



THE MOUNTAIN POST COMMUNITY INFORMATION EXCHANGE



April/May Newsletter

Garrison Updates

Furlough Plan/Impact on Services

- ~ Furlough of Department of the Army Civilians one day a week starting o/a end of June for 14 days of leave without pay.
- ~ "Furlough Friday" general rule of thumb with exceptions for critical functions.

Sustainment, Restoration, Modernization (SRM) Reduction

- ~ Reduction of SRM Budget
- ~ As of 04 April, only life/health/safety maintenance work orders being conducted
- ~ No new renovation projects being started (i.e. old commissary)

Tuition Assistance

- ~ Has been turned back on
- ~ Same rules apply (\$250 per semester hour and up to \$4,500 per fiscal year)
- ~ Enrollments made during 08 March & 09 April will NOT be funded

Summer Swimming Safety Tips

- *Never swim alone. Always swim with a buddy and make sure that a lifeguard is on duty.
- *Children should be constantly monitored when in the water. If a group of children is in the water, make sure that more than one adult is looking out for them. You may want to have a designated watcher or take turns watching if multiple adults are nearby.
- *Children and adults who can't swim should wear life jackets when in or around the water.
- *Adults should be in the water and within arm's reach of their children if he or she can't swim.
- *Children and adults should not engage in breath-holding contests or activities when in the water.
- * The area around the pool can be slippery—never run, always walk.

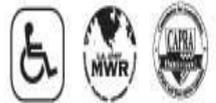
IRON HORSE INDOOR POOL

719.526.4093

Effective 1 May

May -
September

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Lap Swim	0530-0630	0530-0630	0530-0630	0530-0630	0530-0630		
Active Duty Lap Swim	0630-0800	0630-0800	0630-0800	0630-0800	0630-0800		
Lap Swim	0800 - 1500	0800 - 1500	0800 - 1500	0800 - 1500	0800 - 1500	0700 - 1000 1800-2130	0700 - 1000 1800-2130
Family Pool	0530 - 1500 1830 - 2130	0700 - 2030	0700 - 2030				
Water Aerobics		1745 - 1830 \$3.00 per		1745 - 1830 \$3.00 per			
Open Swim	1830 - 2130	1830 - 2130	1830 - 2130	1830 - 2130	1830 - 2130	1000-1800	1000 - 1800



Federal holidays: closed

Training holidays: 0700-2030

Weekdays: 0530- 2130

Weekends: 0700-2030

To reserve AD PT call: Iron Horse Indoor Pool, 719.526.4093.

ONLY Coast Guard approved floatation devises.

If you have questions on what devises/toys we allow call us or ask us on Facebook.

Like us on
Facebook!



NELSON INDOOR POOL 719.526.1407

Effective 1 May

May-
September

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Lap Swim	0530 - 0800		0530 - 0630		0530 - 0800	CLOSED	CLOSED
AD PT Session A		0530 - 0615 By reservation ONLY		0530 - 0615 By reservation ONLY		CLOSED	CLOSED
AD PT Session B		0615 - 0700 By reservation ONLY		0615 - 0700 By reservation ONLY		CLOSED	CLOSED
AD Pregnancy PT			0630 - 0800			CLOSED	CLOSED
EACH Physical Therapy		0700 - 0900		0700 - 0900		CLOSED	CLOSED
Water Aerobics	0815 - 0900 \$3.00 per		0815 - 0900 \$3.00 per		0815 - 0900 \$3.00 per	CLOSED	CLOSED
Senior Swim	0900 - 1000	0900 - 1000	0900 - 1000	0900 - 1000	0900 - 1000	CLOSED	CLOSED
Lap Swim	1000 - 1300	1000 - 1300	1000 - 1300	1000 - 1300	1000 - 1300	CLOSED	CLOSED



Federal holidays and weekends: closed

Training holidays: 0530- 1300

Monday- Friday: 0530- 1300

To reserve AD PT call: Iron Horse Indoor Pool, 719.526.4093.

ONLY Coast Guard approved floatation devises.

If you have questions on what devises/toys we allow call us or ask us on Facebook.

