



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

**GARRISON COMMANDER BRIEF**

- The DCG's introduced the new DCG spouse, Amy Mingus
- The GC welcomed the new District 8 Superintendent, Dr. Keith Owen
- SMA Daniel A. Dailey was here at the SEC dedication ceremony to honor Mr. William "Bill" Reed on Friday, 28 August. Mr. Reed was a retired Soldier and upon retirement went to work with Youth Recreation in MWR. He then went on to being in charge of the SEC and devoted his life to serving our Soldiers and their Families
- "Hire our Heroes" Event on 21 & 22 October located at the Elkhorn Conference Center (21 Oct) and the Iron Horse Gym (22 Oct)

**QUESTIONS and ANSWERS FROM THE AUGUST CIE**

No Questions or Comments submitted for  
August 2015

# Director and Partner Updates

MEDDAC

## Retiree Appreciation Day

- MEDDAC has lined up some great information and services for the Joint Forces Retiree Appreciation Day (26 September).
- Flu vaccinations will not be available at this event, but will have information available for flu vaccination events coming up in October (next slide)



### MEDDAC Tables at RAD:

- Clinic Services and Information (Urology, GI, Internal Medicine, Optometry, Orthopedics)
- Preventive Screenings
- Call Center/Nurse Advise Line
- Pharmacy Mail Order Program
- Population Health / Prev. Med
- TRICARE Programs
- Army Wellness Center

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

# Director and Partner Updates

MEDDAC

## 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

13-16 October 2015, 0800-1530 hours

17 October 2015, 0800-1400 hours

20-23 October 2015, 0800-1530 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

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

# Director and Partner Updates

DENTAC

## DENTAC



American  
Red Cross



## Red Cross Volunteer Dental Assistant Program Update

### • Next Class:

- Class size of 8 students
- Applications will be accepted between 1 August and 4 September 15
- Interviews on 15 September 15 (~17-20 applicants)
- Notification to applicants on 16 September 15
- Pre-Class In-processing starts on 30 November & 7 December 15
- Classes at Smith Dental Clinic start 4 January 2016
- Applications can be picked up at the Red Cross office at Evans Community Hospital (ECH)
- Eligibility Requirements: DOD ID Card Holder – must be 18 years of age or older & a U.S. Citizen

# Director and Partner Updates

RSO



## Upcoming Events: All events at Soldiers Memorial Chapel

- **Religious Education (RE)**

Catholic start date: 23 August. Registration is still available.

Catholic DRE Contact: Pat Treacy at (719) 524-2458

Protestant DRE Contact: Heidi McAllister at (719) 526-5744

- **Financial Peace Univ. Spiritual Stewardship Workshop**

POC: CH Jay Clark at [jay.k.clark.mil@mail.mil](mailto:jay.k.clark.mil@mail.mil) or 526-0618

- **Protestant Women of the Chapel Start date: 18 AUG 0900**

For information more information and registration contact:  
[pwocftcarson@gmail.com](mailto:pwocftcarson@gmail.com)

- **Catholic Women of the Chapel Start date: 19 Aug 0930**

POC: Bobbie Gregory at [fortcarsonmccw@gmail.com](mailto:fortcarsonmccw@gmail.com)

# Director and Partner Updates

## SAFETY OFFICE

### Fort Carson Garrison Safety Office Executive Order 12196 Requirement



#### Military Unique Safety Functions:

- Ammunition and Explosives.
- Radiation and HAZMAT.
- Drivers Training and Accident Investigations.
- Safety Awareness Training and Risk analysis



#### Community Specific Safety Functions:

- Seasonal Safety Campaigns( Spring/ Summer/ Holiday )
- Community Safety Awareness ( local area hazards)
- Facility and function inspections.
- Safety outreach training and education.



