



**THE MOUNTAIN POST  
COMMUNITY INFORMATION EXCHANGE  
September 2014 Newsletter**

**29 Sep – Warrior games Cycling Event on Fort Carson**

**9 Oct - Combined Federal Campaign (CFC) Kickoff**

**Domestic Violence Awareness Month**

## **SAFETY**

Back to school safety

Review stranger danger plan, safe zones

School bus safety, proper crossing, safe seating

Home winter safety

Furnace inspections, chimney/flue inspections

Smoke and CO2 alarms

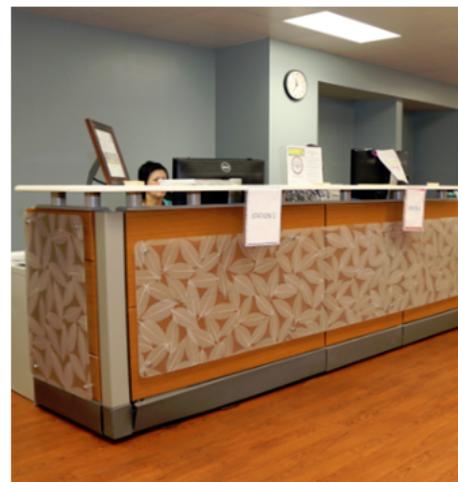
Ice removal/melt, slips trips and falls

# Director and Partner Updates

MEDDAC

## OB Clinic Improvements

- Numerous enhancements are being made to improve the appearance of our OB clinic
  - New paint schemes and lighting
  - Wood flooring installed in waiting area
  - New furniture arriving this month for reception desk and chairs in waiting area



- Increased access and availability of appointments (over 350/week!)
- Personalized appointing direct to OB reception desk (no longer through centralized appointing)
- Future/follow-up visits scheduled before departing a clinic visit

## Seasonal Flu Vaccinations

- Evans hospital staff will provide flu vaccinations to all TRICARE beneficiaries, dependents (aged 6 months and older), and retirees at the Fort Carson Special Events Center (SEC), Bldg. 1829, off Prussman Blvd. and Wetzel St.

### Dates/times

14-17 October 2014, 0930-1630 hours

21-24 October 2014, 0930-1630 hours



- Active duty military will receive their flu shots at unit vaccination events.
- Flu vaccines are also provided at no cost to beneficiaries by TRICARE network pharmacies participating in the vaccination program

# Director and Partner Updates

## MEDDAC

### Ironhorse Strong “Health Challenge”

- Fort Carson is taking part in the U.S. Army’s 26-week Health Challenge. It is a self-paced, self-guided program that offers practical tips or goals to kick start healthy habits that can last a lifetime.
- The purpose of the challenge is to increase a person’s performance by concentrating on three areas of their life – sleep, activity, and nutrition.
- Each week there are different goals to try and reach.

For more information on the 26-Week Health Challenge, call the Fort Carson Army Wellness Center at 526-3887. You can also learn more or download the challenge’s booklet loaded with weekly tips and tracking charts at the Evans Army Community Hospital Facebook site:

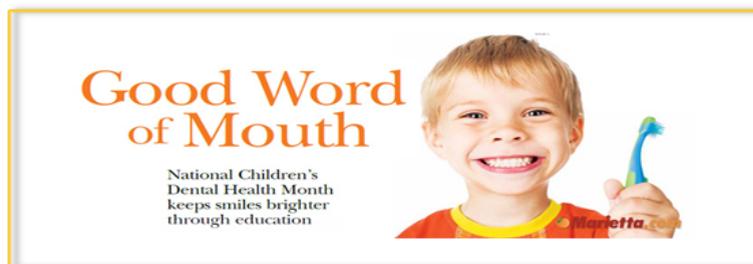
<https://www.facebook.com/EvansArmyCommunityHospital>



