



THE MOUNTAIN POST COMMUNITY INFORMATION EXCHANGE December 2014 Newsletter GARRISON TOPICS

- Happy Holidays
- Installation Access Control (more details on page 7)
- Reverse Cycle Physical Training starting on 05 JAN 2015

The reverse cycle will require all Soldiers to report to their assigned places of duty at 8 a.m. instead of reporting for physical readiness training at 6:30 a.m. Unit physical readiness training will begin across the installation at 4 p.m. and conclude at 5:30 p.m. On the first Friday of the month, which is Payday Activities for Soldiers on Fort Carson, report time is 9:30 a.m. with physical readiness training running from 2:30-4 p.m.

The reverse cycle duty day will enable delayed reporting in cases of inclement weather without sacrificing the ability for Soldiers and units to conduct physical readiness training. People trying to access Fort Carson between 7:30 and 8 a.m., Monday through Friday, can expect slight delays as this will be the general report time for all Soldiers and civilians who work on Fort Carson. In the afternoon, Magrath Avenue, between O'Connell Boulevard and Specker Avenue, will be closed for physical readiness training from 4-5:30 pm.

- Coffee Mornings and Wi Fi @ the Elkhorn starting on 20 JAN 2015



**THE MOUNTAIN POST
COMMUNITY INFORMATION EXCHANGE
December 2014 Newsletter**

SAFETY

- Holiday Safety
 - Shopping Safety
 - Park your car in well lit parking lots
 - Hide your valuables in your trunk
 - Do not go alone, shop with a friend - safety in numbers
 - Be aware of strangers coming to your door for phone use or assistance with their vehicles
 - Live tree maintenance – do not let it dry out, make sure you keep it watered
 - Be aware of hot bulbs – use LED lights if possible, keep away from drapery
 - Extension cord safety – do not overload – do not place your cords under rugs – check periodically for heat

Director and Partner Updates

MEDDAC

NEW Patient Services Center

- To help local TRICARE beneficiaries and patients, EACH has consolidated its Patient Advocate Office, Patient- and Family-Centered Care Resource Center and American Red Cross Office to form the EACH Patient Services Center. A patient- and staff-friendly upgrade to previous offices, the new location directly inside the hospital's west main entrance provides spacious waiting areas and a private counseling room.

Services Include:

Patient Advocates – providing beneficiary counseling, debt collection assistance, and general information about hospital services

Patient Resource Center – educational materials, computer workstations, a courtesy phone, and fax/copy machine for patient needs

EACH Red Cross Office – accommodate ARC staff and volunteers with a better space to offer services to all patients



Pharmacy Changes



- Evans Army Community Hospital is pleased to announce the re-opening of the SFCC Outpatient Pharmacy.
- The SFCC Pharmacy returned to full service for all new prescriptions. Patients will continue to have the option to pick up their refills at the SFCC Pharmacy.
- The Main Outpatient Pharmacy will continue to provide full services for new prescriptions and refill prescription pick-up. We appreciate your support as we continue to enhance pharmacy services.

Director and Partner Updates

MEDDAC

Ironhorse Strong “26 Week Health Challenge” Update

- We are in week 11 of the 26-week Performance Triad Health Challenge, with weekly health education and links to resources (via Facebook) to help the FCCO community work toward their goals for activity, nutrition, and sleep improvement.

Healthy Eating During the Holidays...

Healthy eating doesn't just happen. You have to plan for it, just like you plan for anything else that you want to achieve. No matter what time of year, set goals to eat healthy, be active, and/or manage weight...



Red Cross

Upcoming Events and Programs

1 DEC 2014 - Medical Assistant Training Applications Open

2 JAN 2015 – Medical Assistant Training Applications Due

Red Cross Programs and Services

- Emergency Communication Messages
- Volunteer Opportunities
- Briefings and Info Sessions
- Medical Assistant Training
- Dental Assistant Training
- Rooms for Troops
- Material Assistance Program
- Discounted CPR/First Aid Courses

Director and Partner Updates

RELIGIOUS SUPPORT OFFICE

Ongoing Events:

- ❖ Tuesday: 0900 Protestant Women of the Chapel @ Soldier's Memorial Chapel
- ❖ Wednesday: 0930 Catholic Women of the Chapel @ Soldier's Memorial Chapel

Worship Services:

- ❖ Soldiers Memorial Chapel (Bldg 1500)
 - Saturday: 1700 Catholic Mass
 - Sunday: 0900 Catholic Mass
 - Sunday: 1100 Protestant Worship
- ❖ Veterans Chapel (Bldg 2359)
 - Sunday: 1000 Chapel Next (Contemporary Protestant)
- ❖ Prussman Chapel (Bldg 1860)
 - Sunday: 1100 Gospel Service
- ❖ Healer Chapel (Evans Hospital)
 - Sunday: 0900 Protestant Worship
 - Sunday: 1100 Catholic Mass



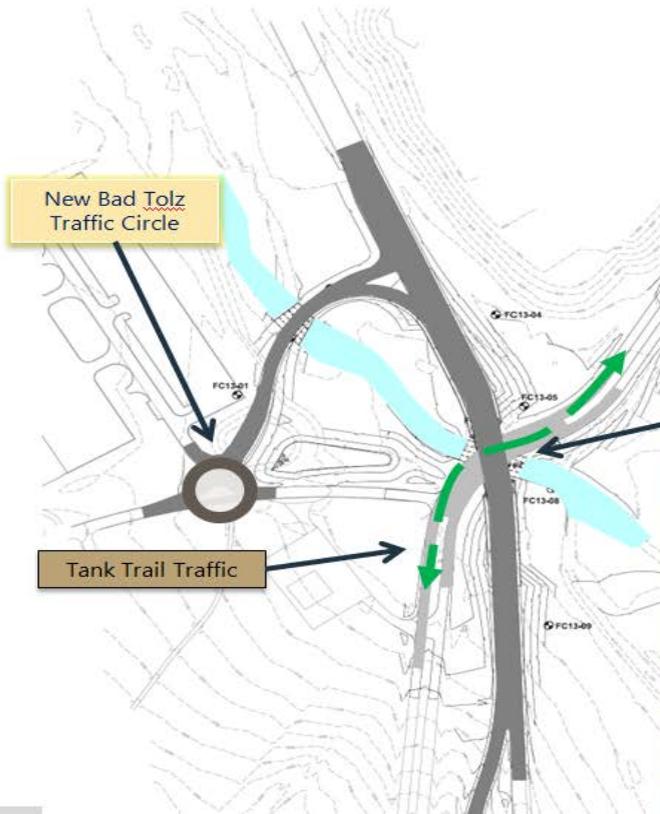
5	1800-2100	Living Nativity	SMC	A
8	1145 & 1700	Immaculate Conception Mass	SMC	RC
13	1700	Christmas Musical	PRUS	P
13	0900-1200	Bethlehem Bash	SMC	A**
14	1200	Holiday Potluck	SMC	P
19	1900	Christmas Banquet	PRUS	P
21	1230	Goodie Day	PRUS	P
24	1630	Christmas Pageant and Mass	SMC	RC
24	1900	Christmas Eve Worship	SMC	P
25	0900	Christmas Mass	SMC	RC
31	1700	Mary Mother of God Mass	SMC	RC