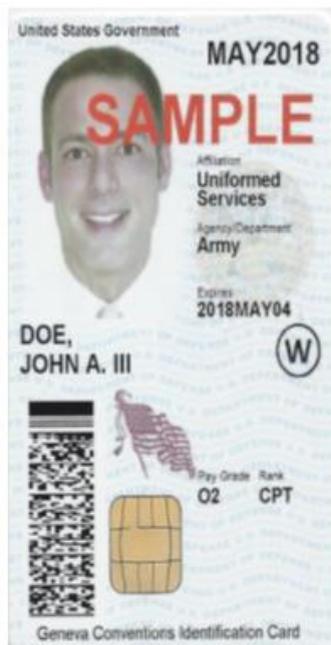
POC: William Whitman @ 526-2109

# Director and Partner Updates

## Directorate of Human Resources

### **Revised DoD Common Access Card (CAC)**

- In compliance with Federal Identity standards, the Department of Defense (DoD) has added an Affiliation Color Code to the front of the card. This feature will aide those with impaired color perception in recognizing the affiliation of the cardholder.
- The affiliation color code “B” for Blue, “W” for White, or “G” for Green shall be printed in a white circle under the expiration date as depicted in the card samples below.
- There are no changes to the back of the card.



# Director and Partner Updates

***DHR***

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

### Daily Schedule...

BLDG 6237 SFL TAP  
Center  
(Transition University)

1626 Elwell Street  
BLDG 6237 Rm 100  
(719) 526-1001/6465

*Information, Appointments  
with Counselors, 5-day  
Class, Elective Classes,  
Entrepreneur Track, Mini  
Job Fairs, Employer Days.*

Hours of Operation:  
M-F 0700-1600  
Closed Thu 1115-1315

BLDG 1118 SFL TAP  
Center  
(Computer Lab / Clearing)

1625 Long Street  
BLDG 1118 Rm 133  
(719) 526-1002

*Information, ITP Review  
Class, Appointments with  
Counselors, Computer lab,  
and Pre-separation  
Briefings.*

*Clearing MON-FRI 0730-  
1600.*

Hours of Operation:  
M-F 0700-1600

### Who, When and How Long...

- **RETIREES:** Can begin SFL-TAP 2 years before retirement, but no less than 1 year before retirement. SFL-TAP services for life post-retirement date.
- **NON-RETIRING Soldiers:** Must begin 1 year before separation. SFL-TAP services for Six (6) months after separation.
- **MEB/PEB Soldiers:** SMs must initiate services upon referral for MEB/PEB. Medical retirees eligible for services for life.
- **Qualitative Management & Service Programs:** Begin services as soon as notified
- **CHAPTERING Soldiers:** Begin services as soon as unit is considering the chapter action.

***SPOUSES, SPOUSES, SPOUSES***

### Get Started... 12 Months!

- **REGISTER** for Services and **COMPLETE** the 90-minute plus Pre-separation Briefing: <https://www.sfl-tap.army.mil>.
- **WATCH** the SFL TAP 10-minute video : <https://www.youtube.com/watch?v=leV4d6bdNV4>
- **CALL** to schedule your Initial Counseling (IC) appointment: (719) 526-1001, (719) 526-1002, or (719) 526-6465.

### Upcoming Events...

EVENT	DATE	TIME	WHERE	POINT OF CONTACT
<b>SEPTEMBER</b>				
EMPLOYER DAY: CDOT	3-Sep	09:30-11:00 AM / 1:00-3:30PM	BLDG 6237 FORT CARSON	719 526- 1001 / 1002 / 6465
FORT CARSON MINI JOB FAIR	11-Sep	9 AM - 1 PM	BLDG 6237 FORT CARSON	719 526- 1001 / 1002 / 6465
RETIREE APPRECIATION DAY	26-Sep	8 AM - 1 PM	SPECIAL EVENTS CENTER, FORT CARSON	719 526- 1001 / 1002 / 6465
<b>OCTOBER</b>				
US NATIONAL CHAMBER OF COMMERCE / HIRE OUR HEROES FORT CARSON TRANSITION SUMMIT	21-22 Oct	9:30 AM - 4:00 PM	ELK HORN CATERING AND CONFERENCE CENTER	719 526- 1001 / 1002 / 6465 OR <a href="http://www.uschamberfoundation.org/event/fort-carson-transition-summit">http://www.uschamberfoundation.org/event/fort-carson-transition-summit</a>
<b>NOVEMBER</b>				
FORT CARSON / PPWFC VETERANS DAY MINI JOB FAIR	19-Nov	9 AM - 1 PM	PPWFC, 1675 Garden of the Gods Road, Colorado Springs, CO 80907	719 526- 1001 / 1002 / 6465
<b>DECEMBER</b>				
FORT CARSON MINI JOB FAIR	10-Dec	9 AM - 1 PM	BLDG 6237 FORT CARSON	719 526- 1001 / 1002 / 6465