Like us on
Facebook!



ELLIS OUTDOOR POOL 719.526.4456

Effective 24 May

May-
September

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim	1000-1800	1000-1800	1000-1800	1000-1800	1000-1800	1000-1800	1000-1800
Pool Parties Reservation only				1830-2030	1830-2030	1830-2030	



Hours: Monday-Sunday 1000-1800

Federal holidays & training holidays: 1000 - 1800

Pool parties: call Iron Horse Indoor Pool, 719.526.4093

ONLY Coast Guard approved floatation devises.

If you have questions on what devises/toys we allow call us or ask us on Facebook.

Like us on
Facebook!



You asked ... we responded Questions from the April CIE

Q: I heard there was a change to the 911 GI Bill benefit transfer. What does that mean?

A: According to MILPER Message Number 13-102, proponent AHRC-PDE, Title Post 9/11 GI Bill Transfer of Education Benefits (TEB) Four-Year Service Obligation for Approved TEB Requests Submitted On/After 1 Aug 13.....Issued: [15 Apr 13].....

Soldiers who will submit a post 9/11 GI Bill (TEB) request on/after 1 Aug 13 resulting in an approval to transfer will incur a four-year service obligation from the TEB request date, regardless of years in service (except when precluded by either policy or statute from committing an additional four years, e.g. temporary early retirement authority).

The 4-year service obligation incurred by the TEB requests approved on/after 1 Aug 13 begins on the TEB request date and must be served in the same Army component. A zero-, one-, two-, or three-year service obligation will no longer be available for those who request TEB on/after 1 Aug 13. Again, all Soldiers who request TEB on/after 1 Aug 13 will incur a four-year service obligation regardless of time in service.

Present requirements generally only require a 3-yr ADSO/commitment.

For further information, attend the GI Bill Briefing, M-Th, 1000-1100, at the Education Center, Bldg 1117, Room 150 (corner of Specker and Ellis St).

Q: When is the Gate 1 Memorial Day Ceremony?

A: Thursday, 23 May 10:00 AM to 11:00 AM. Location: GWOT Memorial

Q: ACS – FRG Leader Training: Is there a plan to modify the two day, 9-4 p.m. FRG Leader Training?

A: In order to be as responsive as possible to the needs of our students, ACS Family Enrichment program will implement the following courses of action.

1. Increase the frequency of FRG Leader Training from quarterly to bi-monthly.
 2. Offer FRG Leader Day 1 on a Saturday with Day 2 conducted the following week.
 3. Offer one Brigade level FRG Leader Training by unit request annually.
 4. Offer one Brigade level combined Care Team, Key Caller and Treasurer training by unit request annually.
- ACS Family Enrichment is currently reviewing the FRG Leader curriculum in an attempt to reduce the time by one hour.

Q: I heard Colorado Springs was doing fireworks this year. Is Fort Carson doing our 4th of July fireworks?

A: To Be Determined (TBD)

Q: Would like Elkhorn and Ivy Pub to work together to allow FRG's to use rooms. If we spend the \$150.00, etc in food/room rental, can we at least get more catering choices?

A: Yes, Elkhorn (catering or pub being one in the same) will work with FRGs (and any other interested party) with respect to food and beverage Minimums and room fees, and have been for some time.

Q: We are hearing from Family members that they are not being allowed to register their children with CYSS due to no childcare program slots. If true, could we look at allowing registration still so that Families can utilize FRG Childcare and are still in the system with child information in case of emergency childcare needs?

A: As of today we are going to be able to open back up 78 CDC slots. We will be able to resume enrollment in East, West, Monarch and Cheyenne Mountain. We will resume enrollment in both SAS Programs and the Before School MST Program as well. All of this information will be included in the article in the Mountaineer.

Q: Why have the registration forms for CYSS been taken off of Parent Control Web Site? Cited reason is HIPAA but the forms are blank?

A: The Garrison had taken down the form for "HIPAA" concerns. It's now on Evans site. Please see below:

1. The Sports Physical forms are available on all our primary care and pediatric clinic pages.
2. For example, this is the Pediatric Clinic's page <http://evans.amedd.army.mil/Peds/>; the link is closer to the bottom "Sports Forms."
3. A link to the actual forms is http://evans.amedd.army.mil/Peds/PDF/Sports_Forms.pdf.

