



**THE MOUNTAIN POST  
COMMUNITY INFORMATION EXCHANGE  
April 2015 Newsletter**

**GARRISON COMMANDER BRIEF**

- **April 15 – June 17 – ACS Assessment Standardized Survey conducted every three years and tracks the needs across the Army for Soldiers, Families, Retirees, and Civilians. Please take the time to fill out the Assessment.**
- **May 21 – Largest Hiring Action for Active Duty Service Members, veterans, and Spouses. The Military and Veterans Employment Expo (MVEE) will be held at the Freedom Financial Center in Colorado Springs.**
- **May 21 – Mountain Post Warrior Ceremony for 7 Fallen Soldiers to be held at Gate 1 from 1000 to 1100.**

# Director and Partner Updates

## MEDDAC

### Pharmacy – Compound Prescriptions

- There is significant cost associated with compounded prescriptions (where base compounds are mixed/prepared for a specific need or concentration), estimated to be \$2 billion across the MHS in FY15.
- The Defense Health Agency (DHA) established a new controlled pricing standard for compound ingredient cost and is working with civilian pharmacies to update agreements by May 1<sup>st</sup>, 2015.
- **Scope/Impact?**
  - 1) Only ~25 compound prescriptions are filled monthly for Colorado Springs MHS beneficiaries (very low volume), but cost averages over \$2K per prescription
  - 2) Once determined, those pharmacies that support the pricing agreement(s) will be able to continue supporting DoD beneficiaries with these prescriptions. If not, the patient has the option to go back to their provider to try a different option.

### Provider Support to Cadet Summer Training (Access to Care)

- Active Duty providers from MEDDAC will augment the medical support for ROTC Cadet training at Fort Knox this summer.
- The tasking involves 5 providers for the whole summer, but EACH will split this requirement among 7-10 providers to try and minimize impact on continuity of care for Fort Carson beneficiaries.
- Between June-August, we anticipate the impact to be a reduction in available primary care appointments by ~5%.
- Reserve component providers and new civilian provider hires are being processed to help minimize the impact on appointment availability.
- There will be no impact to our Community Based Medical Homes (Premier and Mountain Post).



# Director and Partner Updates

## Directorate of Human Resources

### Spouse Services Available

At

Army Community Service (ACS) Employment Readiness Program

And

Fort Carson Soldier for Life Transition Assistance Program (SFL-TAP)

### **Army Community Services (ACS) Employment Readiness Program Services**

<b>What do we offer?</b>	<ul style="list-style-type: none"><li>▪ Professional Career Development Services</li><li>▪ Counseling services - we provide individual sessions to explore your career path</li><li>▪ Resume and Portfolio Development</li><li>▪ Job Search Strategies</li></ul>
<b>Self-Development Workshops</b>	<ul style="list-style-type: none"><li>▪ Interviewing Techniques</li><li>▪ Dress for Success Workshop</li><li>▪ Computers for Beginners</li><li>▪ Building a Portfolio</li><li>▪ Turning Volunteer Experience into a Paid Experience</li></ul>
<b>Employment Information</b>	<ul style="list-style-type: none"><li>▪ Federal Employment</li><li>▪ Private Sector Employment</li><li>▪ DOD Military Spouse Preference</li><li>▪ Department of Labor</li><li>▪ Army &amp; Air Force Exchange Service (AAFES)</li><li>▪ Non Appropriated Funds Civilian Personnel Office (NAF CPO)</li></ul>