# Director and Partner Updates

Directorate of Family & Morale, Welfare and Recreation

Directorate of Family & Morale,  
Welfare & Recreation

**FORTCARSONMWR**



- **Doggie Day – 12 September**
- **Rod Benders Car Show – 12 September**
- **Operation Shower for Military Spouses – 15 September**
- **Waiting Families Bowling – 15 September**
- **Soldier Show – 24 September**
- **Carson Connections Conference- 25 September**
- **Zombie Dash – 23 October**



**[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



Pamper your pup at the Outdoor Pool!

## It's Doggie Day!

September 12, 5 p.m.-7 p.m.

**DOGS = \$3**  
**HUMANS = FREE**



- Prizes and giveaways for pups and their people!
- Canines must be accompanied by human.
- Current shots must be shown before entering the facility.
- Military and DoD only.
- All canines must be on a leash when not in water.
- Bathing area with shampoo provided prior to water play.
- Restricted Breeds: Rottweiler, Akita, Pit Bull, Chow, Doberman, Mastiff, Wolf Breed, English Bull Terrier, American Staffordshire Terrier



Questions? Call 526-4456



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



Fort Carson Aquatics  
CarsonDFMWR



Follow us!  
@FtCarsonNOW



Fort Carson Outdoor Pool  
5954 Ellis Street, building 1231

# Director and Partner Updates

Directorate of Family and Morale, Welfare and Recreation



Fort Carson

**ROD** →

SEPT 12

8 a.m. @  
Special  
Events Center

**BENDERS**

**CAR SHOW**

**\$25 Entry Fee**  
(Includes T-shirt and Sticker)



- Doors open at 8 a.m.
- Entries accepted until 11 a.m.
- Judging from 12 p.m. - 4 p.m.
- Trophies awarded at 6 p.m.
- FREE admission for spectators!

*Join us for  
music, food & fun!*

Questions? Call 526-2147



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



Fort Carson Auto Craft  
CarsonDFMWR



@carsonmwr  
#carsonmwr



Fort Carson Auto Skills  
7001 Wetzel Ave, Bldg. 2427

# Director and Partner Updates

Directorate of Family and Morale, Welfare and Recreation

*An Army Entertainment Production*



# THE 2015 U.S. ARMY SOLDIER SHOW

**Sept. 24**

**McMahon Auditorium**

\*\*\*  
— WE SERVE —

Located on the northwest corner of Specker Avenue and Prussman Boulevard. Show starts at 7 p.m. • Doors open at 6:30 p.m.

GM Interactive Display plus Ride 'N' Drive! • Check presented by Chase.

**\*\*\*ALL INFORMATION IS SUBJECT TO CHANGE\*\*\***

Questions? Call 526-1867



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



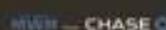
CarsonMWREvents  
CarsonDFMWR



Follow us!  
@CarsonMWR



McMahon Auditorium  
1591 McDonald St. Bldg. 1517



[armymwr.com/soldiershow](http://armymwr.com/soldiershow)

No federal endorsement implied.

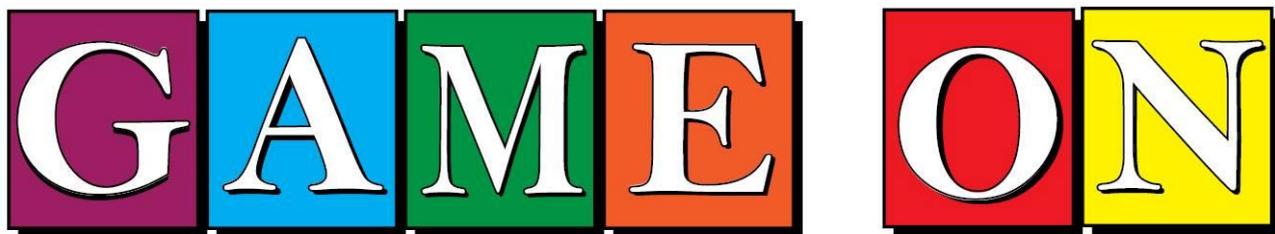
#2015soldiershow

# Director and Partner Updates

Directorate of Family and Morale, Welfare

Army Community Service (ACS)

