



THE MOUNTAIN POST COMMUNITY INFORMATION EXCHANGE August Newsletter



Garrison Updates

FY14 Way Ahead

If sequestration continues every program is up for possible cuts or may have to be eliminated. There are no programs off limits.

Private Organizations on Fort Carson

- Every private organization on Fort Carson must be approved by either the Commanding General or the Garrison Commander
- Must pay rent and utilities per Army regulations
- Applied for and received permission to change/tighten procedure
- DFMWR has been reaching out to organizations and individuals to develop leases

Job Fair

The Job fair was a great success due to Commanders allowing Soldiers to attend!

MEDDAC

- WiFi available
- Embedded Behavioral Health Team #1 moves into their building 2649
- Community Based Clinics coming soon
- Furlough Update: Normal operations resumed
- Flu season appears to be coming early; get your vaccinations early; Retirees should come in before October

DENTAC

- MetLife is the new Dental insurance which has an increase in coverage
- Takes a month before effective; for those returning stateside, enroll immediately upon arriving



Deputy Garrison Commander (719) 526-5600 // carsonaskthegc@conus.army.mil

Director and Partner Updates

DHR

Transition University

- Congress mandated transitional services
- Fort Carson encourages spouses to attend
- May apply six months to a year before transition but best around six-month. May return once out of the military for assistance.
- Commanders are encouraged to support attendance

DFMWR

CYSS

- Must register for any services
- Desperately need Coaches
- Need 20 more coaches; currently have 700 kids signed up and expecting 100 more

DES

- New Gate Access policy in effect
- 18 years and older with DOD ID can bring in trusted travelers with IDs.
- Asking for patience during this transition period
- For family members from off post who visit often a VIP pass can be issued. Contact Mr. Carl Backus at 526-2730 or carl.r.backus.civ@mail.mil.
- Do not use your cell phone while driving; tickets to those talking on cell phones while driving is \$75

DPW

- Night Lighting- A study was conducted which resulted in turning off some of the lights before reporting a light being out check to see if it has a reflector , if it does it was turned off intentionally
- Recycling program is available to Units and the money saved is returned directly to Units become part of the program contact Mr. Eric Bailey at 526-1695

ACS

- AFAP Conference - To be held 05-07 Nov 13; Commanders are asked to provide delegates;
- Family members are also needed as delegates
- The importance of the conference was emphasized by both Ms. Randle and Ms. LaCamera pointing out that the BOSS, TA50s, and the GI Bill transfer to dependents were all a result of the AFAP process.

RSO

- Trunk or Treat – Sunday, October 27 at Soldiers Memorial Chapel North Parking Lot volunteers and candy are needed. Contact Pat Tracy at 524-2458
- Youth Ministries - Christian Youth group, Sundays 1430-1630, Soldiers Memorial Chapel Grades 6-12

Lynn Rivera

- Conducting a survey with all residents on 09 September 13,
- Trying for highest return possible as feedback very important, an event will be held in each neighborhood to collect the surveys complete with food and prizes.
- Calendar of events is now available on BBC facebook page

School Dist 8

- FFC District 8 now has a free full time Kindergarten
- Student population is 75% military
- Interstate Compact is now signed by 46 states

Director and Partner Updates

AAFES

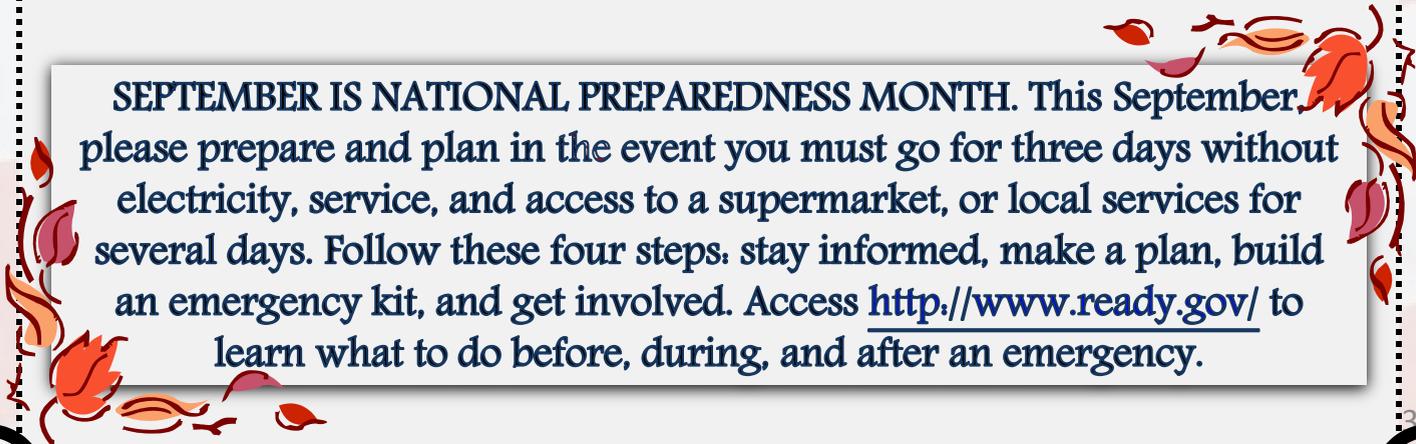
- Consider AAFES as a career opportunity we hire many Wounded Warriors
- If willing you are to travel there are openings all over the world
- Management training programs with careers in accounting, store management and operations.

