



THE MOUNTAIN POST COMMUNITY INFORMATION EXCHANGE

February 2014 Newsletter



Garrison Updates

Garrison funding for FY14 looks very stable – this means we should have very little disruption in services.

As most of you have heard the announcement from the Secretary of Defense Chuck Hagel regarding the deep budget cuts, we understand that there will be changes beginning in FY15 and we are planning for these changes.

Lastly, here at Fort Carson were getting back to our normal battle rhythm and training our Soldiers here at their home station. Thank you for your continued support of our Soldiers!

MEDDAC

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

“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

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

Director and Partner Updates

• 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*



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DHR

Veterans in Piping -

Getting ready to separate from the Army? Interested in learning a trade? Veterans in Piping (VIP) is a new program that provides 18 weeks of free training in pipe welding to selected participants while still on active duty. To learn more about the VIP apprenticeship program in pipe welding, plumbing and HVAC, call 719-526-2124.

NEW RETENTION CONTROL POINTS

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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.

Grade	Total Active Service in Years	
	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)

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• 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.



Director and Partner Updates

DFMWR

- Eggsperience: 04 April, 0900-1500
 - For more information, call 526-4495 or 526-4494
- CYSS Summer Camps: 27 May – 06 August 0545 – 1800
 - This will be divided into three week-long summer camps for 1st-5th Grade and 6th-8th Grade children . For more information, call 526-3175

DES

Physical Security is everyone's business – please lock up your valuables!

Remember to write down serial numbers to your high-value items and use and inscriber – this will help the military police return your property to you when it is recovered

PHYSICAL SECURITY

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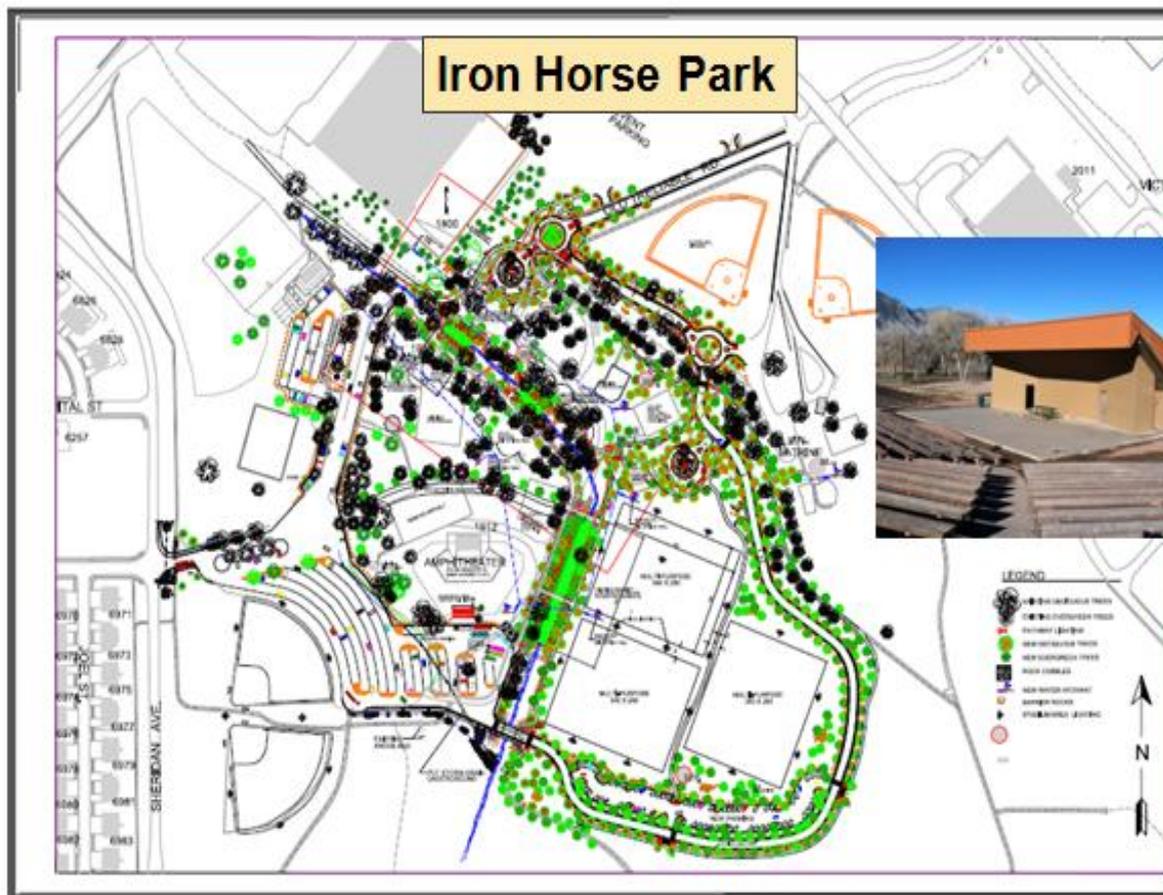
- Ensure risk assessments are conducted and assets are protected IAW Commander's assigned risk level
- Ensure key control plans and procedures are IAWAR 190-51 appendix D
- Ensure unit level Physical Security plans have been written, use Appendix 2 of the Fort Carson Protection Plan as a guide
- Ensure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



Director and Partner Updates

DPW

We are upgrading Iron Horse Park to make your experience a better and safer one! This project will last approximately 18 months. For more information, please contact DPW at 526-3415.