Q: Are there clubs for high school age?

A: No

Company Commander and First Sergeant Spouses Course

Spouses of new and future leaders taking **Company/Troop/Battery Commander or First Sergeant** are encouraged to attend this **two-day course** where spouses can **meet with peers**, share experiences, and receive current information from professional **subject matter experts** on multiple areas of interest.

Upcoming Class Dates:

25 & 26 June 2013

10 & 11 September 2013

25 & 26 November 2013

For class registration and/or childcare reservations, please call ACS at 526-4590



Family Care Ward

- 28 individual patient rooms for greater comfort and privacy
- Family respite rooms with games and amenities
- Patient lifts for easier movement
- Fold out couches for visitors
- Wireless patient monitoring system
- Centralized nurse station



Enjoy the Springs!

Trails	Distance	Est. Kcals	Light Beers	Reg. Beers
The Incline	0.9 mile	437	4	3
Barr Trail	4.2 miles	885	9	6
Garden of Gods Trail	5 miles	826	8	6
Section 16	5.8 miles	980	10	7

* All calculations are based on average man weight 180 lbs and might vary based on your completion time





General Information

- No Shows- ADFM costs \$510,230 (Jan13-Mar13)
- APLSS
- Tri-West to United Healthcare
 - Issues please contact Patient Advocate 526-7225

Sequestration Survival Guide

- Use TRICARE Secure messaging
 - Ask anyone on your healthcare team to invite you (*preferred*)
 - Visit www.relayhealth.com and click on the “Register” button
- Utilize the MTF Mon-Thu for non-urgent issues
- Only utilize the emergency room for true emergent care
- Avoid peak times in the pharmacy (morning, lunch)
- Utilize Patient Access Service (PAS)
 - Access to healthcare
 - RX refill
 - to check referral status.

What Is TRICARE?

TRICARE Stateside Regions

TRICARE is available worldwide and managed regionally.





What is not Changing

- TRICARE benefits and programs
- TRICARE For Life [TFL] contractor
 - Wisconsin Physician Services [WPS]
 - 1.866.773.0404
 - www.tricare4u.com
- TRICARE Service Centers [TSC] locations
 - Fort Carson, Peterson Air Force Base, USAFA
- Military Healthcare Services Access to Care Line
 - 719.524.2273
- Pikes Peak Area Automated Prescription Refill Number
 - 719.524.4081

What is Changing

- TRICARE West Region Toll Free Number
 - United Healthcare Military and Veterans [UHC M&V]
 - 1.877.988.WEST [1.877.988.9378]
- TRICARE West Region Web Site
 - United Healthcare Military and Veterans [UHC M&V]
 - www.uhcmilitarywest.com
- TRICARE Clams Processor
 - Palmetto Government Benefits Administrators [PGBA]



Club Beyond®



Mission Statement
Celebrate Life with teens
Introduce them to the Life Giver
Help them become like Him

Fort Carson



Activities – Events
Weekly Clubs and Small Groups
Summer and Fall Camps



Volunteers Needed

Gathering on Friday afternoons
Meet kids where they are
Connect with kids
Tuesday evenings small groups



Contact 719-355-9594



OPERATION MENTOR



Big Brothers Big Sisters[®]
of Colorado, Inc.
Start Something

The Mission of Big Brothers Big Sisters is to provide children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better, forever.

We are currently accepting children for our military mentoring program. Our program matches military children with adult volunteers who serve as positive role models and mentors. Our goal is serve the children and families of those who serve our country.

Big Brothers Big Sisters has been helping kids for over a 100 years by providing:

- ✓ Encouragement
- ✓ Friendship
- ✓ Fun experiences

Eligibility Requirements for Children:

- ✓ Children ages 9-16
- ✓ At least one active duty or killed in action parent
- ✓ Ability to meet with his/her Big Brother or Big Sister at least twice a month, for 15 months

Phone: (719) 633-2443
Fax: (719) 473-6362
www.biglittlecolorado.org

111 South Tejon Street,
Suite 302
Colorado Springs,
Colorado
80903

all volunteers are thoroughly screened before being matched to ensure safety





Big Brothers Big Sisters®
of Colorado, Inc. **Pikes Peak**
Be Big. Donate. Mentor.

