



THE MOUNTAIN POST COMMUNITY INFORMATION EXCHANGE

March 2016 Newsletter

GARRISON COMMANDER BRIEF

- This is your forum please come with any questions.
- Snow storms are not over... think about safety. Safety Checklist from the American Red Cross can be used to help ensure you are prepared.
- Fire danger is high in our area. Even though we get quite a bit of precipitation, we live in a very dry climate and fire danger is always a concern.
- The Air Force football team will conclude practices with its annual spring football game on Saturday, April 9, at 10:30 a.m. at Fountain-Fort Carson High School. The team will scrimmage and will be followed by a youth autograph session at approximately 1 p.m. Admission is free. In addition, following the scrimmage, military members from Fort Carson and Peterson Air Force base will play a flag football game. Air Force cheerleaders and the Bird mascot will also be on hand throughout the day. The Air Force teams will have honorary coaches from each base. The Air Force base team will have Gen. John Hyten, commander of Air Force space command, as head coach with assistance from Col. Deanna Burt, commander of the 50th Space Wing at Schriever Air Force Base and Col. Doug Schiess, commander of the 21st Space Wing at Peterson AFB. The other team will be led by Maj. Gen. Ryan Gonsalves, commander of Fort Carson Army Base, and members of his staff.
- Fort Carson Post Office is getting a lobby renovation. They will be adding a self-service kiosk in the lobby. They have also hired several new personnel.

QUESTIONS AND ANSWERS

QUESTIONS and ANSWERS FROM THE MARCH CIE

Question 1: Why do people have to wait for 2 numbers to be called at the Pharmacy?

Answer - The number system: it's actually just one number, but it is called twice. First, the customer is called to the window so we can identify what prescriptions they need to have filled. The second time they're called up, the prescriptions are actually ready for pick up. This speeds up the process because multiple customers are being able to be processed simultaneously. With the one-call system, everyone had to wait, and the line would back up, if we had a few patients with complicated prescriptions, issues that needed resolution with the provider, etc. Overall, the 2-call system has decreased wait times by an average of over 25%.

Question 2: Where can needle medications be dropped off (i.e. EpiPen) at?

Answer - Disposition of sharps and sharps-containing medications (such as EpiPen): the proper disposal process is to put the needle and/or needle-containing medication in a cardboard box (such as a milk carton), tape the entire carton shut securely, and dispose of it in regular garbage.

Question 3: The Army is transitioning to a new single portal DOD website designed to make it easier for Soldiers to find the childcare they need, when will Fort Carson gain access to this site?

Answer - Anticipated roll out date is end of June 2016.

Question 4: Will this site allow for a more convenient "centralized" registration process? This process will help parents gain access to the waitlist and manager their child care needs.

Answer - It will not reduce or eliminate any of the processes associated with registration.

QUESTIONS AND ANSWERS

QUESTIONS and ANSWERS FROM THE MARCH CIE

Question 5: What is going on in the space on the corner of Chiles and Prussmen where the gas station is now?

Answer - Jimmy Johns is going into the space where the gas station used to be on Chiles and Prussmen.

Question 6: Is there a summer hire program for youth on Fort Carson?

Answer – Inquiries will be done and information will be put into next month's Newsletter to try and answer this question.

Thank you for the great questions

QUESTIONS AND ANSWERS

QUESTIONS and ANSWERS FROM THE FEBRUARY CIE

Question 1: Which Pharmacies currently participate in the Over The Counter (OTC) Program (i.e. off-post Military Treatment Facilities (MTF)?

Answer - Only the Pharmacies at Evans Army Community Hospital are offering this program.

Question 2: Other medications requested to be added to the OTC Medication Program are both Nexium and Zyrtec.

Answer - We will certainly look into adding these medications to the program. The process takes some time so I would expect to see possible changes about once a quarter. To order an OTC item, it must be on a DoD contract, if there is not a contract, we can not add it to the program. If the item is on a DoD contract, then the contract must be for items that are packaged as OTC. To check this, the pharmacy would order one bottle/box of the item to ensure the packaging meets OTC dispensing requirements. Once those two issues are resolved, the item must not be overly expensive. Some OTC packaging can cost over \$20 per item or more. Finally, we would need to get with Preventive Medicine and ensure appropriate education is added to the training program for whichever items are added to the program. Our goal is to make as many products available as we can. We hope patients will utilize this program to keep some medications at home so they don't need to come to hospital for minor ailments.

Question 3: How often will the classes be for the OTC Medication Program?

Answer – Classes will be every two weeks and you can call 719-526-7334 to set those up.

QUESTIONS AND ANSWERS

QUESTIONS and ANSWERS FROM THE FEBRUARY CIE

Question 4: Please explain the fee schedule and why it is now in effect for the SEC?