## *Carson Connection Conference*



**Friday, September 25<sup>th</sup>**

**9 a.m. to 3 p.m.**

**El Pomar Penrose House / Garden Pavilion**

For more info, please call (719) 526-8747 / [www.carson.army.mil/acs](http://www.carson.army.mil/acs)

The Carson Connections Conference is all about YOU. Come find your why and rediscover what fuels you as a spouse, individual, mom or dad. This year's conference will be held at the Penrose House Garden Pavilion. The conference begins at 9:00 a.m. and ends at 3:00 p.m. Professional training and motivational speaker from Game On will leave you feeling invigorated and motivated to make a positive impact within your family and community. The day will be filled with fun and interaction with others from the Fort Carson community. Meet new people or re-engage with friends at this full day conference. The conference includes conference materials and lunch at no cost to you. For more information about the conference call (719) 526-8747.

This conference only happens once a year and spaces fill fast, so reserve your seat today.

### Conference Agenda:

- .8:30 a.m. - On-site Check in at the El Pomar Penrose House Garden Pavilion
- .9:00 a.m. - Conference Begins and Welcome Remarks
- .9:30 a.m. - Game On LLC presents
- .11:00 a.m. - The Game of Life Begins
- .Noon: Lunch
- .12:45 p.m. - Game on LLC presents
- .2:00 p.m. - The Game of Life Continues
- .3:00 p.m. - Conference Concludes

There is no childcare available for this event

# Director and Partner Updates

Directorate of Family and Morale, Welfare



# ZOMBIE DASH

OCTOBER 23 AT  
IRON HORSE GYM, 8 P.M. - MIDNIGHT

**NO REFUNDS**

*MUST BE 13+. OPEN TO THE PUBLIC*

Register at Iron Horse  
Physical Fitness Center

Prices are as follows:

- August 17 - September 7 : \$15
  - September 8 - October 5 : \$20
  - October 6 - October 22 : \$25
  - Same Day Registration October 23 : \$40
- (CASH ONLY!!! Registration ends at 6 p.m.)*



Questions? Call 526-2706



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



Iron Horse Sports-Fitness-Center  
[CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



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



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

# Director and Partner Updates

## DIRECTORATE OF EMERGENCY SERVICES

### AUTOMATED INSTALLATION ENTRY

**Purpose:** To enhance installation security through automated personnel verification and authentication using Joint Service Architecture and authoritative databases to continuously vet personnel against possible criminal, terrorist and insider threats.

**Who:** This will impact all personnel using a DoD ID media (i.e. CAC, TESLIN, and Fort Carson Access Badges) to enter Fort Carson.

**What:** This program will upgrade existing infrastructure and install additional capabilities to bring Fort Carson on line with the Department of the Army access control system of record.

**When:** 20 OCT 15 – 20 NOV 15 Access control point hardware installation  
17 - 18 DEC 15, Visitor registration terminals  
5 – 9 JAN 16, System roll out and beginning of testing

**Where:** Gates 1, 2, 3, 4, 5, and 20 as well as the Visitor Control Center.

# Director and Partner Updates

## DIRECTORATE OF EMERGENCY SERVICES

### AUTOMATED INSTALLATION ENTRY

**Registration process:** CAC and TESLIN ID card holders can register at the VCC once the new registration terminals are operational (on/about 5 JAN 16). In lane registration at the gates is also an option, but it will take approx. 1 minute to complete the process. Expect possible delays at the gates while customers register for the system.

Retirees and their Family Members with old format ID cards (SSN on the ID) will be required to get a new ID card with the EDIP number.

Ultimate goal is a system enterprise solution where all Army installations are connected so if you register at one installation you will be registered at others.

As more information becomes available, and timelines are finalized, the DES Security and Access Control Division will provide program updates.

Vendors, contractors, and visitors will still need to be processed at the Visitor Control Center.

