



# THE MOUNTAIN POST COMMUNITY INFORMATION EXCHANGE October/November Newsletter



## Garrison Updates

Congratulations to Fort Carson Army Community Service (ACS) for being named the top ACS in the Department of Defense for installations its size during 2012. The Installation Award of Excellence for ACS is an annual award given by Installation Management Command. Ms. Patricia Randle, Director ACS, and the ACS team received the award presented by BG Bills and COL Grosso.

## MEDDAC

### Seasonal Influenza Vaccination

#### •All beneficiaries aged 6 months and older

Clinic walk-in hours

0800-1130 / 1230-1530

Patients may walk in if only receiving the flu vaccine.

Patients may receive the vaccine as part of an already scheduled appointment.

•May also go to TriCare approved outside pharmacy

•Some outside pharmacies will not immunize children under a certain age

***For the most detailed information, instructions, and updates -***

[http://www.evans.amedd.army.mil/PM/flu\\_information.htm](http://www.evans.amedd.army.mil/PM/flu_information.htm)

•**Soldiers:** See your unit leadership or medical personnel

•**Primary care clinics' services:** Along with existing clinic appointments for at-risk patients. Walk in hours will be posted covering the flu season after Oct 25.

## Lasik

#### •LASIK and PRK for Active Duty Soldiers

Benefit AD military

Improve quality of life

Improve their mission effectiveness by removing the need for corrective eyewear

Currently no waiting list!

Bldg 7500, Room 1300

(719) 526-7450

0715-1600 Hours, Monday through Friday

<http://www.evans.amedd.army.mil/EYE>

## DENTAC

#### •“GO FIRST Class” Update

• Unit's Goal: 65% Dental Wellness (Class 1)

• Presently: Fort Carson is at 42%

• Dental Wellness = Improved and Long-Term Dental Readiness

• Dental Wellness numbers will be as important as Dental Readiness numbers in the future

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

# Director and Partner Updates

## DHR

### PCS Orders

- Effective 21 Oct 13, HRC released authorization to resume publishing PCS Orders
- Currently have a backlog of 324 orders, down from 545
- Need Soldiers to attend Levy briefings (274 Soldiers have not attended in backlog)
  - OCONUS PCS = 0700 hrs
  - CONUS PCS = 1300 hrs

## DFMWR

### Warrior Adventure Quest

WAQ is a reintegration program designed help Soldiers understand how they might be responding to stress and excitement following a deployment. We use adventure-based activities to help promote positive adrenaline responses.

WAQ also promotes: increased unit cohesion and Esprit de Corps, improving morale and communication, and developing trust and teamwork. It is **fully funded** by the Department of the Army and the Directorate of Family, Morale, Welfare, and Recreation.

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### Basic Eligibility and Requirements for WAQ:

- Available only for soldiers- mandatory participation within platoon
- Conducted at a platoon level
- Must be executed within the first 120 days of returning to Ft. Carson
- Must be conducted during duty time
- Full-day adventure program followed with a Leader- Led After Action Debrief (L-LAAD)
- Mandatory L-LAAD Training for all leaders E6 in the participating platoon
- Completion of mandatory post activity survey

## DES

### Report a Non-Emergency Crime Online

The Report A Crime Web form and Report A Crime PDF form **CAN ONLY** be used to report:

1. Theft with no suspects or witnesses
2. Damages to property, or vehicles with no suspects and no witnesses
3. Harassing Phone Calls
4. Lost/Stole Property
5. Hit and Runs

You **CAN ONLY** use this *Report A Crime* web form if: You are the actual victim of the theft, loss, or criminal mischief (not a witness, relative, friend, etc.)

This form **CANNOT** be used to :

1. Report a Crime / Loss / Incident that occurred outside the installation boundaries of Fort Carson, CO.
2. Report a stolen vehicle - to report a stolen vehicle contact 719-526-2333

BLUF: If concerned call 911

# Director and Partner Updates

## DPW

### **Snow Removal Plan**

- Special areas requiring bare pavement will be cleared immediately at first snowfall and throughout storm.
- Public Sidewalks will be cleared when weather forecasts indicate sustained conditions of snow and ice on the walks.
- 50' Rule: Building occupants are required to clear snow and ice on the sidewalk leading from their doorstep to the first mainline sidewalk, which is typically less than 50', but could be more.
- Once snowfall accumulation is 3 inches, DPW will start plowing:
  - Emergency snow roads
  - Key parking lots
  - Major sidewalks
- DPW will start plowing prior to 3" accumulation during normal duty hours if expect to receive at least 3" by the end of storm.

