



THE MOUNTAIN POST COMMUNITY INFORMATION EXCHANGE



June/July Newsletter

Garrison Updates

Furlough Plan/Impact on Services

~ Furlough of DA Civilians one day a week w/out pay starting week of 8-12 July for 11 week

~ "Furlough Friday" general rule of thumb w/exceptions for critical functions

- ❖ 43 DA & IMCOM level approved positions (SHARP, VA, CYSS)
- ❖ 79 Garrison Commander approved positions (Firefighters & Dispatchers)
- ❖ Does not impact NAF Employees

Following facilities/programs will have limited

Friday services

- ❖ Army Emergency Relief (telephonic through Red Cross)
- ❖ Family Advocacy Program
- ❖ In and out processing
- ❖ ID cards
- ❖ Casualty
- ❖ ACAP
- ❖ Transitions
- ❖ Hazardous Waste Site
- ❖ Ranges and Training Facilities
- ❖ Pinion Canyon Maneuver Site
- ❖ Ceremonies
- ❖ Simulations – Mission Training Complex
- ❖ BUTTS Army Airfield
- ❖ Ammunition Management
- ❖ USAG Command Group reduced civilian personnel on both Monday & Friday

Limited Services = reduction in # of customers being taken care of (i.e. in/out processing will be able to service 50 customers on Friday instead of their normal 100 customers)

Deputy Garrison Commander (719) 526-5600 // carsonaskthegc@conus.army.mil

Furlough Impact to Services

Following facilities/programs will be closed on Fridays

- ❖ ACS (w/some exceptions on previous slide)
- ❖ Army Substance Abuse Program (ASAP)
- ❖ Army Continuing Education System (ACES)
- ❖ SRP
- ❖ Reassignments
- ❖ Records
- ❖ AWOL
- ❖ Taskings
- ❖ DPW Offices
- ❖ Resource Management Office
- ❖ Plans Analysis Integration Office
- ❖ Equal Employment Opportunity Office
- ❖ SJA Legal Assistance
- ❖ Internal Review (every other week)
- ❖ Safety Office
- ❖ Installation Security Division
- ❖ Indv. Military Training/Troop Schools
- ❖ Reserve Component Support
- ❖ Official Mailroom (US Postal Service remains open ICW their hours)
- ❖ DA Photos / Passport Photos
- ❖ Training Support Center
- ❖ Emergency Management
- ❖ Anti-terrorism/Force Protection Office

**Does not impact DFMWR
NAF Employees so DFMWR
facilities/programs hours of
operation are the same**

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

Q: Is there a different rate to have CYS provide child care at hotels vs. at the child development center? As we get prepared for military balls the discussion of child care has come up but I was not aware that there was a difference in price. Is there an additional cost of \$13.78 per provider, per hour when coordinating child care off site – military balls at hotels?

A: The cost is different for center based care and care in an off post building. Off post the cost of the caregivers must be covered by the parents of the children attending. If there are two care givers at \$12 an hour and 4 children the cost per child is \$6 an hour. If a unit needs child care for balls or other off post event please coordinate with CYSS ahead of time. It may be possible to set up on post care at a better cost to accommodate the unit.

Q: Are the classes at the gym (Iron Horse) changing? There are "rumors" floating around and I am not sure if budget constraints are going to alter the availability of aerobic class, i.e. zumba.

A: No the classes aren't changing. We do adjust based on customer usage and demands.

Q: What other changes will be happening on post due to budget cuts?

A: No impact within FMWR

Q: Fitness Centers: What are the upcoming changes – fitness schedule?

A: Classes change throughout the year depending on instructor's availability and when customers want classes

Q: How does the furlough affect events that will be held on weekends? As I understand it, no additional hours can be worked during the furlough – specifically, the 4th on the 3d in August which is on a Saturday (or on a furlough Friday).

A: No impact on DFMWR events.

Q: In the villages with irrigation systems, why isn't it an option to have the sprinklers turned off? If there is not grass, why water dirt?

A: All irrigation is linked to a clock - we could probably cap off sprinklers if there is no grass. This would need to be reported to management and evaluated on a case by case basis. Most areas without grass are not irrigated areas and rely on the residents to water.

The following policies were requested during the CIE.

- ❖ 2013 Water Drought Policy – Attached to this newsletter
- ❖ Home Alone Policy – Waiting for approval; Distribution will be made ASAP.