# Director and Partner Updates

**DIRECTORATE OF PUBLIC WORKS**



## NET ZERO UNIT CONTEST

- Semi-annual contest open to military units based on their efforts in Facility Management and the Net Zero categories - energy, water and waste.
- First contest cycle runs: 1 Aug 2015 - 30 Nov 2015.
- Units submit written nomination packages to the DPW. A Military Leadership Selection Board selects the winners.
- Contest information posted on DPW SharePoint Site under Net Zero link at <http://dpwportal.carson.army.mil/welcome/NetZeroFC/SitePages/Home.aspx>.

<u>Large Unit</u> Battalion or higher-level unit		<u>Small Unit</u> Company or equivalent-level unit	
1 <sup>st</sup> Place	\$20* per Soldier, not to exceed \$10,000** for the unit	1 <sup>st</sup> Place	\$20* per Soldier, not to exceed \$3,000** for the unit
2 <sup>nd</sup> Place	\$16 per Soldier, not to exceed \$8,000 for the unit	2 <sup>nd</sup> Place	\$16 per Soldier, not to exceed \$2,400 for the unit
3 <sup>rd</sup> Place	\$12 per Soldier, not to exceed \$6,000 for the unit	3 <sup>rd</sup> Place	\$12 per Soldier, not to exceed \$1,800 for the unit
4 <sup>th</sup> Place	\$8 per Soldier, not to exceed \$4,000 for the unit	4 <sup>th</sup> Place	\$8 per Soldier, not to exceed \$1,200 for the unit
All other contest participants that meet minimum requirements	\$2 per Soldier, not to exceed \$1,000 for the unit	All other contest participants that meet minimum requirements	\$2 per Soldier, not to exceed \$500 for the unit

\* As a reference, DFMWR deposits \$4 per Soldier, per year into their unit fund accounts.

\*\* The total award dollar value will be calculated by a per Soldier award amount multiplied by the unit's strength on file with the DFMWR as part of their unit fund account.

***Total contest award amount est. \$60,000-\$70,000. Award funding comes from Recycle Program revenue.***

# Director and Partner Updates

## BALFOUR BEATTY COMMUNITIES

# IMPORTANT NEWS!

Rents as low  
as \$1100!!!!  
Short Term  
Leases Avail!

**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

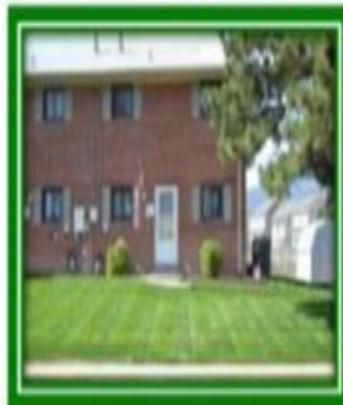
Friendly and Professional Onsite Management

Free Landscaping Service

Recreational Courts

3 Fitness Centers

Free Resident Activities



**For more information call 855-977-1603 or visit us online at [fortcarsonfamilyhousing.com](http://fortcarsonfamilyhousing.com)!**

\*Some restrictions may apply

# Director and Partner Updates

BALFOUR BEATTY COMMUNITIES

## COMMUNITY INFORMATION

### Our Community Centers

**North Community Center: 719-559-5111**

**4355 Funk Avenue**

Service for Pawnee, Shoshoni, Sioux, Comanche,  
Apache, and Cheyenne

**Central Community Center: 719-559-5112**

**6800 Prussman Boulevard**

Service for Arapahoe, Cherokee, Choctaw, and Chippewa

**South Community Center: 719-559-5113**

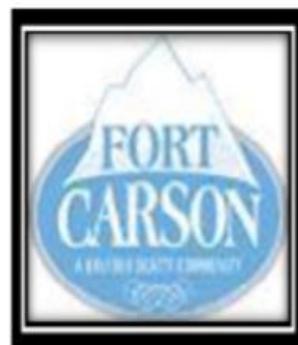
**1045 Titus Boulevard**

Service for Dakota Ridge, Blackfoot, Kiowa, Navajo North  
and South, Iroquois and Ute

## UP AND COMING EVENTS!

❖ Weekly Craft Time every Tuesday at 3:30pm

Joel Hefley Community Center



❖ The Mountain Post Running Club: Check in every Wednesday at the Exchange from 4-6pm. Come run a fun 5/10K!!