What exactly is Operation Mentor?

Colorado Springs is home to five military installations. Operation Mentor, BBBS-PP's newest one-to-one program, was created in 2009 to address the needs of a growing population of children in the Colorado Springs community who are facing the challenges associated with having one or both parents deployed. The program currently matches adult volunteer mentors from the community with children of active duty military personnel.

Children with a parent in the military face unique challenges. Deployment can cause emotional issues such as increased anxiety and depression. It is our aim to help the families of our service men and women by providing their children with a positive role model and mentor. We hope that these mentors serve as an additional support to military families, whether the parent is currently deployed or not. Our mentors are not there to assume the role of a parent who may be away from home. They are merely another positive adult in their Little Brother or Little Sister's life. Someone else that they can talk to about how they feel, or someone to take their mind off of things by doing community activities together.

Volunteers at Big Brothers Big Sisters are required to attend training around mentoring issues prior to being matched with a Little in our program. In addition, they undergo a slew of background checks (including, but not limited to: FBI Fingerprints, an in-depth personal interview, providing personal references, driving record, sex offender registry checks). Child safety is our agency's #1 priority. After a child is matched with a Big Brother/Big Sister, we continue to monitor the match on a monthly basis to ensure that the relationship is progressing well and that safety is not an issue.

We ask that the children in our program be available to meet with their "Big" anywhere from two-four times per month. The activities are scheduled based on the availability of the child and the availability of the volunteer. They pick their activities based on shared interests. Examples of activities that BBBS Matches do together include: playing sports, going to the movies, going hiking, etc.

If you know of a military child who could benefit from a positive role model in their life, please complete the attached referral form. If you should have any more questions, please don't hesitate to contact us.

Contact: 719-359-9842 or you can also fax your referral to: 719-473-6362.



Big Brothers Big Sisters®
of Colorado, Inc. **Pikes Peak**
Be Big. Donate. Mentor.

Child Referral Form

BBBS mentoring provides children the opportunity to benefit from one-to-one interaction with a caring adult role-model. A mentor/friend is not intended to fulfill the parental role, but rather be a friend, someone a child could talk to and who could help them see the wonderful possibilities that life has to offer.

If you know a child who would benefit from having a Mentor through Big Brothers Big Sisters, please fill out the form below!

Date of Referral: _____ Referral Source: _____

Parent/Guardian Name: _____

Parent/Guardian Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____ Alternative Phone: _____

Child Name: _____

Gender: _____ Birthdate: _____

School: _____ School District: _____ Grade: _____

Please list any siblings, and their ages:

Any additional notes?

Does the child have a parent who is deployed overseas with the military? Yes No

Has the guardian been informed of referral? Yes No

How did you hear about the program?



American Red Cross

Red Cross
AMERICAN



American Red Cross

2013 Summer Youth Program



Are you a military dependent between 14-17 years old?
Are you interested in a career in Healthcare?
Do you like helping and caring for others?
Can you live without texting for hours at a time?

Evans Army Community Hospital is looking for young adults to apply for this great opportunity!!

Applications available
15 April – 08 May
Must have Military I.D. card
Must be current with immunizations

** Interviews will be conducted on 11 May(0800-0400 pm)*
** Participants will be selected and notified by 17 May*
**Mandatory dates for orientations 28 May – 31 May(8am-3pm)*
(Applicants MUST be available during the Orientation week to participate in the program!!)

For more information contact the
American Red Cross
526-7144



American Red Cross

CPR/ First Aid/ AED

An emergency can happen at any time and anywhere, be prepared!
Upcoming CPR/First Aid/AED classes on Fort Caron:

Tuesday, June 11th
Saturday, July 13th
Tuesday, Aug 13th
Saturday, Sept 14

Military discounts offered!
Call the Fort Carson office for details on the promotion code offer.