## DENTAC



# DENTAC



## Prenatal & Infant Oral Health Classes

- These classes are available from DENTAC upon request
- Provided by DENTAC X2s
- Recently provided a class to the pregnancy PT Soldiers.
- A child’s first dental exam should be done no later than one year old.
- The dentist looks for normal eruption of teeth, and educates the parents on how to take care of their child’s teeth.
- Children’s Dental Health Month (February) is rapidly approaching – more information on this to follow

# Director and Partner Updates

## Directorate of Human Resources

Pikes Peak Workforce Center partners with Fort Carson – Places Military Transition Specialist on Fort Carson

- Counsel transitioning military, veterans, and qualifying dependents regarding Federal jobs, vocational choices and resolution of employment barriers
- Advise customers on writing effective resumes, completing Federal forms, job development, career training, and post-employment services
- Remains current of services, programs resources and support mechanisms available in the public and makes referrals and hand-off to appropriate agencies
- Coordinates job matching for servicing population and employers; provides information and evaluates job readiness and job skill suitability using appropriate assessment tools.
- Target start date, 1 October 2014; Office Location: Building 6237, Soldier for Life - Transition Services Center

## Directorate of Emergency Services

**6 Oct 14 thru 10 Oct 14**

Fire Prevention Week was established to commemorate the Great Chicago Fire of 1871

Each year the National Fire Protection Association selects a fire safety theme

This years theme is “Working Smoke Alarms Save Lives – Test Yours Every Month”

Fort Carson Fire and Emergency Services will be conducting a variety of events to help support this theme from 6 Oct 14 thru 10 Oct 14

Events to include:

- School assemblies/lunch with students :
  - Mountainside Elem – 6 Oct
  - Abrams Elem – 6 Oct
  - Weikel Elem – 7 Oct
  - Patriot Elem – 8 Oct
- PX with educational fire safety handouts/static apparatus display, 0900-1500 (6-10 Oct)
- Miscellaneous fire drills/CDC visits around the post

# Director and Partner Updates

## Directorate of Public Works

### **Environmental Performance Assessment System (EPAS): 3-10 Sept 2014**

- Army Environmental Command conducted EPAS
- Media (13) inspected:
  - Air Emissions Program
  - Environmental Management System (EMS)
  - Hazardous & Universal Waste Management
  - Operational Noise
  - Solid Waste Management Program
  - Wastewater/Drinking Water Programs
  - Cultural Resources Program
  - Hazardous Materials Management Program
  - Natural Resources Program
  - Pollution Prevention (P2) Program
  - Storage Tank Management Program
  - Storm water

A big thank you to all who work hard each day to make Fort Carson environmentally friendly and keep us compliant with Federal, State and local laws and regulations. Compliance findings much improved compared to previous 2011 EPAS and fewer than expected considering installation size and complexity. GREAT JOB OVERALL

### **Challenges and opportunities for Fort Carson:**

- Communication – make sure SOPs and policies are followed.
- Keep personnel trained and training records/certs available
- Labeling – ensure all waste containers are properly labeled (contents/empty), are legible and have proper shelf life (HMMC).
- General Housekeeping – put equipment and supplies in their proper location; turn HW into the HWSF (Bldg. 9246 “bunker”) at the end of each shift. NO DUMPING OF WASTE
- Recycling – utilize proper recycling bins to separate waste streams (plastic, glass, paper, )
- Tanks – maintain proper record keeping

## DFMWR



## Directorate of Family & Morale, Welfare & Recreation **FORTCARSONMWR**

- **Halloween Glow Party**
- **Zombie Dash**
- **The Great Pumpkin Shootout**
- **Halloween Trick or Treat Climb**
- **Holiday Events Reservations**



[Facebook.com/CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



[Instagram.com/CarsonMWR](https://www.instagram.com/CarsonMWR)



[Twitter.com/CarsonMWR](https://www.twitter.com/CarsonMWR)

# Director and Partner Updates

## Army Community Service

### • Domestic Violence Awareness Month (DVAM) – October 2014

Domestic Violence Awareness Month (DVAM) is recognized in October of each year. In light of an upward trend in substantiated cases of domestic violence (DV) in the Army, Fort Carson will host and coordinate several events aimed at improving awareness of DV and providing information for those affected.

