

FORT CARSON RETIREE NEWSLETTER



Retirement Services, 1625 Ellis St, Fort Carson, CO 80913, 719-526-2840/2660

FORT CARSON GARRISON COMMANDER UPDATE

Over the next few months we will see several changes occurring on Fort Carson as we enter the Fall season. First off, I am looking forward to seeing our retiree community at this year's annual Retiree Appreciation Day on October 15th. This year's event will kick off at 0700 in McMahon Theater with remarks from senior leadership. The Special Events Center will host numerous installation and regional services to assist our retirees. I hope you will spread the word and make this year's event our biggest to date.

Fort Carson is also preparing for the redeployment of the 4th Infantry Division Headquarters as they complete their tour of duty in Northern Iraq. We expect MG Perkins and CSM Daley to uncase the Division colors sometime in late October. In mid November, the installation will conduct a change of command as MG Perkins turns over the reins of the Ironhorse Division to MG Joseph Anderson.

We are also in the process of making changes on gates at Fort Carson. If you have visited Fort Carson recently, you have

likely seen the mechanical arms installed in some of our entry lanes at the gates. This is part of the Automated Installation Entry (AIE) system being fielded by the Army. We are testing the system through mid October and will eventually increase system use at the gates. Access through an AIE lane will require registration for DOD cardholders at the Visitor Registration Office. We expect to phase in this system over time to minimize disruption to current gate procedures and will continue to have civilian and military guards at the gates to check identification for those individuals who are not registered. I will continue to communicate with you on this topic as we transition.

I know Fort Carson continues to look like a construction zone to many of you who frequent the installation. We have had some challenging traffic conditions but we are nearing completion of several key milestones that will alleviate recent congestion. We also opened Gate 19 on a trial basis on September 26th to allow access to the new Wilderness Road complex and Butts Army Air-

field and assess interests from our southern communities along I-25. Thanks for your patience as we continue to complete needed infrastructure improvements on the Post. This is the second quarterly newsletter we are posting to our retirees through the use of the Mountain Post website. In this day when we are frequently facing challenging budgets I believe we can actually do more in some areas, regardless of funding levels if we look at changing processes. I hope the electronic posting of the newsletter provides a means to communicate on a more frequent and timely basis than our annual mail out without incurring postal fees and other processing costs. Please don't hesitate to provide feedback on particular subjects of interest. I look forward to seeing you on October 15th.

Thanks for all you have done and continue to do in service to our country.

COL Robert F McLaughlin
Garrison Commander

1 October 2011

Special points of interest:

- Retiree Appreciation Day — Oct 15
- Changes at the Gates
- Winter Safety Tips
- FC Event List

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Greetings from the RSO - Ms. Leona Abdullah-Allen

Due to budget constraints, we will continue to provide our Newsletter to our Retirees via the Fort Carson Home Page, but you can also have the Newsletter emailed to you personally. We will have a designated table for sign-ups, for those retirees wishing to take advantage of this opportunity, set up at the Special Events Center during Retirement Appreciation Day.



The Fort Carson community recently hosted the unfurling of the Super Flag at Ironhorse Park. Over 600 Soldiers and community members participated.

RSO Notes

- **RETIREE APPRECIATION DAY 15 October 2011, Special Event Center**

- If the inflation trend continues the COLA for 2012 military retiree pay could be quite substantial. This will also mean an increase in VA Compensation and Pension programs as well as social security rates.

- Earlier this year, Defense Secretary Gates hinted at a 2012 DoD budget plan which would include "modest" increases in TRICARE fees. Many of us have been waiting to hear what Sec. Gates meant by "modest." On February 16, the DoD released the proposed defense budget; we now know that modest means – about \$60 a year.

- **ALARACT 340/2011 EXPANDING ELECTRONIC DELIVERY OF "ECHOES," THE ARMY'S OFFICIAL NEWSLETTER FOR RETIRED SOLDIERS, SURVIVING SPOUSES AND FAMILIES, DTG 081921Z SEP 11.** "Echoes" is

the official Army publication for retired Soldiers, surviving spouses, and their families. The Army G-1 is expanding the distribution of the electronic edition of "Echoes", also known as "E-Echoes." The "E-Echoes" distribution list will expand from 33,000 to 150,000 in 2012 and will include all newly retiring Soldiers. The Army will no longer mail the hardcopy edition of "Echoes" to Soldiers who retire on or after 1 Jan 12.

- Paydays for military retirees and those who receive portions of retired pay are changing for September and December, as the Defense Finance and Accounting Service changes its pay schedule to comply with the 2011 National Defense Authorization Act.

- **An AKO site just for you!**

Army Knowledge Online (AKO) now has a site just for you – AKO for Army Retirees at <https://www.us.army.mil/suite/page/559734> AKO for Army Retirees is your gateway to a wealth of information including retiree resources on the Web and sites covering medical benefits, pay, and state and regional resources. Be sure to [add it to your favorites!](#)



On October 6th Fort Carson at Memorial Park will be honored to receive the Medal Of Honor awarded to 1SG David H. McNerney.