CHAPELS
 PRUS = Prussman
 SMC = Soldiers' Memorial
 VET = Veteran's

** Pre-Registration Required

Director and Partner Updates

DIRECTORATE OF PUBLIC WORKS CROW'S FOOT BRIDGE PROJECT

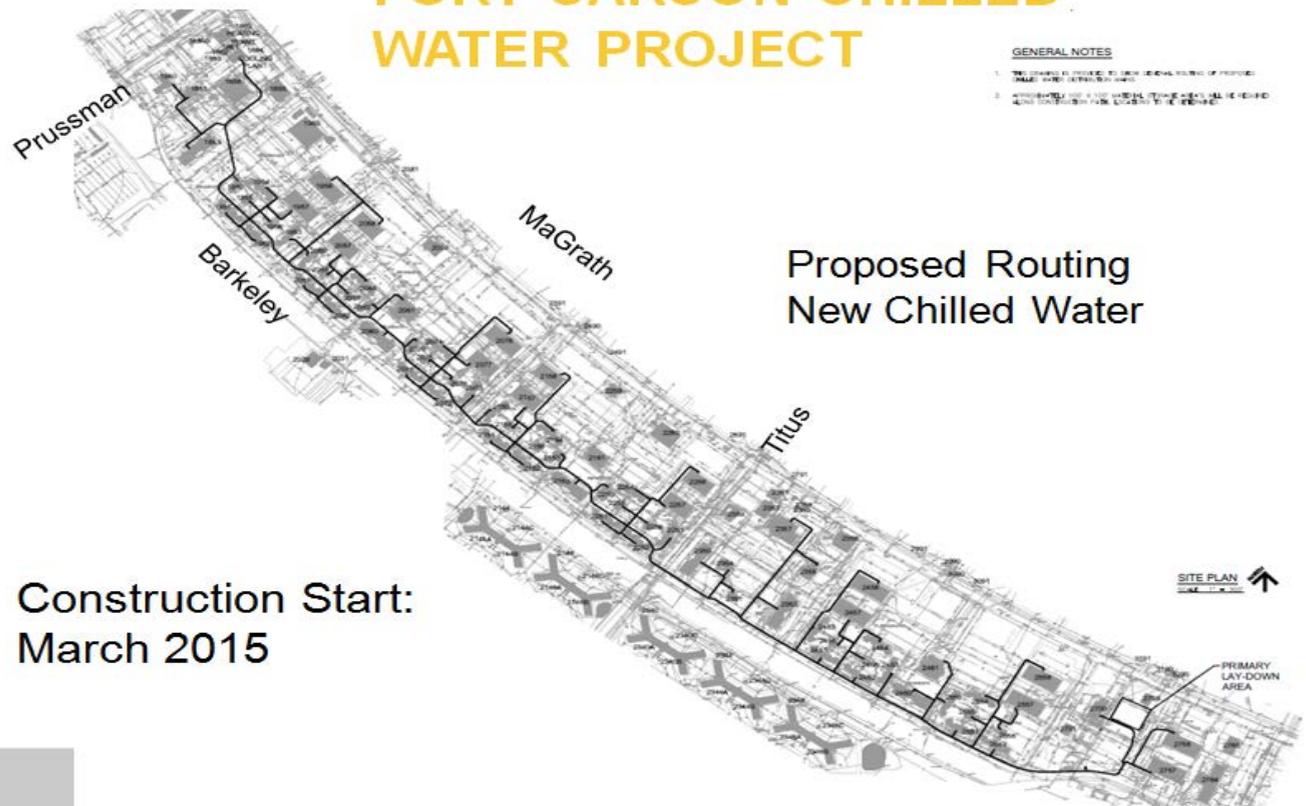


New 4 Lane Bridge



Existing Choke Point at Crow's Foot

FORT CARSON CHILLED WATER PROJECT



Construction Start:
March 2015

Director and Partner Updates

DIRECTORATE OF EMERGENCY SERVICES

WINTER FIRE SAFETY TIPS

The high cost of home heating fuels and utilities have caused many Americans to search for alternate sources of home heating. The use of wood burning stoves is growing and space heaters are selling rapidly, or coming out of storage.

The following fire safety tips can help you maintain a fire safe home this winter.

KEROSENE HEATERS

- Be sure your heater is in good working condition. Inspect exhaust parts for carbon buildup. Be sure the heater has an emergency shut off in case the heater is tipped over.
- Never use fuel burning appliances without proper room venting. Burning fuel (coal or kerosene or propane, for example) can produce deadly fumes.

WOOD STOVES AND FIREPLACES

- Wood stoves and fireplaces are becoming a very common heat source in homes. Careful attention to safety can minimize their fire hazard.
- Woodstoves should be of good quality, solid construction and design, and should be UL listed.
- Have the chimney inspected annually and cleaned if necessary, especially if it has not been used for some time.

FURNACE HEATING

- It's important that you have your furnace inspected to ensure that it is in good working condition.
- Be sure all furnace controls and emergency shutoffs are in proper working condition.
- Leave furnace repairs to qualified specialists. Do not attempt repairs yourself unless you are qualified.
- Inspect the walls and ceiling near the furnace and along the chimney line.

OTHER FIRE SAFETY TIPS

- Never discard hot ashes inside or near the home. Place them in a metal container outside and well away from the house.
- Never use a range or an oven as a supplemental heating device. Not only is it a safety hazard, it can be a source of potentially toxic fumes.
- If you use an electric heater, be sure not to overload the circuit. Only use extension cords which have the necessary rating to carry the amp load. TIP: Choose an extension cord the same size or larger than the appliance electrical cord.
- Avoid using electrical space heaters in bathrooms, or other areas where they may come in contact with water.
- For additional information on WINTER FIRE SAFETY TIPS FOR THE HOME, please contact Fort Carson Fire & Emergency Services @ 719 526 9355

ACCESS CONTROL CHANGES

All non-DoD ID card holders must either be escorted, or have an NCIC-III (National Criminal Information Center – Interstate Identification Index) check performed prior to being granted access to Fort Carson per HQDA guidance

Beginning 5 January 2015

- Contractors without a DoD ID card need to report to the Fort Carson Police Station (Bldg. 2700) between 0800-1700 hrs. Monday through Friday for their NCIC-III check. Personnel must be in possession of a state or federally issued photo ID and must remain on site while the check is conducted.
- Personnel will receive proof that they have had their NCIC-III check completed, and will receive further guidance on passes.

