

Keep up to date with local events and deals with the



# PASS IT ON COMMUNITY NEWSLETTER

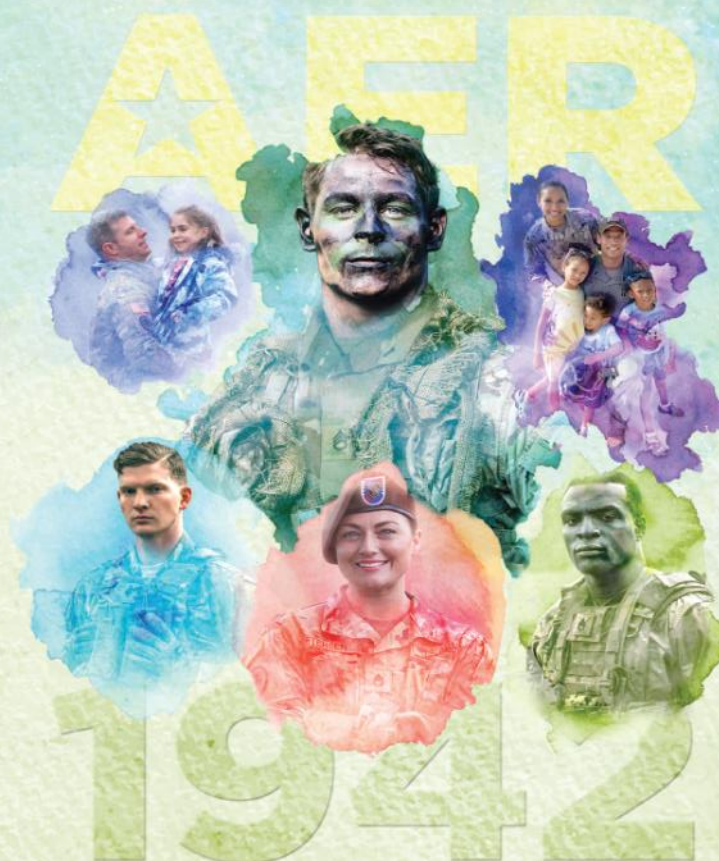


01 March 2023

*Our mission at ACS is to prepare and empower our Total Military Family to meet the challenges of military life by providing essential programs, resources, and services that enhance knowledge, life skills, well-being, quality of life, and retention.*

## ARMY EMERGENCY RELIEF

SOLDIERS HELPING SOLDIERS SINCE 1942



**YOUR DONATION HELPS SOLDIERS AND ARMY FAMILIES IN NEED**

**March 1 - May 15, 2023**

Scan  
to  
Donate



<https://give.armyemergencyrelief.org/FTCARSON>

For more information, call (719) 526 - 4783

*No Fort Carson/ Army Endorsement Implied*

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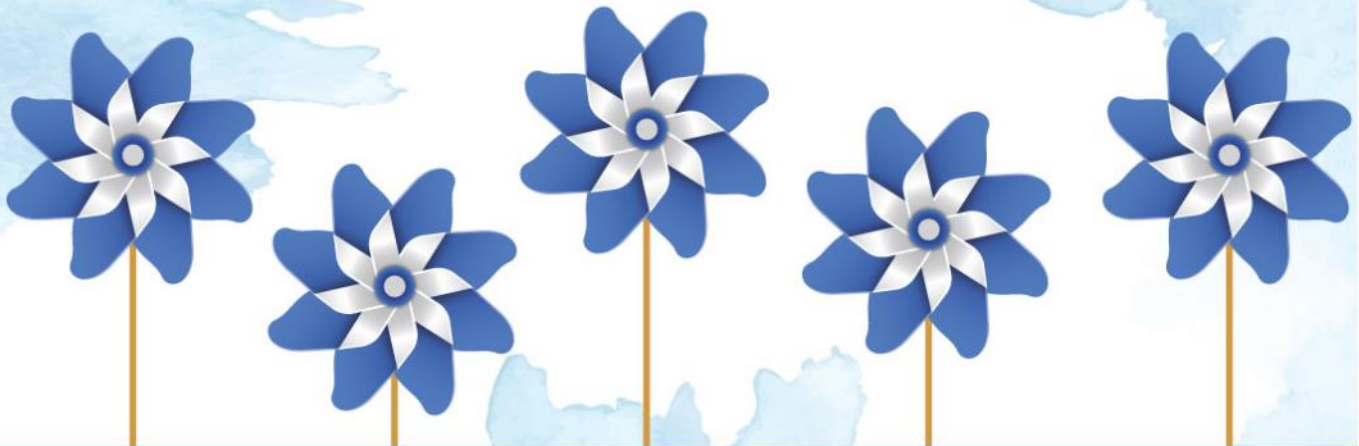


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# APRIL NATIONAL CHILD ABUSE PREVENTION MONTH Kick-off

Please join us for our Child Abuse Prevention Month Kick-off.  
Festivities include an egg hunt, multiple crafts and a reading of

*If You Give a Mouse a Cookie*



New Parent Support Program

April 7, 2023 • 10am - 1pm  
ACS Annex,  
1481 Titus Blvd., Bldg. 7492  
Fort Carson, CO



