same-day registration and packet pick-up is from 7 a.m.-7:45 a.m.

Free t-shirts guaranteed with advance registration. T-shirts are available on a first-come, first-served basis during same-day registration.

 More Events and Info at  
[Carson.ArmyMWR.com](http://Carson.ArmyMWR.com)

 Fort Carson Special Events Center  
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)

 @carsonmwr  
#CarsonMWR

 William Reed Special Events Center  
6550 Specker Ave., Bldg 1829  
Fort Carson, CO 80913

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**WOMEN VETERANS CALL CENTER (FLYER)**



U.S. Department  
of Veterans Affairs

**Get help,  
support,  
or just talk.**

The Women Veterans  
Call Center (WVCC) has  
enabled a chat function  
on their site.

Confidential help for Veterans and their families



**Chat one-on-one with  
other women Veterans.**

*Because one small act can make  
the difference.*

..... Visit the Women Veterans Health Care web site at: [www.womenshealth.va.gov](http://www.womenshealth.va.gov) .....

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**\*\*This e-mail is for informational purposes only. Distribution of this information does not express nor imply endorsement by Fort Carson or the US Army. Private Organizations are not affiliated with Fort Carson or the US Army.**