1 February 2015

- Visitor Control Center (VCC) will open for 24/7 operations at Building 6012 (old vehicle registration office outside Gate 1).
- All visitors, vendors, and small commercial deliver vehicles (< 26,000 lbs. GVW) will report to the VCC where they will have their NCIC-III check completed.
- Passes will be issued based on the category of unescorted access requested (categories and length to be determined).

1 May 2015

- In lane NCIC-III checks begin at Gate 3 for large (> 26,000 lbs. GVW) commercial delivery vehicles.
- This check is valid for one time access – no passes will be issued at this location. Customers requiring extended passes must report to the VCC to be vetted.

Other Information

- Specific policies and procedures are being developed. These will be released with a public awareness campaign to educate all of stakeholders and Fort Carson customers. This check is valid for one time access and no passes are being issued at this location.
- DoD ID card holders will still be able to use any gate/lane. Suggest avoiding Gate 3 on/after 1 May due to anticipated traffic delays caused by the commercial vehicle screening and vetting.
- Goal is to safeguard the Fort Carson community and to bring Fort Carson in compliance with DoD and Army guidance.

Director and Partner Updates

BALFOUR BEATTY COMMUNITIES

IMPORTANT REMINDERS!

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

Sign Up Now!

- *Bring in a copy of deployment orders to your community management office and complete a short form
- *WTU Soldiers need a memo from CDR requesting the service



Mountain Post Running Club



*Meet 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 two \$25 gift cards each month!

*Reach 100K- BBC will give you a MPRC exclusive T-shirt

THE UP AND COMING!

Community Center Opening Monday, December 15th

**1045 Titus Blvd (this office services
Blackfoot, Dakota, Iroquois, Kiowa,
Navajo and Ute)**

**‘Tis The Season for Our Annual Toy Give-
Away!**

Stuffing Stockings With Santa!

Wednesday, December 17th

1800 (Time slots will be given at registration)

**1045 Titus Blvd (New Community Center)
Must be a Resident of Fort Carson Family Housing**

**‘Tis The Season for Our Annual Santa
Parade!**

**Partnering with FCFD- we’ll be riding the antique fire truck
through all neighborhoods!**

New this year- Caroling By BBC!

Thursday, December 18th

1400-1600



Director and Partner Updates

SCHOOL DISTRICT #8 NEWS – STUDENT TRANSITIONS

Minimizing Academic Effects of Student Transitions

Fountain-Fort Carson School District #8 is working hard to meet the needs of all of our students. Parents and school personnel have to work together to minimize the academic impact of the numerous moves that military children experience. Student transitions are very challenging for military dependent children, as well as for all highly mobile students. While school districts, states (through the enactment of the Interstate Compact for military children), and the Department of Defense continue to look for solutions to minimize the impact of mobility on our children, there are many things parents can do. Also, understanding the impact on student learning can help parents facilitate some of the transition issues. The data presented below is from Fountain-Fort Carson School District, where over 70% of the students are military dependents. The mobility rate of students in many of the District 8 schools exceeds 50%. Over 30% of students tested did not attend the same school for at least one year. The numbers below represent thousands of students and all students are not affected in the same way. Similar results are reflected throughout the Army communities.

Students that have been in the school for at least one year scored over 30% higher on average than students that have been in the school for less than a year. Demographically, the results for students that have been in the District for a year compared to students in the District less than a year are almost identical. The transition is the difference.

Writing, social studies and science have the largest differences—7th grade students scored 200% higher in social studies than new students; 5th grade and 8th grade science scores are 59% and 48% higher, respectively; and writing scores for 3rd through 6th grades are significantly higher.

What can parents do? Military families face unique challenges when it comes to moves and vacations, but there are many options for families with school-aged children. Parents need to keep in mind the younger the student, the greater the impact missing school will have on the student's education. Plan ahead to make sure you know when school starts and ends. Or, if you are transitioning during the school year, make sure you know the schedule for the new school. Limit the amount of time your student misses school, especially during transitions which do not show up as absences. Try to eliminate moves within a duty assignment when possible unless you are able to keep your child in the same school.