# Director and Partner Updates

ARMY AND AIR FORCE EXCHANGE SERVICE

## FT. CARSON RENOVATION 2015



EXCHANGE



# Director and Partner Updates

ARMY AND AIR FORCE EXCHANGE SERVICE

**Manchu WOK.**  
FAST & FRESH CHINESE CUISINE

**Will  
PERMANENTLY CLOSE  
effective  
19 SEPTEMBER  
(last day of business  
18 September)**



**COMING SOON**  
SEPTEMBER 28  
To Triple Foods

  
**SMOOTHIE  
King.**



**Smoothie King**

WHERE: Triple Foods Facility ( in place of Manchu Wok)  
Bldg. 1534



# Director and Partner Updates

## COMMISSARY

Upcoming Events	Issues
<p>Labor Day hours are from 1000-1800 on 7 Sept, 2015</p> <p>CASE LOT SALES - Please mark your calendar The Fort Carson Commissary Case Lot Sale will be held Friday and Saturday, September 18 &amp; 19 from 0900 - 1600 hrs.</p>	<p>EARLY BIRD - Shopping, 20 items or less Monday - Friday from 0700-0900.</p>

## USO

\*Tues/ Wed September 8<sup>th</sup>/9<sup>th</sup> 11am- 1pm USO CS 7<sup>th</sup> Birthday Party

\*Friday September 11<sup>th</sup> USO CS Phone Bank on KKTU

\*Tues- Thurs September 22<sup>nd</sup>-24<sup>th</sup> Hire Heroes Workshop and Career Opportunity Day

\*Looking ahead- Saturday October 3<sup>rd</sup> USO CS Freedom Dinner

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. Please contact our USO Director with any questions at 719-568-3500.

Visit [uso.org/coloradosprings](http://uso.org/coloradosprings) or [facebook.com/usocoloradosprings](https://facebook.com/usocoloradosprings)

# Director and Partner Updates

## CADET SERVICE LEADERSHIP

### Cadet Service Leadership

- What is Cadet Service Leadership (CSL)?
- What can CSL do for you and your organization?
- What's the benefit to cadets?
- How to request Cadet Volunteers



### What is Cadet Service Leadership (CSL) ?

A Win/Win Relationship

- Operationalizes the AF core value of Service Before Self
- Allows cadets to develop compassion for others and a sense of duty/civic responsibility in preparation for their service to the nation
- Develops integrity; Strengthens leadership by driving excellence in planning, execution and visionary involvement with the community



# Director and Partner Updates

## CADET SERVICE LEADERSHIP

What can CSL do for you and your organization?

- 4000 cadets with an *inherent desire to serve*
- Vast array of talents and formal academic skills to apply to community projects/needs as identified by the community
- Historically, the Air Force Academy performs between 20,000 and 30,000 hours of CSL per academic year



## What's the benefit to cadets?

- We are committed to developing leaders of character – CSL allows cadets to grow into service-driven leaders
- Helps develop interpersonal skills and professional qualities such as empathy, initiative, and good judgment
- Cadets genuinely enjoy serving the community and nation, seeking out opportunities to do so regularly



# Director and Partner Updates

## CADET SERVICE LEADERSHIP

### How to Request Cadet Volunteers!

1. Google “Cadet Service Leadership”
2. Select “Cadet Service Leadership United States Air Force Academy” and click on “CSL Mission” or click on “Request Cadet Volunteers” to make your volunteer request.
3. Make sure you hit “SUBMIT”.

OR email your request directly to

- [C16danielle.kaufman@usafa.edu](mailto:C16danielle.kaufman@usafa.edu) or  
[C17matthew.moilanen@usafa.edu](mailto:C17matthew.moilanen@usafa.edu)

Thank you for your time and attention!  
We look forward to serving with you!



# Director and Partner Updates

## AMERICAN RED CROSS



The Fort Carson American Red Cross is excited to announce our annual Dental Assistant Training Program!

Applications will be released 03 August at 8am in the Red Cross office (Room 1011) at Evans Army Community Hospital. Applications are due by 4pm on 04 September 2015!

