



THE MOUNTAIN POST COMMUNITY INFORMATION EXCHANGE



May 2014 Newsletter

USAG Garrison:

GC- We have had a large turnout at our Post pools and this is outstanding! Word is out that admission is free to all ID card holders due to proceeds from the Spartan Race that was held on post. The outdoor pool opened May 23, and open swim is from 10 a.m. to 6 p.m. seven days a week.



The Iron Horse Sports and Fitness Center Family pool is available all day during the facility's normal operating hours. Open swim at the large Iron Horse pool is 1-4 p.m. and 6:30-9:30 p.m. Monday-Friday. Open swim on weekends is from 10 a.m. to 6 p.m. The Nelson Indoor Pool has no open swim.

Safety message: Be alert when driving on Fort Carson. Recently, two Soldiers were struck by a car during a hail storm while in a cross walk. Please use caution both when driving and while walking during inclement weather.

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

Director and Partner Updates

MEDDAC

MEDDAC COMMANDER

The Performance Triad

The Performance Triad



Outcomes and End State

- ↑ Unit & Individual Readiness
- ↑ Resilience
- ↑ Human Dimension & Domain

As part of the System for Health, Army Medicine has initiated programs to enhance **sleep**, **activity**, and **nutrition** in our beneficiary populations

The goal of the Performance Triad is to improve stamina, readiness and health through enhanced activity and improved nutrition and sleep

This program directly supports the Army's Ready and Resilient Campaign and the Comprehensive Soldier and Family Fitness (CSF2) Program

The **Performance Triad** positively influences the human dimension and domain



MEDDAC COMMANDER

Performance Triad Health Targets

YOU are a Professional Soldier Athlete!



8 is Great! 7-8 Hours of Sleep Per Night
Go Caffeine Free 6 Hours before Bedtime



10,000 Steps a Day
150 Minutes of Activity Per Week



8 is Great! Eat 8 Fruits & Vegetables a Day
Re-Fuel 30-60 Minutes after Strenuous Activity

www.armymedicine.mil



MEDDAC COMMANDER

The Performance Triad Campaign

Classes on Improving Sleep, Activity and Nutrition

- Tues, 3 Jun, 0830: Nutrition for Low Cholesterol
- Wed, 4 Jun, 1100: Trim the Fat
- Thurs, 5 Jun, 1200: Performance Nutrition

- All classes held at **Evans ACH**, Cochrane Hall (2nd floor by the Sleep Lab)



Pain School

Learn more about pain and strategies to manage pain.

- For patients, family members & caregivers
- Every Thursday Afternoon, No Appointment Needed
1300-1400 - General Information
1400-1500 – On-going Advanced Topics
- Soldier Family Care Center (SFCC) Rm 2104
- Learn to ---Take Control of Your Pain
---Stay Safe with Your Medications

Knowledge is Power & Communication is Key

Director and Partner Updates

DENTAC



DENTAC

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TRICARE Dental Program

- **Eligible Beneficiaries:**
 - Family member of an active duty service member
 - Family member of a National Guard/Reserve member
 - National Guard/Reserve Member who isn't on active duty or covered by the Transitional Assistance Management Program (TAMP)
- **MetLife is the TRICARE Dental Program Contractor**
 - Contact Phone Number: 1-855-638-8371
 - website: mybenefits.metlife.com/tricare or <http://www.tricare.mil/dental/tdp.aspx>
 - To enroll online Service Member must have a Common Access Card (CAC), DFAS (MyPay) Account, or a DOD Self-Service Logon (DS Logon)



DFMWR – UPCOMING EVENTS

The Sesame Street/USO Experience for Military Families

Sesame Street and the USO are bringing the furry, fuzzy and friendly puppets to military families around the world.

PROGRAM HIGHLIGHTS:

- Featuring Elmo, a military kid on Sesame Street who is moving to a new place
- FREE admission for military families and their children with tokens
- Mini show and giveaways
- For tour information visit: www.sesamestreet.org/TLC and www.uso.org

DATE:	TIME:	PLACE:	FOR TICKETS:
June 25	2 p.m.	McMahon Auditorium	175 / 526-3366 / Available June 9
June 26	2 p.m. & 6 p.m.	Outdoor Recreation Complex	7990 Specker Ave., Bldg 2429

Questions? Call 526-1967

WILDE WATER RAFTING

Big Horn Shaky Campground on the mighty Arkansas River offers a fun, wild ride as your guide calls out commands and steers you through water of Colorado's most beautiful rapids. No experience necessary (individuals must be able to swim, weigh a minimum of 60 lbs. and be 8+ years old). Spots fill up quickly, so reserve your trip today!