Red Cross

- CPR Training Classes; 14 Sept, 26 Oct, 16 Nov, Military discounts offered
 - Dental Assistant Program, Full-Time 40 hour week class, 2 Jan-27 Jun 2014, Free!
 - Applications available 1 Oct 13, Must have Military ID and be at least 18 years old
- Disaster Service Training
- 31 Aug: 0900-1230 and 11 Oct: 0900-1230, we can teach the class for specific
 - Your pet as a Therapy Dog, American Kennel Club will be doing testing 3 Nov at 1500-1800
 - MUST preregister: Contact Sue Decker at 719-302-2444, Testing is FREE to Military ID Card Holders

Air Force Academy Cadet Program

- Cadet Service Leadership Program
 - 4000 Air Force Academy Cadets are available for service projects at Fort Carson
 - Availability is better on weekends than during the week
 - Volunteer projects could include:
 - Wounded Warrior Games
 - Tutoring/mentoring program
 - Special Olympics
 - Sporting Events/Games
 - Support for School activities
- Local Community Projects, Contact C2C Emily Hazen at C2C c15emily.hazen@usafa.edu



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH. This September, please prepare and plan in the event you must go for three days without electricity, service, and access to a supermarket, or local services for several days. Follow these four steps: stay informed, make a plan, build an emergency kit, and get involved. Access <http://www.ready.gov/> to learn what to do before, during, and after an emergency.

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

Q: How does DPW track recycling and how can units get involved?

A: DPW tracks recycling by weight. They deliver container loads to vendors who purchase the different materials and send back a check. Units are provided totes and as the totes fill up they will deliver them back to DPW. DPW then weighs and tracks the total for the quarter. At the end of the quarter, DPW gives you money through DFMWR for your recycling efforts. Call 526-5898 to get started on this incentive program.

Q. Would like every agency to please summarize their talking points on a slide. It would be helpful if we can't understand or hear what their saying.

A. The Garrison plans office will be working with our briefers to ensure that each briefers has a slide.

Q: Please post slides to aid distribution of information

Please find the slides on the following SharePoint site:

<http://carsportal.carson.army.mil/pai/CIE/default.aspx>

We will be posting all slides and handouts to this portal page. For future CIE's we will ask that you print and bring your own copies this link will be provided again in your invitation. If you have any problem with access please let Angela Rogers know angela.d.rogers.civ@mail.mil

Q: Would like to see an outline of classes offered by the Red Cross as part of the brief. This goes for the other agencies that didn't show slides as well.

A: The Garrison plans office will be working with our briefers to ensure that information is shown in a slide.

Q: What is the policy for FRSAs serving on private boards such as Santa's Workshop? Four people serve on this board and meet and shop during the workday and then list it as volunteer hours.

A: While there is no specific policy prohibiting FRSA's from serving on private boards in the capacity as a volunteer, anytime spent volunteering for any organization must be accomplished during non-duty hours. Non-duty hours could include an unpaid lunch hour, flextime if the employee is working an extended day, furlough hours or while taking authorized leave. If any supervisor has questions or is concerned about any volunteer duties performed by his or her employee, they should consult their unit ethics adviser.

Q: FRSAs have traditionally attended AFAP but are not taking a day off to do so and then list it as volunteer time. Who is supposed to track this and please provide policy?