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### **ARMY COMMUNITY SERVICE PROGRAMS**

- [Army Volunteer Corps](#)
- [Employment Readiness Program](#)
- [Exceptional Family Member Program](#)
- [Family Advocacy Program](#)
- [Financial Readiness Program](#)
- [Information, Referral, & Follow-Up Program](#)
- [Military & Family Life Counseling](#)
- [Mobilization and Deployment Program](#)
- [New Parent Support Program](#)
- [Portable Class Delivery](#)
- [Relocation Readiness Program](#)
- [Soldier & Family Assistance Center](#)
- [Upcoming ACS Classes & Workshops](#)
- [Victim Advocacy Program](#)

### **ADDITIONAL ON AND OFF POST AGENCY INFORMATION, RESOURCES, AND EVENTS**

- [Army Substance Abuse Program](#)
- [Community Events Bulletin](#)
- [Child & Youth Services](#)
- [Employee Assistance Program](#)
- [Evans Army Community Hospital](#)
- [Food Resources](#)
- [Fort Carson Family Homes](#)
- [Fort Carson & The Surrounding Community News](#)
- [Hotlinks](#)
- [Morale, Welfare, & Recreation](#)
- [Mountain Post Spouses' Club](#)
- [Religious News & Services](#)
- [Safe Exchange Location](#)
- [Scholarship News](#)
- [Suicide Prevention](#)
- [Tax Information](#)

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## Community Events Bulletin

### DFMWR update-

--Intramural Sports will host a six-week league for volleyball. The season runs March 14 to April 21 April. Games will be played on different days of the week, depending on the number of teams that register for the league. Game times will be 6:30, 7:30 and 8:30 p.m. at the Special Events Center. A 12-team single elimination tournament will be conducted the week of April 24. For more information or to register, email Lorraine Thorson at [lorraine.thorson.naf@army.mil](mailto:lorraine.thorson.naf@army.mil). Registration will also be accepted at the Special Events Center Monday-Friday from 8 a.m. to 7 p.m.

--Intramural Sports hosts a St. Patrick's Day Dodgeball Tournament March 17 from 5-8 p.m. at the Special Events Center. Admission and entry for spectators are free. Each player will receive a free food voucher at the event. There will be additional food and beverages for purchase. For more information or to register, contact Intramural Sports at 719-526-7585 or email Lorraine Thorson at [lorraine.thorson.naf@army.mil](mailto:lorraine.thorson.naf@army.mil). Registration will also be accepted at the Special Events Center Monday-Friday 8 a.m. to 7 p.m.

### Digital Garrison app-

For the latest Fort Carson updates, be sure to download the Digital Garrison app at the App Store or Google Play and register for Fort Carson. The app can transfer to the next duty station, so there will be no need to re-download it. Turn on notifications to get updates on inclement weather reporting and facility and gate closures.

### Youth volunteer program-

The American Red Cross is offering the 2023 Summer Volunteer Youth Program for military Family members ages 14-17. The program provides an introduction to a health care career and the opportunity to help and care for others. Applications are available March 1-31. Interested youths must have a military ID card and current immunizations, including the flu vaccine. Applications must be turned in by March 31 to be eligible for the program. Interviews will be conducted April 15 and applicants will be selected and notified by April 19. A mandatory orientation for selected youths takes place June 2 from 8 a.m. to 4 p.m. The volunteer program runs June 2 to July 31. For more information, contact the American Red Cross Office at Evans Army Community Hospital at 719-526-7144 or by visiting 1650 Cochrane Circle, building 7500.

### Army Community Service-

The AER Campaign starts 01 March through 15 May. In accordance with Op Order 23-024, all Campaign Coordinators and Key Workers must attend a 1-hour training block on either 7th or 8th March 2023. Training will be offered twice each day from 0930-1030 and 1300-1400 at ACS, 6303 Wetzell Ave, Bldg 1526 in the ACS Aspen Conference Room. Campaign Coordinators and Key Workers need to attend only one of these training blocks. The point of contact for the AER Campaign training is Fred Lewis at telephone number (719) 526-4762 or (719) 526-4783. Units that cannot attend, should reach out to reschedule their training.



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## Community Events Bulletin

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### Avian flu facts-

Avian flu continues to affect wild birds across Colorado. While the risk to humans remains low, people should follow the tips below.

--Avoid direct contact with wild birds.

--Don't touch water sources that might be contaminated with wild bird feces, saliva or other bodily fluids with their bare hands such as ponds, troughs and bird baths.

--Avoid direct contact with surfaces that appear to be contaminated with feces from wild or domestic birds.

--Take extra care when removing deceased birds on their property:

--Wear a mask and disposable gloves when handling any dead birds

--Double bag any carcasses and discard in municipal trash

--Discard the mask and gloves and immediately wash hands

--Avoid direct contact with wild mammals such as skunks, foxes, racoons and bobcats. Although cases are rare, wild mammals exposed to sick birds can also be infected with avian flu.

Avian influenza does not present a food safety risk; poultry and eggs are safe to eat when handled and cooked properly. The risk to domestic animals and pets is low and cases are rare. For more information visit <https://www.cdc.gov/flu/avianflu/avian-in-other-animals.htm>.

