



THE MOUNTAIN POST

COMMUNITY INFORMATION EXCHANGE

April 26, 2012 Newsletter



MOUNTAIN POST RESILIENCY CAMPUS

Grand Opening: 3 May, 1000 hrs

Forrest Resiliency Center—IOC 22 June

- ◆ Facilitates healthy lifestyle programs.
- ◆ Health coaching, running shoe assessment, metabolic analysis, health education & prevention.
- ◆ Classes include tobacco cessation, stress management, & relaxation.
- ◆ Exceeds standards for Army Wellness Centers

Behavioral Health Clinic—IOC - 5 March

- ◆ Support active duty Soldiers with behavioral health services
- ◆ Capabilities include: assessments, diagnosis, fitness-for-duty evaluations, psychological & neuropsychological testing services, pharmacotherapy, & health psychology
- ◆ Offices, treatment area, admin & support areas, ambulance access, group therapy areas

Ivy Child Development Center—IOC - 2 April

- ◆ Full service for children six weeks to five years of age
- ◆ Capacity for 232 children
- ◆ Hourly care available, 0700-1900

Ironhorse Fitness Center—IOC - 3 May

- ◆ Over 85,000 square feet
- ◆ Two pools, sauna, steam room
- ◆ Two climbing walls
- ◆ Classrooms for spinning, cardio, & strength training
- ◆ Three full size basketball courts
- ◆ Elevated running track

Unit Updates

HHBN - Marriage retreat in 2 weeks
1 BCT - 1,000 mile Honor Walk 2 weeks ago
2 BCT - Change of Command 30 Apr
3 BCT - Reenlistment ceremony at Nuggets basketball game
4 BCT - Bible Study 1100 WED at DFAC; 1800 FRI at BCT HQ
MEDDAC - Volunteer social
10th Grp - Farewell to current FRSA; 60th Anniversary week
43rd SB - Reenlistment ceremony at Rockies game on 6 May
10 CSH - Welcomed Soldiers home on 26 Apr!
759th MPs - 127th returned home!
52nd Eng - 6-15 arrived back 2 weeks ago!
WTB - Warrior Games—no tickets needed

Significant Events

1-2 May: FCCO Blood Drive @ SEC
2 May: Colorado Springs Community Covenant Signing, 1000 @ City Hall
3 May: Resiliency Campus Ribbon Cutting 1000-1100
4 May: Sky Sox Military Appreciation Night
5-6 May: Spartan Race & Cinco De Mayo Party
6-7 May: No commissary service
9 May: New Commissary Grand Opening 1000
10 May: GC Change of Command 1100
19 May: Semi-Annual Post Yard Sale
19 May: LT Dan Band Concert, 1900-2200, Am-

The CIE would like to give a HUGE Thank You and a Fond Farewell to the McLaughlin Family. COL and Mrs. McLaughlin's efforts at Fort Carson have been invaluable—their positive attitudes, caring and fun spirit and dedication to this post can be rivaled by few others in Ft Carson history. They have also worked very hard to shape the CIE to what it is today. Please say farewell when you see them next!

Garrison Commander COL Robert F. McLaughlin • Deputy Garrison Commander COL John Keenan
(719) 526-5600 carsonaskthegc@conus.army.mil

The Wait is Almost Over

Commissary Grand Opening May 9



**Ribbon-Cutting Ceremony
10 a.m.**

**Your old commissary
will close forever
May 6 at 6 p.m.**

**No commissary
services available
May 7 & 8.**

Your new store will open at 10:30 a.m., following the ceremony.