# Director and Partner Updates

## Directorate of Human Resources

### Fort Carson Soldier for Life Transition Assistance Program (SFL-TAP) Services

<p><b>Transition University (Five Day Class)</b></p>	<ul style="list-style-type: none"> <li>▪ Transition Overview</li> <li>▪ Resilient Transitions</li> <li>▪ Military Occupational Skill Crosswalk</li> <li>▪ Financial Planning</li> <li>▪ Department of Labor Employment Workshop</li> <li>▪ Department of Veteran Affairs Benefits I and II</li> </ul>
<p><b>Electives</b></p>	<ul style="list-style-type: none"> <li>▪ Certifications &amp; Licenses</li> <li>▪ Dress For Success</li> <li>▪ Interview Techniques</li> <li>▪ Customer Service</li> <li>▪ Troops To Teachers</li> <li>▪ Employment Support</li> <li>▪ LinkedIn &amp; Networking</li> <li>▪ Resume Practicum</li> <li>▪ Federal Resume</li> </ul>
<p><b>Financial</b></p>	<ul style="list-style-type: none"> <li>▪ Develop Spending Plans</li> <li>▪ Retirement Planning</li> </ul>
<p><b>Additional Services</b></p>	<ul style="list-style-type: none"> <li>▪ Computer Lab (BLDG 1118)</li> <li>▪ Employer Days</li> <li>▪ Mini Job Fairs</li> <li>▪ Large Job Fairs/EXPOS</li> </ul>
<p><b>Accessing Higher Education Track (Two day Course)</b></p>	<ul style="list-style-type: none"> <li>▪ Designed for clients who plan to pursue higher education. The Education Center provides hands on activities such as self-assessment tools, researching schools, applying for financial aid, and veteran benefits.</li> </ul>
<p><b>Entrepreneur Track (Two day Course)</b></p>	<ul style="list-style-type: none"> <li>▪ This track introduces clients to the concept of starting their own business. The course covers topics such as identifying the right business, understanding the market place, competitors, economic and financial concerns, and legal aspects. The course is taught by SBA, SCORE, and other community volunteers.</li> </ul>
<p><b>Technical Track (Two day Course)</b></p>	<ul style="list-style-type: none"> <li>▪ This track is designed for clients who plan to pursue a technical career. The course is taught by the VA's VOC REHAB Specialists and will cover certifications, selecting a school and financial aid.</li> </ul>

# Director and Partner Updates

Directorate of Human Resources



## MILITARY VETERANS EMPLOYMENT EXPO



**OPEN TO ALL ACTIVE DUTY, NATIONAL GUARD AND RESERVE  
SERVICE MEMBERS, VETERANS, AND THEIR SPOUSES!**

### INDUSTRY SPECIFIC TRAINING

**MAY 19-20, 2015  
8:00AM - 5:00PM**

**PIKES PEAK COMMUNITY COLLEGE**

**MORNING & AFTERNOON SESSIONS:**

- Industry Specific Panels followed by Breakout Sessions with ACTUAL Hiring Managers providing their Hiring Process, Resume & Interviewing Tips.

### CHOOSE FROM:

IT • HEALTHCARE • MANUFACTURING • CUSTOMER SERVICE  
TRANSPORTATION • FEDERAL, STATE, LOCAL GOVERNMENT & MORE

- Specialty Classes: Wounded, Ill & Injured and Spouse Specific

**PLUS:** One-on-One Assistance and Hire Hereos USA will be teaching additional basic resume, networking and interviewing classes on both days.

**DRESS CODE:** BUSINESS CASUAL

### EMPLOYMENT EXPO

**MAY 21, 2015  
10:00AM - 3:00PM**

**MORTGAGE SOLUTIONS FINANCIAL**

**OVER 175 EMPLOYERS WITH  
CAREER OPPORTUNITIES!**

Also Available:

**RESOURCES AND EDUCATIONAL INSTITUTIONS**

### INCENTIVE:

Beat the Crowd and get in Early @ 9am  
If you Attend One or More of the  
Industry Specific Panels & Breakout  
Sessions on May 19-20.

**DRESS CODE:** BUSINESS

**REGISTER TODAY @ WWW.MVEE.ORG**

# Director and Partner Updates

Directorate of Family and Morale, Welfare and Recreation

- Spartan – This Weekend
- Mayweather –v- Pacquiao – 2 May
- Mother's Day Brunch – May 10
- Colorfest – May 18
- Outdoor Pool – Opens 22 May
- Vietnam Veterans Welcome Home



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



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



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



[MWRFortCarson.com](http://MWRFortCarson.com)

# Director and Partner Updates

Directorate of Family and Morale, Welfare and Recreation

## IT'S REAL & IT'S HERE!

@ THE HUB - 11 A.M.  
SATURDAY, 2 MAY

**NO COVER CHARGE  
FOR THE FIGHT**

PPV Start Time - 8 p.m. (MST)

**\$10** ALL YOU CAN EAT BUFFET @ 5 P.M.  
(1) 16 OZ DRAFT BEER



SPONSORED IN PART BY:

**AL SERRA**



**FORT CARSON'S**

**NO 911 RESPONSE TEAM**



## THE FIGHT OF THE CENTURY



Reservations & Pre-Payment due by May 7

## Mother's Day Brunch

May 10, 2015

\$24.95/Adults • \$9.95/Kids (6-12) • Free for kids 5 and under

First Seating at 10:30 a.m. • Second Seating at 12:30 a.m.