Answer - MWR is required to meet financial standards to maintain solvency of the fund. User fees are structured to meet cash management goals and for sustainment of MWR programs and operations, and to cover capital requirements. For many years MWR has been able to provide free use of the SEC; however, budget reductions in recent years no longer makes this possible. The Garrison Commander has provided funds to continue to cover the cost of official functions (re-deployments, official military training, change of command, etc.). Official functions at the Reed Special Event Center, McMahan Auditorium and the Freedom Performance Arts Center (FreePAC) are being paid from Garrison funds, all other functions of unofficial nature must be paid by the patron utilizing the facility.

Question 5: Is there anything that can be done for the FRG and groups that cannot afford to pay fees but yet are required to hold meetings?

Answer - There are many options for FRGs to meet that do not require a fee payment. The library meeting room, DPW meeting rooms, meeting space within unit areas. Meetings that are held in MWR food facilities may have the room rental offset by purchasing food and/or beverages.

QUESTIONS AND ANSWERS

QUESTIONS and ANSWERS FROM THE FEBRUARY CIE

IMCR-MWB

11 January 2016

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Memorandum of Instruction for "Unofficial" Functions Held in Directorate of Family, and Morale, Welfare and Recreation Facilities

1. PURPOSE. The Memorandum of Instruction (MOI) is for "unofficial" functions held within Directorate, Family and Morale, Welfare and Recreation (DFMWR) facilities. All "unofficial" functions will be charged an appropriate fee when using a DFMWR facility.

2. APPLICABILITY.

a. This MOI does not apply to functions that are "official" such as: Change of Commands, Change of Responsibility, Casing of Colors Ceremonies, Training required by Army Regulations, Official Promotion Ceremonies, Deployments, Redeployments, and other events deemed "official" by the Commanding General, Garrison Commander, or the Director of Family and Morale, Welfare and Recreation (FMWR).

b. This food offset option in this MOI does not pertain to Commercial Enterprises. It is applicable to DOD Military Identification Holders.

3. GENERAL.

a. "Official" functions booked at the William "Bill" Reed Special Events Center, Freedom of Performance Arts Center (FreePAC), and McMahon Auditorium will be reserved on a first come, first served basis. There may be times when mission related functions with a higher priority than those scheduled will require dates and times to be changed.

b. "Official" functions other than those listed above and "unofficial" functions booked at any DFMWR facility, will be charged a standard room rental fee. (See Enclosure)

4. PROCEDURES.

a. All fees will fall into the approved DFMWR Room Rental Fee. There is one exception for Christmas/Holiday functions occurring at the William "Bill" Reed Special Events Center, Freedom of Performing Arts Center, and McMahon Theater between Thanksgiving and New Year's Day. During this time period the reservation fee is \$95.00 for an event lasting up to four hours. All room rental fees can be offset by purchasing food and/or beverages from the Elkhorn Catering and Conference Center or any operation that has an in-house food operation; (Golf and Bowling) to support the event.

b. Acceptable payments include: Visa, Master Card, American Express, and cash for the rental of the William "Bill" Reed Special Events Center. Unit funds can be used at the discretion of the Unit Commander if appropriate. Government Purchase Cards (GPC) may be used for "official" functions by following normal purchase procedures.

5. REFERENCE/POINT OF CONTACT. Mr. Frank Jacobson, Chief Business Division, (719) 526-2974; Mrs. Martha Reed, William "Bill" Reed Special Events Center Manager, (719) 524-1163; and Mrs. Jennifer Isbill, Elkhorn Catering and Conference Center Business Manager, (719) 576-6646.



MICHAEL J. O'DONNELL
Director, Family and Morale, Welfare
and Recreation

Encl
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DISTRIBUTION:

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QUESTIONS AND ANSWERS

QUESTIONS and ANSWERS FROM THE FEBRUARY CIE

ROOM RENTAL PRICING DIRECTORATE OF FAMILY & MORALE, WELFARE & RECREATION BUSINESS DIVISION

		<u>Per Hour</u>	<u>Half a Day 4-6 hours</u>	<u>Full Day</u>
Small Room (up to 40 individuals)	Golf Course	\$25.00	\$60.00	\$120.00
	Bowling Center	\$25.00	\$60.00	\$120.00
	Elkhorn Catering & Conference Center	\$50.00	\$125.00	\$250.00
Medium Room (41-75 individuals)	Golf Course	\$60.00	\$125.00	\$250.00
	Bowling Center	\$60.00	\$125.00	\$250.00
	Elkhorn Catering & Conference Center	\$70.00	\$150.00	\$300.00
Large Room (76-200 individuals)	Golf Course	\$125.00	\$200.00	\$400.00
	The Hub	\$125.00	\$200.00	\$400.00
	Bowling Center	\$125.00	\$200.00	\$400.00
	Elkhorn Catering & Conference Center	\$150.00	\$350.00	\$700.00
Extra Large Room (201-320 individuals)	Elkhorn Catering & Conference Center	\$200.00	\$500.00	\$1,000.00
Extra Large Room (up to 650 individuals)	William "Bill" Reed Special Events Center	\$200.00	\$500.00	\$1,000.00
Pavilion or Patio	Elkhorn Catering & Golf Course	\$50.00 \$50.00	\$125.00 \$125.00	\$250.00 \$250.00
	William "Bill" Reed Special Events Center	\$60.00	\$125.00	\$250.00
McMahon Auditorium		\$125.00	\$200.00	\$400.00
Freedom of Performing Arts (FREEPAC)		\$125.00	\$200.00	\$400.00
			<u>4 Hours</u>	
Christmas/Holiday Functions (Thanksgiving – New Year's Day)	William "Bill" Reed Special Events Center		\$95.00	

NOTE: Food may be purchased through the Elkhorn Catering & Conference Center for any venue location to offset the room rental price.

Director and Partner Updates

MEDDAC

Key April Health and Wellness Observances

- Military Children's Health: Pediatrics
- National Alcohol Awareness Month: BH/ASAP
- Well Child Education: Pop Health
- STD Awareness Month / Chlamydia: Public Health/Pop Health
- Sexual Assault Awareness & Prevention: SARC

Pharmacy

A blue medsafe medication disposal box was installed in both the Main Hospital Pharmacy and SFCC Pharmacy lobbies. The receptacle's one-way drop door is open to accept medications during the pharmacy's normal hours of operation. The Main Hospital Pharmacy is open Monday thru Thursday from 8:00 am until 6:00 pm, Fridays from 8:00 until 5:00 pm, and Saturdays from 8:00 am until 4:00 pm. The SFCC Pharmacy is open Monday thru Friday from 8:00 am until 5:00 pm.

Accepted medications for disposal in the blue medsafe box include prescription and over-the-counter medicines to include controlled-substance medications, vitamins, medicated lotions/ointments, liquid medication in leak-proof containers, and transdermal skin patches.



Items that are NOT suitable for deposit in the medsafe container are needles (sharps), illegal drugs, aerosol spray cans (to include aerosol inhalers), and chemicals/hazardous waste.

Additional/Upcoming Services

- Evans Army Community Hospital is adding Endocrinology services starting in May. This service is in conjunction with our Disease Management Clinic which manages Diabetes patients. New services will include a Thyroid nodule clinic along with other endocrine diseases.
- It is never too early to plan for summer school physicals. Starting in June there will be appointments available over the summer to book your student school physicals. In addition, there will be a Saturday event planned for August.
- The Physical Therapy Clinic will expand their hours beyond 1600, in order to meet the community's needs. Clinic now runs from 0600-1700 to include 1 PT and 1 PTA.



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

Director and Partner Updates

DIRECTORATE OF FAMILY & MORALE, WELFARE and RECREATION

MILITARY
CHILDCARE  .COM

MilitaryChildCare.com Introduction for Programs

MilitaryChildCare.com (MCC) is a Department of Defense website for military families seeking child care. This single online gateway provides access to a wide array of military-operated and military-subsidized child care options across all Services. It enables families to search for and request care, manage their requests, and update their profile online, making it easier for families to find the child care they need.

Benefits for Child & Youth Programs

There are many benefits to programs that enhance their waitlist management process and customer service capabilities.

1. **Standardizes procedures, which help facilitate the request for care process and effective waitlist management.**
2. **Expedites placement by using technology to automate placement tasks, resulting in offers being made to families more quickly.**
 - a. Automates sequencing of requests based on Request for Care date and priority. Programs make offers in sequential order.
 - b. Designated timeframe for families to accept or decline offers or requests will be cancelled automatically.
 - c. Waitlist is current because families are required to confirm that care is still needed every 30 days.
 - d. Automatic movement of requests from one age group to another based on the child's date of birth.
3. **Enhances daily operations by providing tools that assist programs in waitlist management, such as:**
 - a. System-generated anticipated placement time that is shared with families.
 - b. Inclusion Action Team Log with information from families, which helps programs identify the need for early assistance.
 - c. Comment Log where programs can share information with each other about a common request.
 - d. Ability to complete actions on behalf of families.
4. **Supports planning through use of reports that:**
 - a. Identify spaces needed to fulfill requests from families and meet the demand for care.
 - b. Identify if programs are meeting or exceeding placement metrics.
 - c. Assess implementation of waitlist processes.



The MCC Help Desk is available to assist programs and families.

Call the toll free number at 855.696.2934 or email

ProgramSupport@MilitaryChildCare.com

FamilySupport@MilitaryChildCare.com

SystemSupport@MilitaryChildCare.com

To access MCC program resources, including marketing and outreach, training, transition, and operating procedures, visit MCC Central at MCCcentral.com.