The data and research is clear that school attendance and student mobility create academic challenges for the vast majority of students. Minimizing these challenges can have lifelong benefits for students.

Director and Partner Updates

ARMY AND AIR FORCE EXCHANGE SERVICE

YOU COULD

WIN A \$1,000 SHOPPING SPREE

Share Your Favorite Holiday Story



PRIZES

- 1st place: \$1,000 Exchange gift card
- 2nd place: \$500 Exchange gift card
- 3rd place: \$300 Exchange gift card

Visit shopmyexchange.com/patriotfamily for more information and link to enter.



NO PURCHASE NECESSARY TO ENTER OR WIN. Open to all authorized Exchange customers 18 years and older at time of entry. Odds 1:2275/2014. To enter, submit a 2 word document or e-mail text to winmyexchange@afes.com by this deadline (EST) with a photo of one of your favorite holiday breakfast eatings. Entries must be entered no later than 11:59 PM CST on December 23, 2014. Subject to available official rules which can be found at <http://www.shopmyexchange.com/Community/patriotfamily/contests.htm>. SPONSOR: Wm. Wrigley & Company 800 W. Chicago Avenue, Chicago, IL 60611 ©2014 Wm. Wrigley & Company. All rights reserved. SKITTLES, LIFE SAVERS, M&M'S and official designs are trademarks of Wm. Wrigley & Company.

Christmas Dates for Pictures with Santa

Dec. 22nd 1400 - 1800 • Dec. 23rd 1400 - 1800 • Dec. 24th 1000 - 1400



“Your Holiday Bill Is On Us!”

SWEEPSTAKES

Each time you use your MILITARY STAR® card at any Army and Air Force Exchange facility or shopmyexchange.com between November 1 – December 31, 2014 you will be automatically entered to win one of these prizes!

Grand Prize (3 winners)

Your private label MILITARY STAR® bill paid in full!

Second Prize (10 winners)

\$1000 credit on MILITARY STAR® private label bill.

Third Prize (25 winners)

\$500 credit on MILITARY STAR® private label bill.



Use your MILITARY STAR® card at any Army and Air Force Exchange Service facility or shopmyexchange.com from November 1 – December 31, 2014 and be automatically entered into the MILITARY STAR® Sweepstakes. Every purchase you make with your MILITARY STAR® card during this time frame counts as one entry. The more purchases you make with your MILITARY STAR® card increases your chances of winning. For alternative method of entry and complete details, See Official Rules at www.MyECP.com/CustomerAids/Page/Exchange.com