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Director and Partner Updates

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

Balfour Beatty Communities

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 1800-1800

*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.

Director and Partner Updates

Commissary

•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

•EARLY BIRD - Shopping, 20 items or less Monday - Friday from 0700-0900.

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.

Mountain Post Spouses Club

**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.

Join us today...

www.MPSC.us // Facebook: Mountain Post Spouses Club

You asked ... We Responded
Questions and Answers from the February 2014 CIE

Q: Is it possible for CIE presenters to have a designated area after the meeting for people to find them, should they have questions?

A: All presenters are asked to remain near their tables after the CIE to answer question. Presenters will remain near their tables and all will be reminded prior to the end of the forum of this opportunity.

Q: Is there a Military/Colorado Springs Town Hall-type forum on a regular basis?

A: These Town Halls are held on an infrequent, periodic basis. There are none currently scheduled. Commanders will be notified the next time a Town Hall with Colorado Springs is scheduled.

Q: “My volunteers (new) are getting frustrated w/the lack of key FRG class offerings. In addition to the lack of regular scheduling – my volunteers have signed up for classes that are cancelled or rescheduled w/o notice; is it possible to have at least 72 hr notification?”

A: The frequency of FRG classes was increased from quarterly to every 2 months over a year ago. Classes are rotated and offered in the evening as well on Saturday. A minimum of 10 registrants has been in effect for years for classes that are not "walk-in" such as brown bag lunch and learns. When classes are cancelled, those persons who have registered received a notice through the "Eventbrite" system. Class registration is typically closed one week prior to the actual class date. Registrants are also contacted telephonically by Family Enrichment to confirm attendance, announce a cancellation and provide the dates of the next class.

Fort Carson has just published its
new website, and we invite you to
take a look:

<http://www.carson.army.mil/>



Evans Hospital Starbucks
Hours of Operation 0630-1700 Mon-Fri
Located @ End of East Entrance Hallway



EVENTS

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



Cardboard BOAT RACE

Build a boat out of Duct tape and cardboard!
March 13 • 6 p.m. • Iron Horse Indoor Pool
6415 Specker Ave.

The Prize of a 2-hr pool party at the outdoor pool for up to 300 people will be given for:

1st Place in the Race

Best Team Costumes & Matching Boat Theme

Biggest Cannon Ball Splash (3 meter board)

Register at the Iron Horse Pool for official rules.
Anyone with a DoD ID

Pre-register by March 10

Build your boat at home Room for 20, 5-person teams

\$3
per team

Questions? Call 526-4093



More Events and Info at
www.mwrfortcarson.com



Fort Carson Aquatics
CarsonDFMWR



Follow us!
@fcarsonnow



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

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



GREATER COLORADO SPRINGS AREA NETWORKING RECEPTION

ELKHORN CATERING & CONFERENCE CTR. | 1725 WOODFILL RD.

MARCH 11, 2014 | 7-9 PM

Please join us for a free networking event exclusively for military spouses in the Greater Colorado Springs area.

Sponsored by USAA, this event is open to all military spouses, and military caregivers of Active Duty, Guard, Reserve, and Veterans. Gold Star spouses are welcome and encouraged to attend.

All will have an opportunity to:

- Interact with senior level executives, business leaders, and senior military spouses.
- Gain valuable insight on career planning
- Network with some of the most successful women and men from the military and business communities
- Connect with other military spouses in the area to form new networks and connections

MENTORS

Local professionals/employers
RSVP to Sarah Worley
sworley@uschamber.com

MILITARY SPOUSES

Military Spouses
Register for FREE at
HOH.greatjob.net

For registration questions, please contact us at sworley@uschamber.com



U.S. CHAMBER OF COMMERCE

HIRINGOURHEROES.ORG/MILSPOUSE

Follow us online: @hohmilsponse





HIRING FAIR AND CAREER FORUM

GREATER COLORADO SPRINGS AREA

THE CLUB AT PETERSON | 260 GLASGOW AVE. | PETERSON AFB, CO

MARCH 12, 2014

10:00 AM TO 1:00 PM

The U.S. Chamber of Commerce Foundation and Hiring Our Heroes present the Military Spouse Program Hiring Fair and Career Forum. This one-of-a-kind event is open to spouses of Active Duty, Guard, Reserves, Veterans and Gold Star Spouses. Veterans, Active Duty Military, and members of Guard and Reserve are also welcome.

Our career forum and hiring fair features:

- Employers looking for and committed to hiring military spouses, including MSEP partners
- Presentations to help spouses plan a career in a highly mobile environment
- Resume help

EMPLOYERS

Must have available jobs.
Register for **FREE** at HOH.GreatJob.net

JOB SEEKERS

Military Spouses of Veterans, Active Duty Military,
Members Of Guard And Reserve and Gold Star Spouses
Register for **FREE** at HOH.GreatJob.net

For registration questions, please contact us at hiringourheroes@uschamber.com or call 202-463-5807.



HIRINGOURHEROES.ORG/MILSPOUSE

Follow us online: [@hohmilsponse](https://twitter.com/hohmilsponse)



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)
pcstvnsn@aol.com

Commissary
Store Manager 524-9800x102

Customer Service Management
USAG Plans, Analysis & Integration Office
Customer Service Manager 526-1706
<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, 27 March 2014
0930 – 1100
Location: The Special Events Center