Retiree Council Notes

The Retiree Council would like to thank the following individuals, companies & organizations for their support of the Fort Carson Vietnam Veterans Welcome Home Jun 6-13:

Armed Forces Bank, American Legion Auxiliary, The Purple Heart Association, The Retired Enlisted Association Chapter 1 Auxiliary, Security Service Credit Union, Noncommissioned Officers Association Mountain Post Chapter, USAA, The Home Front Cares, El Pomar / United Way, SGM (R) Mike Bush, CW5(R) Dennis McCormack, BOSS, Morale Sup-

port Fort Carson, Veterans Outreach Center, Rocky Mountain Vietnam Helicopter Pilots Assoc & the Cavalry Association.

Over 11,300 people visited the "Wall That Heals" and over 550 attended the ceremony in Iron Horse Park. I would especially like to thank my counterpart COL (R) Charles Bogle for all of his many hours he put in to make the event a success.

As this news letter is going out, we are getting ready for our Annual Retiree Day Activities Oct 15th at McMahon Theater & Special Event

Center; I hope all of you will attend. We will have more vendors than last year & will be giving the flu shot.



Retirees at the Vietnam Veterans Welcome Home ceremony

News from the MEDDAC — Evans Army Community Hospital

Retiree Appreciation Day is arriving soon and here are some of the services we will be providing:

Information covering depression, cervical and colorectal cancer, men's health, Hypertension, Cardiovascular disease and diabetes.

Information on breast cancer and self examinations; provide demonstrations with medical simulation devices.

Information pertaining to Nutrition Labeling and making healthy food choices.

Information regarding "Screening Colonoscopies". We'll book Colonoscopy appointments on-site.

Informational literature and education on the benefits of fiber nutrition.

Balance testing, running shoe education, general fitness tips and recommendations.

There will be flu shots and pneumococcal vaccines available for eligible beneficiaries.

Information on Urology procedures performed at EACH as well as current health care and disease prevention patient information.



Soldiers of Fort Carson 1-4 BCT honored Fallen Comrades at a September Memorial Ceremony.

Directorate of Emergency Services

Over the past several months Fort Carson has been installing a new Automated Installation Entry (AIE) system at the installation's gates. The system is designed to leverage technology to increase security on the post by electronically validating an individual's identification. Once fully employed the system will increase traffic throughput at the gates and give the installation a means of verifying IDs by using a PIN code during periods of increased Force Protection Conditions (FPCON). All military ID card holders to include retirees and their Family members are entitled to enroll in the program.

Enrollment can be completed at the Fort Carson Vehicle Registration Office (VRO) building 6012, just outside the main gate off of Hwy 115. Hours of operation for the VRO are 7:30 AM to 4:30 PM Monday through Friday, excluding Federal holidays.

This is a voluntary program and personnel not registered in the AIE program will still be able to gain access to Fort Carson by utilizing the lanes not identified for AIE and having their identification physically validated by the gate guards.

The AIE system also allows personnel who are registered to act as "Trusted Travelers". This means that if the driver of the vehicle has enrolled in the system, and they are using a lane where the AIE system is active, then they can swipe their ID without requiring all their passengers to show their IDs.

Trusted Traveler can only be applied to passengers with a valid reason for entering the installation (i.e. guests of the sponsor under their immediate control).

Fall is in the air, we have seen a drastic change in temperatures and climate in just the past few days. Fall in Colorado, can and will bring cool enough temperatures to start thinking about the use of your home furnace. Before you even think about starting that furnace, take the time to clear away any items that may have cluttered around it during the Spring and Summer months. Additionally, it is a good idea to service your furnace, start off with a new filter prior to start up and to ensure efficiency of the furnace, change out the filter periodically throughout the season. Finally, with the use of the furnace coming into play, it is a good idea to check your

smoke and Carbon Monoxide detectors for proper operation and good batteries. Carbon Monoxide is a colorless and odorless gas that is very deadly. This gas can build up in your home from a poorly or faulty gas fired appliance. A CO detector is the best way to prevent this silent killer.

As we can see, temperatures in Colorado can change in hurry, as we prepare for another long winter, here are a few reminders of how to be safe: (1) Make sure to have extra food, blankets and water available along with a flashlight and extra batteries (2) Keep a list of emergency phone numbers next to your phone (3) If you are using a space heater keep it at least 3 feet from furniture and draperies. Heaters that use liquid fuel, if faulty, may cause carbon monoxide poisoning (4) Have chimneys and flues checked before using them (5) Be sure to check with a doctor before shoveling snow if you have heart problems and/or don't exercise regularly Check your smoke detectors and carbon monoxide detectors to be sure they are in working order (6) Wear warm footwear and dress in layers. Wear a hat and gloves and cover your mouth to avoid getting cold air in your lungs (7) Ensure your vehicle has been properly serviced (tires) (8) Call your friends and check on them and have a friend or loved one check on you.



Fort Carson school children assist with the unfurling of the world's largest Stars and Stripes at Ironhorse Park

Fly Fishing Program: Attend or Volunteer

Fly fishing provides escape and therapy.