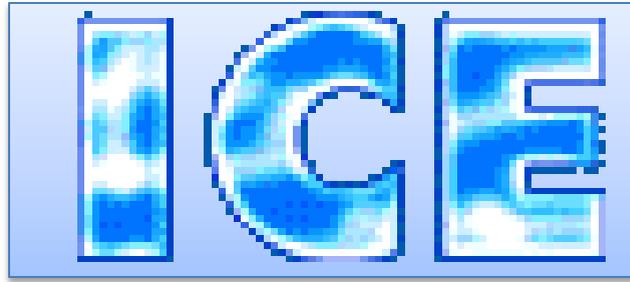
Curfew Information flyer from the May CIE is in the newsletter.

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:
10 & 11 September 2013
25 & 26 November 2013

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



One of the tools we have at Fort Carson to gauge our service success is the Interactive Customer Evaluation (<http://ice.disa.mil>), which promotes feedback from the community directly to garrison directors and managers. Such feedback leads to improved programs and services, and highlights the things we are doing well.

Very few people keep a negative customer service experience to themselves. Garrison leadership challenges you to, instead of sharing that poor experience with a handful of friends, use Fort Carson's ICE feedback program to inspire change and communicate directly with the service providers. Service providers may not even be aware that you had a specific issue – it is up to you to give them the opportunity to correct it.

You should also know that personnel who are consistently applauded via ICE are nominated for the ICE ACES program – Accolades Commending Exceptional Service. Elected nominees or ICE ACES are recognized from the highest installation leadership level, and represent the exceptional service that Fort Carson strives for at every service opportunity every day. Please take a moment to provide accolades on ICE when you have encountered exceptional service.

Acknowledgement of a job well done has a positive impact on staff morale as well as programs.

Evans Army Community Hospital General Information

New Services opened July

Sleep Lab opening Jul 2

No Shows- ADFM costs \$654,530

(FEB13 - MAY13); 18.7K less in May than April

Soldier Centered Medical Home

DiRaimondo Family Medicine Clinic will be relocating to Robinson FMC or Iron Horse FMC. Letters are going out.

As of 1 July, only Soldiers will be seen at the DFMC to support the SCMH mission.

Summer Safety Tips

- **Annual rate of new melanoma cases in Colorado is 15% higher than the national average**
- **At altitudes of 10,000 feet the UV is 50% more intense than at sea level**
- **45% of adult Coloradoans have had at least 1 sunburn in the last year – a significant risk for skin cancer**
- **Colorado will experience 1,180 new cases of melanoma this year**
- **Sunscreen with at least 30% SPF & cover-ups: hats, long sleeves, long pants; are necessary in Colorado's sunshine**

Evans Army Community Hospital General Information

- **Army Patient Level Satisfaction Survey (APLSS)**
 - **May 2013 (1,673 Surveys returned)**

Q7: Overall Satisfaction

91.4%

Q9: The overall phone service you received in scheduling the appointment for this visit.

74.8%

Q11: The amount of time from when you made the appointment until you actually saw the healthcare provider.

70.9%

Q13: The courtesy and helpfulness of the staff during this visit.

79.8%

Q20: Everything considered, how satisfied were you with (Facility Name) during this visit?

91.5%

Q21: In general, I am able to see my provider(S) when needed.

82.3%

Congratulations!

Fort Carson Volunteers of the Quarter 2nd Quarter, FY13

Fort Carson Directorate /Organization: Kellie Matack, Religious Support Office

Family Readiness Group: Leigh Beth Munter, FRG, 3rd Battalion, 10th SFG (A)

Private Organization: Annika York, American Red Cross, EACH

Youth Volunteer: Dustin LePak, Youth Volunteer, DFMWR-CYS

CONGRATULATIONS SMRT GRADUATES!

Liane Forsythe HHBN
Lilla Newton HHBN
Kelly Kohunsky 1BCT
Tiffany LaGuardia 1BCT
Katy Miller 1BCT
Bernadette Childress 2BCT
Joel Dunn-Smith 2BCT
Dina Torsell 2BCT
Doreen Dad 3BCT
Pamela Morris 3BCT
Wendy Packard 3BCT

Elizabeth Selby 3BCT
Amy Gayol 4BCT
Elise Kalata 43SB
Maleia Matt 43SB
Starr Mortensen 43SB
Demetria Thompson 43SB
Eleanor Rolfe 71EOD
Amanda Lolofie 10SFG
Bernadette White 1st SPACE
Jarold Mortensen 759 MP
Kara Johnson WTB

DFMWR SUMMER EVENTS FY13

July 2013

11, 17 & 25 July – Dinner and a Movie

Special Events Center, 5 p.m.

