



THE MOUNTAIN POST COMMUNITY INFORMATION EXCHANGE



May/June Newsletter

Garrison Updates

Furlough Plan/Impact on Services

- ~ Furlough of DA Civilians one day a week w/out pay starting o/a 2nd week of July for 11 days of leave w/out pay
- ~ “Furlough Friday” general rule of thumb w/exceptions for critical functions
- ~ Does not impact NAF Employees (including CYSS)

Next CIE

Thursday, 28 June

0930 – 1100

Location: The Hub



Don't Forget to Use ICE

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.

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

You asked ... we responded

Questions from the May CIE

Q: How can we get additional information on upcoming programs at The Colorado Springs Conservatory?

A: Contact 719-577-4556 or email csconservatory.org

Q: Why does the appointment center remind the sponsor (AD) instead of the ADFM even though, the ADFM updated their TRICARE contact information?

Usually, the AD does not communicate with the ADFM so the ADFM does not get the reminder. Please let me know how we can inform the ADFM instead of the AD.

A: When enrolled at DEERS the Family Members are rolled under the Sponsors information and whatever number is put in for the Sponsor is what will be called by AudioCare. The patient can go to DEERS and ensure that EACH patient is enrolled separately with an individualized number. That will allow for a targeted phone call to the patient, but requires some groundwork first. The obvious question to this is -- can beneficiaries by default always be enrolled separately. This is a question for DEERS folks, but I would assume it is a function of a long line and speed of processing.

Q: How can we standardize appointment reminders across the clinics/departments? Some are calling, some are mailing letters, some are emailing. Can we have a primary method and another alternate (redundancy) method standardize?

A: For the AudioCare appointment reminders: not all clinics have this option "turned on" for their clinics.

We have someone pulling a list of all clinics that Do/Do Not have it turned on. When we get this, we will run it by the clinic OICs/Administrators to see if they want it turned on for them and we can widen this net.

Different clinics have different capabilities/processes based on TDA/budget/workload, etc. Not all clinics have the capability to make phone calls the day before or the morning of the appointment, due to MSA/medic/nursing shortages.

Of note, for folks that have signed up for Tricare Online, they get text message/email reminders of appointments as well.

Q: For the Soldier Show going on at Fort Carson, if a Soldier has a minor illness/injury, where can they go and receive care?

A: Entertainers/singers/actors here for the Soldier Show can walk in to Warrior Family Medicine Clinic (located main hospital, 2nd floor) during duty hours for minor injuries.

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

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 wary 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.

MEDDAC GENERAL INFORMATION

- ✘ New Services open to ADFM
 - + Dermatology
- ✘ New Staff
 - + Psychiatrist: MAJ Franklin Stump
 - + Urologist: MAJ Chad Derosa
 - + Diagnostic Radiologist: MAJ Chris Johnson
- ✘ No Shows- ADFM costs \$683,020 (JAN13-APR13)
- ✘ APLSS
- ✘ Tri-West to United Healthcare
 - Issues please contact Patient Advocate 526-7225



Evans Sleep Lab Coming Soon in JUL!

- ✘ 4 Individual Patient Sleep Rooms
- ✘ State of the Art Monitoring System
- ✘ 3 Multidiscipline Sleep Medicine Physicians
- ✘ 6 Technicians
- ✘ 4 Night Techs & 2 Day Techs
- ✘ Day Sleep Techs Will Assist With The Management of Patients and Daytime Studies





CYSS Updates

Registration and Enrollments

- CYSS Parent Central Services office is open Mon-Fri from 0730-1700 to register families and enroll children in services.
- All children/youth must be registered with CYSS before they can be enrolled in any program or service. **There is no cost to register with CYSS.**
- Registration in CYSS authorizes children to participate in full-day, part-day, Family Child Care, Respite Care and hourly care as well as SKIES*Unlimited* instructional classes, youth sports and other programs.
- Families can place their child(ren) on a child care waiting list without registering however they must be registered in order to enroll the child in any program.
- CYSS is currently enrolling for full-day care, hourly care, sports, FCC, SKIES*Unlimited* classes, and summer camps.

Child Care Aware of America and ACCYN

- When on-post child care is unavailable, Parent Central Services will inform families of other available options such as Child Care Aware of America and Army Child Care in Your Neighborhood (ACCYN).
- Child Care Aware of America (formerly NACCRRA) is a child care resource and referral agency contracted by the Army to assist Army families to find child care when spaces are not available at the installation.
- Fees are comparable to those charged at Army installations.
- These programs also meet Army quality standards for child care.
- Civilian providers who are registered with CCAA who provide care for military families receive a subsidy that offsets any cost of care beyond what the family would pay at the installation.

Contact Information: 1 (800) 424-2246

<http://childcareaware.org/contact-us>

- Army Child Care in Your Neighborhood (ACCYN)** is a program that falls under CYSS and contracts with civilian child care facilities and home care providers when spaces don't exist on the installation.
- Providers and facilities are licensed through the State of Colorado and monitored by the CYSS Community Base Program Manager.
- Providers and facilities that are contracted with ACCYN receive a subsidy from CCAA so that families don't pay beyond what the family would pay at the installation.