A: An employee cannot "double dip" by working at any conference, and then reporting it as volunteer hours. The person responsible for personally certifying all duty hours worked is the employee's supervisor. The person responsible for accepting and approving volunteer hours is the Organization Point of Contact (OPOC). If this is occurring, the supervisor should not be certifying an employee's time as duty time, or, the volunteer OPOC should not be accepting the volunteer hours as volunteer time.

Q: MEDDAC: When checking in for an appointment does the admin person have to ask which wife number the dependant is?

A: No, the admin person does not have to ask which wife number the dependent is. All they need to ask is for name, date of birth, and last four of the spouse or sponsor. If this happens again please let a supervisor know so it can be addressed.

There was a comment that the room was too cold. We apologize for this. Please let us know if the room temperature is uncomfortable and we will immediately have it adjusted.

NEEDED: CYS SERVICES YOUTH SPORTS & FITNESS COACHES

So you're thinking about volunteering as a Youth Sports Coach? Here's what you should expect:

- Pass a background check which must be completed BEFORE working with our youth
 - Attend mandatory pre-season training (3 hours)
 - 2-3 hours per week for practices and games
- Communicate with the Youth Sports staff and the parents on your team
- An 8-week season of FUN!!!



Why volunteer as a Youth Coach???

- Discount on sports enrollment for your children
- Promotion points for active duty
 - Volunteer hours for everyone
 - Build a resume
- Making a difference in the lives of the youth in our community
- Because it just feels great



INTERESTED???

Contact the Youth Sports office in the Youth Center (5950 Ware Street) to pick up your application or by phone, 719-526-4425, for more information.



Children's Health Day

Friday, 20 September 2013
12:30 to 4:30

Timberline SKIES Facility—Bldg 5939



Fort Carson will honor those who gave their lives in the battle for freedom during a 9/11 Remembrance wreath-laying ceremony at 1 p.m. Sept. 11 at the World Trade Center memorial outside the post's Gate 1. The ceremony is open to the general public. Visitors are asked to use Gate 1, located just off Highway 115. From there, visitors will be directed to parking and will not require access to Fort Carson. Brigade General Michael Bills, 4th Infantry Division and Fort Carson acting senior commander, and Don Addy, Fort Carson Good Neighbor and National Homeland Defense Foundation president/CEO will place a wreath at the site.



Pamper your pup at the Outdoor Pool!

It's Doggie Day!

September 7, 4-6:30 p.m.

DOGS = \$2
HUMANS = FREE



- FREE SHIRT for first 100 humans! Food by QDoba! Prizes and giveaways for pups and their people!
- Canines must be accompanied by human.
- Current shots must be shown before entering the facility.
- Military and DoD only.
- All canines must be on a leash when not in water.
- Bathing area with shampoo provided prior to water play.
- Restricted Breeds: Mastweiler, Akita, Pit Bull, Chow, Doberman, Mastiff, Wolf Breed, English Bull Terrier, American Staffordshire Terrier



Questions? Call 526-4456



Sponsored by Security Services Federal Credit Union, USA, GSSA, Star's Club, University of Phoenix, Swanton Clinic, Alford Sweeney, Kaplan University, West Valley, and others.

STORY TIME AT GRANT LIBRARY

Free!

No Registration Required!
Preschoolers Story Time occurs on
Wednesdays from 10:30 - 11 a.m.
Session begins September 11.

Call 526-2350 for more information.
Tuesday-Saturday 9 a.m.-5 p.m. Closed Sunday, Monday & Federal Holidays.



Cheyenne Mountain Shooting Complex

NATIONAL HUNTING AND FISHING DAY

September 28, 10 a.m. to 2 p.m.



- FREE Food for the first 250 attendees!
- Kids Coloring Contest with Prizes!
- Hunting and Fishing information from Colorado Parks and Wildlife
- Archery Demonstrations
- Muzzle Loading and Black Powder Demonstrations
- Fly Fishing Demonstrations
- ATV Safety
- Big Game Calling
- Prizes drawn every hour!