Dates: May 31-August 10, 2014
(Friday, Saturday, or Sunday)

Cost: \$30 per individual, \$40 per person for groups of 5 or more.

Time: 7 a.m. to 3 p.m.

Family Fun Day of swimming, splashing, playing and wilderness rafting on the Arkansas River are just the thing for a day of family fun! No experience necessary (individuals must be able to swim, weigh a minimum of 60 lbs., and be 8+ years old).

Dates: July 19, 27 August 9, 2014

Cost: \$75 per person, includes lunch, \$95 under 14 years old.

Time: 7 a.m. to 3 p.m.

Questions? Call 526-3907

FREE SATURDAY NIGHT ROLLER SKATING

Music! Games! Games! Music!

Special Events Center

June 21, 2014

4 – 8 p.m. Dates subject to change
Be sure to check the USIB website or call for future dates.
Open to the Public

Questions? Call SEC 524-1163

Director and Partner Updates

Directorate of Emergency Services

Installation Policy for Supervision of Children

- 1. 5 and under: may not be left unsupervised at any time
- 2. 6-8 (1st- 3rd grade): may not be left unsupervised anytime except in yards, quarters or under supervision of an adult and / or when returning home from a school , community function with a parent or adult in the home.
- 3. 9-12 (4th-6th grade) may not be left unsupervised anytime more than 4 hours except when returning home from a school / Youth Service Facility.
- 4. 13-14 (7th-8th grade) may not be left unsupervised more than 8 hours. Unless an adult checks on them within that 8 hour period. These hours can not be between 2400-0600 hours.
- 5. 15-17 (9th-12th grade) left unsupervised more than 12 hours, unless an adult checks on them within that 12 hour period.

Curfew

- 1. Children under 14 YOA : will be in Yards, Quarters or under supervision of an adult when returning home from a school , community function, or work.
 - 2100-0600
- 2. Children 14 YOA but under 18 YOA: will be in Yards Quarters or under supervision of an adult when returning home from a school, community function, or work.
 - 2200-0530 (SUN-THUR)
 - 2400-0530 (FRI- SAT)

Director and Partner Updates

Religious Support Office

Upcoming Events

- ❖ 09-13 Jun: VBS at Soldiers Memorial Chapel
- ❖ 7-11 Jul: Totus Tuus (Catholic Children's Camp)
524-2458 for registration
- ❖ 21-25 Jul: Eagle Lake at Soldiers Memorial Chapel
526-5744 for registration

- ❖ Tuesdays: 0900-1130 Protestant Women of the Chapel
- ❖ Fridays: 0900-1130 Catholic Women of the Chapel

- ❖ Soldiers Memorial Chapel
 - Saturday: 1700 Catholic Mass
 - Sunday: 0900 Catholic Mass
 - Sunday: 1100 Protestant Worship

- ❖ Veterans Chapel
 - Sunday: 1000 Chapel Next (Contemporary Protestant)

- ❖ Prussman Chapel
 - Sunday: 1100 Gospel Service

- ❖ Healer Chapel
 - Sunday: 0900 Protestant Worship
 - Sunday: 1100 Catholic Mass

Director and Partner Updates

Directorate of Public Works

Intent: **NEW RESERVED PARKING POLICY**

Reserved parking policy will include only what is realistically enforceable, supports customer service, mitigate negative mission impacts, and allows military units to manage their reserved parking for key personnel.

Categories:

1. Authorized Reserved Parking. All Authorized Parking will be the responsibility of DPW to identify and mark with applicable signs.

1. Handicap
2. Government vehicle parking
3. Commander and Senior NCOIC at Company or Detachment level and above
4. Motorcycle Parking
5. Gold Star families
6. USAG Directors

2. Exceptions. Authorized parking based on unique and compelling needs for a specific unit/facility mission. Proponents must submit an Exception To Policy Request (ETP), through DPW, to be approved by the Garrison Commander. ETP request to DPW within 60 days (=15 July 2014). DPW will package all ETPs for Garrison Commander approval or disapproval. After 90 days (=15 August 2014), any unauthorized signage without an approved ETP will be removed by DPW.