**04 October – “Walk a Mile in Her Shoes” 1<sup>st</sup> Annual 5K Walk/Run**

**WHERE:** Iron Horse Park / **WHEN:** 0830-1030

**08 October – Candlelight Vigil with Survivor Guest Speakers**

**WHERE:** McMahon Auditorium / **WHEN:** 1300-1430

**16 October – First Responder/Leader Training with Guest Speaker**

**WHERE:** SEC / **WHEN:** 1430-1600

**23 October – 1<sup>st</sup> Annual Domestic Violence Conference**

**WHERE:** Elkhorn Catering & Conference Center / **WHEN:** 0900-1600

#### **Additional Events:**

**01, 06, 15 October – FAP Outreach Events (PX, Food Court, Commissary)**

**3, 10, 17, 24 October – DV Movie Showings (“Enough”, “Woman Thou Art Loosed”, “Obsessed”, “Sleeping with the Enemy”)**

**WHERE:** FREEPAC / **WHEN:** 1800-2000

### •MAKE A DIFFERENCE DAY (MADD) 2014

Make a Difference Day (MADD) is an encompassing national day dedicated to helping others – a celebration of neighbors helping neighbors. This day, individuals and families, school and church groups, businesses and other organizations draw upon their skills and resources to contribute where needs exist. The Fort Carson Army Volunteer Corps Program will host the 2014 Fort Carson MADD at Iron Horse Park with projects at the park and around the post housing areas.

**WHEN:** 0800 – 1300 (25 October 2014) /719-526-1082



# Director and Partner Updates

## Balfour Beatty Communities

### IMPORTANT REMINDERS!

**Complimentary Snow Removal for** Spouses of Deployed Soldiers and Eligible WTU Soldiers-

Sign Up will begin October 1<sup>st</sup>!

\*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 two \$25 gift cards each month!

\*Reach 100K-BBC will give you a MPRC exclusive T-shirt



## ANNUAL PUMPKIN PATCH



**OCTOBER 15<sup>TH</sup>**

**3PM- 6PM**

**6800 PRUSSMAN**

**3500 PUMPKINS- FREE FOR OUR FAMILIES!**

**FOOD AND LOTS OF FUN!**



### THE UP AND COMING!

## We are Relocating!

## The Kit Carson Neighborhood Community Center is Moving To:

### 4355 Funk Avenue ( Former CDC by Gate 3)

❖ Opening on Monday 06 October

❖ Grand Opening 28 October\*\*\*\* **Pumpkin Glow - Pumpkin Carving Event!!!**

❖ This Office Services all homes in the 4000s

❖ Check Out our Spacious Meeting Rooms and Fitness Center!!



# Director and Partner Updates

## Balfour Beatty Communities/Continued

### THE UP AND COMING!

#### Free Farmer's Market

Fridays 0900 until produce runs out

Joel Hefley Community Center- Back Patio

- Best Part- Events are FREE

Produce Donated by Colorado Farm to Table



- Halloween Decorating Contest!
  - Judging 20-24 October
  - Winners Announced on the 27<sup>th</sup>
- \$25 Winner from Every Neighborhood!



### THE UP AND COMING!

#### Annual CEL Survey Time!

Neighborhood Delivery and Drop-Off Events!!

Every Resident will Receive a Survey – Hand Delivered!

If You are a Current Resident, Please Complete Your Survey & if You are Not- Please Encourage Your Soldiers Living On Post to Complete Their Survey!

#### It's our Report Card!

Let us Know What We are Doing Good, What Needs to Improve and Share Your Ideas for Making Neighborhoods on Fort Carson- the Absolute Best in the Army!

