

# FORT CARSON COMMUNITY INFORMATION EXCHANGE

1 November 2013



# Garrison Commander

## 526-5600



**MEDDAC**  
**526-7500**



# FLU VACCINATIONS

Clinic walk-in hours

0800-1130    1230-1530

Patients may walk in if only receiving the flu vaccine.

Patients may receive the vaccine as part of an already scheduled appointment.

- May also go to TriCare approved outside pharmacy
- *Some outside pharmacies will not immunize children under a certain age*

***For the most detailed information, instructions, and updates -***

[http://www.evans.amedd.army.mil/PM/flu\\_information.htm](http://www.evans.amedd.army.mil/PM/flu_information.htm)



# WARFIGHTER LASER REFRACTIVE EYE SURGERY PROGRAM

## LASIK and PRK for Active Duty Soldiers

### Benefit AD military

- improve quality of life
- improve their mission effectiveness by removing the need for corrective eyewear

### Currently no waiting list!

Bldg 7500, Room 1300

(719) 526-7450

0715-1600 Hours, Monday through Friday



# Dietary Supplements

Ripped or Ripped Off?

What you may not know can hurt you

1 in 4 dietary supplements are mislabeled or contaminated.  
Learn how to identify beneficial, too good to be true, and harmful  
supplements.

Protect yourself and your wallets!



Location: Army Wellness  
Center

Date: Nov 22<sup>nd</sup> 1300

Dec 20<sup>th</sup> 1300

Open to Anyone on Fort Carson  
Call for more information: 524-5733



# PEDIATRIC PSYCHOLOGIST



- Pediatrics Clinic now also has an embedded Psychologist to work with children and families and provide counseling support.
- Dr. Jennifer Fontaine** is accepting appointments to help parents deal with behavior issues, childhood obesity and self-esteem, school performance, anxiety issues, etc.
- Call Pediatrics Clinic to make an appointment.



**DENTAC**  
**526-9190**



# Directorate of Human Resources (DHR) 526-2352



# DIRECTORATE OF HUMAN RESOURCES

## PCS Orders

- Effective 21 Oct 13, HRC released authorization to resume publishing PCS orders
- Currently have a backlog of 545 orders
- Priority of effort as follows:
  - October – 33 orders
  - November – 57 orders
  - December – 95 orders
  - January – 360 orders
- Need Soldiers to attend Levy briefings (372 Soldiers have not attended in backlog)
  - OCONUS PCS = 0700 hrs
  - CONUS PCS = 1300 hrs



# Directorate of Family and Morale, Welfare and Recreation (DFMWR) 524-0707



# WARRIOR ADVENTURE QUEST (WAQ)

WAQ is a reintegration program designed help Soldiers understand how they might be responding to stress and excitement following a deployment. We use adventure-based activities to help promote positive adrenaline responses.

WAQ also promotes: increased unit cohesion and Esprit de Corps, improving morale and communication, and developing trust and teamwork. It is **fully funded** by the Department of the Army and the Directorate of Family, Morale, Welfare, and Recreation.

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### Basic Eligibility and Requirements for WAQ:

- Available only for soldiers- mandatory participation within platoon
- Conducted at a platoon level
- Must be executed within the first 120 days of returning to Ft. Carson
- Must be conducted during duty time
- Full-day adventure program followed with a Leader- Led After Action Debrief (L-LAAD)
- Mandatory L-LAAD Training for all leaders E6 in the participating platoon
- Completion of mandatory post activity survey



# Fort Carson is currently offering the following Warrior Adventure Quest Programs at NO COST to Soldiers Tuesday through Thursday



- Ski and Snowboarding
- Whitewater Rafting
- Ziplining
- Paintball
- Challenge Course – High Rope

•POC 526-5176 or 526-3881

Please call to schedule your Unit or get additional information



# Directorate of Emergency Services (DES) 524-0369



# GOOD NEWS STORIES FROM DES

## Report a Non-Emergency Crime Online

The Report A Crime Web form and Report A Crime PDF form **CAN ONLY** be used to report:

1. Theft with no suspects or witnesses
2. Damages to property, or vehicles with no suspects and no witnesses
3. Harassing Phone Calls
4. Lost/Stole Property
5. Hit and Runs

You **CAN ONLY** use this Report A Crime Web form if: You are the actual victim of the theft, loss, or criminal mischief (not a witness, relative, friend, etc.)