## Balfour Beatty Communities

### **Maintenance**

**Self Help has moved** next door to our Facilities Building 0730-1530 M-F;

Items can be picked up at our Facilities building service order office from 1530-1700

\*Increased efficiency

\*Reviewing possibility of opening self help on Saturdays

**Phones** are now rolling over to our live answering service after 2 minutes on hold

\*Working out a few line capacity issues

\*Hold time will be greatly reduced; more calls answered

**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 Cmdr requesting the service

## School Dist 8

### **Common Core Standards - Impact on Military Students**

The development of these common standards will not only benefit the thousands of military dependent students whose frequent moves are often at odds with local standards, but this reform will also allow a national debate on realigning state K-12 education policies and practices, a benefit to all.

## AAFES

### **Price Match Policy**

- AAFES will accept a verbal price challenge on identical items from local competitors with the difference of \$10 or less (per item). Price differences up to \$10 will be honored at any cash register.
- AAFES will accept a price match on identical items with a difference greater than \$10. Customer must provide current ad from local competitor. If the customer does not have the ad, management can verify the price, terms and inclusive dates.
- AAFES has a 14-Day Price Guarantee on any item originally purchased from the Exchange and subsequently sold at a lower price by the Exchange, or any local competitor.

## You asked ... We Responded

### Questions and Answers from the Oct/Nov CIE

**Q: Why doesn't Dist 8 bus students from off-post schools to on-post CYSS facilities after school?**

A: In regard to the question of why the District does not transport students who attend D8 schools in Fountain to/from daycare centers on Post, the simple answer is this is not a service that we provide. We do transport students attending schools on Post to the CDC's and we transport students attending elementary schools in Fountain to local day care centers. We do not provide a shuttle service between Post and Town.

**Q: Why has IH gym significantly cut back on the free classes?**

A: Fort Carson Fitness currently offers over 25 Free classes throughout the week to our patrons. In order to supplement the demand, we are proud to be able to offer over 60 additional contracted classes. These classes are provided for only \$3 each and cover the cost of the contracts. Thru our contractors we are able to provide a much larger variety of offerings and ability levels to our patrons. Both the Child Development Center and the gym are co-located in the Fort Carson Resiliency Campus, and are a short two minute walk apart from each other.

**Q. Are there any plans to designate more than one lane at Gate 1 for DOD ID card holders? With only one lane designated the wait is long.**

A: At this time no, due to the amount of non DOD ID card holders that use the gates. Additional options for ID card holders are to utilize any of the other gates, or use any of the other lanes.

**Q: Would it be possible to receive updated CIE slides?**

The slides posted to the Fort Carson website are not exactly the same as the slides presented at the CIE due to Fort Carson's personally identifiable information (PII) policy. Updated slides are sent out as part of the CIE invite, but I cannot guarantee they will be exactly the same as the ones presented. I often get last minute changes. There are also a limited amount of updated copies available at the CIE. If you would like a copy emailed to you after the CIE please contact me.

**Q: Will the bridges in IHP be rebuilt? If so when is the anticipated completion date? If not, why?**

A: Awaiting response. Response will be included in the next issue.

**Q: Can the deli dept provide order forms so I can fill out my order and continue shopping? Many commissaries have a process where you can fill out an order form and then stop by later and pickup your order rather than having to wait for it.**

A: Awaiting response. Response will be included in the next issue.



## Holiday Food Certificate Distribution

**WHO:** ACS, BN CFNCOs, Chaplains, Unit 1SGs

**WHAT:** Holiday Food Certificate Distribution

**WHERE:** Army Community Service Center BLDG 1526

**WHEN:** 18-22 0900-1200 NOV 2013 and 16-19 0900-1200 DEC 2013

**WHY:** Commissary food vouchers are donated annually to assist Military Families who have come across hard financial times. Normally the food vouchers are donated a week prior to each holiday respectively. Food vouchers will be disbursed by unit strength roster obtained from G1. Thanksgiving vouchers will be distributed by the Battalion CFNCO at ACS from 0900-1200 starting on November 18<sup>th</sup>-22<sup>nd</sup>, 2013. The holiday food vouchers for Christmas will be distributed from 0900-1200 starting December 16<sup>th</sup>-19<sup>th</sup>, 2013. The respective dates will ensure Soldiers and families receive the assistance prior to the respective holidays.

