



# THE MOUNTAIN POST

## COMMUNITY INFORMATION EXCHANGE

### February 23, 2012 Newsletter



#### Strategic Messages

##### **Current Budget Situation**

- ◆ 26% Reduction in Base Operations Budget from FY11
- ◆ 15% Reduction in USAG civilian personnel (FCCO was only reduced 7% given FY10/11 manpower initiatives already being implemented)

##### **Service Shortfall Mitigations**

1. Conversion to borrowed military manpower
2. Reduction of service
3. Charge for Service
4. Elimination of Service

##### **Stepped Approach**

1. Ensure FCCO is being proportionally reduced with other installations
2. Develop Cost Savings measures
3. Ensure Chain of Command support for the "New Norm"
4. Inform Soldiers, Families, Retirees, and Civilians



MG Anderson presents the \$740K donations check to the CFC during an awards ceremony at the 4th Inf. Div. headquarters, Feb. 13, 2012. Fort Carson surpassed its contribution goals for the 2011 campaign.

#### **Proposed Adjustments to Services/Programs**

- ◆ Reduce EFMP Respite Care—Awaiting new Army guidance reimbursement
- ◆ Reduce Exterior Lighting (effective 31 March)
  - Parking lot & exterior lights on
  - Main thoroughfare street lights turned off (does not include housing area)
  - Conducting exceptions assessment w/DES & Safety Office
- ◆ Reduce operating hours at Youth Services Building (effective 1 April)
  - Closed on weekdays @1800 & closed on weekends except for special events
- ◆ Implement fee for service for personal training, fitness classes & installation level sport programs
- ◆ Eliminate Local Move Service
  - Honor signed agreements and by exception for special cases
  - Publish policy letter NLT 10 March with effective date of 1

#### **Significant Events**

- 26 Feb–3 Mar: USA Boxing Event @ SEC
- 8 Mar: Adopt a School Social 1500 @ the Elkhorn
- 16 Mar: St. Patrick's Day Run & Party 1600-UTC @ Hub
- 20 Mar: Leadership Fort Carson
- 21 Mar: Military Spouse Employment Program Signing Ceremony
- 31 Mar: Eggsperience 0900-1500 @ SEC
- 3 Apr: College and Univ Presidents Summit on Military & Education
- 8 Apr: Easter Country Buffet @ ECC
- 10 Apr: Education Summit 0900-1500 @ SEC
- 16 Apr: Gown Swap @ Foxhole, 1730-2030
- 18 Apr: Installation Safety Day
- 21 Apr: Personally Owned Weapon Range @ Fort Carson Range #1
- 27-29 Apr: TAPS Regional Conference at FCCO

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

**ACS**

**The Crying Baby Plan**  
Shaken Baby  
Syndrome Prevention  
Videos:

<http://www.youtube.com/watch?v=vY0HdBx44yc>

<http://www.youtube.com/watch?v=7VnTSBlnQrQ> (Spanish)



Senior Spouses tour the amazing new facility's progress.

**Forrest Resiliency Center**

As an Army Standardized Wellness Center, this facility will offer six core foundational programs, developed by Public Health Command, and the latest in high-tech equipment for beneficiaries: Bod Pod, Bio Feedback, Fitness Testing Lab, and Metabolic Testing

Lab. This will be a "best in the Army" offering available to the Fort Carson Community!

**Army Family Action Plan (AFAP)****AFAP Issues #11-13**

#11 Town Hall for Military Youth - Local issue. Concept is to host a quarterly town hall with youth through CYSS (grades 5-12) at the Youth Center. First town hall is scheduled for 22 Mar. DFMWR is working on a community/installation marketing plan. Youth Center director is coordinating with *The Mountaineer* to create a special section dedicated to youth, featured concurrent with town halls.

#12 Pets in Military Housing - Research has been done to find DOD/DA policy on pets. There are some local exceptions to policy from the Garrison Commander on number of pets in housing. This issue was to be elevated, but policy change resulted in it being removed from the list. This issue will be resubmitted at this year's AFAP conference.

#13 Respite Care Provider Payment - Current policies on procedures must be followed. Work is being done locally to help streamline the process. The Garrison Commander has some local exceptions to policy.