\$1 for Dinner (first 500); kids 3yrs & under eat free with a paying adult.

Movie is Free (11 July, The Lorax; 17 July, The Giants; 25 July, The Lion King)

Multiple prize giveaways each night.

11 July Sky Sox Military Appreciation Game

Sky Sox Stadium, 7:05 p.m.

Vouchers are distributed through the Family Readiness Groups, & the Information, Tickets, and Registration Office.

6 July – BOSS Pool Party

Iron Horse Indoor Pool – Open Only to Single Soldiers, 6:30 p.m.

The event will have music, contests, games, food & beverages.

August 2013

01 August - Commanding General's Scramble Golf Tournament

Cheyenne Shadows Golf Club

Shotgun start at 12:30 p.m.

\$30.00 for Military, \$40.00 for Civilians

08 & 22 August – Sky Sox Military Appreciation Game

Sky Sox Stadium, 6:35 p.m.

Vouchers are distributed through the Family Readiness Groups & the Information, Tickets, & Registration Office .

17 August - Fort Carson's Soldiers Memorial Run/ Walk

Iron Horse Park, 8:00 a.m. – 12:00 p.m.

Run or walk in honor & remembrance of those Fort Carson Soldiers who made the ultimate sacrifice for this country in Iraq and Afghanistan.

We also encourage everyone to join in honor & remembrance of all our military service members that have given their all throughout history.

21 August - Destination Fort Carson

Special Events Center, 9:00 a.m. – 3:00 p.m.

Information Expo for Fort Carson Soldiers and Families

Great resource for information on Fort Carson and the surrounding community.

Provost Marshal Office

Amendment 64 Has 2 Basic Parts

Within certain defined parameters, it decriminalizes adult possession, use and cultivation of marijuana for recreational purposes

Creates a framework for the establishment of a regulated and taxed retail marijuana industry, which would include cultivation, marijuana-infused products manufacturing, and retail sales

Federal Law on Marijuana States

You can not consume, cultivate, distribute any amount of Marijuana on Federal Property!

Bottom Line Up Front!

Zero Tolerance!





Curfew Information

Here are some very good information to put out to Families residing on Fort Carson. Below is an excerpt from the Installation Policy for Supervision of Children which covers curfew policy and mandated hours. This Curfew Policy applies to children who are physically present on Fort Carson.

- Children under 14 years of age shall be inside their home or someone else's quarters, or the yards thereof, between 2100 and 0600 unless they are:
 - under the supervision of an adult
 - returning home directly from a community or school organized function or Youth Services program,
 - traveling to or from verifiable employment
 - responding to a bona fide emergency.
- Children who are 14 or more years of age, but less than 18 years of age, shall be inside their home or someone else's quarters, or the yards thereof:
 - between 2200 and 0530 (Sunday through Thursday)
 - between 2400 and 0530 (Friday and Saturday, or holidays), unless they are under the supervision of an adult (21 years of age or older) or are
 - returning home directly from a community or school-organized function or Youth Services program
 - traveling to or from verifiable employment
 - responding to a bona fide emergency.
- Juveniles violating curfew may be detained, identified, and transported to the Fort Carson Police Station or their assigned quarters.
- Positive identification may be accepted orally if the juvenile is not in possession of his/her ID.
- Parent(s) or legal guardian will be notified as soon as possible of their child's detention, and may be released at the scene.
- Curfew violators will be released to their parent(s) or legal guardian as soon as possible.

SUMMER SAFETY BULLETS

BBQ safety, outdoor grill safety:

Check all propane fittings for leaks (soapy water spray) and clean grill (burn off) to prevent excess grease build-up. Vent grills properly. Use matchless charcoal if possible. Only use charcoal starting fluid on cold briquettes. Burn all meat and cover with BBQ sauce (no one will know). Keep cold foods cold and cover all foods. Keep children and pets away from all heat sources.