Director and Partner Updates

Directorate of Family and Morale, Welfare and Recreation



CELEBRATE!

Military Children

April 2016 is the Month of the Military Child

Celebrate military children with these great events!

4/1

Kids Eat FREE Family First Friday

Elkhorn Catering &
Conference Center.

Ages 12 and under.

Info: (719) 576-6646

4/2

FREE Magic Show

Grant Library honors
the military child with
a free magic show
and refreshments.

1 p.m. - 2 p.m.

Info: (719) 526-2350

4/9

3 FREE Games

Thunder Alley Bowling
Center will give kids 3
free games on April 9th!

Info: (719) 526-4201

4/16

Blue Pin Bowling Day

Thunder Alley Bowling
Center & ACS

Free pizza and bowling.
Parenting resources will
also be available.

12:30 p.m. - 5 p.m.

Info: (719) 526-4201

4/30

Clubs for Kids Day

Cheyenne Shadows Golf Club

Each child receives a free
club and a 10 minute lesson.

Ages: 17 and under may play
for free with a paying adult.

Info: (719) 526-1927

4/30

How to Mountain Bike

Outdoor Recreation Complex
Transition from casual riding to
mountain biking. Learn to ride over
obstacles, climb, descend & turn in
the rough stuff. This course starts
easy and progresses through
tougher terrain.

Ages 13 and older.

9 a.m. - 1 p.m.

\$10 per class (includes bike rental)

Info: (719) 526-5366

APR

FREE Recreational Swimming

Iron Horse Pool

Free admission for all kids
during recreation swim hours
on Saturdays for the month of
April.

10 a.m. - 6 p.m. every Saturday

Info: (719) 526-4093

APR

FREE Green Fees

Cheyenne Shadows Golf Club

Kids 5-17 will receive
free green fees for the
entire month of April.

Info: (719) 526-1927

APR

FREE Climbing Orientation Class

Outdoor Recreation Complex
Every Thursday for the entire
month of April, for kids 11
and under.

Parents who bring their kids (ages 5-11)
to the adult class, will attend for free.

5:30 p.m. - 7:30 p.m.

Info: (719) 526-5366

Questions? Visit carson.armymwr.com



More Events and Info at
www.carson.armymwr.com



CarsonDFMWR



Follow us!
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Director and Partner Updates

Directorate of Family and Morale, Welfare and Recreation



CELEBRATE!

Military Children
April is the Month of the Military Child

Child Development Centers

Monarch CDC

4/1: Purple-Up Day

Everyone wears purple in support of all military branches.

4/4-8: Boots on the Ground

Families are encouraged to bring their old military boots to be transformed into a garden for display at the front entrance of the center.

4/11-15: Military Family Stories

Families are invited to share their military story with their child's classroom. Military Family Stories are prominently displayed throughout our center.

4/21: Teddy Bear Picnic

Monarch CDC will invite families to participate in a Teddy Bear Picnic in the afternoon. Families are encouraged to have their children bring in their favorite stuffed animal and join us for an afternoon snack outside (weather permitting). All teddy bears are invited to stay the night at the center. In the morning we are sharing photos with our children and learn what the teddy bears were up to during their slumber party.

4/25-28: Spirit Week

- Monday: Backwards Day
- Tuesday: Pajama Day
- Wednesday: Red, White & Blue Day
- Thursday: Crazy Hair Day
- Friday: Super Hero Day

4/29: Center-Wide Parade

On the last day of April, families are invited to participate in our Center-Wide Parade in the morning. Families are encouraged to stop by the West CDC for afternoon MOWC activities.

West CDC

4/29: Static Displays (Sponsored by 4D)

Static displays are available for viewing from 1 p.m. - 5 p.m.

Ivy CDC

4/4-8: Honor Wall

Pictures of your child with their parent in uniform will be displayed in the front area of Ivy CDC.

4/11-15: Art Gallery

Military children are displaying the fabulous framed 3D art they've created in the activity room.

4/18-22: Purple Praise

Wear purple and hug/shake hands with a military child! We love them!

4/18-22: Parade for the Military Child

Military children are decorating buggies, playing music and parading around the center to celebrate the Month of the Military Child.

Aspen CDC

4/1: Center-Wide Parade

2:45 p.m.

4/7: Hand Painting

(with families in rooms A/B/D)

2:45 p.m.

4/14: Body Tracing

(with families in rooms E/F)

2:45 p.m.

4/20: Carnival with Families

(Strong Beginnings)

2:45 p.m.

4/20: Decorating People

(cut out dolls, in room C)

4/25-29: Spirit Week

(All month classrooms will post a sign-up sheet for families to come in and read during our afternoon circle time.)