Questions? Call 243-6629



Access Control Policy Change

- **DoD ID card holders**
 - Can access through any gate, any lane
- **Non-DoD ID card holders**
 - Visitors: process through Gate 1 where all personnel will have their ID scanned using the RAPIDGate RCx™ program, they will be logged, they are subject to vehicle inspection, they are subject to random ID vetting through NCIC
 - Commercial vehicles: process through Gate 3 where all personnel will have their ID scanned using the RAPIDGate RCx™ program, they will be logged, they are subject to vehicle inspection
- **Commercial vehicles and vendors in possession of the standard RAPIDGate™ badge**
 - Can access through any gate, any lane



United States Air Force Academy
Center for Character & Leadership Development



CADET SERVICE LEADERSHIP Partnering with Ft Carson

The Cadet Service Leadership program operationalizes the AF core value of **Service Before Self**, immersing cadets in character building community service.

- – 4000 Cadets W/inherent desire to serve
- Vast array of talents & formal academic skills to apply to community projects
- Your AF Academy Cadets looking to serve the Ft Carson Community
- Strengthen ties between local bases

****Contact one of the Cadets-In-Charge (CICs) listed below**

Potential Volunteer Projects

- Wounded Warrior/Warrior Games
- Tutoring/mentoring programs
- Special Olympics
- Sporting Events/Games
- Support for School Activities
- Local Community projects



****Contact Info:**
C2C Emily Hazen
C2C c15emily.hazen@usafa.edu
C1C Angela Fox
C14angela.fox@usafa.edu

Officer-In-Charge(OIC):
Lt Col Chuck Rinkevich
Charles.rinkevich@usafa.edu
719-333-7881





Fort Carson hosts household hazardous waste collection event!



Fort Carson is hosting a free household hazardous waste collection event Sept. 18 from 9 a.m. to 4 p.m. at Ironhorse Park as part of the national Pollution Prevention Week observance. The collection event is open to military members and their families, Department of Defense civilians, defense contractors and retirees. The Fort Carson community is encouraged to participate in reducing expensive landfill waste, preventing pollution and helping the installation get one step closer to its Net Zero waste goal. Bring your old/used household cleaners, paints, lawn products, automotive products and electronics and make a difference! A donation to Care and Share is encouraged. For more information, call 526-4340 or 491-0218.

What will be collected Sept. 18?

- **Household products:** Aerosols, ammonia, ammunition, batteries, bleach, cleaners (carpet, drain, oven and toilet), cooking and lamp oils, cosmetics, degreasers, deodorizers, fire extinguishers, floor cleaners/waxes, fluorescent lights and ballasts, furniture polish/wax, laundry products, mercury, mothballs, photographic chemicals, propane and butane tanks (1 pound and 20 pounds), rust removers, silver cleaners, spot removers, etc.
- **Paint, stains, solvents, etc.:** Latex, oil-based, aerosol and hobby paints; and lacquers, solvents, stains, strippers, thinners, varnishes, etc.
- **Lawn and garden products:** Lawn and houseplant fertilizers, herbicides, insecticides, pesticides, rodent poisons, wood preservatives, etc.
- **Automotive products:** Antifreeze, batteries, brake and transmission fluids, cleaners (bug, tar, chrome, engine and vinyl), contaminated motor oil, self-service uncontaminated motor oil in 5-gallon containers or smaller only, fuels, wax, etc.
- **Electronics and data media:** Computers, printers, scanners, audio/video equipment, camcorders, cell phones, digital cameras, fax machines, microwave ovens, TVs, audio and video tapes, CDs, DVDs, Blu-Ray discs, game cartridges, etc.



The movie "Bag it," which examines the impact of plastic on society, will be shown for free Sept. 16 at the Freedom Performing Arts Center, building 1129. The short version of the movie, 45 minutes, focuses on the politics of bags, single-use disposables, waste and recycling and the health of oceans. The long version, 60 minutes, includes a chapter on human health. Show times for the short version are 9:30 a.m. and 3:30 p.m. and for the long version, 11 a.m. and 1:00 p.m.



DFMWR EVENTS

September 2013

Save the Date!!! 18 October, Girl's Night Out

Annual Girls Night Out is an evening for female Soldiers, civilians, and spouses of the Fort Carson Military Community. The theme for this event will be Halloween. The evening will include music, dancing, food and adult beverages for purchase, live entertainment, prizes, surprises, and more. Tickets for Girls Night Out will be sold at the door. Admission price is \$5 per person at the door.

Location: Foxhole

Time: 1800

Cost: \$5 per person at the door

14-15 September, Club Championship Golf Tournament

This event will provide Fort Carson golfers with a major championship. Tee times assigned by Pro Shop starting at 7:00 am. 100% of entry fee paid out in prize award gift certificates. Winning Soldiers can add this championship to their All-Army golf resume.