- Drawing for Aveda Day Spa Gift Cards
- Complimentary Tulip for every Mother
- Complimentary glass of Champagne for all Mothers
- 4th ID Band for Entertainment



Call 576-6646 For reservations and more information

# Director and Partner Updates

*Directorate of Family and Morale, Welfare and Recreation*



**CARSON COLOR FEST & RUN**

**MAY 16**  
**Iron Horse Park**

**Color Run Festival**

- Race starts at 10:30
- Pre-register at Nelson Pool beginning April 27th
- Day of Race Registration - 10 a.m. \$2 Per Person; \$10 Family 5+
- 3 Years and Under are Free
- Bring Eye Protection and Towel
- Festival Ends at 3
- Kite making/flying
- Petting Zoo
- Live Entertainment and other activities
- Food and Beverage for sale
- No Pets
- Check website for FAQs



## “THE MOVING WALL”

Visit the Vietnam Combat Veterans - The Moving Wall June 11 - June 14 at Fort Carson



F O R T C A R S O N D F M W R P R E S E N T S

# VIETNAM

V E T E R A N S W E L C O M E H O M E C E R E M O N Y

**Ceremony:** June 11, 2 p.m. at the Kit Carson Memorial Park, outside Fort Carson's Gate 1 off Hwy 115.

**Parking:**

I.D. Card Holder must park in designated event parking lot inside of Gate 1.

Parking for the Public is across Hwy 115 at the Cheyenne State Park. Shuttle Service is provided.

**Veterans:** Please allow Fort Carson and the Colorado Springs Community to Welcome You Home!

**Public:** Please help Fort Carson give our Heros the homecoming they deserve.

**The Moving Wall** is on display beginning June 11 at 12 p.m. until 8 a.m. June 15. Available 24 hours a day, at the Kit Carson Memorial Park, outside Fort Carson's Gate 1 off Hwy 115.

**Volunteer Opportunity:** Please call if you or your organization is interested in being a volunteer. (719) 526-1082

For information call (719) 526-1867

# Director and Partner Updates

Directorate of Family and Morale, Welfare and Recreation



Please take this brief survey. [armymwr.com/acs-survey](http://armymwr.com/acs-survey)

**Survey Time Frame:** April 15 – June 17, 2015

**What is it?** Standardized survey conducted every three years that tracks the needs across the Army for Soldiers, Families, Retirees and Civilians

**Why do we do it?** Helps ACS target the right programs with limited resources for the needs within our community at Fort Carson.

**How can you help?** Installation and partner agency **support needed** to maximize survey responses during the survey time-frame. Support needs include: distributing communication about the survey link, hosting an ACS outreach table at your facility or special event, allowing ACS staff to speak at a meeting or training event.

# Director and Partner Updates

## DIRECTORATE OF EMERGENCY SERVICES

### Wildland Fire Fast Facts:

- Every year wildfires burn thousands of homes leaving homeowners devastated and wondering where and how to start rebuilding their lives. Often times, wildfires begin unnoticed. They spread quickly, leaving little time to pack and evacuate.
- Every wildfire is affected by the same 3 things: fuel, weather, and terrain.
- Wildfires are seven times more likely to be started by humans than by lightning.
- A wildfire can run uphill four to five times faster than downhill. Wind travels uphill, taking the fire along with it.

### Flood Fast Facts:

- One-third of flooded roads and bridges are so damaged by water that any vehicle trying to cross stands only a 50% chance of making it to the other side.
- Thunderstorm Season in Colorado typically runs March through June.
  - **Flood Watch** – Flooding is possible. Tune in to NOAA Weather Radio, commercial radio or television for information.
  - **Flash Flood Watch** – Flash flooding is possible. Be prepared to move to higher ground; listen to NOAA Weather Radio, commercial radio or television for information.
  - **Flood Warning** – Flooding is occurring or will occur soon; if advised to evacuate, do so immediately.
  - **Flash Flood Warning** – A flash flood is occurring; seek higher ground on foot immediately.

### Be Prepared:

- Build an emergency kit and make a family communications plan and know more than one exit route in case you have to evacuate.
- Get prepared by making sure your family (including pets) has a 72-hour kit. A 72-hour kit should contain, at a minimum, drinking water, non-perishable food, first aid, blankets, a radio and a flashlight. These items should be stored in an easily accessible, portable, waterproof container. Additionally, be sure to have copies of important documents, such as insurance information, ready to go. Heed the burning bans and restrictions as well as the weather warnings.

