

FORT CARSON COMMUNITY INFORMATION EXCHANGE

27 February 2014



AGENDA

- Call Meeting to Order & Admin Announcements
- Opening Remarks –Acting Senior Commander and Senior Spouse
- Hail and Farewells
- USAG Update
- MEDDAC CDR Update
- DENTAC CDR Update
- One Item of Interest to All (Directors and other Installation Partners)
- Special Briefs
 - Tumbleweeds
 - Mountain Post Spouses Club
 - IRONHORSE – Health Education and Readiness
 - Military Spouse Networking Reception & Hiring Fair
- Closing Remarks



Acting Senior Commander



Deputy Garrison Commander

526-5600



DEPUTY GARRISON COMMANDER



MEDDAC
526-7500



MEDDAC COMMANDER



I-HEART CHALLENGE

(Ironhorse-Health Education and Readiness Training)

1 March 2014 – 29 May 2014

Presented by The Fourth Infantry Division in conjunction with the Fort Carson Army Wellness Center, Fort Carson MWR, Nutrition Care Division and Evans ACH

Team Competition to Encourage Wellness

- 5 Members per Team -Grand Prize to Winning Team
- Participation Prizes for earning 25 Points

Points earned through weight loss and resiliency activities:

- Army Wellness Center (Sleep, Activity, Nutrition services)
- Nutrition Care Division classes
- MWR Group Exercise classes
- Post Fitness Events
- % Weight Lost or % Body Fat Lost (per the AWC BODPOD)



MEDDAC COMMANDER



Hiring Our Heroes

Military Spouse Networking Reception

Elkhorn Catering and Conference Center

Tuesday, 11 March, 7-9 P.M.

- Interact with business leaders, senior level executives and senior military spouses
- Gain valuable insight on career planning
- Connect with other military spouses in the area to form new networks and connections



DENTAC
526-9190



•“GO FIRST Class” Update

- Fort Carson now is above 45% with the Army Goal being 65%
- Fort Carson Dental Wellness has consistently improved since June 2013 – Great cooperation from all units!
- Wellness will surpass Readiness in importance in the near future:
 - Wellness numbers (along with Readiness numbers) for all major units on post are in the weekly SITREP to the Senior Commander
 - Wellness numbers will be briefed at future Command & Staff Meetings

•Limited Coverage at all dental clinics on Wednesday, 5 March 14

- due to the annual Dental Assistants CE Conference at 4ID HQ and the combined Army/Air Force Dental CE Conference at the Air Force Academy



- **Children's Dental Health Month (February)**

- Each February, the ADA sponsors National Children's Dental Health Month to raise awareness about the importance of oral health
- Army actively participates in this event
- DENTAC will be visiting local schools toward end of February and beginning of March (dependent upon funding)



ADA American Dental Association®



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



- **Eggsperience**

04 April, 0900-1500

- **CYSS Summer Camps**

27 May – 06 August 0545 - 1800



Directorate of Emergency Services

(DES)