Report sick domestic birds or domestic bird deaths to the Colorado State Vet at 303-869-9130. Notify Colorado Parks and Wildlife if you see three or more dead wild birds in a two-week period at <https://cpw.state.co.us/aboutus/Pages/ContactUs.aspx>.

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### Tactical & Tech Day-

The Fort Carson Tactical & Tech Day, hosted by the Regional Network Enterprise Center, takes place March 23 at the Elkhorn Conference Center. General admission is from 9 a.m. to 1 p.m. The event is an opportunity for community members to see the latest most innovative technologies. To register, visit <https://www.militaryexpos.com/fortcarson/attend/>; advance registration is encouraged.

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## Army Volunteer Corps - Did You Know?!

### Fort Carson Volunteer Award Recognition Programs

Annual Recognition Ceremony, Quarterly and Immediate Recognition Programs: Commanding General's Certificate of Appreciation, Exemplary Service Award, Youth and Adult Volunteers of the Year, Steadfast and Loyal Hall of Fame Volunteer, and Military Outstanding Volunteer Service Medal (MOVSM). Volunteers of the Quarter (VOQ) are also recognized quarterly through a nomination process.



ALWAYS NO COST!

(719) 526-4590

CARSON.ARMYMWR.COM/ACS

Visit the AVC webpage [HERE!](http://CARSON.ARMYMWR.COM/ACS)



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## Family Advocacy Program - Did You Know?!

### **Saving Your Marriage Before it Starts**



Ideally suited for single individuals contemplating marriage as well as couples that have been married up to five+ years. Developed by Couples for Couples, teaches participants how to safely address seven questions to ask about your relationship that commonly cause stress and conflict in marriages.



**ALWAYS AT NO COST!**

(719) 526-0461

[CARSON.ARMYMWR.COM/ACS](http://CARSON.ARMYMWR.COM/ACS)

Visit the ACS Family Advocacy webpage [HERE!](#)

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## Family Advocacy Program - Did You Know?!

### Commanders and Military Leadership

IAW AR 608-18, the Troop Education Program is a required prevention program consisting of annual troop education by ACS Family Advocacy Program staff for all Soldiers on the Family dynamics of spouse and child abuse, the availability of prevention and treatment services, and the Army's policies regarding Family violence. The Army Community Service Family Advocacy Program provides this one hour brief to meet training requirements.

Briefings are scheduled on the following dates at McMahon Theatre from 10-11am:

<del>07/16/22</del>	<del>01/12/23</del>	04/20/23
<del>10/07/22</del>	<del>01/20/23</del>	05/04/23
<del>10/20/22</del>	<del>02/10/23</del>	05/19/23
<del>11/04/22</del>	<del>02/16/23</del>	06/09/23
<del>11/17/22</del>	03/03/23	06/29/23
<del>12/15/22</del>	03/16/23	<b>07/13/23</b>
<del>12/16/22</del>	04/14/23	07/28/23



### Annual Troop Training for Domestic Violence Prevention

Seating is on a first come first serve basis.

To schedule a separate briefing for your unit, call (719) 524-0912 or (719) 524-1899.

Call (719) 524-0912 or (719) 524-1899 to schedule a separate briefing for your unit.

Visit the FAP webpage [HERE!](#)



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## Exceptional Family Member Program - Did You Know?!



If you have a child on an IEP or a 504 Plan, this service is for you! Clearly understanding the basics of the special education process, understanding your rights and responsibilities and those of the education system, and collaborating with educational professionals will help you feel like a true member of your child's IEP team. School support services are tailored to meet your child's individual needs.



ALWAYS AT NO COST!

(719) 526-0461

CARSON.ARMYMWR.COM/ACS

Visit the EFMP webpage [HERE!](https://carson.armymwr.com/acs)

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## Employment Readiness Program - Did You Know?!

### FEDERAL RESUME 101

Did you know that there are some differences between the private sector resume and federal resume? This class will cover the required elements of the federal resume and teach you how to write and tailor your resume to federal job announcements.

**(719) 526-4590**

[CARSON.ARMYMWR.COM/ACS](http://CARSON.ARMYMWR.COM/ACS)



ALWAYS AT NO COST!

[Visit the ERP webpage HERE!](#)



# Financial Readiness Program

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## Financial Readiness Program - Did You Know?!

### UNDERSTANDING YOUR MILITARY RETIREMENT THRIFT SAVINGS PLAN

Sign-up for this class to learn about your TSP and the different options that are available to you within this program. Certified financial counselors will help you better understand how to build and secure your financial future!

(719) 526-4590

[carson.armymwr.com/acs](http://carson.armymwr.com/acs)



ALWAYS AT NO COST!

Visit the FRP webpage [HERE!](#)

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**Information, Referral, and Follow-Up Program -  
Did You Know?!**

## **Client Intake and Assessment**

If you are new to Army Community Service (ACS), Fort Carson, or you would like to get information about different resources to meet your needs, we will have you fill out a client intake form and sit down with one of our ACS Specialist for an assessment to go over more specific types of services and programs that will meet your needs and help improve your quality of life.