Camping:

Camp in designated areas and be weary of impromptu sites. Do not camp in dry stream beds. Adhere to fire warnings. Be aware of wildlife and take appropriate food storage measures. Cold weather will continue in the Rockies until Aug and will pick back up in Sep. The temps in El Paso County will not be the same as Leadville or Rocky Mountain State Park.

Altitude, fitness, acclimation:

Stay hydrated. Hydration helps acclimate and ease altitude sickness. Run, bike or walk on designated trails if possible. Wear reflective vests, belts, or light/bright colored clothing. LED lights are bright and cheap, be seen! Hike in good foot wear, take water, shelter, first aid and some food while hiking in case of emergency.

Fishing:

Mountain water can be extremely cold even in the summer. Surface temps in the 60's and 70's can hide a thermocline of water in the 30's-40's. Float tubes, pontoons should be inspected thoroughly before use. Always use a PFD while on the water.

Seatbelts, cell phones:

Seatbelts are mandatory and make sure everyone else uses them. The use of seatbelts can reduce the risk of significant injury by 80% in an accident. If you use a cell please use a hands free device. **DO NOT TEXT AND DRIVE.** Texting and driving is equal to driving while impaired. In 2011 alone, over 3,000 people were killed in distracted driving crashes (NTHSA.GOV).

Safe driving:

El Paso County has the highest accident rates, most registered motorcycles, and the largest county population in Colorado. Now add the summer tourists to that mix. Rain and high speed = hydroplaning. Slow down in the rain, and do not over react. Ease off the gas, allow the car to settle back down, brake and steer gently.

Weather:

Depending on the source, Colorado typically ranks in the top 5 for lightning prone areas, and the top 3 for lightning deaths. Lightning can reach outwards of 10 miles before a storm front. In the mountains, that is well beyond visual range if you are below the elevation. Mountain thunderstorms can create flash flooding in low lying areas downstream in minutes. Two summer storms put Pueblo under 10' of water in 1921. Protect yourself from UV rays, sunburns. Wear quality sunglasses.

Mowers:

Do not wear loose fitting clothing when using any power tools. Wear eye, hearing, foot and hand protection. Read the owner's manual. Make all adjustments before mowing. Do not refuel a hot mower. Make sure all guards are in place and functional. Make sure "kill" switches are operable. Do not allow other people and pets in the area while using a mower. Mowers can eject items with great velocities causing serious injury.

Wildlife.

Avoid animals that are not known to you. Do not approach wildlife. Wear sturdy leather gloves and exercise caution when handling brush, lumber, old boxes and other material that may provide a hiding place to insects and animals. If bitten, react calmly and try to identify what caused the bite. If the animal/insect is dead after the bite/sting bring it with you if seeking medical attention.



**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:

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**

Leadership Volunteers

Want to make a difference in your community?
Want to add leadership experience to your resume?
New to Fort Carson and looking for ways to meet others?

Please consider serving in a leadership capacity to your
Ft Carson American Red Cross, Service to the Armed Forces
Leadership Opportunities Include:

- Records Chairman
- Recognition Chairman
- Youth Program Chairman
- Special Events Chairman

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**

Next Class Date: June 28th

Time: 0900 - 1300

Location: EACH, SFAC first floor Room 1004A

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
American Red Cross
526-7144 or 526-2311

4th Infantry Division & Fort Carson
DIV FRSA 503-0025

Army Community Service (ACS)
Director 526-0443

Family Advocacy Pgrm Mgr 526-4590
Army Volunteer Corps Pgrm Mgr 526-1082
Family Enrichment Pgrm Mgr 526-0460
Exceptional Family Member Pgrm Mgr 526-0446
Carson Cares 526-1949
Survivor Outreach Services 526-0442
Warrior Family Community Partnership 526-8747
AFAP / AFTB 526-4590 / 526-8636

American Red Cross
526-7144 <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 Region
457-8404 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)
pcstvnsm@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-
4495 www.facebook.com/CarsonMWRevents
www.mwrfortcarson.com

Directorate of Public Works Director 526-3415

Family Readiness Center 526-5199
[usarmy.carson.forscom.mbx.family-readiness-
center@mail.mil](mailto:usarmy.carson.forscom.mbx.family-readiness-center@mail.mil)

Fountain-Fort Carson School District 8
Superintendent 382-1310

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 Jul – 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 NCOIC 526-9841

Microchip and register all pets 526-3803

**Next CIE
Thursday, 29 August
0930 – 1100
Location: The Hub**