524-0369



PHYSICAL SECURITY

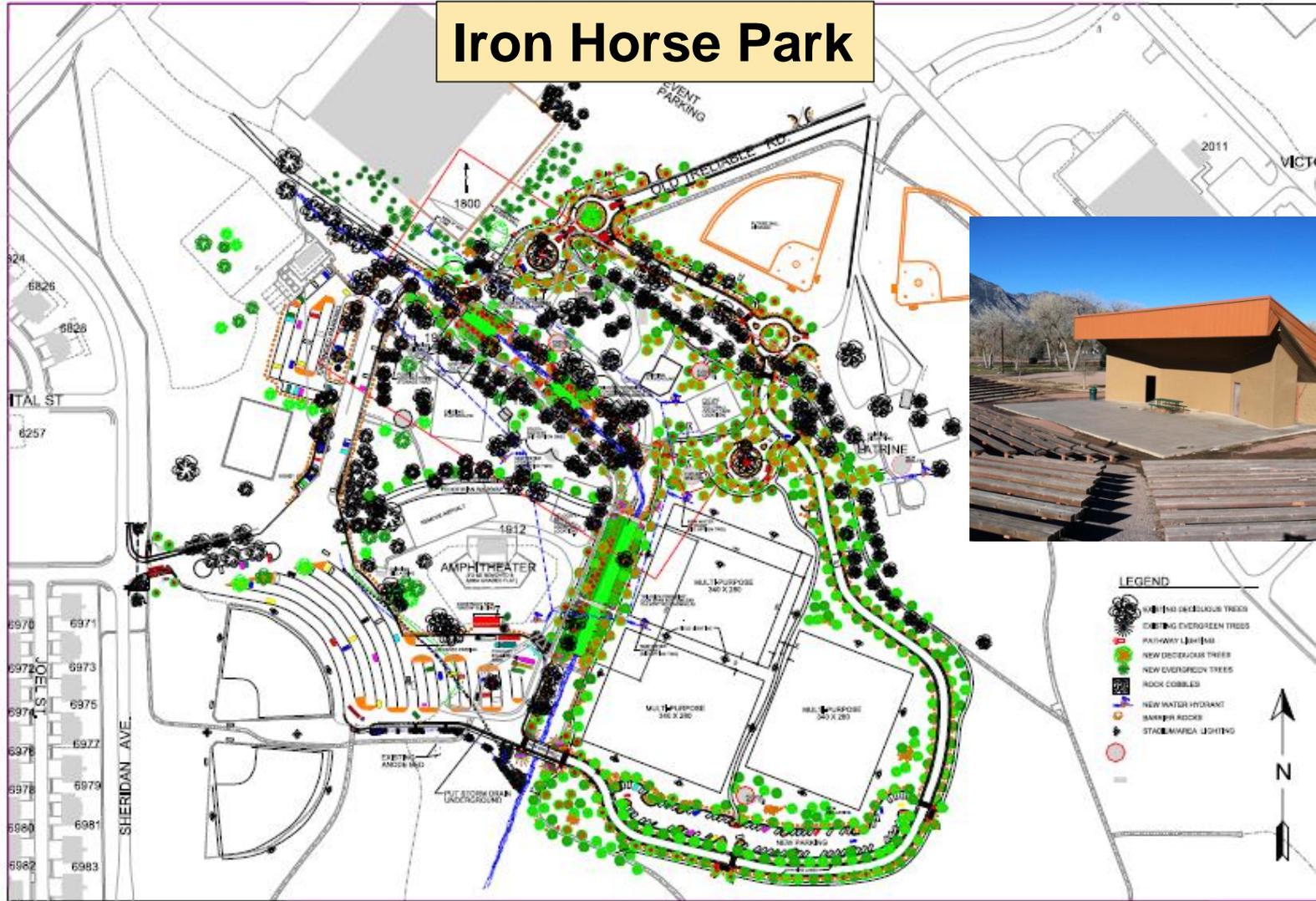
- Ensure risk assessments are conducted and assets are protected IAW Commander's assigned risk level
- Ensure key control plans and procedures are IAW AR 190-51 appendix D
- Ensure unit level Physical Security plans have been written, use Appendix 2 of the Fort Carson Protection Plan as a guide
- Ensure subordinate units have OPLOAD of ammunition to secure AA&E when ICIDS fails



Chief, Engineering Division Directorate of Public Works 526-3415



Iron Horse Park



Army Community Service (ACS) 526-0441



ARMY COMMUNITY SERVICE

•COMPANY COMMANDER & 1SG SPOUSE COURSE

WHAT: Company Commander & 1SG Spouse Course and Orientation

WHERE: Aspen Room, ACS Building 1526

WHEN: 0900-1600 March 1st and 3rd (1st Saturday Offering) ★

Action Officer: 719-526-0471

•INTIMATE ALLIES COUPLES WORKSHOP

WHAT: Workshop for Couples to help strengthen their relationship

WHERE: Rm. 238, ACS Building 1526

WHEN: 0830-1400, 27-28 March 2014

Action Officer: 719-526-0445



Religious Support Office

526-5279



RELIGIOUS SUPPORT OFFICE

Upcoming Events

- ❖ 05 March: Ash Wednesday Mass, 1200 & 1700 Soldiers Memorial Chapel
- ❖ 15 Mar: Purim
- ❖ 13 April: Palm Sunday
- ❖ 14 Apr: Passover
- ❖ 20 April: Easter Sunday
- ❖ 01 May: Registration begins for Summer Vacation Bible School.
- ❖ 09-13 Jun: VBS at Soldiers Memorial Chapel



Garrison PAO
526-5516



SOCIAL MEDIA

Social media outlets such as Facebook and twitter can be a great way to stay connected during deployments and pass along command information.