15 May: Consumer Protection Town Hall

- ◆ Mrs. Petraeus will lead discussion and offer advice.
- ◆ This forum will engage attendees with topics such as predatory lending, and how to protect your financial health by avoiding it.
- ◆ ACS POC: 526-4607



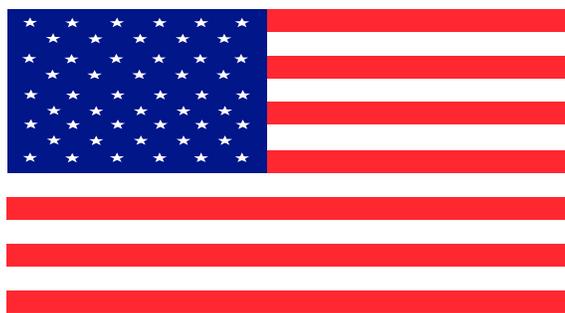
FOR YOUR CHILDREN'S SAFETY

School related traffic in the afternoon on Harr Ave near Patriot Elementary and the Carson Middle School has increased. In order to provide an additional measure of safety for those drivers and pedestrians going to the school to pick up their children, the timing of the school zone beacons near those facilities has been adjusted.

The beacons for those schools will now run from 14:00 (2 PM) to 15:20 (3:20 PM) Mon-Fri instead of the previous 14:25 to 15:20 Mon-Fri.

The beacon timing for the other schools will remain unchanged at this point.

Please feel free to contact DPW at 526-9267 with any questions or concerns regarding this issue.



Brig. Gen. Jeffrey Bailey, departing deputy commanding general for support, 4th Inf. Div., during a farewell retreat at Founders Field, Tuesday. We have appreciated Mrs. Bailey's attendance and influence at the monthly CIEs, and will miss her very much.

MORALE, WELFARE & RECREATION

Upcoming Events

Spartan Race

- ◆ 5 May
- ◆ ~4,500 Colorado Springs community contestants have signed up so far for this Fort Carson-hosted event
- ◆ Slots are still available for certain heats

Cinco de Mayo Party

- ◆ 5 May, Starts at 6 p.m. at the Foxhole

NEW Indoor Swimming Pool

- ◆ Located at the new Iron Horse Fitness Center
- ◆ Unadvertised opening 30 Apr/1 May
- ◆ Active Duty swims free, others \$2
- ◆ Old indoor pool is under renovation and should re-open in September

**PLEASE VISIT <http://www.mwrfortcarson.com>
FOR DETAILS ON ALL FORT CARSON FMWR EVENTS**

TRAILS WEST FAMILY CAMP

Who: Active Duty Soldiers & Families

What: *Military Week* Family Camp

When: 27 May – 2 June, 10-16 June,
or 5-11 Aug 2012

Where: Trail West - Buena Vista, CO

How: Apply at www.militaryfamilycamp.younglife.org



Fort Carson POC: 526 6917





!!! Showtime !!!
“ANIMAL FARM”

18, 19, 25, 26 May & 1, 2 June at 7:00 p.m.
 Freedom Performing Arts Center ~ Bldg. 1129

Tickets:

Pre-Sale at ITR: \$ 5 w/Military ID	At Door: \$ 8 w/mil.ID
\$ 7 without	\$10 without

'Like' us on [Facebook](#): Ft. Carson Community Theatre
 Follow us on [Twitter](#): [FC_CmtvTheatre](#)
ftcarsonfreepac@gmail.com



TUMBLEWEEDS CONSIGNMENT SHOP

- ◆ Opened Last Week in Mini-Mall
- ◆ Operating Hours: Wed—Fri 10 am - 6 pm
- ◆ **GRAND OPENING: 17 May at 6:30 pm**
- ◆ “Cookies and Canvas” Kids Event: 11 May at 4:30 pm, \$20/child
- ◆ Seeking Vendors
- ◆ Cash-only

4ID GIFT SHOP

Efforts are being made to revitalize the 4ID Gift Shop. Opening hours are increasing. Please stop by and let the staff know what you and your units would like to see offered at the gift shop. Pins? Bags? Bracelets? Be-dazzled blouses?



WE HOPE TO SEE YOU THERE!