## Red Cross

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

### National Preparedness Month

<http://www.redcross.org/prepare/nationalpreparednessmonth>

- Make a Plan
- Get a Kit
- Download Red Cross Apps

### 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.

For more information call or stop by:  
526-7144 E.A.C.H Office  
526-2311 Elis St. Office(BLDG 1217)

# Director and Partner Updates

## Army and Air Force Exchange Service

**Colgate**  
BRIGHT SMILES,  
BRIGHT FUTURES™

A Children's Oral Health Improvement Program

**FREE** For Children Ages 1-12

- Dental Health Information
- Children's Dental Screenings
- Children's Dental Care Kits

**GRATIS** Para Niños de 1 a 12 años de edad

- Información sobre Salud Bucal
- Chequeos Dentales para Niños
- Kits de Cuidado Bucal de Niños

**Dr. Rabbit**

**MARK YOUR CALENDAR!**  
**¡MARCA TU CALENDARIO!**

**Ft. Carson Main Exchange**  
**Saturday**  
**September 27th, 2014**  
**1000 - 1600**

**Colgate**

**EXPERIENCE THE**  
*Crown Royal*  
**NASCAR SIMULATOR AT**

**LOCATION**  
**Ft Carson Main Exchange**

**DATE**  
**October 21, 2014**

**TIME**  
**1200 - 1800**

**PLEASE DRINK RESPONSIBLY.®**

**EXCHANGE**

**SUIT SALE**

For a limited time...  
Exclusively at your  
Ft. Carson Main Exchange

up to  
**50% off**

**ALEXANDRE LONDON ROAD-SHOW**  
WHERE: Ft. Carson Main Exchange  
DATE: 15th September, 2014 - 5th January, 2015

**EXCHANGE**

## Commissary

Current Ops	Key Tasks
<p>Gift Cards for the Holidays can be purchased at each register and at our Customer Service Department or go on line at <a href="http://www.commissaies.com">www.commissaies.com</a>. The Gift Cards can be purchased in the amounts of 25 and 50 dollars. With the holidays coming up they make great Christmas gifts for the our military families.</p>	
Upcoming Events	Issues
<p>Get ready to stock your pantry with items from our Sidewalk Sale. September 28 &amp; 29 from 09:00 – 16:00.</p> <p>Our next Seafood Road show is October 17 &amp; 18, from 10:00 – 18:00.</p> <p>Columbus Day Holiday hours are 1000-1800</p>	<p><b>EARLY BIRD - Shopping, 20 items or less</b> Monday - Friday from 0700-0900.</p>

# Director and Partner Updates

## USO



COLORADO SPRINGS

Sept 28<sup>th</sup>- Oct 2<sup>nd</sup> Warrior Games at AFA and OTC  
Oct 4<sup>th</sup>- Kids Tour at Papa Johns Pizza  
Oct 11<sup>th</sup> -USO Freedom Dinner  
Oct 25<sup>th</sup>- USO Halloween Party

\*Please join us for Crafts for Kids every Saturday at the USO Colorado Springs 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.

## Mountain Post Spouses Club

### Coat Drive

- Drop-off Locations (Coat Donations)
- Warrior Warehouse Donations
- November 6<sup>th</sup> 10-7 at the SEC

### Holiday Bazaar

- Looking for Volunteers (Contact [mpscvolunteer@gmail.com](mailto:mpscvolunteer@gmail.com))
- No admission fee
- November 14<sup>th</sup> 5-9 and 15<sup>th</sup> 9-4 at the SEC



# Director and Partner Updates

## Mountain Post Santa's Workshop

### About us:

\*501c(3) Volunteer Army Spouse run

\*Served almost 1700 children from Fort Carson last year

### Applications:

\*Available through CFNCO

\*Applications are due: 24 October

\*New procedures this year:

\* E1-E4 CFNCO sign off

\* E5-E6 Com CO/1SGT

\* E7 – up BN CO / CSM

### How to help:

\* Support *Silent Night* on 18 October with a unit basket and coming to the event at Flying Horse Golf Course!

\*Conduct a unit or coffee group toy drive!