This form **CANNOT** be used to :

1. Report a Crime / Loss / Incident that occurred outside the installation boundaries of Fort Carson, CO.
2. Report a stolen vehicle To report a stolen vehicle contact 719-526-2333

BLUF: If concerned call 911



# GOOD NEWS STORIES FROM DES

## Violations Identified at Access Control Point 1:

Since implementing our current access control procedures (4 Sep – 16 Oct 13)

Suspended/Revoked/No D/L- 29

No Insurance- 32

No Registration- 24

No ID- 6

Weapon- 19

Drugs- 19

DUI- 6

Open Container- 1

Fraudulent/Counterfeit ID- 2

Code 5 F- 4

Code 5 M- 8



# Directorate of Public Works (DPW) 526-3415



# SNOW REMOVAL PLAN – FORT CARSON

- **Areas plowed by DPW**
  - **Cantonment area**
  - **Wilderness road area**
  
- **Areas plowed by others:**
  - **D8 Schools (D8)**
  - **Housing internal streets (BBC)**
  - **Motorpools (units)**
  - **Evans Hospital (Evans Contractor)**
  - **Academy Blvd & SH115 (CDOT and El Paso County)**



# SNOW REMOVAL PLAN – FORT CARSON

- Based on storm predictions, DPW will pre-treat roads with Magnesium Chloride. Pre-treatment is only applied on hills, curves, intersections and other "hazardous" locations.
- Special Areas requiring bare pavement will be cleared immediately at first snowfall and throughout storm.
- Public Sidewalks will be cleared when weather forecasts indicate sustained conditions of snow and ice on the walks.
  - 50' Rule: Building occupants are required to clear snow and ice on the sidewalk leading from their doorstep to the first mainline sidewalk, which is typically less than 50', but could be more.
- Once snowfall accumulation is 3 inches, DPW will start plowing:
  - emergency snow roads
  - key parking lots
  - major sidewalks
  - DPW will start plowing prior to 3" accumulation during normal duty hours if expect to receive at least 3" by the end of storm.



# SNOW REMOVAL PLAN – FORT CARSON

## Sidewalks

- Chapels
  - Bldgs 1350, 1500, 1850, 2359: bare pavement Weekend Services only
- WTU
  - 7493: Bare Pavement 24/7
  - 7492/7494/7495: Bare Pavement during Business hours only
- Child Development Centers
  - 1518, 1840, 2764, 4356, 4790, 5939, 6058, 6060, 6203, and 6204
- Public sidewalks will be cleared based off of temperatures and depth of snow/ice. The intent is to keep sidewalk surfaces as safe as possible

## Parking lots

- Chapels:
  - Bare pavement Weekends Services only
- WTU
  - Bare pavement 24/7
- Child Development Centers
  - 3 inch rule applies



# Army Community Service (ACS) 526-0441



# Religious Support Office

## 526-5279



# District 8, Superintendent

## 382-1300

- Common Core Standards - Impact on Military Students



# Balfour Beatty Communities

## 579-1606



# WE ARE LISTENING!

## MAINTENANCE:

**Self Help has moved** next door to our Facilities Building 0730-1530 M-F;  
Items can be picked up at our Facilities building service order office from 1530-1700

- \*Increased efficiency

- \*Reviewing possibility of opening self help on Saturdays

**Phones** are now rolling over to our live answering service after 2 minutes on hold

- \*Working out a few line capacity issues

- \*Hold time will be greatly reduced; more calls answered

**Complimentary Snow Removal** for Spouses of Deployed Soldiers and Eligible WTU Soldiers-

- \*Bring in a copy of deployment orders to your community management office and complete a short form

- \*WTU Soldiers need a memo from Cmdr requesting the service



# EVENTS

## Terracycle For Turkeys

Homefront \* Every item sent to Terracycle results in \$.01 donated to our local Operation

- \* Collecting beauty product packaging and cheese wrappers
- \* Every 10 items brought in gets you a ticket to win a free turkey!
- \* Commences Nov 7<sup>th</sup> – drop off at Joel Hefley Community Center

## Turkey Dinner Giveaway-Nominate a Neighbor!

\*Email a short essay as to why your neighbor deserves a Thanksgiving Dinner from Boston Market provided by BBC [kspiller@bbcgrp.com](mailto:kspiller@bbcgrp.com) or drop off a letter at the JHCC

## Mountain Post Running Club- NEW VENUE!

- \*06 Nov- begin meeting at the Exchange- every Wed from 1600-1800
- \*All are welcome; 5K and 10K routes
- \*Exchange Restaurants will give \$1 off every combo with MPRC stamp and will give away one \$25 gift card each week!
- \*Reach 100K- BBC will give you a MPRC exclusive T-shirt



# Army Air Force Exchange Service (AAFES) 576-6174





# We Price Match!

## And... there's no tax!

We match prices on identical merchandise from any local competitor.\*

Please show competitor's ad for price differences over \$10.