Director and Partner Updates

ARMY AND AIR FORCE EXCHANGE SERVICE

Carson	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
Main Store	0900-2100 N	0900-2100 N	0930-2000 N	0900-2100 N	0900-2100 N	0800-1800	CLOSED	900-2100	900-2100	930-2000	900-2100	900-2100	0900-1800	900-2100	900-2100	0930-2000 N	
Furniture Store	1000-1800 N	1000-1700 N	1000-1600 N	1000-1700	1000-1700	1000-1600	CLOSED	1000-1600	1000-1600	1000-1600	1000-1600	1000-1600	1000-1600	CLOSED	1000-1600	1000-1700	1000-1600
MCSS	800-1800 N	1000-1700 N	CLOSED N	800-1800 N	800-1800 N	1000-1600	CLOSED	1000-1600	1000-1600	CLOSED N	800-1800	800-1800 N	1000-1600	CLOSED	1000-1600	1000-1600	CLOSED N
NORAD Express	0830-1300 N	0830-1430 N	0830-1430 N	0830-1530 N	0830-1530 N	0830-1300	CLOSED	CLOSED	CLOSED	CLOSED	830-1530	830-1530	0830-1300	CLOSED	CLOSED	CLOSED	CLOSED
Gate 3 Express	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS	24 HRS				
Gate 20 Express	0500-1900 N	0900-1700 N	0900-1700 N	0700-1900	0700-1900	0700-1700	CLOSED	1000-1700	1000-1700	1000-1700	0700-1900	0700-1900	0700-1900	CLOSED	1000-1700	1000-1700	1000-1700
Class Six	900-2100 N	900-2100 N	1000-1700 N	900-2000 N	900-2000 N	0900-1800	CLOSED	900-2100	900-1900	1000-1700	900-2000	900-2000	900-2100	CLOSED	900-1900	900-1900	1000-1700 N
Ivy Troop Store	0700-1700 N	CLOSED N	CLOSED N	0700-1700 N	0700-1700 N	CLOSED	CLOSED	CLOSED	CLOSED N	CLOSED N	0700-1700	0700-1700	CLOSED	CLOSED	CLOSED	CLOSED N	CLOSED N
B Street Express	0400-2400 n	0800-2400 n	0800-2400 n	0400-2400 n	0400-2400	0700-1800	CLOSED	0800-2400	0800-2400	0800-2400	0800-2400	0800-2400	0800-2400	CLOSED	0400-2400	0800-2400	0800-2400 n
Pueblo Express	CLOSED	CLOSED N	CLOSED N	CLOSED N	CLOSED N	CLOSED	CLOSED N	CLOSED	CLOSED N	CLOSED N	CLOSED N	CLOSED N	CLOSED	CLOSED N	CLOSED	CLOSED N	CLOSED N
Wilderness Rd Express	600-1500	CLOSED N	CLOSED N	600-1500	600-1500	CLOSED	CLOSED	800-1400	CLOSED	CLOSED	800-1400	800-1400	800-1400	CLOSED	0800-1400	CLOSED N	CLOSED N
Subway at B St	0700-1600	1000-1400	1000-1400	0700-1600	0700-1600	0800-1400	CLOSED	0800-1600	1000-1400	1000-1400	0800-1600	0800-1600	0800-1400	CLOSED	0800-1600	1000-1600	1000-1600
Gate 3 Burger King	0600-2000 N	0800-2000 N	0800-1800	0600-2000 N	0800-1700	0900-1500	CLOSED	0900-1500	0800-2000	0800-1800	0600-2000	0600-2000	0900-1500	CLOSED	0600-2000	0800-2000	0800-1800 N
Wilderness Rd Subway	0600-1500	CLOSED N	CLOSED N	0600-1500	0600-1500	CLOSED	CLOSED	CLOSED	CLOSED N	CLOSED N	0800-1400	0800-1400	0800-1400	CLOSED	CLOSED	CLOSED N	CLOSED N
Granite Inn (NORAD)	0830-1300 N	0830-1430 N	0830-1430 N	0830-1530 N	0830-1530 N	0830-1300	CLOSED	CLOSED	CLOSED	CLOSED	830-1530	830-1530	0830-1300	CLOSED	CLOSED	CLOSED	CLOSED
FC Burger King	1000-2000	1000-1900	1100-1700	1000-2000	1000-2000	1000-1700	CLOSED	1000-2000	1000-1900	1100-1700	1000-2000	1000-2000	1100-1700	1100-1700	1000-2000	1000-1900	1100-1700
Charley's Steakery	0800-2100	0800-2100	1030-1700	0800-2100	0800-2100	0700-1800	CLOSED	0800-2100	0800-2100	1030-1900	0800-2100	0800-2100	0800-1800	1030-1800	0800-2100	0800-2100	1030-1900
Taco John's	1000-2000	1100-1900	1100-1700	1000-2000	1000-2000	CLOSED	CLOSED	1000-2000	1000-1900	1100-1700	1000-2000	1000-2000	1100-1600	CLOSED	1000-200	1000-1900	1100-1700
Anthony's Pizza	1100-1900	1100-1900	1100-1700	1100-1900	100-1900	CLOSED	CLOSED	1100-1900	1100-1900	1100-1600	1100-1900	1100-1900	1100-1600	CLOSED	1100-1900	1100-1900	1100-1600
Subway	0800-2000	0800-2000	1100-1700	0800-2000	0800-2000	0800-1700	CLOSED	0800-2000	0800-2000	1100-1800	0800-2000	0800-2000	0800-1700	1100-1800	0800-2000	0800-2000	1100-1800
Starbucks	0600-1900	0800-1900	0830-1700	0600-1900	0600-1900	0700-1800	CLOSED	0600-1900	0800-1900	0830-1800	0600-1900	0600-1900	0800-1800	0830-1030	0600-1900	0800-1900	0830-1800
Manchu Wok	0600-1800	1100-1600	1100-1600	1100-1600	1100-1600	1100-1600	CLOSED	CLOSED	CLOSED	CLOSED	0900-1800	0900-1800	1000-1600	CLOSED	CLOSED	CLOSED	CLOSED
Triple Burger King	0530-1800	0630-2000	0730-2000	0700-2000	0800-1900	0800-1630	CLOSED	0800-2000	0800-2000	0800-2000	0600-2000	0600-2000	0600-1800	1100-1800	0800-2000	0800-2000	0800-2000
Arby's	0800-1800	0800-2000	1030-2000	0800-2000	0800-1900	0800-1630	CLOSED	0800-2000	0800-2000	1030-2000	0800-2000	0800-2000	0800-1800	1100-1800	0800-2000	0800-2000	1030-2000
Wing Zone	1100-1600	1100-1600	1100-1600	1100-1600	1100-1600	1100-1600	CLOSED	1100-1600	1100-1600	1100-1600	1100-1600	1100-1600	CLOSED	CLOSED	1100-1600	1100-1600	1100-1600
Evans Starbucks	0630-1700 N	CLOSED N	CLOSED N	0630-1700 N	0630-1700	0700-1300	CLOSED	CLOSED	CLOSED	CLOSED	0630-1700	0630-1700	0630-1700	CLOSED	0630-1700	CLOSED N	CLOSED N
Mini Mall Subway	900-1600	1000-1500	CLOSED	900-1600	900-1600	900-1500	CLOSED	1000-1500	1000-1500	CLOSED	900-1600	900-1600	1000-1500	CLOSED	1000-1500	1000-1500	CLOSED