\* Adopt a child for \$50

- Participate in the Santa Buck program (coffee groups / families /etc)

- Volunteer to Elf during December!

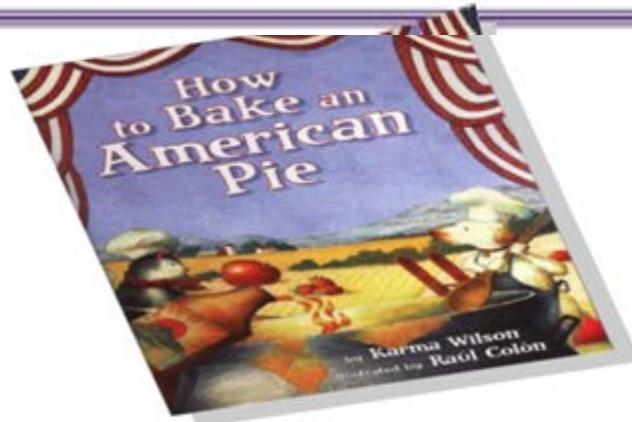
# Director and Partner Updates

## Fort Carson Parent to Parent



## Tell Me A Story:

Making Connections and Finding Support through Literature



A delightful story that will remind us all that our country truly is a melting pot.

The Military Child Education Coalition's *Tell Me A Story: Making Connections and Finding Support through Literature* (TMAS) is an initiative created to empower our military children by using literature and their own stories. *Tell Me A Story* is geared toward children ages 4-12. Each family will receive a copy of the companion book "Our Fifty States". Hands-on activities, snacks, and a fun learning experience will be provided!

Questions about the MCEC Tell Me A Story Program? Contact Judy Glennon at 254.953.1923 or [Judy.Glennon@MilitaryChild.org](mailto:Judy.Glennon@MilitaryChild.org). To learn more about other MCEC programs and initiatives, visit