For more information contact the
American Red Cross
526-7144



American Red Cross

Reconnection Workshop

Date: 16 May 2013
Time: 1000 - 1200 (noon)
Location: Fort Carson EACH Classroom
Sign-up by 13 May as space is limited

The workshop assists individuals with topics such as Communicating Clearly, Exploring Stress and Trauma, Identifying Depression, Relating to Children and Working Through Anger.

The American Red Cross Fort Carson Station is sponsoring a presentation for community leaders on the benefits of Reconnection Workshops. The presentation will not only give insight on workshop topics and activities, it will teach you how to refer individuals for this no-cost confidential program.

For more information contact the
American Red Cross
526-7144



American Red Cross

"When a disaster strikes will you be prepared to help?"

Ready When the Time Comes - Disaster Service Training

Date: 31 May 2013
Time: 0900 - 1300

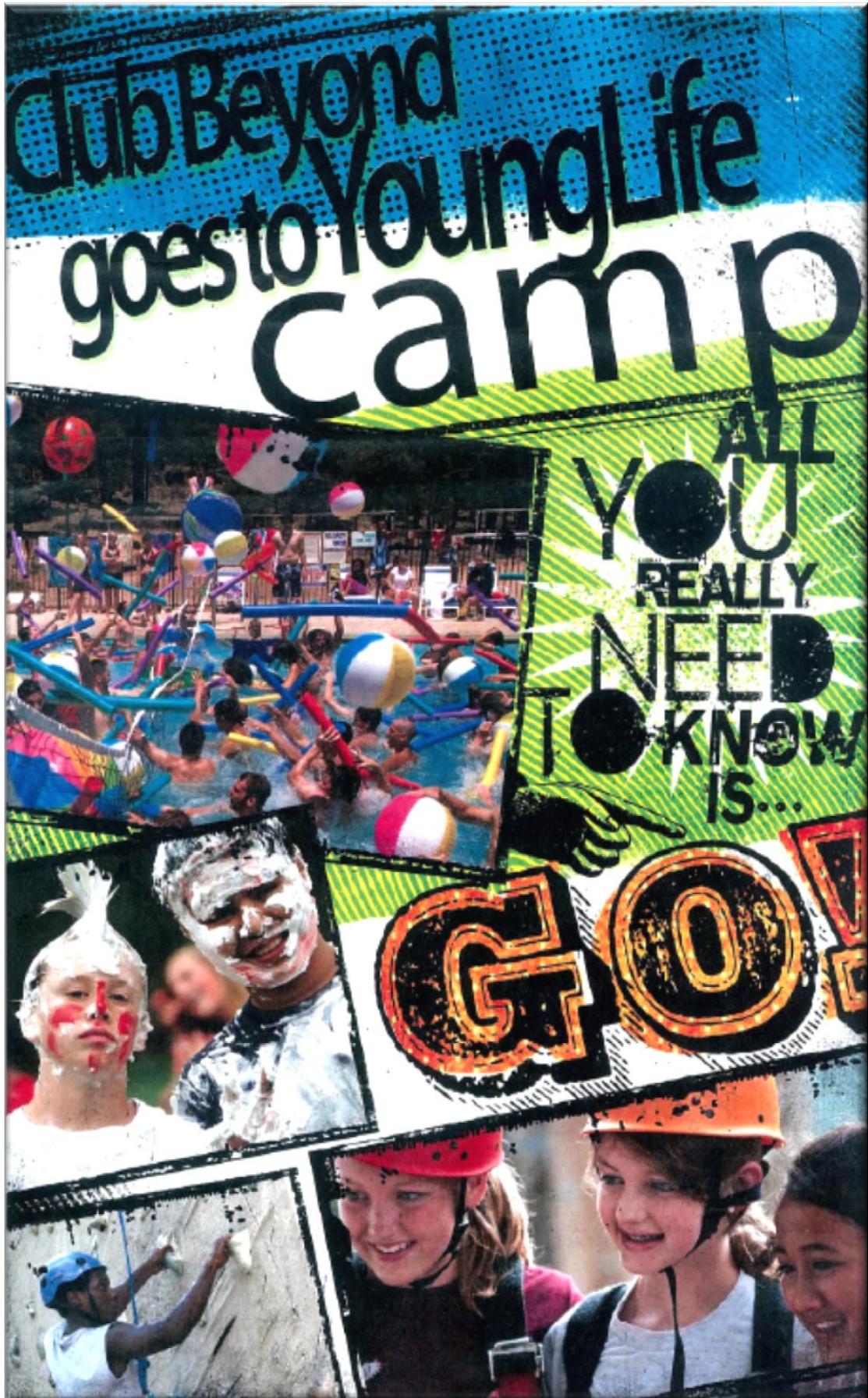
Location: Fort Carson Classroom

Sign-up by 27 May to guarantee your seat as space is limited.

During a disaster trained volunteers are needed to provide food, shelter, comfort and home for families affected by major disasters such as fire, hurricanes and tornadoes.

Sign up today to become a volunteer hero to your neighbors and community!

For more information contact the
American Red Cross
526-7144





Conference Agenda

8:00 to 8:30	Check-in @ Iron Horse Sports & Fitness Center, <i>Health Screenings available all day</i>
8:30	Welcome Remarks
8:40 to 9:00	Morning Yoga Stretch
9:00 to 10:00	Keynote Address by author & resilience expert Dr. Karen Reivich
10:15 to 11:00	Breakout Sessions*
11:15 to Noon	Breakout Sessions*
Noon to 1:00	Lunch at the Resiliency Campus Water Feature
1:15 to 2:00	Breakout Sessions*
2:15 to 3:00	Breakout Sessions*

*See Class Descriptions List for Choices

Date: 22 MAY 2013

Time: 8:30 a.m. to 3:00 p.m.

Cost: \$5.00 registration through ACS

Each attendee will receive a conference bag of materials, yoga mat, lunch and an opportunity to hear from wellness experts!