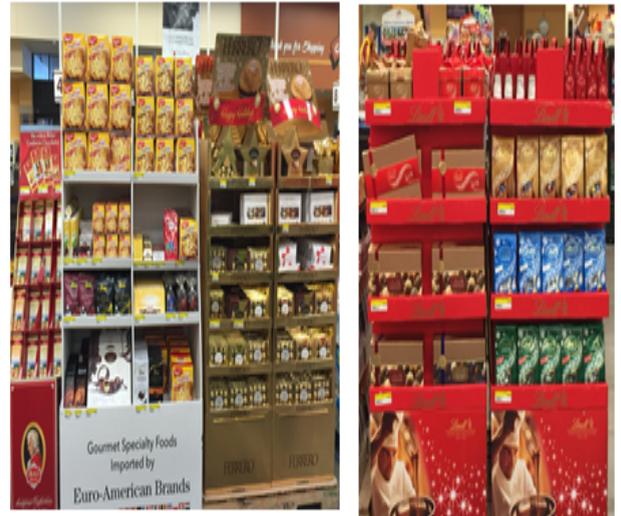
Director and Partner Updates

COMMISSARY

CHRISTMAS DISPLAYS- AISLE 20



QUEUING LINE



Smucker's Breakfast For The Entire Installation

Future Ops

More information will soon follow in the next upcoming months

- DECA has a new Value Brand Program
- Seafood Road Show December 30-31, from 0900-1700
- January – P & G will have items on sale and proceeds will go towards the Special Olympics



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

Director and Partner Updates

USO

6th ANNUAL USO JINGLE BELL ROCK

Coming in December 2014
It's the contest you've been waiting
for.

The hunt for the Jingle Bell Rock is
waiting for you.

Worth thousands of dollars in cash
and prizes IF YOU FIND IT.

The rock will be displayed at
the USO front counter SOON, once it
disappears the race is on!



USO COLORADO SPRINGS HOLIDAY EXTRAVAGANZA

SATURDAY, DECEMBER 13, 2013

1ST DINNER
11:00 AM - 1:00 PM

2ND DINNER
2:00 PM - 4:00 PM

3RD DINNER
5:00 PM - 7:00 PM

**DON'T MISS
OUT ON ALL
THE FUN!**

CALL 719-579-9699 OR 719-579-9700 TO MAKE YOUR RESERVATIONS
FOR ONE OF THE ABOVE TIMES.

YOU MUST BE ACTIVE DUTY AND YOU MUST SIGN UP FOR A
SPECIFIC DINNER TIME.

FUN FOR THE ENTIRE FAMILY WITH SANTA PHOTOS, A GIFT FOR
EVERY CHILD, A FABULOUS TURKEY DINNER, CARTOONIST, BILL
CROWLEY, CLOWNS, DRAWINGS FOR GIVEAWAYS AND SO MUCH
MORE!



CHALLENGER
HOMES

Perkins
Jeep Dodge RAM



FREEDOM
Honda

Director and Partner Updates

YMCA

OPERATION KID COMFORT

FREE QUILTS FOR CHILDREN OF DEPLOYED SERVICE MEMBERS

Production Time:

2-3 MONTHS



Director and Partner Updates

MOUNTAIN POST SPOUSES CLUB

Coat Drive

- Great attendance. We gave away over 1600 winter coats and serviced over 450 Families.