3. Military HQ Parking Areas. Battalion or equivalent and higher military headquarters may control reserved parking within the parking lots immediately adjacent to their HQ buildings. Units are responsible to develop the reserved parking plan; fund and install **CURB MARKINGS ONLY**, and enforce compliance.

4. Evans Army Community Hospital. MEDCOM may control reserved parking within the parking lots within the Hospital complex. MEDCOM is responsible to develop the reserved parking plan, fund and install signs and curb markings, and enforce compliance.

US ARMY BRANDING ON INSTALLATION SIGNAGE

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BN HQ and Above "may" place unit decals on their facility signs at Unit Cost.

The Army Logo is 9" tall by 7" wide.

Unit Logo Guidelines:

- must be no larger than 6" tall and/or or 7" wide.
- must be placed to the left of the Army Logo with 2" of clear spacing.
- must be aligned with the bottom of the Army Logo.
- must not overlap any sign lettering.



Director and Partner Updates

Balfour Beatty Communities

IMPORTANT REMINDERS!

Complimentary Mowing 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

Mountain Post Running Club

*Meet at the Exchange- every Wed from 1600-1800

*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



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COMMUNITY GARDENS ARE BACK!

May the Planting Begin!

Grow with Me Garden – Kid's Garden at Joel Hefley Community Center

-Sign up in person at JFCC

Community Gardens:

Chippewa, Apache and Cheyenne locations-

10 plots at each location

Reserve 1 of 30 plots

POC 579-1606-Ext 256



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VOLUNTEEN PROGRAM

Open to all teens 13-17 yrs old who have a heart to help and want something rewarding to do this summer!

Teens help out at our summer events to include Beat the Heat events, Kid's craft time, BBQ and many other great events hosted by BBC

Contact 579-1606 ext 256



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THE UP AND COMING!

**9th Annual Kid's Fishing Day-
Saturday 14 June - Pueblo Reservoir**

-Fishing Poles and gear provided

-Breakfast and lunch provided

-Bus transportation provided

-First 60 to sign up guaranteed- could open up to more

-Trophies awarded

Contact 579-1606 ext 256



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Director and Partner Updates

Army Community Services

•**MILITARY SPOUSE CAREER DAY**

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The purpose of this event is to provide the installation companies who will provide employment opportunities to our military spouses. There are currently 73 confirmed companies including: AAFES, American Red Cross, Comcast, DECA, District 8 Schools, H & R Block, Raytheon, Sam's Club, Time Warner Cable, Wells Fargo and Xerox.

WHERE: Special Events Center (BLDG 1829)

WHEN: 1000 – 1430 (20 June 2014)

Action Officer: 719-526-0467

•**FINANCIAL READINESS SEMINAR**

This seminar is designed to provide Soldiers and Families with information and tools to prevent financial stress and hardship during hard economic times. Dr. Fred Crowley, Economist and Senior Instructor in the College of Business at University of Colorado, Colorado Springs, will present the topic, "A Penny Saved is a Dollar Earned".

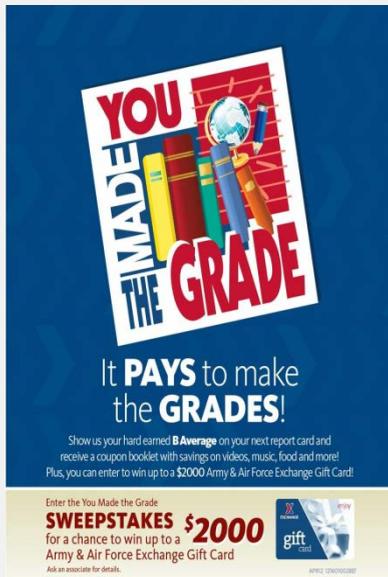
WHERE: The Hub (BLDG 1532)

WHEN: 0900 – 1100 (27 June 2014)

Action Officer: 719-526-0449



Army and Air Force Exchange



YOU MADE THE GRADE

It **PAYS** to make the **GRADES!**

Show us your hard earned **B Average** on your next report card and receive a coupon booklet with savings on videos, music, food and more! Plus, you can enter to win up to a \$2000 Army & Air Force Exchange Gift Card.