Limited Child-Care Spaces

Sign Up at The Hub, ACS Service Counter or call 719-526-8747



MWR FORT CARSON

Directorate of Family and Morale, Welfare and Recreation



The Installation Management Command presents

THE 2013 U.S. ARMY SOLDIER SHOW

May 30
McMahon Auditorium
2 p.m. & 7 p.m.

READY AND RESILIENT

An Army Entertainment Production

FREE Admission
Doors open 1 hour prior to show.

Questions? Call 526-1867



More Events and Info at
www.mwrfortcarson.com



CarsonMWRvents
CarsonDFMWR



Follow us!
@ftcarsonnow



McMahon Auditorium
1591 McDonald St. Bldg 7300
Fort Carson, CO 80913



ARMY
Entertainment



MWR FORT CARSON

Directorate of Family and Morale, Welfare and Recreation



May 12th

Mother's Day Brunch

at the Elkhorn
Catering & Conference Center

A decadent buffet featuring:

Eggs Benedict
Homemade Belgian Waffles
Build-Your-Own Omelet Bar
Smoked Salmon with
Fresh Bagels & Cream Cheese

Chocolate Fountain
Fresh Fruit Display
Carved Top Sirloin &
Honey Baked Ham

Dessert Station with
Assorted Cakes & Ice Cream
Child Friendly Buffet with
Hot Dogs, Mac-n-Cheese
& Chicken Nuggets

Seating times at: 10:30 a.m. • 12:30 p.m.

All Mothers will receive a complimentary rose!

Courtesy of your American Legion

\$19.95
Adults

\$8.95
Children
ages 6-12

FREE
Children
5 & under

Music provided by the 4ID Jazz Band. Jewelry, Spa Package and Grand Prize Drawing at every seating.

Advanced pre-paid reservations are required.

Please RSVP by noon on May 9.

Call 576-6646 for reservations and more information.



More Events and Info at
www.mwrfortcarson.com



The Ivy Irish Pub
CarsonDFMWR



Follow us!
@ftcarsonnow



Elkhorn Catering/Conference Center
1725 Woodfill Rd., Bldg. 7300
Fort Carson, CO 80913



MWR FORT CARSON

Directorate of Family and Morale, Welfare and Recreation



FORT CARSON NIGHT

FREE TICKET VOUCHERS

- ★ Get them at the **Information Tickets and Registration** office! (ITR) Give them a call at **526-5366**.
- ★ Vouchers are exchanged for tickets at the Sky Sox Stadium Box Office.
- ★ Tickets are good for another game in the event of a cancellation.