**(719) 526-4590**

**CARSON.ARMYMWR.COM/ACS**



**ALWAYS AT NO COST!**

Visit the I&R webpage [HERE!](#)



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## Mobilization & Deployment Program - Did You Know?!

### Family OPSEC

As a member of the Army community, you can protect your Soldier by protecting the information that you know. This is known as Operations Security, keeping potential adversaries from discovering critical information. This class covers OPSEC as well as social media and personal security guidelines.



ALWAYS AT NO COST!

(719) 526-4590

[CARSON.ARMYMWR.COM/ACS](http://CARSON.ARMYMWR.COM/ACS)

Visit the MOB/DEP webpage [HERE!](#)

# Relocation Readiness Program

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## Relocation Readiness Program - Did You Know?!



### Homebuying Workshop

Learn all the facts about homebuying. Topics include choosing a real estate agent, selecting the right house, obtaining the right mortgage, VA Loans, understanding the closing process and much more.



(719) 526-4590  
[CARSON.ARMYMWR.COM/ACS](http://CARSON.ARMYMWR.COM/ACS)

**ALWAYS AT NO COST!**

Visit the RELO webpage [HERE!](#)



# New Parent Support Program

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## New Parent Support Program - Did You Know?!

### PLAYGROUP

COME AND JOIN US!

A FUN-FILLED INTERACTIVE GET  
TOGETHER FOR PARENTS AND  
CHILDREN. ACTIVITIES HELP  
CHILDREN IMPROVE THEIR  
SOCIAL, COGNITIVE AND MOTOR  
SKILLS. NO REGISTRATION  
REQUIRED, WALK-INS WELCOMED.



ALWAYS AT NO COST!

(719) 526-0461

CARSON.ARMYMWR.COM/ACS



Visit the New Parent Support webpage [HERE!](https://carson.armymwr.com/acs)

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## Soldier and Family Assistance Center - Did You Know?!

### **TRANSITION & MEDICAL RETIREMENT BRIEF**

**THIS BRIEFING IS FOR SOLDIER  
RECOVERY UNIT AND INTEGRATED  
DISABILITY EVALUATION SYSTEM  
SOLDIERS WHO HAVE RECEIVED THEIR  
ARMY DISABILITY RATING AND ARE  
TRANSITIONING OUT OF THE MILITARY.  
THE BRIEF COVERS ALL OF THE MILITARY  
BENEFITS AND SERVICES  
TRANSITIONING SOLDIERS CAN UTILIZE.**



**ALWAYS AT NO COST!**

**(719) 526-4590**

**CARSON.ARMYMWR.COM/ACS**

Visit the SFAC webpage [HERE!](https://carson.armymwr.com/acs)



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## Victim Advocacy Program - Did You Know?!



### VICTIM ADVOCACY PROGRAM

VICTIM ADVOCATES HELP EMPOWER VICTIMS TO MAKE DECISIONS THAT WILL AID IN IMPROVING THEIR QUALITY OF LIFE. THEY PROVIDE VICTIMS WITH INFORMATION ON THEIR RIGHTS, HELP LOCATE SHELTERS, ESTABLISH SAFETY PLANS, AND ACCOMPANY VICTIMS TO COURT PROCEEDINGS AND/OR MEETINGS WITH LAWYERS, POLICE AND COMMAND. THEY ALSO MAKE REFERRALS TO LOCAL RESOURCES.

**24/7 DOMESTIC VIOLENCE HOTLINE**  
**(719) 243-7907**

(719) 526-0461  
CARSON.ARMYMWR.COM/ACS



**ALWAYS AT NO COST!**

Visit the VAP webpage [HERE!](#)

# Army Community Service Upcoming Classes

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DATE	CLASS	TIME
<b>March 15th</b>	<a href="#">IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief</a>	10 am - 11 am
	<a href="#">Military Spouse Preference &amp; Federal Employment</a>	1:30 pm - 2:30 pm
<b>March 16th</b>	<a href="#">Toddler Time</a>	9:30 am - 11 am
	<a href="#">Annual Troop Training for Domestic Violence Prevention</a>	10 am - 11 am
	<a href="#">SFRG Informal Funds Custodian Training</a>	10 am - 11:30 am
	<a href="#">Interview Skills &amp; Techniques</a>	1:30 pm - 2:30 pm
<b>March 17th</b>	<a href="#">Financial Milestone: PCSing</a>	9:30 am - 10:30 am
	<a href="#">Play Group</a>	10 am - 12 pm
	<a href="#">Newcomers Orientation "Mountain Post Welcome for Spouses and Families"</a>	10:30 am - 11:30 am
	<a href="#">Financial Milestone: Divorce</a>	1:30 pm - 2:30 pm
<b>March 21st</b>	<a href="#">Boot Camp for New Moms</a>	9 am - 12 pm
	<a href="#">Infant Massage &amp; Baby Nurturing</a>	9:30 am - 11 am
	<a href="#">Center on Fathering</a>	1 pm - 3 pm
	<a href="#">Child Support Walk-in's (El Paso County Representative)</a>	1 pm - 4 pm
	<a href="#">Navigating USAJOBS</a>	1:30 pm - 2:30 pm
	<a href="#">IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief</a>	10 am - 11 am
	<a href="#">Disabling Sickness or Condition: Financial Milestone Training</a>	11 am - 12 pm
	<a href="#">Homebuyers Workshop</a>	1 pm - 4 pm
	<a href="#">The Seven Principles for Making Marriage Work</a>	1 pm - 3 pm
<b>March 23rd</b>	<a href="#">Toddler Time</a>	9:30 am - 11 am

Click [HERE](#) to check out the Fort Carson MWR calendar!