All of the Month of the Military Child Events listed for CYSS are for internal customers ONLY and are not open to the general public. Each program will have a list of events posted inside their facilities.



More Events and Info at
www.cannon.armymwr.com



fb.com/cyss
CannonDFMWR



Follow us!
@cannonmwr



Child, Youth & School Services
Parent Central
1500 Prussman Rd., Bldg. 1518
Fort Carson, CO 80913

Questions? Call (719) 524-2457

Director and Partner Updates

Directorate of Family and Morale, Welfare and Recreation



CELEBRATE!

Military Children
April is the Month of the Military Child

Child Development Centers

Cheyenne Mtn. CDC

4/7: Family Shield Day

Children bring in photos and decorate a family shield.

4/12:

Mothers are invited to visit the center and enjoy muffins with their children.

4/19:

Fathers are invited to visit the center and enjoy donuts with their children.

4/25-29: Spirit Week

Children are encouraged to wear different clothing each day of the week.

4/29: Parent/Child Event (Sponsored by 4ID)

Children are to visit static displays at the West CDC.

Patriot SAC

4/1: Color Fun

Families decorate shirts and participate in a color run (2 miles). Runners could be splashed with color-filled balloons along the way.

4/8: Convoy Adventures

An Army unit will surprise our children with various military vehicles. The children can explore and ask questions about the vehicles and careers in the Army.

4/15: Ice Cream Social

Families are invited to enjoy our ice cream bar and learn about the effects and prevention of bullying from a guest speaker.

4/22: Outdoor Extravaganza

An outdoor adventure treats families to circuit PT, an obstacle course and a yummy hot dog bar.

4/29: Families Around the World

Families take a trip down memory lane and reminisce about the journeys and adventures of their military travels. We will have various photo props to include the Eiffel Tower and other historical props that may bring back memories for families.

Mesa SAC

4/1: MOMC Parade

3 p.m.

Kick off the Month of the Military Child with a parade. Children/youth will design different floats in their home room to showcase around the building. Parents are invited to come out and participate in the parade. The homeroom with the most innovative float will win a prize!

4/8: MOMC Mesa Moves!

3 p.m.

Mesa Moves will encompass choreography moves, singing and other talents. Parents are invited to participate in this event and enjoy Mesa Moves.

4/15: Carnival

4 p.m. - 5:30 p.m.

Mesa will host a carnival for the children and youth. They will have an opportunity to participate in a variety of activities to include bounce houses, a photo booth, games and snow cones!

4/22: Stakeholder Event

11 a.m. - 1 p.m.

At this event, community stakeholders will have an opportunity to participate in a variety of fun activities. They will enjoy lunch with us, take a tour of Mesa SAC and learn about the fun, engaging programs offered at our facility.

4/29: Family Game Night

5 p.m. - 7 p.m.

Families will get to experience a variety of fun activities to include board games, dodgeball, refreshments, door prizes and more!

Youth Center

4/1: Staff Vs. Youth Basketball

5:30 p.m. - 7:30 p.m.

4/8: Spookozy Murder Mystery

6 p.m. - 9 p.m.

Enjoy food, beverages, music and investigate a "Who Did It?" murder mystery.

4/15: Ice Cream Social

4 p.m. - 6 p.m.

Have the whole family join us as we celebrate Month of the Military Child with an ice cream social!

4/22: Family Game Night

6 p.m. - 10 p.m.

Join us as we provide an array of youth vs. parent games, tournaments, raffles, prizes, food and beverages.

4/29: Operation Megaphone Lock-In

7 p.m. - 7 a.m.

An annual event designed to connect military teens from around the world by discussing key issues that affect military teens, promote communication across all military services and provide opportunities for teens to give back to their communities.



More Events and Info at
www.cannon.armymwr.com



facebook.com/CanonDFMWR



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Child, Youth & School Services
Parent Central
1500 Pressman Rd., Bldg. 1518
Fort Carson, CO 80913

Questions? Call (719) 524-2457

Director and Partner Updates

Directorate of Family and Morale, Welfare and Recreation

APRIL EVENTS

National Volunteer Week began in 1974 when President Richard Nixon signed an executive order to make April National Volunteer Month. In order to show our appreciation to all Fort Carson Volunteers, the Fort Carson AVC will host a different Volunteer appreciation and celebration that will be taken place at different Fort Carson locations.

WHERE: Various Locations

WHEN: 0900-1500, 10-16 April 16

Financial Readiness Seminar – Romance & Finance

Financial difficult/disagreement is one of the top reasons that cause relationships to suffer. This seminar is designed to provide Soldiers and Families with information and tools to better understand Soldier's personality(s) in relationships when managing their personal finances thus improving their communication skills, financial future, and overall relationships. The event will feature Scott and Bethany Palmer, the Money Couple, for guest speaker. They are financial communication experts who are regulars on major, nationwide television and radio programs, and speak internationally about love and money. Their many appearances on radio and TV have included Good Morning America, ABC News NOW and ABC radio.