- ◆ Official EACH Facebook Page - <http://www.facebook.com/EvansArmyCommunityHospital>
- ◆ Warrior Clinic will be open in main hospital 1 May
- ◆ Premier Health Clinic will be phased into community home
- ◆ Evans Formulary - <http://www.pharmacyonesource.com/fos/default.asp?L=67651&g=2&f=0>



YOU ASKED, WE ANSWERED



- Q. Several spouses have been unsuccessful getting Mountain Post Hero's Cards because the print machine has been out of service? How can we get cards?**
- A. Will probably add a sticker to ID cards in lieu of printed cards due to budget constraints. More to follow.
- Q. To better meet the needs of our FRG families, can we create an anonymous survey on-line to get their feedback?**
- A. The Interactive Customer Evaluation (ICE) is for exactly that. FRG is listed as a service provider on the Ft Carson ICE website. <http://ice.disa.mil>. FRG families can go on-line, use one of the ICE kiosks, or submit a paper card at their convenience.
- Q. Does Trails West (Young Life Family Camp) have accommodations for special needs kids?**
- A. Yes. Just contact the POC in advance to discuss options.
- Q. Is it possible to have extended hours at the allergy clinic?**
- A. Yes. Will coordinate to extend until 1800 hrs.
- Q. Does Evans have a plan to open a neonatal ICE?**
- A. By regulation, we cannot do this unless 220 babies are born at the hospital each month.
- Q. Why don't all the clinics have rapid strep tests available?**
- A. Only Diraimando does not currently. Will look into adding this service.
- Q. When is the Satellite Pharmacy closing?**
- A. 6 May—when the Commissary closes. No plans to have one in new Commissary as of yet—underuse.
- Q. Are there any avenues for local (private) schools to promote for enrollment on post?**
- A. Yes, via the School Liaison Office (526-4255), the Annual Education Fair (Date TBA), or DFMWR Marketing (526-9977).

4th Infantry Division & Fort Carson

DIV FRSA 503-0025

Army Community Service (ACS)

Director 526-0443

Family Advocacy Pgm Mgr 526-4590

Army Volunteer Corps Pgm Mgr 526-1082

Family Enrichment Pgrm Mgr 526-0460

Exceptional Family Member Pgm Mgr 526-0446

Carson Cares 526-1949

Survivor Outreach Svcs 526-0442

Warrior Family Community Partnership 526-8747

AFAP / AFTB

526-4590 / 526-8636

12-14 Sep 2012: FY2013 AFAP Conference

8am-4pm, Elkhorn Catering and Conference Center

American Red Cross526-7144 <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 Region457-8404 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

911 Call Center Chief 526-56115

Directorate of Family and Morale, Welfare and Recreation (DFMWR)

Director 526-6452

Complete Calendar at www.mwrfortcarson.com**Child, Youth and School Services**

Director 526-1333

Construction./New Facilities 526-4188

Venture Point, Edge Programs 524-1472

Book of Programs 524-0655

Marketing Director 526-3161*Fort Carson NOW*—TV show airs Sundays on Fox21 at

09:00 and CW57 at 09:30; method of sharing the Soldier

and Family story with the community that they serve

Recreation Division Chief 524-0707

Sports and Fitness 526-2151

Events and Entertainment Coordinator 526-4495www.facebook.com/CarsonMWRReventswww.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**Fountain-Fort Carson School District 8**

Superintendent 382-1310

Installation Care Team

rfmcl@aol.com

**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, Nationwide 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 6250, 526-5966

Information: Tues - Thurs/first Saturday of each month 1000-1400

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

- Mon: Texas Roadhouse
- Tues & Wed: Papa Johns
- Thurs: Buffalo Wild Wings
- Fri: BBQ by Perkins 2X/month/ hot dogs

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 NCOI 526-9841

Microchip and register all pets 526-3803

Do you have any photos from your unit events that you'd like to see included in the next CIE Newsletter? Please forward them to Jean NLT the Friday after the CIE.

Next CIE
Thursday, 31 May
0930-1100
Location: The Hub

28 June 2012
No CIE In July
30 August 2012