Standing in the rushing water, Jerry Hensley cast his line into the cool waters of the Blue River. Dressed in beige waders, fishing vest and baseball hat, he let the fly float downstream, attempting to attract the fish that were collecting in the deeper parts of the river to escape the day's heat. The shallow water flowed over the rocks, carving its way through the Rockies as Hensley jerked his arm back, casting the line backward then forward for another attempt.

Hensley reeled in the line revealing his catch — a 5-inch baby trout. A retired chief warrant officer four from Fort Carson, Hensley was one of 10 service members and veterans fishing the Blue as part of Project Healing Waters, a nonprofit in Colorado Springs that sponsors fly-fishing trips for Soldiers and veterans.

“Coming out on these excursions, you feel like a kid again,” said Val Roberts, an Air Force veteran from Denver. “It puts me in the mindset of when I was really young. Whenever I leave the river, I’m smiling.”



Retired Chief Warrant Officer 4 Jerry Hensley casts his line into the waters of the Blue River north of Silverthorne during a fly-fishing trip hosted by Project Healing Waters, a non-

Army Community Services

Help For Your Questions

Are you looking for information on Fort Carson services or programs, or have a question about program eligibility now that you have retired? Let the professional staff at Army Community Service's Warrior Family Community Partnership (WFCP) Office help answer your questions. The office is available Monday - Friday; 8:00 a.m. to 6:00 p.m.. The WFCP office also works with off-post community programs and services that want to help Fort Carson Soldiers and Families. The WFCP Office is conveniently located inside The Hub, building 1532 on the corner of Prussman and Specker Avenue. The Hub is also home to the new Borriello Brothers Pizza, Foxhole Sports Bar, and Jitter Fox Coffee Shop. Check us out online at www.wfcp.carson.army.mil.

Pikes Peak region unites to provide information at your fingertips. The Network of Care for Service Members, Veterans & Their Families is a community approach to the needs of returning veterans, to ensure that they are a valuable part of a healthy community and that the community is a meaningful part of the health of the veteran. The Network of Care for Service Members, Veterans & Their Families is a one-stop-shop for virtually all services, information, support, advocacy, and much more. This public service is a partnership between Pikes Peak Area Council of Government and Pikes Peak United Way to include all 2-1-1 data for El Paso and Teller counties. The service directory which offers more than 1500 local resources brings together critical information for all components of the veterans' community, including veterans, Family members, active-duty personnel, reservists, members of the



The Hub is located at the corner of Prussman and Specker Avenues

National Guard, employers, service providers, and the community at large. Log on at <http://pikespeak.co.networkofcare.org/veterans>.

2011 DFMWR COMMUNITY EVENTS

- 8 Oct: Ribbon Cutting for the Ivy Pub Grand Opening at Elkhorn Catering and Conference Center, 1600-2200, complimentary food and free beverage
 - 12-23 Oct: Pumpkin Patch at Turkey Creek Ranch, times TBD, (719) 524-1403
 - 19 Oct: Education Summit at Elkhorn catering and Conference Center from 8:30am-3:00pm, (719) 524-0655
 - 21 Oct: Girls Night Out at the Foxhole 1800-2200, (719) 526-4494
 - 4 Nov: Beat Air Force! Bonfire at the The Hub
 - 15 Nov: Military Appreciation Week Breakfast Buffet at the Elkhorn Catering and Conference Center, 0630-0830, **FREE** to Active Duty personnel, \$7.95 for DoD Civilians, Family Members, and Contractors, \$3.95 for children 4-12yrs and 0-3 yrs eat **FREE**
 - 17 Nov: Military Appreciation Week ½ Price Lunch Buffet at the Elkhorn Catering and Conference Center, 1100-1330, ½ **off** for Active Duty personnel, \$6.95 for DoD Civilians, Family Members, and Contractors, \$3.95 for children 4-12yrs and 0-3 yrs eat **FREE**
 - 19 Nov: Turkey Trot Run around Fort Carson, starting at the Special Events Center, 8 a.m. start, (719) 526-1867
- 1-4 Dec: Holiday Village Celebration at the Special Events Center, 4 days of free holiday magic with ice skating, entertainment, activities and fun, times TBD, (719) 526-1867

To volunteer at one of the many DMWR facilities, programs or special events, call Events & Entertainment for more information at (719) 526-1867.

General Gate Information

- **Gate 1** – Open 24/7- one lane dedicated for DoD decaled vehicles
 - **Gate 2** – Open M-F 0500-2100 hours – restricted to DoD decaled vehicles **ONLY**
 - **Gate 3** – Open 24/7 – one lane dedicated for DoD decaled vehicles
 - **Gate 4** – Open 24/7
 - – restricted to DoD decaled vehicles **ONLY**
 - **Gate 5** – Open M-Sun 0500-2100 hours –restricted to DoD decaled vehicles **ONLY**
- Gate 20** – Open 24/7 – restricted to DoD decaled vehicles **ONLY**



The Mountain Color Guard at the September 9th 9/11 commemoration at Ironhorse Park