**Action Officer:** 719-526-0449 /719-526-0438

THEME: SPIRIT OF THE WARRIOR - OUR WOUNDED WARRIORS

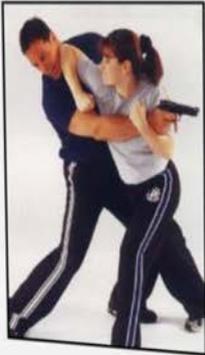
# 2013 VETERANS DAY PARADE

NOVEMBER 9, 2013 - 10:00 AM - DOWNTOWN COLORADO SPRINGS

## Religious Support Activities

| Program                  | Date/Time            | Location                   | Description                         |
|--------------------------|----------------------|----------------------------|-------------------------------------|
| Strong Bonds for Couples | 14 Nov 0830-1400     | Family Life Center         | PREP                                |
| Family Seasonal Workshop | 23 Nov<br>0830-1200  | Soldiers Memorial Chapel   | Advent Crafts                       |
| Living Nativity          | 6-7 Dec<br>1800-2000 | Soldiers Memorial Chapel   | Nativity scenes with farm animals   |
| Bethlehem Bash           | 15 Dec 1400-1700     | Soldiers Memorial Chapel   | Holiday workshop for children       |
| Confirmation Retreat     | 24-26 Jan            | Golden Bell Retreat Center | Preparation of Catholic Confirmands |

# DFMWR EVENTS



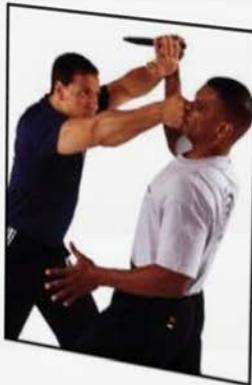
## Krav Maga Classes

Each Saturday Nov. 23 to Dec. 22  
Noon to 1:30 p.m. Iron Horse PFC

These classes teach how to defend against armed or unarmed attacks.

\$50 each 4 week session.  
Open to all skill levels 18 years old and up. DoD ID card holders.

Instructor:  
Todd Bradley, Champion Martial Arts



Space is limited!

Questions? Call 526-2706

More Events and Info at  
[www.mwrforcarson.com](http://www.mwrforcarson.com)

Iron Horse Sports Fitness Center  
Carson/DFMWR

@IronHorseNow  
#CarsonMWR

Iron Horse Physical Fitness Center  
6415 Specker Ave., Building 1925  
Fort Carson, CO 80913



**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 120K.  
Location: Foxhole  
Time: 5:00 pm - 6:00 pm  
Cost: Free

## Veteran's Day

Fitness Center Holiday Hours  
Fri 8 NOV - Mon 11 NOV

McKibben 0600-1400 526-2597  
Iron Horse 0700-2100 526-2706  
Iron Horse Pool 0730-2030 526-4093  
Garcia/Waller CLOSED

We will have classes at Iron Horse PFC on 8th-10th. No classes on the 11th



Rocky Mountain Rocky Mountain Rocky Mountain Rocky Mountain Rocky Mountain

|                  |                      |                |
|------------------|----------------------|----------------|
| Tuesday, Nov 12  | Denver Broncos       | TBA            |
| Saturday, Nov 16 | Portraits of Love    | 10am-4pm       |
| Saturday, Nov 23 | Thanksgiving Dinner  | 12pm-3pm       |
| December         | Kelly Pickler        | TBA            |
| December 16-24   | Jingle Bell Rock     | TBA            |
| Saturday, Dec 21 | Christmas Dinner (3) | 11-1; 2-4; 5-7 |

## Thunder Alley Bowling Center

Great weekly events:  
Tuesday is 50's Night. 50 cent games, shoes and hot dogs.  
Wednesday is Family Day. \$1.00 games all day.  
Thursday is a great day to hold your FRG functions.  
Friday and Saturday is Cosmic Bowl.  
Saturday is Color Pin.  
Sunday is Family Pizza Bowl.  
Something for everyone!  
Thunder Alley is your one stop birthday party stop. Call 526-4201



# MOUNTAIN POST SPOUSES CLUB 2013 Holiday Bazaar

## November 16<sup>th</sup> & 17<sup>th</sup>

9am until 3pm at the  
Fort Carson Special Events Center  
Admission only \$3 per guest ages 12 and up

- State Wide Vendors
- Pictures with Santa
- Door Prizes
- Face Painting~ Kids Crafts
- Sweets Shoppe ~ Food Vendors
- And Much More!



Thank you for supporting the Mountain Post Spouses Club. The proceeds from this event will go directly toward the Club's Scholarship Fund and local charities.