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



**TMAS Event Book:**

***How to Bake an American Pie***

**Sunday**

**October 5<sup>th</sup>, 2014**

**2:00 PM**

**Special Events Center**

**Ft. Carson, CO**

**ADMISSION IS FREE**

**but space is limited to 50 families!**

Please reserve your space by e-mailing

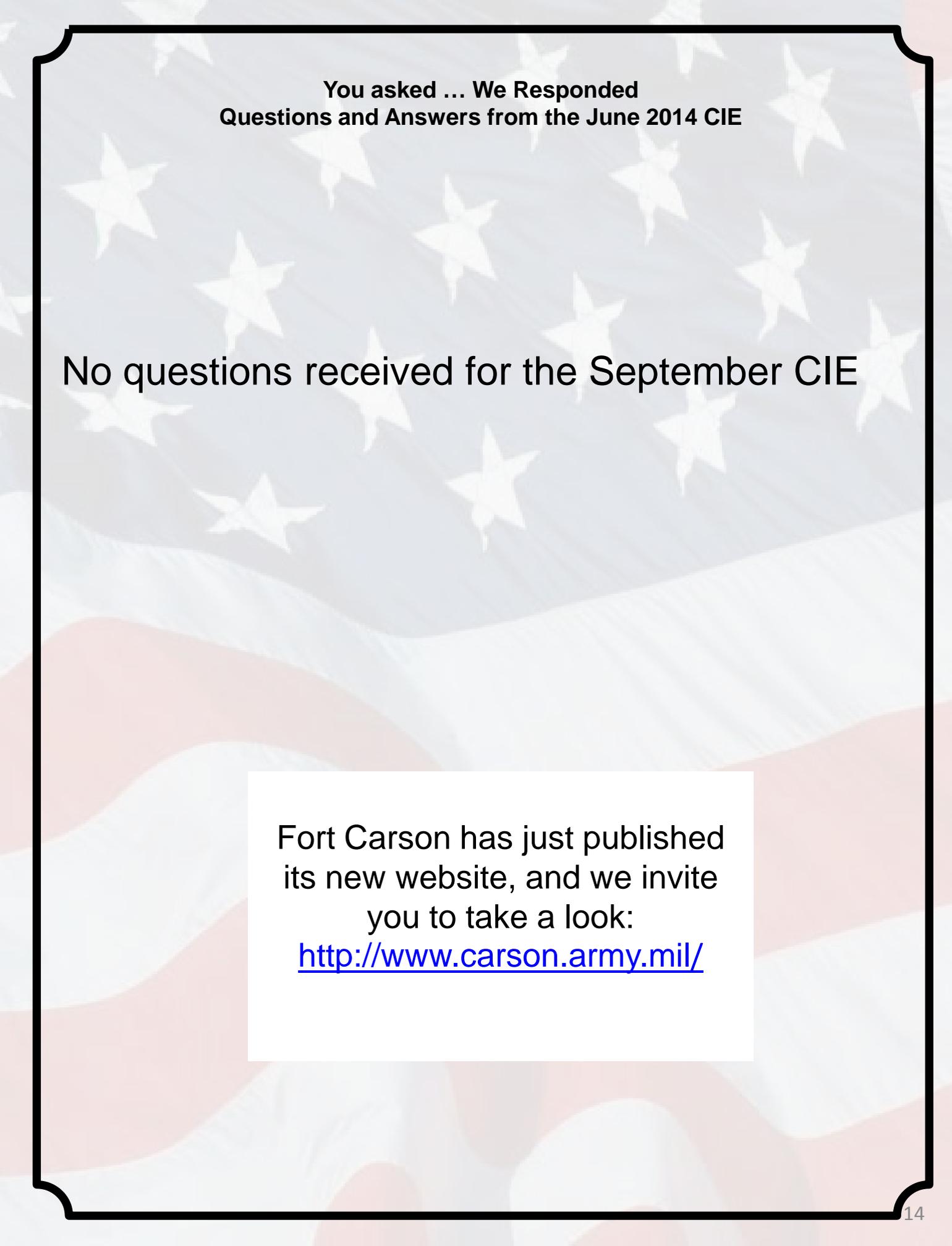
The MCEC Fort Carson Parent to Parent Team at:

**[PtoP.Carson@MilitaryChild.org](mailto:PtoP.Carson@MilitaryChild.org)**

# Director and Partner Updates

## Community Partnership for Child Development (CPCD)

- CPCD provides free early childhood education throughout El Paso County to eligible children and their families.
- We serve approximately 2000 children and their families.
- We serve school districts 2, 11, 8, 3, 20, 49, 12, 14.
- Our programs can serve prenatal mothers and children birth to 5.
- We provide comprehensive services (health, dental, nutrition, behavioral health, family support and referrals, transportation).
- Applications are accepted year round, and students are placed in class year round.
- Core programs: Early Head Start, Head Start, Colorado Preschool Program, Community Classroom
- CPCD can serve **most families**, but lower-income, vulnerable, special needs are prioritized.
- Military families are encouraged to apply**; we have a center on Womack St. -Waitlists vary in length, but families that aren't on it can't be placed.
- Future List (waitlist) benefits: Classes, workshops, and trainings; newsletters and our Parents [Facebook](#) page keep parents up to date; gift card drawings of listed families
- Volunteerism: CPCD has numerous opportunities for soldiers and family members to volunteer their time and skills in the classroom, in the office, and outside on projects.
- To learn more, visit [www.cpcdheadstart.org](http://www.cpcdheadstart.org) (application online) or call 719-635-1536.
- To enroll, parents should visit 2330 Robinson St., 80904 with child's birth certificate, child's immunization record, parent ID, any proof of income (W-2, 1040, LES, paystubs, public assistance, etc.).

The background of the slide is a faded American flag with white stars on a blue field and red and white stripes. The entire slide is enclosed in a black border with rounded corners.

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

No questions received for the September CIE

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](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 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](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**  
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, 30 October 2014**  
**0930 – 1100**  
**Location: The Special Events Center**