

Office of the Commander
4th Infantry Division and Fort Carson
6105 Wetzel Ave, Building 1435
Fort Carson, Colorado 80913

Welcome!

Congratulations on your assignment to Fort Carson and welcome to the Mountain Post. The Soldiers of the 4ID and Fort Carson have a proud and storied history, and we maintain a culture of excellence that represents our 100 years of service to this great nation.

The Ivy Division has always prioritized "Mission, Soldier, Family and Team." As the only balanced division in the Army, we are uniquely positioned to respond quickly and decisively when our nation calls. When that call comes, we will be **READY**, just as Ivy Division Soldiers were in the past. During World War I, 4ID was the only division to serve in the British, French, and German sectors. During World War II, the division was called upon to unleash our unique flexibility as the spearhead element on Utah Beach. In Vietnam, this storied division remained steadfast and loyal, earning 11 battle streamers. Most recently, 4ID has been deployed non-stop since 9/11.

As you and your family join this team, we expect you to be **READY**. While we cannot choose where or when we fight, we will be **READY**, because winning matters and there are no second chances in combat. This means we are:

Respectful- of one another, for great things happen through cooperation and a diversity of thought that comes with being open to different ideas, perspectives and experiences.

Experts- at our crafts, knowing that giving our best effort can only happen if we are committed to pursuing excellence in all we undertake.

Athletes- keeping ourselves "fit to fight" by living an active and healthy lifestyle and through tough physical training that will ensure we are stronger than any enemy we may face.

Disciplined- disciplined Soldiers create disciplined units. The courage to choose the right path, even, and quite often when, it's harder, more uncomfortable, less popular and at times dangerous is the bedrock of the best units.

You- YOU make the difference! Our history shows that individuals make the difference at critical times, **YOU** must be **READY** to make that difference!!

We know strong families make strong Soldiers and as family members, we consider you an integral part of the Ivy Team. We are sure you'll love this area, but we also know moving can be difficult. As you transition here, we encourage you to check out the Ft. Carson and 4ID website and welcome video at

www.carson.army.mil. All the blue buttons on the main page have great information to acquaint you with this area. Another great source of information and support is your unit Family Readiness Group (FRG). Your Soldier can connect you or you can reach out to Army Community Service (ACS) at (719)-526-4590 for help making that connection.

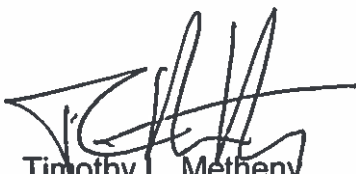
As you join the Ivy Team, we encourage you to ask yourself four questions everyday:

1. **What did I do today to improve myself physically, mentally and emotionally?** We must conduct demanding physical training to condition our bodies for combat. We must read doctrine and study to prepare our minds. We must find an emotional release, spiritual or other, to prepare ourselves and develop resiliency. (Disciplined Athlete You)
2. **What did I do today to improve my organization?** As a leader or a member of the team, if your squad, platoon, company, battalion or brigade is not the best one in the Army then what are you doing to improve it? (Expert You)
3. **What did I do today to be the best teammate I can be?** Your daily goal should be to come to work with a smile on your face and the singular mission to make everyone around you successful. (Respectful You)
4. **What did I do today to ensure those I love the most and who love me the most are still with me when we leave Fort Carson?** Family matters. You have to find a way to maintain the balance between work and Family. (You)

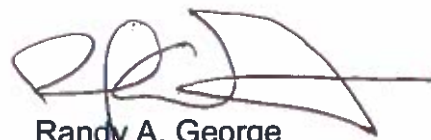
To assist you and your family with this challenge, join our **Mountain Post Living Community** for inspiration, nutrition, fitness tips and a like-mind group who want to live strong healthy lives. (<https://www.mountainpostliving.com/>) & #mountainpostliving

We are proud to welcome you and your family to the Ivy Team and again welcome to the "Best Home Town in the Army"!

Steadfast and Loyal!



Timothy L. Metheny
Command Sergeant Major, USA
4ID and Fort Carson



Randy A. George
Major General, USA
4ID and Fort Carson