# Army Community Service Upcoming Classes

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DATE	CLASS	TIME
March 23rd	<a href="#">Federal Resume 101</a>	1:30 pm - 2:30 pm
March 24th	<a href="#">Play Group</a>	10 am - 12 pm
	<a href="#">Newcomers Orientation "Mountain Post Welcome for Spouses and Families"</a>	10:30 am - 11:30 am
March 28th	<a href="#">Infant Massage &amp; Baby Nurturing</a>	9:30 am - 11 am
	<a href="#">Center on Fathering</a>	1 pm - 3 pm
	<a href="#">Child Support Walk-in's (El Paso County Representative)</a>	1 pm - 4 pm
March 29th	<a href="#">IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief</a>	10 am - 11 am
	<a href="#">The Seven Principles for Making Marriage Work</a>	1 pm - 3 pm
	<a href="#">New Volunteer Orientation, VMIS and OPOC Training</a>	1:30 pm - 3 pm
March 30th	<a href="#">Toddler Time</a>	9:30 am - 11 am
March 31st	<a href="#">Newcomers Orientation "Mountain Post Welcome for Spouses and Families"</a>	10:30 am - 11:30 am
April 4th	<a href="#">Boot Camp For New Dads</a>	9 am - 12 pm
	<a href="#">Infant Massage &amp; Baby Nurturing</a>	9:30 am - 11 am
	<a href="#">Understanding Your Credit Score</a>	9:30 am - 11 am
	<a href="#">Center on Fathering</a>	1 pm - 3 pm
	<a href="#">Child Support Walk-in's (El Paso County Representative)</a>	1 pm - 4 pm
April 5th	<a href="#">IDES and SRU Soldiers: SFAC Transition and Medical Retirement Brief</a>	10 am - 11 am
	<a href="#">The Seven Principles for Making Marriage Work</a>	1 pm - 3 pm
April 6th	<a href="#">Toddler Time</a>	9:30 am - 11 am
	<a href="#">Thrift Savings Plan (TSP) Class</a>	1 pm - 2 pm

Click [HERE](#) to check out the Fort Carson MWR calendar!

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Army Community Service delivers classes and programs designed to help Commanders maintain readiness. Soldiers that have created healthy financial habits, strong relationship skills, and have Family members that are knowledgeable about where to go for resources and community information will be more equipped to face the stresses of deployment and general life in the Army. Army Community Service brings classes, briefs and programs to your unit's footprint to meet the needs of Soldiers and their Family members.

### Army Community Service

# Portable Class Delivery



**Classes on *your time*, in a location of *your choice*, customized to *your needs*.**

Do you need:

- 1.) examples of ways you can schedule an ACS class or presentation?
- 2.) to learn how to request a class, briefing, or presentation?
- 3.) helpful tips to make your training a success?
- 4.) to view the full portable class schedule and listings?
- 5.) other training ideas for your unit or group, and registration information?

Visit the Portable Class Delivery webpage [HERE](#)



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## MILITARY AND FAMILY LIFE COUNSELING

### MILITARY LIFESTYLE

- ✓ DEPLOYMENT STRESS
  - ✓ COPING SKILLS
  - ✓ RELOCATION ADJUSTMENT
  - ✓ SADNESS, GRIEF, AND LOSS
  - ✓ HOMESICKNESS
  - ✓ SEPARATION
  - ✓ BUILDING RESILIENCY
  - ✓ REINTEGRATION
- AND MORE...



Military & Family Life Counselors (MFLC) provide non-medical short term, situational problem-solving counseling to Service Members and their Families.



**ALWAYS AT NO COST!**  
**(719) 526-4590**

Visit the MFLC webpage [HERE!](#)

If you wish to speak to an MFLC other than your identified MFLC, please call 719-526-4590 for assistance.

To speak to a Child and Youth Behavioral MFLC, please call Parent Central Services at 719-526-1101.