Location:
Cheyenne Shadows Golf Club

Mountain Post Running Club

Run or walk every Wednesday through a marked route in Iron Horse Park.

Earn a Mountain Post Running Club shirt after completing a total of 100K.

Following your run or walk return to the Elkhorn Catering and Conference Center Ivy Irish Pub to socialize

with friends and co-workers. The Irish Pub offers Wing Wednesdays and drink specials.

Location: Ivy Irish Pub, Elkhorn Catering and Conference Center

Time: 5:00 pm - 6:00 pm

Cost: Free

23 September, Intramural Flag Football League (Company level)

Registration deadline is on 19 September; each team must register with the Intramural Sports office.

League starts on 23 September at 6:30 pm Coaches Meeting on 19 September at 6:30 pm at Iron Horse Gym,

Bldg 1925 For more Information and registration, visit <http://mwrfortcarson.com/intramural-sports.php> or call: (719) 526-3972.

League is open to Active Duty military only.

Location: Mountain Post Sports Complex, multipurpose fields

Dates: 23 September

Time: 6:30 pm

Cost: Free

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

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 Assistant
- Special Events
- Evans Army Community Hospital
- Disaster Assistance
- Health and Safety Instructor

Leadership Volunteers

Want to make a difference in your community?

Want to add leadership experience to your resume?

New to Fort Carson and looking for ways to meet others?

Please consider serving in a leadership capacity to your

Ft Carson American Red Cross, Service to the Armed Forces

Leadership opportunities include:

- Recognition & Award Committee members
- Medical Assistant Program Coordinator
- Youth Program Chairman



American Red Cross

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!

Aug 31; 0900 – 1230

Oct 11; 0900 – 1230

CPR/First Aid/AED

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

Caron:

Sept 14

Oct 26

Nov 16

Military discounts offered! Call the Fort Carson office for details on the promotion code offer.



Dental Assistant Program (FREE)

A FULL-TIME 40 hour week Class, 2 Jan - 27 June 2014

Applications available: 1 October 2013
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.



Leadership Volunteers

American Red Cross

Want to make a difference in your community?
Want to add leadership experience to your resume?
New to Fort Carson and looking for ways to meet others?

Please consider serving in a leadership capacity to your
Ft Carson American Red Cross, Service to the Armed Forces
Leadership Opportunities Include:

- Records Chairman
- Recognition Chairman
- Youth Program Chairman
- Special Events Chairman

For more information contact the
American Red Cross
526-7144

American Kennel Club

Canine Good Citizen Testing

Is Coming to Fort Carson!

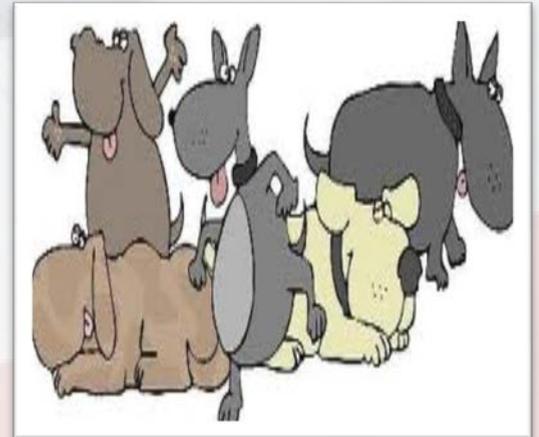
Sunday November 3 2013

1500-1800

Special Events Center 6550 Specker Ave

Bldg 1829

AKC/CGC Evaluator: Nancy Hansen



- ❖ **Must read all CGC information prior to testing to ensure your animal can meet the requirements. Information available at:**
- ❖ **<http://images.akc.org/pdf/cgc/GK9GC2.pdf>**
(or pick up a free copy at the Fort Carson Red Cross office)
- ❖ **Any dog testing must be at least one year old. Owner must bring rabies vaccination records on testing day.**
- ❖ **Testing is free to Military ID Card Holders.**
- ❖ **Preregistration only: Questions or to register call:
Sue Decker : 719 302-2444
Appointments be will approximately 45 minutes
There are a limited number of openings.**
- ❖ **Questions regarding your dogs training level?
Call or Text Nancy Hansen: 719 232-0815**



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)
pcstvnnsn@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
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-
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

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

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

Next CIE

Thursday, 26 September

0930 – 1100

Location: The Special Events Center