**No late applications will be accepted!**  
Eight applicants will be selected for the program

This FREE program is open to ALL MILITARY ID CARDHOLDERS who are American Citizens and are at least 18 years of age with a valid high school diploma or GED. The program will run full time (M-F, 0645-1615 hrs.) from 04 January 2016 to 24 June 2016. All classes must be attended, no partial credit will be given.

For more information, please contact the Red Cross at 719-526-7144.



## Volunteer Opportunities

Contact the Red Cross Office at Evans Army Community Hospital 719-526-7144.

## Town Halls and Pre-Deployment

If you would like Red Cross to brief or provide slides and informational materials for a Town Hall call 719-526-7114

## FORT CARSON POST SPOUSES CLUB

*Share*  
a Coat and a Friend!

Bring a coat to donate for the MPSC 2015 Coat Drive and bring a friend. We want you to share your friend with us. And don't keep MPSC a secret either! Share all of your experiences with your friend. Let's grow our membership! For every member who brings a friend, you will both get opportunity tickets for a prize drawing.

*Shop*  
a Fine Selection of Vendors!

You did all the back to school shopping, now treat yourself! And it's never too early to start Christmas shopping.

*and Socialize*

*Catch up with old friends and make some new ones!*



with the Mountain Post Spouses' Club  
*September 17, 2015*

You are cordially invited to the first member luncheon for 2015-2016  
Elkhorn Conference Center \$15.00\* 11:00 am - 1:00 pm  
Dress is Business Casual You are responsible for your own childcare

## COMMUNITY OUTREACH

Please bring new or gently used coats for the MPSC Coat Drive. We need all sizes, including infants and children. Coats will be given to Fort Carson families in November. Last year we gave away 1,600 coats. Let's see if we can exceed that!



\*Reservations needed by 9/14/2015 through Evite or to [reservations@mpsc.us](mailto:reservations@mpsc.us). If you have already sent in your RSVP and need to cancel, please do so by 9/14/2015. All cancellations after 9/14/2015 will be charged and considered a no show.

# Director and Partner Updates

## FORT CARSON PARENT TO PARENT



### **The Importance of Academic Portfolios:**

Transitioning to a new school is never easy! A portfolio is a great way to keep accurate, up to date records for your child. It also is a great tool for older students who are starting to build a competitive resume for college. Learn how easy it is to build and maintain your student's portfolio.

### **Chart Your Course (CYC) for Success Through High School and Beyond:**

Is your student taking the right classes in high school? Is he thinking about becoming a competitive candidate for college? Let us help you map a six year academic plan for your middle or high school student to ensure an on time graduation despite multiple moves during high school, and get him ready for college.

### **The College Application Process:**

Let us help you navigate the college application process. College criteria, choosing the right college, getting letters of recommendation, tracking application deadlines, researching financial aid and searching for scholarships are just some of the things that we will cover in this workshop.

**Avoiding Homework Hassles:** Research tells us that children who do their homework regularly are more likely to be academically successful. This workshop will explore ways to encourage good study habits, provide support and motivation at home as well as how to work with your child's teacher to help your child get the most out of homework

### **Transitions**

This workshop is "what every parent should know" about transitioning their children. Parents will learn about the educational, social and emotional impacts of transitioning as well as strategies and techniques that will assist families in smoothing those transitions. Some of the topics are research and resources, as well as the Interstate Compact for Military Children.

### **Time Management:**

Now that school and after school activities are in full swing, it is time to get organized! We all know it takes careful planning for parents and kids to accomplish all the necessary tasks that are required of school, sports and activities over the course of a 24-hour day. This workshop will provide parents with a range of tools and techniques they can use to help their children manage time to accomplish specific tasks, projects and goals.

**Contact us to discuss these workshops and other workshops that may be of interest to your group.**

## **Fort Carson Parent to Parent**

Parent to Parent is a program that empowers parents to be their child's strongest advocate on educational and social issues through MCEC's Parent Workshops.

- Contact us:
- Louise Webb, Melanie Douglas, Annie Plaskett
- [ptop.carson@militarychild.org](mailto:ptop.carson@militarychild.org)
- 808-258-5961

**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, 24 September 2015**  
**Time: 9:00 pm – 10:00 am**  
**Location: The William "Bill" Reed**  
**Event Center/previously the SEC**