# Mountain Post Spouses' Club

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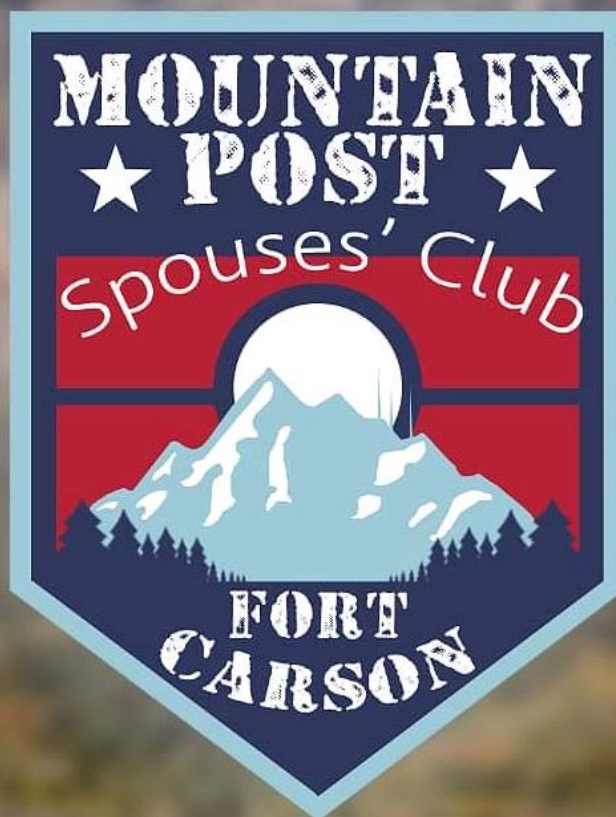


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The Mountain Post Spouses' Club is an all ranks spouses group on Fort Carson dedicated to giving back to Soldiers and their families.

Membership is open to all spouses of the Armed Forces, both active and retired.

To learn more, visit: <http://www.mpssc.us/>  
or call (719) 526-5966





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MPSC

# Scholarships

2022-2023

Dedicated to Education

## PURPOSE

THE MOUNTAIN POST SPOUSES' CLUB (MPSC) SCHOLARSHIP COMMITTEE FACILITATES AND AWARDS **MERIT-BASED SCHOLARSHIPS** FOR ELIGIBLE APPLICANTS IN THE COLORADO SPRINGS, COLORADO MILITARY COMMUNITY.

## APPLICATIONS ARE NOW OPEN!

- GO TO [WWW.MPSC.US](http://WWW.MPSC.US)
- CLICK ON "SCHOLARSHIPS" TAB
- COMPLETE APPLICATION AND EMAIL\* TO OUR SCHOLARSHIPS CHAIRPERSON
- DEADLINE FOR APPLICATIONS: 30 MARCH 2023

## WHO CAN APPLY?

HIGH SCHOOL SENIOR  
SPOUSE UNDERGRADUATE  
DEPENDENT UNDERGRADUATE  
ADVANCED DEGREE (DEPENDENT OR SPOUSE)  
CERTIFICATIONS (DEPENDENT OR SPOUSE)

## ELIGIBILITY REQUIREMENTS

- THE APPLICANT MUST HAVE **AT LEAST ONE PARENT/SPONSOR ASSIGNED TO A COLORADO SPRINGS MILITARY INSTALLATION** OR, FOR RETIREES, **RESIDE IN THE FORT CARSON COMMUNITY** DURING THE SCHOOL YEAR.
- ENROLLED AS A **FULL-TIME STUDENT (OR PART-TIME, IF SPOUSE APPLICANT)** AS DEFINED BY THE COLLEGE OR UNIVERSITY DURING THE 2023 - 2024 SCHOOL YEAR.
- ACCEPTANCE OR EXPECTED ACCEPTANCE TO AN ACCREDITED INSTITUTION OF HIGHER EDUCATION



VISIT [HTTPS://WWW.MPSC.US/SCHOLARSHIPS](https://www.mpsc.us/scholarships)  
QUESTIONS? EMAIL [SCHOLARSHIP@MPSC.US](mailto:scholarship@mpsc.us)



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[Auto Skills Center](#)

[Army Community Service](#)

[Better Opportunities for Single Soldiers](#)

[Child and Youth Services](#)

[Community Events](#)

[Elkhorn Catering and Conference Center](#)

[Financial](#)

[Fort Carson Mountaineer](#)

[Fort Carson MWR Events](#)

[Fountain Fort Carson School District 8](#)

[Libraries](#)

[Outdoor Recreation](#)

[Peterson AFB MWR](#)

[Pikes Peak Cultural Events](#)

[Social & Dining](#)

[Space Base Delta I \(Peterson SFB, Schriever SFB, Cheyenne Mt. SFS\)](#)

[Specialty Services \(Shooting, Hunting, Fishing, Wildlife and Forestry\)](#)

[Sports & Fitness \(Intramural Sports, Aquatics, Fitness Centers, Climbing Wall, and more!\)](#)

[U.S. Air Force Academy](#)

[United Service Organizations \(USO\)](#)





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Warriors Warehouse  
5769 Wallace St Bldg 1045  
Ft Carson, CO 80913

Redistribution Center, Inc  
12681 W 49<sup>th</sup> Ave.  
Wheat Ridge, CO 80033

402-659-8755 [www.ftcarson.1045@gmail.com](mailto:www.ftcarson.1045@gmail.com)

303-263-9919

Facebook: Warriors Warehouse and the Redistribution Center, Inc.

## Shopping Hours

Wednesday and Thursday 9AM to 12:30 PM

Hours subject to change without notice

The Redistribution Center, Inc./Warriors Warehouse is a redistribution center that supplies Active Duty Personnel and their families, E-5 and below with FREE household items once every 30 days. These items are new to like new. We reserve the right to limit quantities.