MAY IS MILITARY SPOUSE APPRECIATION MONTH

- ★ **May 11, 6:05 p.m.**
Fort Carson & Military Spouse Appreciation Night. Bring your spouse and family! Watch the fireworks display!

Questions? Call 526-1867



More Events and Info at www.MWRFortCarson.com



CarsonMWREvents
CarsonDFMWR



Follow us!
@ftcarsonnow



Information, Tickets and Registration
7093 Specker Ave., bldg. 2429

Lifeworks

@ Balfour Beatty Communities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All events are held at the Joel Hefley Community Center, 6800 Prussman, unless otherwise stated.</p>	<p>RSVP to events by emailing Kris at kspiller@bbccrp.com</p>	<p>Bring your empty beauty supply containers to Kris to give to Terra Cycle to help Operation Homefront</p>	<p>1 Hawaiian Lei Day Make a Lei Craft 10am <u>THE MOUNTAIN POST RUNNING CLUB 4-6</u></p>	<p>2 "Why I Love My MOM" Essay contest begins</p>	<p>3 Cinco de Mayo craft 1pm</p>	<p>4 Yard Sale Day</p>
	<p>5 6 Mountain Melt Down group meeting 9am</p>	<p>7 Kids Craft and Story Time 10 am Flowers for Mom</p>	<p>8 THE MOUNTAIN POST RUNNING CLUB 4-6pm check in</p>	<p>9 Grow with me Garden Activity Day 4pm</p>	<p>10 Buds and Blooms Free Flower Give Away at both the 6800 and 4800 bldg. Time to be determined</p>	<p>11 Owl</p>
 <p>Happy Mothers Day</p>	<p>12 13 Mountain Melt Down group meeting 9am</p>	<p>14 ADULT CRAFT NIGHT MUST RSVP TO ATTEND</p>	<p>15 Yard of the Month 1pm <u>THE MOUNTAIN POST RUNNING CLUB 4-6</u></p>	<p>16 Smart Couponing Class 10am to Noon</p>	<p>17 Owl</p>	<p>18 Post Wide Yard Sale Day PAPA JOHNS KITCHEN TOUR must RSVP</p>
	<p>19 20 Mountain Melt Down group meeting 9am</p>	<p>21 Kids Craft and story Time 1pm SUMMER!</p>	<p>22 THE MOUNTAIN POST RUNNING CLUB 4-6pm</p>	<p>23 Grow with me Garden Activity Day 4pm</p>	<p>24 Family BINGO Night 5:30 SUMMER THEME Last day of school District 8</p>	<p>25 Fountain Fort Carson High School Graduation Day</p>
	<p>26 27 Offices closed</p>	<p>28 Kids Kraft's at the Kit Carson Center 10am <u>HOW TO CLEAR HOUSING 5:30</u></p>	<p>29 Smart Couponing Class 10am to noon <u>THE MOUNTAIN POST RUNNING CLUB 4-6</u></p>	<p>30 Owl</p>	<p>31 American Flag</p>	<p>All events are FREE to our Residents!! We look forward to seeing you come hang with us!!!</p>

4th Infantry Division & Fort Carson

DIV FRSA 503-0025

Army Community Service (ACS)

Director 526-0443

Family Advocacy Pgm Mgr 526-4590
 Army Volunteer Corps Pgm Mgr 526-1082
 Family Enrichment Pgrm Mgr 526-0460
 Exceptional Family Member Pgm Mgr 526-0446
 Carson Cares 526-1949
 Survivor Outreach Svcs 526-0442
 Warrior Family Community Partnership 526-8747
AFAP / AFTB 526-4590 / 526-8636
 12-14 Sep 2012: FY2013 AFAP Conference
 8am-4pm, Elkhorn Catering and Conference Center

American Red Cross526-7144 <http://chapters.redcross.org/co/ftcarson>**Information:**

Main Office 526-2311
 Hospital Office 526-7144

Wounded Warrior Programs 526-2311

Army and Air Force Exchange Services

AAFES Manager 576-6174

Army Education Center 526-4104**Army OneSource**303-818-6242 , www.myarmyonesource.com

Free entrance to CO National Parks with DV ID SJA
 advancements—pro bono benefits

Key Partnership Forum

Balfour Beatty Communities

491-8026

Information: Mountain Post Running Club every
 Wednesday from 4-6pm at The Hub.