Get Educated: <https://www.readycolorado.com/hazard/wildfire>

# Director and Partner Updates

## DIRECTORATE OF PUBLIC WORKS

### Construction Projects You Need to Know About

#### Road / Parking / Bridge Projects

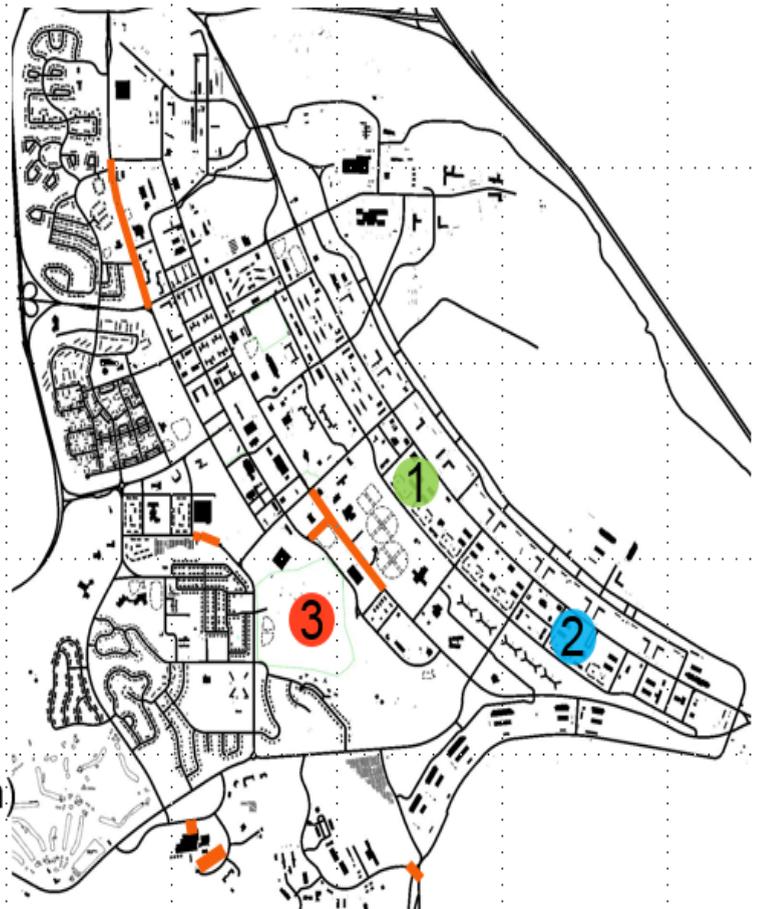
- Crows Foot Bridge Project - underway with completion summer 2016
- Sheridan Avenue - summer 2015, nights & weekends, duration 30 days
- Specker Avenue - 1 lane open, facility access 24/7, summer 2015, duration 60 days
- Chiles Avenue - summer 2015, nights & weekends, duration 60 days
- Hospital Parking - Emergency service access 24/7, summer 2015, duration 30 days
- Essayons Road ( Not Shown) - Half of roadway to be paved this FY

#### Other Projects

- Chilled Water line – Banana Belt - starting at 3<sup>rd</sup> BCT HQS and going south
- Utility Room upgrades- barracks buildings on Banana Belt (Benham Blair)
- Iron Horse Park- renovation of main area of park starting after 4 July

### Map – Major Construction this Summer

- 1** Chilled Water Line – Banana Belt
- 2** Utility Room Upgrades
- 3** Iron Horse Park
- Road / Parking / Bridge Projects
  - Crows Foot Bridge Project
  - Sheridan Avenue
  - Specker Avenue
  - Chiles Avenue
  - Hospital Parking
  - Essayons Road (Not Shown)



# Director and Partner Updates

## DIRECTORATE OF PUBLIC WORKS

### Crows Foot Bridge Project



### Religious Support Office

Upcoming Events: All events at Soldiers Memorial Chapel

Vacation Bible School: 8-12 June

\*For children age 4 to 5<sup>th</sup> Grade

\*Registration begins 1 May: 526-5744 or 524-2458

Eagle Lake Day Camp: 27-31 July

\*For Children ages 7-12

\*Registration begins 1 May: 526-5744

TOTUS TUUS Catholic Children's camp 12-17 July

\*For Children ages 1<sup>st</sup> through 6<sup>th</sup> Grade

# Director and Partner Updates

## BALFOUR BEATTY COMMUNITIES

# IMPORTANT NEWS!

Rents as  
low as  
\$1100!!!!