•**Military Child Care in Your Neighborhood (MCCYN)** is a program that is designed to meet the needs of military families who don't live on or near a military installation. Program meet Army quality standards and provide subsidies so that families don't pay beyond what the family would pay at the installation.

POC: Judy Russell 526-6470

E-mail: judith.a.russell2.naf@mail.mil



Business Updates- Summer Events / Programs

- **Cheyenne Shadows Multi Vendor Equipment Demo Day, 01 June**
- **Cheyenne Shadows Junior Golf Camp, 04-06, 11-13, 20 June**
- **Cheyenne Shadows Two Man Best Ball Championship, 08-09 June**
- **Wine Tasting Event, 07 June, 05 July & 01 August**
- **Fort Carson Match Play Golf Championship, 20 July**
- **Fort Carson Stroke Play Championship, 17-18 August**
- **Kids Marksmanship at Cheyenne Mountain Shooting Complex,
(1st Saturday of each month)**
- **Annie Get Your Gun, at Cheyenne Mountain Shooting Complex,
(2nd Saturday of each month)**
- **Summer Reading Program, 12 June – 24 July**
- **Summer Youth Adventure Camp (Ages 11-16), 18-21 June**
- **Luau Pool Party, 22 June**
- **Ten Miler Trials, 11 June, 25 July**
- **Rocky Mountain State Games, 21-22 July**
- **Sky Sox Military Appreciation Day, 20 June, 11 July, 8 & 22 August**
- **BOSS Single Soldier Day, 20 June**
- **4th on the 3rd Celebration**
- **Dinner and a Movie, 11, 18 & 25 July**
- **BOSS Pool Party, 26 July**
- **Run For The Fallen, 17 August**
- **Destination Fort Carson, 21 August**



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.



Wildlife Management

- **Birds - Most birds, nests and eggs are federally protected. Nestlings will fledge within 4 weeks of hatching, empty nest can then be legally removed.**
 - **Coyotes - Primarily prey on rodents and rabbits. Please don't disturb traps set to reduce natural food sources.**
 - **Bears - CLEOs patrol the cantonment fence line and open areas to ID entry points and haze or capture offending bears. They are primarily attracted to the housing areas by food smells so keep trash cans covered and BBQ grills clean.**
 - **Snakes - As the weather warms, snakes will be out hunting and sunning themselves. Bullsnares and garter snakes are most prevalent and non-venomous. Rattlesnake sightings should be reported immediately to the Military Police Dispatch at 526-2333.**
- Wildlife education briefings and programs are available by contacting the Conservation Law Enforcement Program at 524-5394/5356.**

What You Need to Know

- Watering allowed 2X/week – 6pm-10am
 - neighborhood maps/days/schedule available
- BBC will not carry seed, straw or fertilizer
- BBC will not sod yards
 - Residents may seed/sod at their expense provided CSU policy and soil amendments are adhered to (application and info at BBC)
 - Exceptions may be made for yards with pre-existing conditions
- Water permits available for \$50 through BBC
 - Permits for those sodding/seeding; allows 28 days of watering
- All pools are prohibited
 - On Post Pools may provide discounted/free swimming
- Car washing in housing areas is prohibited



Upcoming Training

Disaster Services: Ready When the Time Comes – Basic Disaster Shelter Training

Register by calling 526-7144

- 31 May 2013; 9:00 – 1:00
- 28 June 2013: 9:00 – 1:00

Health & Safety Services: CPR/ First Aid/ AED, on post course

Obtain the 30% military discount promotion code by calling 526-2311

- 11 June 2013; 0900 – 1600
- 13 July 2013: 0900 – 1600
- 13 August 2013: 0900 – 1600
- 14 Sept 2013: 0900 – 1600

Volunteers Needed

- Red Cross Office Assistance
- Special Events
- Evans Army Community Hospital
- Disaster Assistance Team
- Health and Safety Instructor
- Program Leaders
 - Special Events Coordinator
 - Fundraising Coordinator
 - Youth Volunteer Coordinator
 - Admin/Records Coordinator

Donations for Disaster Services

These 4 methods are the fastest way for donated dollars to be utilized for the response efforts.

On Line Donations:

On line donations go to www.redcross.org and then click on “Donate Funds,” Then “Donate Now.” The donor can follow the steps provided to make a credit card donation.

Donations by Text:

Text REDCROSS to 90999 to make a \$10 donation.

Donations by Phone:

To donate by phone call 1-800-733-2767 or 1-800-257-7575 (Spanish).

Donations by Mail:

American Red Cross
PO Box 37243
Washington DC 20013

“When mailing a **check**, please indicate designation (such as the disaster name) on the check's memo line”

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)
pcstvnsn@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

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 NCOIC 526-9841

Microchip and register all pets 526-3803