Big Brothers/Big Sisters of Pikes Peak Region457-8404 www.bebigpikespeak.org**BOSS**

524-2677, Office located at The Hub

Civilian Personnel Advisory Center (CPAC)

Fort Carson Employment Information
 Bldg. 1118, Rm. 161 (AF), Rm 142 (NAF)
 526-6972 / 526-0478 / 526-5316

Colorado Military Family Alliance (CMFA)pcstvnnsn@aol.com**Commissary**

Store Manager 524-9800x102

Customer Service Management**USAG Plans, Analysis & Integration Office**

Customer Service Manager 526-5638

<http://www.carson.army.mil/cms/><https://ice.disa.mil/>**Directorate of Emergency Services**

Director 526-1453

Non-Emergency Dispatch 526-2333

Directorate of Family and Morale, Welfare and Recreation (DFMWR)

Director 526-6452

Complete Calendar at www.mwrfortcarson.com**Business Division Chief** 526-6933

Elkhorn Catering and Conference Center 576-6646

Child, Youth and School Services Coordinator 526-1333**Recreation Division** Chief 524-4417

Sports and Fitness 526-2151

Events and Entertainment Coordinator 526-4495www.facebook.com/CarsonMWReventswww.mwrfortcarson.com**Directorate of Public Works** Director 526-3415**Family Readiness Center 526-5199**usarmy.carson.forscom.mbx.family-readiness-center@mail.mil**Fountain-Fort Carson School District 8**

Superintendent 382-1310

Installation Care Team

rfmcl@aol.com

Military Child Education Coalition/ Parent to Parent

375-0548, Co_parent2parent@yahoo.com

Mountain Post Spouse's Club

MPSpousesClub@gmail.com

Info: Submit board position nominations to above email.

Pikes Peak Area Council of Government

<http://pikespeak.networkofcare.org>

Military impact planning, Service Directory, Library, Social Networking, Legislate, Assistive Devices, Nation- wide News

Protestant Women of the Chapel

pwocadmin@gmail.com

fortcarsonpwoc.wordpress.com

Religious Support Office 526-5279

School Liaison Officers:

School Dist: School of Knowledge, Inspiration, Exploration & Skills Unlimited 524-2896

School Dist: 12, 20, Private & Parochial 526-3362

School Dist: 22, 23JT, 28, RJ-1, 60-JT,200, Douglas County, 53JT 526-1071

School Dist: 2, 3, 8, 14 524-0642

Thrift Shop

Bldg 305 on Tevis St.

Tues-Thurs 1000-1430, and First Saturday of the month

Apr-Sep

USA MEDDAC Fort Carson

COL McGrath, MEDDAC CDR 526-7500

Appointment Line: 524-/526-CARE (2273)

USO Manager 579-9699

1625 Ellis St., Bldg 1218

Information: Mon-Fri: 1100-2100, Sat: 1200-1800

Lunch: 1100- lunch runs out

Dinner: 1800- 2030, Hot dogs, brats or burritos

WiFi Internet Café, Movie Theater, TV Lounge, Snack Bar & Patio, Karaoke and Special Events, Gaming Areas, Xbox, Pool Table, Poker Tables, Conference Room, Children's learning center and more...

United States Postal Service 360-9667

Fountain Post Office 382-4625

Security Post Office 570-5450

Cheyenne Mountain Post Office 570-5472

VETCOM

Vet Treatment Facility NCOI 526-9841

Microchip and register all pets 526-3803

**Next CIE
Thursday, 30 May
0930 – 1100
Location: The Hub**