For Additional Information Visit

<http://mpsc.us> or on Facebook: Mountain Post Spouse Club



## A CRAFT PROGRAM FALL CENTERPIECE

### GRANT LIBRARY 1637 Flint St., Bldg. 1528



~\*Instructor from MICHAELS\*~

### Saturday, November 16 10 a.m. to Noon

\*FREE adult program. Limited to one person per family.  
Register in person. Materials provided

Questions? Call 526-2350



## 2014 CYSS Winter Sports

### BASKETBALL & CHEERLEADING

The season runs from  
Jan. 6 through March 1

Register at Parent Central  
1590 Prussman Rd., Bldg. 1518, 526-1101

Registration dates are  
Nov. 11 through Dec 13

Ages 3-6 practice/games at the Patriot & Mesa SAC  
Ages 7-15 practice/games at the Youth Center  
\$20 for ages 3-4 / \$40 for ages 5-15

Children must be registered with Parent  
Central before participation.

Questions? Call 526-2680/526-4425

More Events and Info at  
[www.mwrfortcarson.com](http://www.mwrfortcarson.com)

[f CarsonMWR](https://www.facebook.com/CarsonMWR)

[@CarsonMWR](https://twitter.com/CarsonMWR)

Child, Youth & School Services  
Parent Central  
1590 Prussman Rd., Bldg. 1518  
Fort Carson, CO 80913



YOU ARE INVITED TO ENJOY A

## HOME-AWAY-FROM-HOME Holiday!



*This Thanksgiving, spend time  
with your Friends in the Community*

The local community appreciates your service. To thank you and your families for the sacrifices you make, local citizens are opening their homes to you. The holidays can be a difficult time when you are stationed far from family and friends. The local community would like to make this holiday much easier.

### Spend Thanksgiving with a local family THURSDAY, NOVEMBER 28, 2013

For more information and to register please go to our website:  
[www.CitizenSoldierConnection.org](http://www.CitizenSoldierConnection.org) OR  
email [Cherish@CitizenSoldierConnection.org](mailto:Cherish@CitizenSoldierConnection.org)

[www.CitizenSoldierConnection.org](http://www.CitizenSoldierConnection.org)

[www.CitizenSoldierConnection.org](http://www.CitizenSoldierConnection.org)

# Traumatic Brain Injury (TBI)

## “BACK TO BASIC”

**WHO?** ANYONE WITH A TBI OR INTERESTED IN LEARNING MORE ABOUT TBI

**WHAT?** APPROXIMATELY ONE HOUR PRESENTATION WITH QUESTIONS, ANSWERS AND RESOURCE INFORMATION

**WHEN?** AN OFFERING OF 3 IDENTICAL CLASSES - CHOOSE THE BEST TIME FOR YOU!

20 November 1130-1230 at WRC

27 November 1100-1200 at SRP

27 November 1230-1330 at SFAC

No evening class at WRC in November

### **WHERE?**

Soldier Readiness Processing Center (SRP) (BUILDING 1042-ROOM #224 or #204)

Warrior Recovery Center (WRC) (BUILDING 7489-Conference Room #121)

Soldier and Family Assistance Center (SFAC) (BUILDING 7492 Titus Blvd)

**WHY?** SO YOU CAN TAKE CARE OF YOURSELF OR YOUR BUDDY

**CALL: 719-526-8636**

TO RESERVE YOUR SPOT AND FOR MORE INFORMATION!

**Additional Classes for groups of 5 or more are available through coordination with DVBIC**

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

## Introducing New Station

### Manager:

In 2003, She began her career as an Assistant Station Manager at Ft Hood, TX. Subsequent assignments include Vicenza, Italy (2004 – 2006); Ft Polk, LA (2008-2009); Yongsan, Korea (2009 – 20011). In 2011, Samantha served in Baumholder, Germany (2011-2012) and Bamberg, Germany (2012-2013). From 2006 – 2008, Samantha took a hiatus from national sector mobile staff assignments to be Supervisor at the Louisville Chapter Emergency Services Call Center. As a mobile staff member, Samantha deployed to Tikrit, Iraq (2004) and Baghdad, Iraq (2006).

## 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**

## 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

### Medical Assistant Program (FREE)

A FULL-TIME 40 hour week

Applications available : 01 December  
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.

## CPR/First Aid/AED

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

Classes on Fort Caron:

Sat, Nov 16<sup>th</sup>

Tues, Jan 7<sup>th</sup>

Sat , Jan 25<sup>th</sup>

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

#### **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](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

Non-Emergency Dispatch 526-2333

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

Director 526-6452

Complete Calendar at [www.mwrfortcarson.com](http://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](http://www.facebook.com/CarsonMWRevents)

[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-  
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](mailto:Co_parent2parent@yahoo.com)

**Mountain Post Spouse's Club**

[MPSpousesClub@gmail.com](mailto: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](mailto:pwocadmin@gmail.com),

[fortcarsonpwoc.wordpress.com](http://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**  
**Wednesday, 4 December 2013**  
**0930 – 1100**  
**Location: The Special Events Center**