- **WHERE:** The Elkhorn Catering & Conference Center (ECCC), Building 7300, Fort Carson
- **WHEN:** 1300-1500 14 April 2016

HOH Military Spouse Networking Reception and Hiring Fair

The U.S. Chamber of Commerce Foundation Hiring Our Heroes (HOH) Military Spouse Program will host a networking reception and hiring fair. Their event creates professional networks for spouses on a regional and national scale to level the playing field for spouses, many of whom lead highly mobile lifestyles that make it hard to get established. The reception brings together businesses, military spouses, local chambers of commerce, installation staff, civic leaders, and senior military from the area. After the fairs end, HOH maintain LinkedIn groups of all who attend the events and promotes further career development events, local connections, and job postings.

WHERE: Networking Reception/Hotel Elegante, 2886 S Circle Dr., Colorado Springs, CO 80906. Hiring Fair/Peterson AFB Club, 260 Glasgow Ave # 1013, Colorado Springs, CO 80914

WHEN: Networking Reception 1800-2100, 20 April 2016

WASTELAND

The Directorate of Family & Morale, Welfare & Recreation (DFMWR) in conjunction with the Vietnam War Commemoration Partnership will host the play Wasteland at the Freedom Performing Arts Center. The play is based on the interaction of two American POW's being held captive during the Vietnam War. Contains adult language and situations. RSVP to anne.c.connor.naf@mail.mil or call (719) 526-4495. This event is free.

Where: Freedom Performing Arts Center, 1793 Wallace St., Bldg. 1129

When: 1900 28 April, 1900 29 April and 1400 & 1900 30 April

Director and Partner Updates

DIRECTORATE OF PUBLIC WORKS



WHEN THE ONLY VOICE OF HOPE YOU HEAR
COMES FROM SOMEONE YOU NEVER SEE....



A play about two American POWs in Vietnam.
Performances are held at the Freedom Performing Arts Center.

April 28	7 p.m.
April 29	7 p.m.
April 30	2 p.m.
April 30	7 p.m.

**Adult language and content.*

FREE WASTELAND

A PLAY BY SUSAN FELDER
PERFORMED BY UNMASQUED THEATRE
DIRECTED BY JEFFREY SCHMIDT

RSVP TO: ANNE.C.CONNOR.NAF@MAIL.MIL OR CALL (719) 526-4495.
WALK-INS ARE WELCOME ON A SEAT AVAILABLE BASIS.



More Events and Info at
carson.armymwr.com



CarsonMWREvents
CarsonDFMWR



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Freedom Performing Arts Center
1793 Wallace St. Bldg. 1129

Director and Partner Updates

Directorate of Family and Morale, Welfare and Recreation

MAY EVENTS

Mother's Day Brunch

To provide the Fort Carson community with a Mother's Day Brunch. Cost for adults is \$19.95, children 6-12 years \$8.95, ages 5 and under are free. Prepaid reservations are required.

Where: The Elkhorn Catering & Conference Center (ECCC), Bldg. 7300, Fort Carson

When: 08 May, 1030 -1430 , Please call for reservations

Travel Show and Outdoor Expo

Outdoor Recreation will be hosting this event. This day is all about finding out what families can do for the summer. Information will be available for trips out of state or for local trips. Representatives from local attractions will be here, food will be available for a price. Door Prizes will be available as well. This is a free event.

Where: Outdoor Recreation Complex Bldg. 2429

When: 14 May, 1000-1400

Spartan Race

To provide Fort Carson Community and surrounding area an opportunity to participate in an extreme race. There are many types of extreme races being hosted around the world that challenge an individual's ability to adapt, overcome, and persevere. This race will also enhance military fitness. This will be Fort Carson's 4th annual race.

Where: Training Area 7, North Side Village

When: 14-15 May, 0750

Director and Partner Updates

Directorate of Family and Morale, Welfare

SPARTAN RACE

5TH ANNUAL

DATE: 14-15 MAY 2016

LOCATION: WILDERNESS RD

REGISTER:

WWW.SPARTAN.COM

20% PROMO CODE: CARSON

AROO, AROO, AROO

Director and Partner Updates

GARRISON SAFETY OFFICE

Upcoming Events

Motorcycle Kick Start Safety Event:
21 April / 0900-1600/ McMahon Theater

June Civilian Employee Safety Jamboree
Tue-Thu /0900-1600/ Bldg 1117

MAY
is
MOTORCYCLE
Awareness Month



LOOK TWICE.
SAVE A LIFE.