Enter the You Made the Grade **SWEEPSTAKES \$2000** for a chance to win up to a Army & Air Force Exchange Gift Card

Ask an associate for details.



MONSTER ENERGY
FREESTYLEMX.COM
WORLDWIDE TOUR

JUNE 14, 2014
FORT CARSON MAIN EXCHANGE

FMX SHOWS START AT NOON

- Autographs and Pictures With Riders
- Monster Energy Prize Giveaways
- Free Monster Energy Drink Samples

WORLD'S LARGEST FREESTYLE TOUR

EXCHANGE

Effective 31 May, 2014
B-Street Express

New Hours

Mon. 0500 - 2400

Tue. - Fri. 0001 - 2400
(24HRS)

Sat. - Sun. 0800 - 2200



American Red Cross

CPR/First Aid/AED

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

Classes offered on Ft Carson or close to home if you live off-post.

Military discounts offered!

Call the Fort Carson office for details on the promotion code offer.

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 Assistants
- Hospital Volunteers
- Disaster Assistance
- Health and Safety Instructors
- Leadership Volunteers:
 - Chairman of Volunteers
 - Youth Program
 - Awards and Recognition

Prepare Colorado



Prepare Colorado is a statewide, whole-community movement to save lives and reduce the impacts of disasters by mobilizing Coloradans to take action today to be more prepared for disasters and emergencies.

➤ Preparedness and Resiliency Trainings

Training can be a short briefing or a multi session series. It's up to you.

Call now to schedule training for your group.

For more information call
526-7144 or 526-2311
Or stop by our office at Evans
Army Community Hospital



Director and Partner Updates

Commissary

Your Healthy Lifestyle - Festival

From June 13 - 15, DeCA will host the first “ Your Healthy Lifestyle Festival” Shop Healthy, Eat Healthy, Be Healthy. One of the Defense Department’s largest DECA wide, healthy lifestyle awareness events. Ft. Carson will offer their ever-popular Farmers Markets and samples throughout the store. With more events still in the works.

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



Friday June 6th- USO Summer Concert Series 11am to 1pm

Saturday June 7th- Papa Johns Tour

Friday June 13th - USO Summer Concert Series 11am to 1pm

Friday June 20th- USO Summer Concert Series 11am to 1pm

Friday June 27th- USO Summer Concert Series 11am to 1pm

Friday June 27th- *The Sesame Street/USO Experience for Military Families*

Saturday June 28- *The Sesame Street/USO Experience for Military Families*

***Please join us for Crafts for Kids every Saturday in June from 12pm to 2pm**

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.

Director and Partner Updates

Armed Forces YMCA

UPCOMING & ONGOING EVENTS

- MONTHLY MILITARY APPRECIATION BREAKFAST
 - 4TH FRI OF EVERY MONTH: 0730-0900
- MILITARY FAMILIES POOL PARTY – 21 JUN
- CAMP CORRAL - EARLY AUG
- **OPERATIONS OUTDOORS (WW'S) AUG/SEP 2014**
- MILITARY MOTHER & SON DINNER – AUG 2014
- FALL MILITARY ZUMBATHON – 13 SEP
- ORNAMENTS FOR SOLDIERS : 4 OCT
- CAMP HERO FALL RETREAT: 17-19 OCT
- HAUNTED HOUSE EVENT: 24 OCT
- FALL FESTIVAL: 25 OCT
- MILITARY 1ST DINNER – 1 NOV
- VETERANS APPREC. BREAKFAST: 7 NOV
- BREAKFAST WITH SANTA: 6 DEC
- OPERATION HERO WINTER CAMP: 22 DEC – 2 JAN

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

If you have any questions while attending the Community Information Exchange – remember to write your question on a 3x5 card and drop it in the basket at the side table.

Questions and answers will be published each month
In the CIE Newsletter.

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

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

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 503-8300

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-](mailto:usarmy.carson.forscom.mbx.family-readiness-center@mail.mil)

[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
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 June 2014
0930 – 1100
Location: The Special Events Center