Next AFAP Conference: Elkhorn Catering and Conference Center, September 12-14 2012. Issues sheets and boxes are out (ACS, HUB & Belfour Beatty @ community center). Please let ACS/AFAP program know if you need forms or briefs for your FRGs, units, etc. FRTI applications can be turned in at ACS or to Robin at the next CIE.

AFTB: March 20/21: Last CO Commanders/1SGT spouses class until September

TBI: March is Brain Injury Awareness Month. Robin will be at the Fort Carson PX every Friday in March from 9-2 with Brain Bicycle Helmet Giveaways.

Facebook page: Fort Carson ACS Army Family Action Plan (AFAP)



# AMERICAN RED CROSS

## Spring/Summer Programs

### Medical Assistant Training Program

- ◆ Applications available March 1<sup>st</sup> - March 16<sup>th</sup> (due by noon)
- ◆ Learn skills to help prepare you for a new career
- ◆ Classroom and clinical learning (Further learning required for state certification)

### Summer Youth Program at Evans Army Community Hospital (EACH)

- ◆ Applications available April 16<sup>th</sup> - May 11<sup>th</sup> (due by noon)
- ◆ Placement limited, interview required
- ◆ May 29<sup>th</sup> – July 27<sup>th</sup> program period (mandatory training dates May 29<sup>th</sup>-June 1<sup>st</sup>)

### 5K Fun Run/Walk March 10 (Saturday)

- ◆ Registration @ 7am/ Start @ 8am -*Families and leashed pets are welcome*

### Information Booth March 24

- ◆ Learn more about the Red Cross. Booth will be at the PX from 10am -2pm

### Year Round Activities

- ◆ Volunteer Services
- ◆ Reconnection Workshops - Reuniting, Reconnecting and Rebuilding for Military Families
- ◆ Preparedness/Health & Safety Courses – CPR/ AED/First Aid (visit [www.coloradoredcross.com](http://www.coloradoredcross.com))

**For more information contact the Fort Carson Station at 719-526-2311/7144. Or, visit the Fort Carson American Red Cross Facebook page at**

<http://www.facebook.com/pages/Fort-Carson-American-Red-Cross/150708334969235>

## RELIGIOUS SUPPORT OFFICE

Date	Event	Additional Info	Contact
17-Mar	SB Retreat	Laugh Your Way Through Marriage	526-8278
25-Mar	Youth Ministry Events	Spring "Break- Out" Youth Ministry Events	526-5744
3-Apr	Seder Meal Service	SMC, 70 Participants	503-4099
8-Apr	Easter	Easter/ Chapel Sponsored Easter Egg Hunt	526-5470
27-Apr	SB Retreat	Cheyenne Mountain Resort	526-8278
28-Apr	YM Day of Service	Youth Ministry Day-of-Service, Denver CO	526-5744
11-Jun	VBS	Vacation Bible School ( All School Ages)	524.2458
6-Jul	NCYC	National Catholic Youth Conference; Denver	524.2458
29-Jul	Summer Sports Camp	Summer Sports Camp	526-5744
19-Aug	Catholic Ed.	Catholic Religious Education Begins	524.2458
Summer 12	CB Summer Camp	Club Beyond Summer Camp	526-5744
Summer 12	Strong Bonds Camp	Teen Strong Bonds Camp	526-8278



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CAMP SHADY BROOK

**Saturday—April 7, 10am-2pm**

Join us at YMCA Camp Shady Brook (Deckers, CO)  
Free to the community! Bring a picnic lunch or enjoy our  
Buffet lunch for just \$4/person.

- Egg Hunt and Activity Course 10:00am-11:30am
- Enjoy a community picnic 11:30am-12:30pm
- Activities Open\* 12:30pm-2:00pm
- RSVP Required

\*Some activities are weather permitting, event  
is rain or shine

**Sunday, April 22, from 1pm-4pm**

Join us at Camp Shady Brook for our summer  
camp open house.