- Nothing can substitute for careful supervision. When youngsters are around, close and lock your windows. If you need ventilation, open only those windows that they cannot reach. Be sure to keep furniture - or anything children can climb – away from windows. And teach your children not to play near windows.
- Keep your windows closed and locked when children are around. When opening windows for ventilation, open only those windows that a child cannot reach.
- Set and enforce rules about keeping children's play away from windows or patio doors. Falling through the glass can cause serious injury or result in a fatality.
- Keep furniture – or anything that children can climb – away from windows. Children may use such objects as a climbing aid.
- Do not rely on insect screens to prevent a window fall.
- Install building code-compliant devices designed to limit how far a window will open or window guards with release mechanisms to help prevent a fall.
- When young children are in the home, keep their play in the center of the room and away from open windows, doors and balconies.
- Never depend on insect screens to prevent falls. Insect screens are designed to provide ventilation. They will not hold a child's weight against them.
- For greater safety, keep windows closed and locked when not in use.

Director and Partner Updates

DECA

Upcoming Events

HOLIDAY OPERATING HOURS:

Memorial Day: OPEN
Monday, 30 May, 2016
1000-1800. No Early Bird shopping

HELP WIN A SPORTS CAMP

for the youth on your base!

Text **FORT CARSON**
to (650) 822-1212

When you purchase participating P&G products, you are helping to bring the camp experience to 2,000 military kids worldwide.



To help your base be considered eligible to WIN one of these camps purchase participating products from 3/28/16-4/10/16, visit FamilyUnitPG.com to vote or text your base name to 1-650-822-1212. Standard messaging rates apply. Not all carriers support this service. For complete details visit FamilyUnitPG.com

Steve Smith,
NFL Wide Receiver
and his son Boston

Upcoming Case Lot Sale May 13-15 from 0900-1700



Texting starts 3/28/16-4/10/16 up to 5X daily

Director and Partner Updates

DIRECTORATE OF HUMAN RESOURCES/ ARMY SUBSTANCE ABUSE PROGRAM



- Most abused prescription drugs are obtained from family, friends or someone's medicine cabinet
- Flushing or trashing drugs puts them in our water and soil
- Last September, Fort Carson collected 303 lbs
- Nationally, 5,525,021 pounds of unwanted/unneeded drugs have been safely disposed of through this program
- Two Fort Carson locations: Main Exchange and Drive Up at McMahan Theater on Saturday, 30 April 10am – 2pm

THE FORT CARSON THRIFT STORE

The Fort Carson Thrift Store Building 305

Business Hours

Tuesdays 10:00-2:30

Wednesdays 8:30-2:30

Thursdays 10:00-2:30

Bring your gently used donations to Building 305

5050 Tevis Street between

9:00 AM and 2:30 PM

Tuesday Wednesday and Thursday

Or stop at the recycling center outside the PX at our attended facility!

Please contact us at

719-526-5966

Or join us at our website

fortcarsonthriftstore.org

Excellent Volunteering Opportunities!!!

Director and Partner Updates

RED CROSS

Volunteer Opportunities

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

Be Red Cross Ready – Free courses available

Pillowcase Project – Free disaster preparedness courses for children

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 or contact Gaby Skovira gabrielle.skovira@redcross.org

Summer Youth Program

- Students ages 14-17 who are military ID card holders
- The program provides the opportunity for students to experience working in clinics and departments throughout the hospital while provided extra support to EACH during summer months.
- Applications are available at the Red Cross office at Evans Army Community Hospital, RM 1011.
- Applications are due by 8 April 2016.

2016 Summer Youth Program

Are you a military dependent between 14-17 years old?
Are you interested in a career in Healthcare?
Do you like helping and caring for others?



Evans Army Community Hospital is looking for motivated young adults to apply for this great opportunity!!

*Applications available
21 Mar-8 April 2016
Must have Military I.D. card
Must be current with immunizations*



** Interviews will be conducted once applications are received. Tentative interview date is 16 April.*

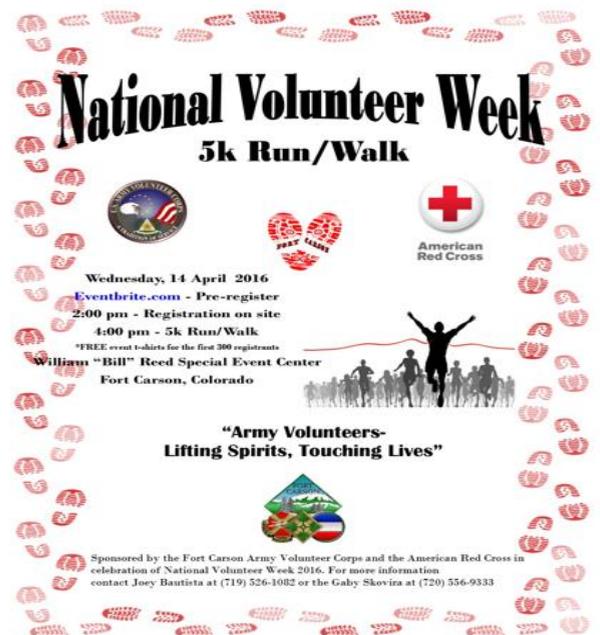
** Participants will be selected and notified NLT 24 April.*

****Mandatory dates for orientation: 31 May – 3 June (8am-3pm)***
(Applicants MUST be available during the Orientation week to participate in the program!)