**NEXT STOP HOME!!!!!!**

**Pack Your Bags and Move In With Us Today!!!!!!**

**Balfour Beatty Communities is now leasing to Retirees, DOD Civilians, and Single Soldiers\*!**

**\*Select Neighborhoods \*E6 and above**

Utilities Included\*

Pet Friendly\*

NO Pet Deposit or Fees for Single Soldiers

NO Application Fee for Single Soldiers

NO Deposit for Single Soldiers

Curbside Trash & Recycling

Washer/Dryer Hook-ups

Walking/Biking Trails

24-Hour Emergency Maintenance

Gated Community

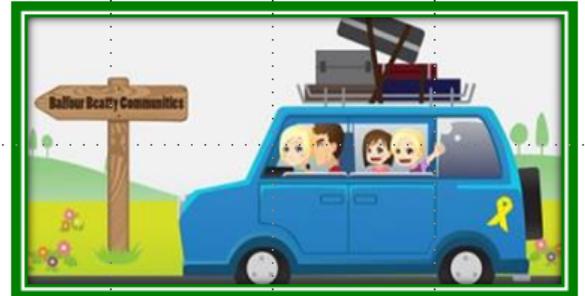
Friendly and Professional Onsite Management

Free Landscaping Service

Recreational Courts

3 Fitness Centers

Free Resident Activities



## COMMUNITY INFORMATION



**The Annual Resident Satisfaction Survey!!!!**

Beginning April 30<sup>th</sup>, 2015, we will be distributing the Annual Resident Satisfaction Survey, an opportunity for you to share your feedback so we can aim to deliver consistent, five star quality service.

Residents will receive an email with a link to complete their Annual Resident Satisfaction Survey. There will also be fantastic prizes for those who submit their completed surveys early! Residents who complete their surveys will automatically be entered into our Grand Prize drawing. Print off your Survey Completion Sheet, and bring it to our office at 6800 Prussman Blvd for a chance for our weekly drawings too!!! Stay tuned for more details.

# Director and Partner Updates

## BALFOUR BEATTY COMMUNITIES

### UP AND COMING EVENTS!



- ❖ Signs ups for the 10<sup>th</sup> Annual Take a Kid fishing day will begin in May, details will be on Facebook and our Website. \*Residents only, ages 5 to 17 years. The Fishing Day will be June 20<sup>th</sup>, 2015.
- ❖ Papa John's Pizza Tour: May 16<sup>th</sup>, Must RSVP
- ❖ Buds and Blooms Flower Give Away May 8<sup>th</sup>, 9am – 11am at 6800 Prussman. This is while supplies last.
- ❖ Weekly Craft Time at our JHCC and North Community Centers, every Tuesday.
- ❖ The Mountain Post Running Club: Check in every Wednesday at the Exchange from 4-6pm. Come run a fun 5/10K!!
- ❖ Community Garden Sign ups will begin in May.
- ❖ And More!!! Check out our Facebook page and our Website for a complete list of events offered to our Residents.



### IMPORTANT REMINDERS!

#### We offer Complimentary Back Yard Mowing for Spouses of Deployed Soldiers and WTU!!!

To apply Deployed Spouses will need a copy of your spouses orders and WTU will need a letter from their Command.

You may sign up for this program at any of our 3 Neighborhood Offices;

The Joel Hefley Community Center, 6800 Prussman Blvd

The North Community Center, 4355 Funk Ave

The South Community Center, Bldg. 7790 Titus Ave.



Self Help is located at 6270 MeKong Street, Our North Community Center, and our South Community Center.

We have Grass Seed, Top Soil and Fertilizer available currently at all locations.

You may also sign out Lawn mowers and Weed whackers at our Mekong Street location only. Residents may sign them out for a 24 hour period.

# Director and Partner Updates

## ARMY AND AIR FORCE EXCHANGE SERVICE

### 2015 FT. CARSON ANNUAL PET SHOW

Enter your pet and have a chance to Win Exclusive Exchange Prizes!