\* Verbal price challenges may require validation by store management.  
Exclusions include but are not limited to Special Offers, Limited Quantities, Clearance, Closeouts, Catalogs, Online Competitors' Websites, Fine Jewelry, Commissary, Exchange Concessionaires, Gift Card Offers, and Rebates.



# Defense Commissary Agency (DeCA) 503-8302



# COMMISSARY

## Current Ops

**Your Commissary Holiday Hours:**

**November 11, 2013, Veterans Day is from 10-18:00 hrs.**

**November 28, 2013, Thanksgiving Day we will be closed.**

## Key Tasks

**Your Commissary is currently getting ready for all your Holiday needs with the following:**

**Turkey's, Hams, Various baking products, Pies, Stuffing mixes, dinner rolls, cranberry sauce etc...**

**Christmas Cookies, German Christmas items are also available in the mass display.**

**Holiday Gift Packs will be available in Aisle 1.**

**Freshly baked pies, holiday cookies, holiday cakes are available at the Bakery.**

**Gift give-away events will be held throughout the holiday season.**

## Personnel/Organization

**104 Employees**

**41 Full Time Employees**

**63 Part Time Employees**

## Issues

**•EARLY BIRD - Shopping, 20 items or less Monday - Friday from 0700-0900.**



**Red Cross**  
**526-2311**



**American Red Cross**  
for more information call  
526-2311 or 526-7144

## Training

### **Ready When the Time Comes Disaster Service Training (FREE)**

During a disaster trained volunteers are needed to provide food, shelter, and comfort for families affected by major disasters such as fire, hurricanes and tornadoes. Sign up today to become a volunteer hero to your community!

### **CPR/First Aid/AED**

An emergency can happen at any time and anywhere, be prepared! Classes on Fort Carson:

Sat, Nov 16<sup>th</sup>  
Tues, Jan 7<sup>th</sup>  
Sat, Jan 25<sup>th</sup>

### Military discounts offered!

Call the Fort Carson office for details on the promotion code offer.

## **Introducing New Station Manager: Samantha Wudel**

In 2003, Samantha began her career as an Assistant Station Manager at Ft Hood, TX. Subsequent assignments include Vicenza, Italy (2004 – 2006); Ft Polk, LA (2008-2009); Yongsan, Korea (2009 – 20011). In 2011, Samantha served in Baumholder, Germany (2011-2012) and Bamberg, Germany (2012-2013). From 2006 – 2008, Samantha took a hiatus from national sector mobile staff assignments to be Supervisor at the Louisville Chapter Emergency Services Call Center. As a mobile staff member, Samantha deployed to Tikrit, Iraq (2004) and Baghdad, Iraq (2006).

## Volunteer Services

The American Red Cross is a volunteer driven organization with a proud history of service. We are constantly looking for new volunteers to help support the local community.

### Current needs:

- Red Cross Office Assistants
- Evans Army Community Hospital Volunteers
- Disaster Assistance
- Health and Safety Instructors
- Leadership Volunteers
  - Chairman of Volunteers
  - Youth Program Chairman
  - Awards and Recognition Committee Members



**American  
Red Cross**

### **Medical Assistant Program (FREE)**

A FULL-TIME 40 hour week

**Applications available : 01 December**

at Fort Carson Red Cross Hospital Office, Rm 1033

- Note: Applicants must have a military I.D. card, a high school diploma or GED equivalent, and be at least 18 years old and a US citizen.