For more information contact the
American Red Cross Office at Evans Army Community Hospital
719-526-7144

Volunteer Week 5K

- Hosted by Red Cross and the Army Volunteer Corps
- 14 April 2016 at the William “Bill” Reed Special Events Center
 - Race Starts at 1600
- Prizes for the top finishers
- Information on volunteer programs
- T-shirts for the first 300 registrants
- <https://www.eventbrite.com/e/fort-carson-national-volunteer-week-5k-runwalk-tickets-20802453699?aff=es2>



National Volunteer Week
5k Run/Walk

Wednesday, 14 April 2016
Eventbrite.com - Pre-register
2:00 pm - Registration on site
4:00 pm - 5k Run/Walk
*FREE event t-shirts for the first 300 registrants

William “Bill” Reed Special Events Center
Fort Carson, Colorado



**“Army Volunteers-
Lifting Spirits, Touching Lives”**



Sponsored by the Fort Carson Army Volunteer Corps and the American Red Cross in celebration of National Volunteer Week 2016. For more information contact Joey Bastista at (719) 526-1082 or the Gaby Skovira at (720) 356-9333

Director and Partner Updates

Military Child, Parent to Parent Group



Tell Me A Story®:

Making Connections and Finding Support through Literature

TMAS® Event Guest Reader:
Mr. Joshua D. Hobgood
Principal, Carson Middle School



A heartwarming story about tolerance and the need to give others a chance. This book will entertain and inspire children and adults alike.



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 featured book. 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. To learn more about other MCEC programs and initiatives, visit

www.MilitaryChild.org



TMAS Event Book:
The Brand New Kid

By Katie Couric

Sunday
April 24th, 2016

2:00 PM

MSG(RET) William "Bill" Reed
Special Events Center
Building 1829
Fort Carson

ADMISSION IS FREE

but space is limited!

Please RSVP by calling

The MCEC Ft. Carson Parent to Parent Team at:
(808) 258-5961

Or e-mail: PtoP.Carson@militarychild.org



Director and Partner Updates

MOUNTAIN POST SPOUSES' CLUB

The Mountain Post Spouses' Club supports our local community by offering annual financial assistance to non-profit organizations that provide services and products to benefit our Soldiers, veterans and their families residing in the Fort Carson area.

Instructions

1. Submit your Application Request and Publicity Release Form.
2. Organizations may submit only one Application Request.
3. Application packets (to include Cover Letter, Application Request and Publicity Release Form) must be postmarked on or before April 7, 2016.
4. Application packets should be mailed to: MPSC, Attn: Welfare, PO Box 13236, Colorado Springs, CO 80902.
5. Applicants will receive confirmation of receipt of their application (If you do not receive confirmation, contact Welfare Chair, at mpscwelfare@gmail.com)
6. Application Requests will be reviewed by the Welfare Committee.
7. Applicants will receive notice of approval/disapproval by May 2, 2016.

APPLICATION PACKETS CAN BE DOWNLOADED AT:

<http://mpsc.us/welfare.html>

Must be Postmarked NLT 7April16

Director and Partner Updates

MOUNTAIN POST SPOUSES' CLUB

Get Your Tickets Now!

Online: www.MPSC.us or By E-mail: MPSCVLC@GMAIL.com



LAS CARSON

04.16.16 6:30 - 11:30 PM
AT THE S.E.C.

**CASINO GAMES PLUS LIVE & SILENT AUCTIONS!
CASH OUT AT CASINO VAULT!**

**\$20 ADVANCE TICKET OR \$25 AT THE DOOR
INCLUDES: DINNER, 2 DRINKS, \$20 PLAY CREDIT**

**CASH BAR AVAILABLE
VEGAS ATTIRE ENCOURAGED**

Director and Partner Updates

US CHAMBER OF COMMERCE

HIRING OUR HEROES[®] U.S. CHAMBER OF COMMERCE FOUNDATION



SGM Michael Borrelli and SFC Carlos Martinez
Corporate "Fellows"

CORPORATE FELLOWSHIP PROGRAM

US Chamber of Commerce Hiring Our Heroes is a nationwide initiative to help veterans, transitioning service members, and military spouses find meaningful employment opportunities.

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

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

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

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

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

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: 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 April 2016
Time: 9:00 pm – 10:00 am
Location: The William "Bill" Reed
Special Events Center