Holiday Bazaar

- We doubled the amount of foot traffic through the door with over 1200 adults for the two days.
- Mr. and Mrs. Claus were a huge success, there were over 350 children on that Saturday.

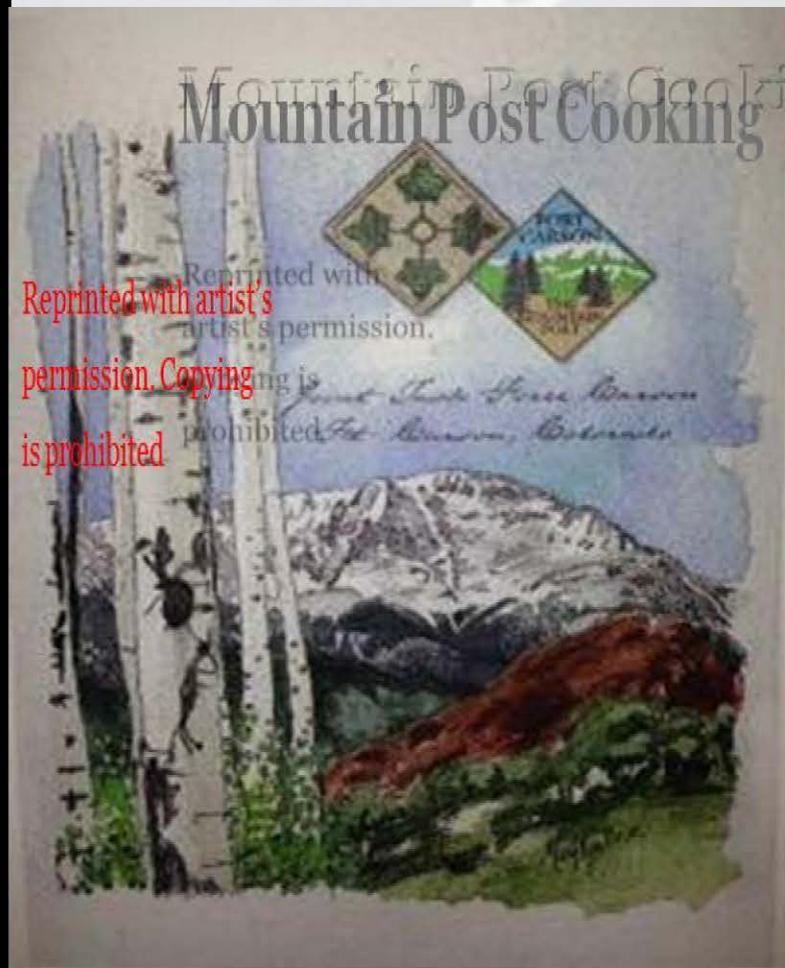
Viva Las Carson

- We have changed the date to March 14, 2015, 6:30 PM to 11:30 PM, at the SEC. Keep an eye out for publicity and ticket sales for the event.
- Also start thinking about if you would like to donate a basket for the silent auction. More details will be coming soon.

Scholarship and Welfare Applications

- We will be posting our scholarship and welfare applications in the middle of the month. If you are interested please visit our website after December 15th.

Director and Partner Updates



Reprinted with artist's permission. Copying is prohibited.

"Best Hometown Cookbook in the Army!"

5 EASY STEPS TO SUBMIT:

1. Go to: www.typensave.com
2. In upper right corner, choose LOGIN
3. Username: ironhorse strong
4. Password: WHISK322
5. You'll be prompted to submit, preview and save your recipe.

We hope to have the cookbook ready to sell around Valentine's Day. Be on the lookout for sale details!



WE'RE PUBLISHING A NEW FT. CARSON COOKBOOK!

WE WANT TO INCLUDE YOUR FAVORITE RECIPES! FEEL FREE TO SHARE THIS FLYER WITH YOUR FAMILY & YOUR FRIENDS!

DEADLINE TO SUBMIT YOUR RECIPES (LIMIT IS 5) IS 15 JANUARY.



You asked ... We Responded
Questions and Answers from the December CIE

No Questions received from the December CIE

Fort Carson has just published its
new website, and we invite you to
take a look:

<http://www.carson.army.mil/>

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 503-8300

Customer Service Management

USAG Plans, Analysis & Integration Office

Customer Service Manager 526-1706

<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-](mailto:usarmy.carson.forscom.mbx.family-readiness-center@mail.mil)

[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
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

Change in the Next CIE
Thursday, 22 January 2015
Time: 1:30 pm – 3:00 pm
Location: The HUB