# Rocky Mountain USO





|                         |                             |                       |
|-------------------------|-----------------------------|-----------------------|
| <b>Saturday, Nov 2</b>  | <b>NASCAR Google Chat</b>   | <b>11am</b>           |
| <b>Saturday, Nov 2</b>  | <b>Tailgate Party</b>       | <b>TBA</b>            |
| <b>Tuesday, Nov 12</b>  | <b>Denver Broncos</b>       | <b>TBA</b>            |
| <b>Saturday, Nov 16</b> | <b>Portraits of Love</b>    | <b>10am-4pm</b>       |
| <b>Saturday, Nov 23</b> | <b>Thanksgiving Dinner</b>  | <b>12pm-3pm</b>       |
| <b>December</b>         | <b>Kelly Pickler</b>        | <b>TBA</b>            |
| <b>December 16-24</b>   | <b>Jingle Bell Rock</b>     | <b>TBA</b>            |
| <b>Saturday, Dec 21</b> | <b>Christmas Dinner (3)</b> | <b>11-1; 2-4; 5-7</b> |



## The Commanding General/Acting Senior Commander of 4<sup>th</sup> ID and Fort Carson is the sole decision making authority on all Severe Weather Incidents:

- 1) In an optimal situation the CG/ASC will make the weather decision the day prior.
- 2) DPW, DPTMS, 3rd ASOS, G3 CUOPS and the FOD will make recommendations to the CG/ASC. Recommendations are not reported on or at a specific time, but ongoing and as the weather situation matures.
- 3) The CG/ASC will make a weather decision NLT 0400 hrs. PAO will notify all media outlets.
- 4) When a weather decision is made, or an existing decision changes, the FCOC will utilize email, the Telephonic Alert System, the Severe Weather Hotline and update the Fort Carson homepage scroller. PAO will update social media and the Fort Carson website announcements as appropriate.
- 5) The Superintendent of the Fountain/Fort Carson School District 8 will make an independent determination for the schools within the district (to include schools on post).



- 6) The chain of command (from the Commanding General to subordinate commands and agencies) determines the mission essential status of personnel. Commands and agencies will inform Soldiers and civilian employees of their status.
  
- 7) Leaders will identify and notify mission essential status of personnel upon initial in processing the unit.



# Road Conditions

- 1) Green:
  - a) Roads are clear; normal reporting procedures.
  
- 2) Amber:
  - a) Roads are snow packed and icy **in spots.**
  - b) Road Condition would cause moderate and possibly hazardous delay to drivers.
  
- 3) Red:
  - a) Roads are snow packed or icy **across large portions** of surface, preventing safe travel without chains or snow tires.
  - b) Snow is falling at a rate that exceeds Fort Carson's ability to keep roads clear throughout the day.
  - c) High winds and snowfall are causing zero or near zero visibility conditions.
  - d) Average snow accumulation on roads has exceeded four inches.



# Status of Post/Reporting Instructions

- **REPORTING STATUS GREEN:**
  - The installation is open.
  - No delays in reporting; all military and civilian personnel report at normal times.
- **REPORTING STATUS WHITE**
  - Possibility of severe weather is HIGH.
  - No blanket delays/closures.
  - Civilian employees **MAY** take **Annual Leave** if they deem it unsafe to travel or are unable to make normal report time
- **REPORTING STATUS RED**
  - Severe weather is imminent or ongoing.
  - Phased arrival or phased release in effect.
  - Supervisors **WILL** grant **Administrative Leave** for civilian employees.



# Where to Look or Call for Information

1. [www.carson.army.mil](http://www.carson.army.mil) or

Scroller



2. Call the Fort Carson Severe Weather Hotline @ 526-0096



# Citizen Soldier Connection

## 577-0017



# CITIZEN SOLDIER CONNECTION

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Sign up:

[www.citizensoldierconnection.org](http://www.citizensoldierconnection.org) under the "Soldier" tab. CSC will match you with a family that lives close to you.

## WHAT TO EXPECT:

**Off-Duty Clothing Standards:** Soldiers are allowed to wear appropriate civilian attire at all times when off-duty. Additionally, they may elect to wear the Class A or B Service Uniform when visiting a Citizens home. Please be aware of the proper wear of Army uniforms and you are expected to adhere to Army requirements at all times.

**Transportation:** Soldiers are asked to provide their own transportation. If that is not a possibility the host family will make arrangements to meet the soldier at the Visitor's Center at Gate 1. Bottom of Form



**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 28, 2013**

For more information and to register please go to our website:  
[www.CitizenSoldierConnection.org](http://www.CitizenSoldierConnection.org) OR  
email [Cherish@CitizenSoldierConnection.org](mailto:Cherish@CitizenSoldierConnection.org)

[www.CitizenSoldierConnection.org](http://www.CitizenSoldierConnection.org)

# CLOSING COMMENTS

Next CIE: **30 January 2014**  
0930-1100  
Special Events Center