Hints to avoid compromising OPSEC and embarrassing the Army:

- ❖ NEVER discuss classified information
- ❖ Be wary of anyone you meet on line, even if you met through official military social networking sites
- ❖ Remain professional and avoid getting personal if you disagree with a comment
- ❖ Disrespectful comments about POTUS and the chain of command are punishable under UCMJ
- ❖ Be aware of photo/video content and how it can taken out of context
- ❖ Watch what you say online
- ❖ Set your settings as private
- ❖ Only “friend” actual friends and not just anyone
- ❖ Your comments online are forever and “on the record”
- ❖ Don’t discuss deployment details
- ❖ Stay away from details such as dates, jobs, etc.



Balfour Beatty Communities

579-1606



IMPORTANT REMINDER!

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 you Commander requesting the service

Mountain Post Running Club- NEW VENUE!

- *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 one \$25 gift card each month!
- *Reach 100K- BBC will give you a MPRC exclusive T-shirt



WE ARE LISTENING!

NOW OPEN SATURDAYS!

-Coming this Spring....our main office at the Joel Hefley Community Center will be open from 10:00-4:00 to serve our Families who cannot make it in during the week!

TEEN FAT FRIDAY PIZZA PARTY! Exclusively for Teens Only!!

-Friday, March 7th, Joel Hefley Community Center 6:00-8:30pm

-Find details on Face Book – FortCarsonFamilyHousing or stop by

TERRA CYCLE- Terra cycle donations of beauty products, cheese wrappers and chip bags will help Operation Homefront of the Rockies. Drop off your items to us at the Joel Hefley Community Center and while there- pick up a calendar of upcoming events!



SCHOLARSHIP OPPORTUNITY

BBC Foundation Now Scholarship Applications

Balfour Beatty Communities Foundation is accepting scholarship applications from high school seniors and undergraduate students, attending accredited educational/technical institutions, of our military family housing residents for the 2014 - 2015 academic year.

To apply for these scholarships go to the Foundation's website, www.bbcommunitiesfoundation.org/scholarships.aspx, print out, complete, and submit the application and all required materials to Balfour Beatty Communities Foundation at 10 Campus Boulevard, Newtown Square, PA 19073.

Applications must be postmarked by April 15, 2014.



Army Air Force Exchange Service (AAFES) 576-6174





NOW AVAILABLE!

AT

**FT. CARSON MAIN EXCHANGE
GATE 3 EXPRESS, AND B-STREET EXPRESS**

Available outside 24 hrs

redbox. Rent the latest hits and video games for cheap.



Defense Commissary Agency (DeCA) 503-8302



Current Ops	Key Tasks
<p>Ft. Carson's Seafood Road show starting on March 14 & 15, from only 0900 – 1700. We apologize there is no early bird specials for this event</p>	
Ongoing Events	Issues
<p>Applications for the 2014 Scholarships for Military Children Program become available Dec. 3 at commissaries worldwide or on the Internet at http://www.militaryscholar.org. Applications must be turned in to a commissary by close of business <u>Feb. 28, 2014</u>. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed. This year's award amount has risen to \$2,000, and the program awards at least one scholarship at each commissary with qualified applicants.</p>	<p>EARLY BIRD - Shopping, 20 items or less Monday - Friday from 0700-0900.</p>



Rocky Mountain USO



- *March 11th- 12th- Hire Heroes Transition Workshop
- *March 13th- Hire Heroes Career Opportunity Day
- *Friday April 18th – Colorado Springs Sky Sox Player and Mascot Meet and Greet
- *Saturday April 19th- USO Easter Egg Hunt
- *Wed/ Thurs April 24th and 25th WTU Caregivers Conference

As always, the USO is open 7 days a week for soldiers and their families to come enjoy a snack and take advantage of the great services offered at the USO Colorado Springs.



Directorate of Human Resources (DHR) 526-2352



NEW RETENTION CONTROL POINTS

Army Directive 2013-28 has been released with an effective date of Feb. 1, 2014. The directive identifies new Retention Control Points (RCP) for each enlisted rank. RCPs are the maximum amount of years of active service, an enlisted Soldier can have before they must either get promoted or leave the Army.