**Categories for pet show include:**

- Cat in Pajamas
- Most Unique
- Best Trick
- Cutest/Most Adorable Puppy (under one year old)
- Best Sports Fan
- Best Vocal Performance



**1st** place winner  
\$25 Exchange Gift Card

**2nd** place winner  
\$20 Exchange Gift Card

**3rd** place winner  
\$10 Exchange Gift Card

**Come play outdoors & visit special guests!**

- Ft. Carson Veterinary Clinic
- Land of AHS and Humane Society
- Retired Afghanistan Service Dog
- Face Painting
- Food & Refreshments

### Pet Show

WHERE: Ft. Carson Main Exchange  
DATE: Saturday 9 May, 2015  
TIME: 1100

We will not be able to have ferrets, as well as, the following dog breeds on site due to breed restrictions in the Ft. Carson community.

Akita, Chow, Rottweiler, American/English Staffordshire Terrier, Bull Terrier, Mastiff, Wolf Hybrid, or any other breed with dominate traits geared toward aggression.



THE VITAMIX 5200 SERIES

THE HIGHEST PERFORMANCE Small Appliance Ever Engineered!



- Special Pricing
- Live Demonstrations
- Delicious FREE Samples

Available at your Ft. Carson Exchange! Save 10% on your first day purchase using your MILITARY STAR card.



COME OVER AND SEE US

### Vitamix Demo

WHERE: Ft. Carson Main Exchange  
DATE: May 1st - 10th, 2015



# Director and Partner Updates

## ARMY AND AIR FORCE EXCHANGE SERVICE



You do not become good by trying to be good, but by finding the goodness that is already within you.  
Eckhart Tolle

Inspire. Live. Give.  
Donate Blood Today



Thanks to the loyal blood donors of Colorado, Bonfils is often called upon to supply blood in national emergencies. We are one of only eight blood centers that supplies blood to support the U.S. Military's wartime needs.

**Save lives by giving blood! We need you!**

**Ft Carson Post Exchange Community Blood Drive**  
Saturday, 02 May 2015 1100 -1500  
On the Bonfils Bloodmobile In the Parking Lot

*Walk ins are welcome and will be worked in around scheduled appointments.*

*Please eat a hearty meal and drink lots of water before you donate blood!*

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT CONTACT:  
Bonfils Appointment Center  
800-365-0006-option 2 and use code A801  
[www.bonfils.org](http://www.bonfils.org)



## COMMISSARY

# Commissary



Current Ops	Key Tasks
<p>Upcoming Events</p> <p>Deli/Bakery open with limited service.</p> <p>Upcoming Case Lot Sale April 30-May 1,2 from 0900-1700</p> <p>Smucker's/Mission Breakfast For The Entire Installation on June 24</p>	<p>Issues</p> <p>EARLY BIRD - Shopping, 20 items or less Monday - Friday from 0700-0900.</p>

# Director and Partner Updates

## USO

May 2<sup>nd</sup> Papa Johns Store Tour for Kids

May 9<sup>th</sup> School's Out for Summer Fun Run

May 21<sup>st</sup> Memorial Day BBQ

\*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.

## RED CROSS

### Volunteer Opportunities

Contact the Red Cross Office at Evans Army Community Hospital

### Town Halls and Pre-Deployment

If you would like Red Cross to brief or provide slides and informational materials for a Town Hall call the Red Cross Office

Be Red Cross Ready Courses offered to groups free of charge!

**4th Infantry Division & Fort Carson**  
DIV FRPC 503-0025

**Army Community Service (ACS)**

Director 526-0443  
Family Advocacy Pgrm Mgr 526-0445  
Army Volunteer Corps Pgrm Mgr 526-1082  
Family Enrichment Pgrm Mgr 526-0471  
Exceptional Family Member Pgrm Mgr 526-0446  
Survivor Outreach Services 526-0442  
Warrior Family Community Partnership 526-8558  
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

**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**

579-1606 Ext.254

**BOSS**

524-2677, Office located at The Hub

**Civilian Personnel Advisory Center (CPAC)**

Fort Carson Employment Information  
Bldg. 1118, Rm. 161 (AF), Rm 106 (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 526-5638

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

<https://ice.disa.mil/>

**Directorate of Emergency Services**

Director 526-1453

Non-Emergency/Military Police 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

**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

**Fountain-Fort Carson School District 8**

Superintendent 382-1300

**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: 2, 3 8 11, , 12, 20, 38, 49, 60, 70 12, 526-1101

**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: 1-800-275-8777**

Fountain Post Office 382-4625

Security Post Office 390-3192

Cheyenne Mountain Post Office 635-9486

**VETCOM**

Vet Treatment Facility Appointment Desk:

526-3803/4520

**Next CIE**  
**Thursday, 28 May 2015**  
**Time: 9:00 pm – 10:00 am**  
**Location: The SEC**