## Referral Hours

Monday thru Thursday 9 AM to 1 PM

Hours subject to change without notice

The Redistribution Center, Inc./Warriors Warehouse provides food assistance, baby items to Active Duty Personnel; Veterans and their families on a REFERRAL basis. Referrals may come from Ft Carson Commands, ACS, The American Legion, Department of Veterans Affairs, AW2 Program, Mt Carmel, Marion House, and other agencies.

## Donations

Monetary donations may be made through our website: [www.redistributioncenter.org](http://www.redistributioncenter.org)

Non Perishable items, New or gently used coats of all sizes, new toys may be donated to:

Redistribution Center, Inc  
Ranya Kelly  
303-263-9919

Warriors Warehouse  
Donna Swanson  
402-659-8755  
Bldg 1045, Ft Carson

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**FRIDAYS**

~~Jan 13~~

~~Feb 10~~

~~Feb 24~~

**Mar 10**

**Mar 24**

**OPEN TO ALL!**



# FOOD DISTRO

**MOBILE FOOD PANTRY**

**OPENS AT 11AM**  
OR UNTIL SUPPLIES ARE DEPLETED

Norris Penrose Event Center Upper Lot - 1125 W. Moreno St.  
Across From Mt. Carmel Veterans Service Center



**VeteransCenter.org • 719-772-7000**



Keep up to date with local events and deals with the



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## FFC8 FOOD PANTRY

Through a combined effort with Care and Share, the district is able to provide families in need with fresh produce, canned goods, and other items. All FFC8 students, staff and families are welcome!

### WHERE AND WHEN

#### Fountain YMCA

326 West Alabama, Fountain

(Across the street from FMS, use east entrance)

Wednesdays, 4 - 6 p.m.



School pantry days of operation follow the school calendar.

Keep up to date with local events and deals with the



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# We're Glad You're Here!

A Warm Meal Awaits You Inside!



Catholic  
Charities  
*of Central Colorado*



Food Resources

The Marian House Kitchen provides a balanced, nutritious, hot meal at no cost, 365 days a year.

All welcome! Daily from 10:30am - 1:00pm.

To learn more go to [CCharitiesCC.org](https://CCharitiesCC.org)



Keep up to date with local events and deals with the



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**NEED FOOD  
ASSISTANCE?**

# Register for the Marketplace



Catholic  
Charities  
*of Central Colorado*

CLIENTS CAN SCHEDULE AN  
APPOINTMENT AND SHOP JUST AS  
THEY WOULD AT A STANDARD  
GROCERY STORE.

The Marian House Marketplace pantry is currently open for appointments Mon, Wed, and Fri each week from 1:30 - 5:00 pm. You can call 719.866.6288 or email [pantry@ccharitiescc.org](mailto:pantry@ccharitiescc.org) to enroll and/or schedule an appointment. To see a video of what the pantry looks like and learn more about their services go to <https://www.ccharitiescc.org/emergency-essential-services/marian-house-nutrition-services/>

Check out their Facebook page at:  
Catholic Charities of Central Colorado

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# NURTURE THE LIVING CARE FOR THE WOUNDED AND HONOR THE FALLEN

**Fort Carson & 4th Infantry Division**

**Chaplain Hotline**

**(719) 291-9619**

**A Chaplain is available to you  
24 hours a day 7 days a week**

**Chaplains have complete confidentiality  
and are here to assist you**



**U.S. ARMY CHAPLAIN CORPS**  
**CARING FOR THE SOUL OF THE ARMY**



**Facebook.com/4IDCarsonRSO**



# Religious News and Services

Keep up to date with local events and deals with the



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### 2023 Spring Religious Days of Observance

<b>Catholic Community</b>	22 Feb (1145 & 1800)	Ash Wednesday Services	Soldiers Memorial Chapel
	22 Feb (1400)	Ash Wednesday Service	Healer Chapel (EACH)
	2 April (0900 & 1100)	Palm Sunday Mass	
	6 April (1800)	Holy Thursday Mass	
	7 April (1500)	Good Friday Celebration	
	8 April (2030)	Easter Vigil	Soldiers Memorial Chapel
	9 April (0900 & 1100)	Easter Mass	
	24 Feb—7 Apr (1800)	Friday Stations of the Cross and Soup	

#### Jewish Community

POC: CH (MAJ) Ruderman  
719-339-8443

5 April (2000-2200)	Passover Seder	Family Life Center
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22 March—21 April	Ramadan	No Location
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#### Islamic Community

POC: SPC Mohammed Khodeir  
951-497-8727

Fridays (1315)	Jum'ah Prayer Service	
Saturdays (after sunset)	Iftar (Breaking of Fast)	Provider Chapel
TBD (based on lunar cycle)	Eid-al-Fitr (End of Ramadan)	

#### Protestant

#### Communities

22 Feb (1200)	Protestant Ash Wednesday Service	Provider Chapel
9 April (1030)	Protestant Easter Service	Iron Horse Park



For more information, please contact the Garrison Religious Support Office: 719-526-5279

Keep up to date with local events and deals with the



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## Fort Carson Religious Services

### Saturday

Agape (Contemporary)	Soldier Memorial Chapel	1800
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### Sunday