Total Active Service in Years

Grade	New	Previous
PVT - PFC	5	3
CPL / SPC	8	10
CPL(P) / SPC(P)	8	15
SGT	14	15
SGT(P)	14	20
SSG	20	22
SSG(P)	26	24
SFC	26	24
SFC(P)	29	26
1SG/MSG	29	26
1SG(P) / MSG(P)	32	30
CSM / SGM	32	30

➤ **Purpose:** Implement RCPs that are consistent for all enlisted Soldiers serving on Active Duty regardless of component

➤ **Applicability:** Applies to Soldiers serving in Regular Army and Soldiers of the USAR and ARNGUS serving as AGR under Title 10

➤ **Major Impact:** RCPs reduced for Soldiers in grades highlighted

NOTE: Soldiers reaching or surpassing new RCPs during their current enlistment agreement will be allowed to serve until their contracted ETS dates, unless separated earlier under an applicable administrative provision.



Enlisted Voluntary Early Separation Program (Milper Msg 14-002)

- Authorized Commander exercising special court martial convening authority or higher to approve voluntary early separation prior to contractual ETS for Regular Army Enlisted Soldiers who:
 - Have chosen not to reenlist or extend
 - Must not be mission essential to assigned organization
 - Soldier must submit DA Form 4187 up to 180 days prior to ETS
 - Submit DA Form 4187 thru first O-6
 - Submit job offer letter with anticipated start date
 - Submit current ERB
- Are denied reenlistment by HQDA, these Soldiers may submit a DA form 4187 requesting voluntary early separation up to 90 days prior to ETS.
- Soldiers must be given a minimum of 90 days for transition activities. Accrued leave will be used to the maximum extent possible.



President, Mountain Post Spouses Club (614) 732-2191



***SCHOLARSHIP APPLICATIONS AVAILABLE NOW!
APPLICATIONS DUE MARCH 15TH.***

UPCOMING LUNCHEONS:

**MARCH 20TH LUCK OF THE IRISH 11:00-1:00
APRIL 15TH BEST OF COLORADO 11:00-1:00
MAY 15TH KENTUCKY DERBY/MAD HATTER
FAREWELL TEA PARTY 11:00-1:00**

**MEMBERSHIP DUES ARE ONLY \$15 SO JOIN NOW.
WE ARE TAKING NOMINATIONS FOR 2014-15
BOARD NOW.**

WWW.MPSC.US

FACEBOOK: MOUNTAIN POST SPOUSES CLUB



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

**There are still a few
tickets available for Viva
Las Carson!**

**Have your unit create a
basket!**

**Have your unit
sponsor/staff a Black Jack
table!**

Attend the event!

**Get your tickets now at
www.mpsc.us**

Viva Las Carson!

Saturday, March 1st 6:30p.m.-11:30pm Fort Carson Special Event Center

Events:

Blackjack, Poker, Craps

Live and Silent Auctions

Casino Store to spend winnings

Entertainment: Show Girls, Music

Cash Bar

Vegas Dress Encouraged

Open to the Public, 18 and up



Tickets are \$15 in advance, \$20 at the door.
Includes dinner, 2 drinks, and \$20 in chips.
Can be purchased by calling 719-284-0428
or e-mail mpscvlc@gmail.com



www.mpsc.com



Hosted by the Mountain Post Spouses Club



TUMBLEWEEDS

AT THE MOUNTAIN POST GIFT SHOP



Tumbleweeds offers:

- Large selection of hand-made items from local military-affiliated consignors
- Welcome and farewell gifts
- 1st Fridays Canvas & Cocktails painting class for adults
- Crafts & Cookies classes for children
- Family painting night
- FRG Canvas & Cocktails
- Private room for parties and FRG functions
- Variety of other classes throughout the year



Hours:

- Monday – Friday 10am-2pm
- 1st Saturday of the month 10am-2pm
- Closed on DONSAS and holidays or unless otherwise noted.

Contact:

- Phone: 719-393-3734
- Email: tumbleweedsatthemountainpost@gmail.com
- Facebook:

<https://www.facebook.com/TumbleweedsattheMountainPost>

- Located at the mini mall, next to Wing Zone



IRONHORSE - HEALTH EDUCATION AND READINESS TRAINING

I-HEART CHALLENGE

FORT CARSON



March 1 2014 – 29 May 2014

[www.facebook.com/fortcarsonarmywellness center](http://www.facebook.com/fortcarsonarmywellnesscenter)



CLOSING COMMENTS

DEPUTY GARRISON COMMANDER

Next CIE: **27 March 2014**
0930-1100
Special Events Center