- Meet the directors 1:00pm
- Camp tours start\* 1:30pm
- Q&A Session 3:00pm
- Camp store open for registration 3:30pm
- RSVP Required

\*Camp tours will be provided at a variety of  
activity levels

For YMCA camp information call 719 329 7266  
or e-mail [campinfo@ppymca.org](mailto:campinfo@ppymca.org)

**Spring Work Party: Saturday—April 21<sup>st</sup>, 2012**  
**Fall Work Party: Saturday—October 6<sup>th</sup>, 2012**

A great opportunity to volunteer in your local community,  
outside in the fresh mountain air, rain or shine!

- Check-in/Breakfast begins at 7:30am Saturday.
- Projects start at 8:30am
- Lunch served at 12:30pm
- Projects continue until 4pm
- RSVP Required

**Projects may include:**

- Preparing cabins for the upcoming season
- Trail maintenance
- Painting buildings

**Spring Family Camp**  
**Friday—Sunday, May 4-6, 2012**

**Fall Family Camp**  
**Friday—Sunday, Sept. 21-23, 2012**

Located at serene YMCA Camp Shady Brook  
in Deckers, CO

Family Camp at Shady Brook provides an  
opportunity for parents to be kids, kids to  
be friends, and friends to be families!

Check-in: 4pm-6pm Friday\*

Check-out: 3pm Sunday

\*Dinner served at 6:30pm on Friday



**Register online at [www.campshadybrook.org](http://www.campshadybrook.org)**

For YMCA camp information call 719 329 7266

or e-mail [campinfo@ppymca.org](mailto:campinfo@ppymca.org)



YOU ASKED, WE ANSWERED



**Q. There is a sign after Gate 4 directing commercial vehicles to use Gate 3. Can this sign be moved somewhere between the I-25 ramp to Academy and the B-Street exit?**

A. Our DPW POCs will collaborate with the City/State contacts to see what can be done about moving the existing sign. Gate Operations strive to move vehicles through quickly; by and large, there is not a great number of commercial vehicles at Gate 4 on a regular basis.

**Q. Parking at Library—community members are parking illegitimately and creating traffic jams along that street. Can anything be done about this?**

A. If there is ever a parking complaint or issue for this area please call the dispatch office at 526-2333, and the next available patrol will respond to assess the situation. In addition we will increase our patrol presence to assist in this matter for a short period and make recommendations based on the findings.

**Q. What is post policy for parking in the low emission vehicle spots at the PX?**

A. The designated low emission parking spots are intended for hybrid vehicles, on the honor system.

**Q. What will happen to the old SW CDC when the new one opens?**

A. When the SW CDC closes, the facility will be used for other activities, but will no longer function as a CYSS facility. This will tentatively take place in early April.

**Q. Is there any way to get a shuttle to pick children up from District 12 schools and transport them to after school programs?**

A. At the moment, funding cannot allow for additional transportation to transport children from off-post.

**Q. Why was there no weather delay on 23 Feb?**

A. The storm took us by surprise. Forecasts did not predict the amount of snow we actually received. The school bus routes were left on course to minimize confusion with the school schedule, as the District 8 superintendent elected to keep school on schedule as well.

**Q. Is there a better way to receive school delay/closure information other than checking the internet/tv/radio?**

A. Text alerts from the local news stations are a great way to stay up to date with breaking news and school closings on your mobile phone. [www.krdo.com/mobile/index.html](http://www.krdo.com/mobile/index.html), [www.koaa.com/text-alerts/](http://www.koaa.com/text-alerts/) and [www.kktv.com/mobile/headlines/84247242.html](http://www.kktv.com/mobile/headlines/84247242.html) are all pages where you can enroll in various text alerts. Some of the local school districts offer the same service as well.

**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 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](http://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](http://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](mailto: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](http://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 526-4495[www.facebook.com/CarsonMWRvents](http://www.facebook.com/CarsonMWRvents)[www.mwrfortcarson.com](http://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: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.

**15 April**—Casino Night \$15 adv/\$20 at door for tickets

**28 April** Craft fair will feature 30-60 vendors. Now accepting vendor applications. Proceeds go to scholarship fund.

**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

**Next CIE**  
**Thursday, 22 March**  
**0930-1100**  
**Location: The Hub**

26 April 2012

31 May 2012

28 June 2012

No CIE In July



**Ft Carson & Community Donations Support SOS Holiday Baking**—Senior Spouses and the Family Programming Coordinator for SOS, worked to make the Holidays brighter for those in the Ft Carson Family