Catholic Mass	Soldier Memorial Chapel	0900 and 1100
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Traditional Protestant	Healer Chapel (Evans Hospital)	0900
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Traditional Protestant	Provider Chapel	1100
------------------------	-----------------	------

Gospel Service	Prussman Chapel	1000
----------------	-----------------	------

Samoan	Veterans Chapel	1100
--------	-----------------	------

### Tuesday

Jewish Studies	Veterans Chapel	1200
----------------	-----------------	------

### Wednesday

Wednesday Family Night	Soldier's Memorial Chapel	1700
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### Monday - Friday

Daily Catholic Mass	Soldier Memorial Chapel	1145
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### Friday

Islamic Prayers	Provider Chapel	1315
-----------------	-----------------	------



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# scholarships

[Mrs. Patty Shinseki Spouse Scholarship Program \(AER\)](#)

[MG James Ursano Scholarship Program \(AER-For military kids\)](#)

[My Career Advancement Account Scholarship \(MyCAA\)](#)

[Marine Gunnery Sergeant John D. Fry Scholarship](#)

[Nationwide Surviving Spouse and Dependent Children  
Scholarship Program](#)

[Fisher House Foundation Scholarship Program](#)

[Scholarships for Military Dependents](#)

[Military Spouse Scholarships](#)

[Military Family Scholarships](#)

[Freedom Alliance](#)

[\*\*CLICK HERE FOR MORE!\*\*](#)



# Better Opportunities For Single Soldiers

Keep up to date with local events and deals with the



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# BOSS

**Better Opportunities  
for Single Soldiers**



The Better Opportunities for Single Soldiers (BOSS) program represents the voice of the single Soldier. If you're a single Soldier, the BOSS triad advocates for you by advancing quality of life issues on the installation and in the barracks to senior leaders on post and throughout the Army.

**"Let Your Voice Be Heard"**



**Meet at  
The Hub  
or call (719)  
524-2677  
to get  
involved.**



# Better Opportunities For Single Soldiers

## MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Volunteer for Family Night @ Soldier's Memorial Chapel 1600-2000	2 Study Board @ HUB 1600-1730	3 No DUI Program for 2-1 CAV Ball @ Antlers 2000-UTC	4
5	6	7 BOSS General Rep Meeting @ HUB 1500	8 Volunteer for Family Night @ Soldier's Memorial Chapel 1600-2000	9 Study Board @ HUB 1600-1730	10	11 8-ball Tournament @ BOSS Lounge 1400 – UTC
12	13	14 BOSS Senior Council Meeting @ Garrison HQ 1500	15 Volunteer for Family Night @ Soldier's Memorial Chapel 1600-2000	16 Study Board @ HUB 1600-1730 No DUI for DENTAC Ball @ Antlers 1900-2200	17 Wolf Creek Ski/Snowboard Learning/Lessons	18 Wolf Creek Ski/Snowboard Learning/Lessons
19 Wolf Creek Ski/Snowboard Learning/Lessons	20	21	22 Volunteer for Family Night @ Soldier's Memorial Chapel 1600-2000 Auto Skills Class @ Auto Craft Center 1700-1800	23 Study Board @ HUB 1600-1730	24	25 Volunteer @ Cheyenne Mountain Zoo 0900-1100
26	27	28	29	30 Study Board @ HUB 1600-1730	31	



Major BOSS Event

Quality of Life

Community Service

Life Skills

Recreation & Leisure

BOSS Lounge

6391 Chiles Ave

Bldg. 1511

Fort Carson, CO 80913

(719) 526-5347

Wed-Sat 1100 – 2100

Sun 1300 – 2000

BOSS Office

The HUB 6371 Specker Ave, Bldg. 1532

Fort Carson, CO 80913

(719) 526-5347

M-F 1000 – 1600

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***Board Preparation Class***

Every Thursday at The HUB  
From 4:00 – 5:30 pm  
Reservation and MOI are required

Mock Boards

Study Materials

Best Practices

For more information call 719-526-5347

More Events and Info at [carson.army.mil](http://carson.army.mil)

Find us on Social Media

Carson's Mail

Instagram

Twitter

Facebook

YouTube

Accessibility icon



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### GREEN TO GOLD PROGRAM



We're looking for high-speed Soldiers with the drive, initiative and physical and mental agility to become the Army's next generation of junior officers.



Do you have what it takes?



Green to Gold briefings will be presented at the Education Center in Room 304 on the following dates from 1200-1315:

- ~~10 January~~
- ~~31 January~~
- ~~21 February~~
- 7 March
- 21 March

Mr. Caughey will be present at the education center in Room 136 on Tuesdays 0930-1200, except 17 January, 14 February, and 28 March. Call or email ahead to make an appointment.

For more information:

- <http://www.goarmy.com/rotc/enlisted-soldiers.html> for all three Green to Gold options.
- [armyrotc.uccs.edu](http://armyrotc.uccs.edu) or [www.facebook.com/MrbArmyRotc](http://www.facebook.com/MrbArmyRotc) for the Colorado Springs area program.

Point of contact is Mr. Don Caughey at  
719-255-3475 or

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**On Fort Carson, you can  
reach out to the Substance  
Use Disorder Clinical Care  
(SUDCC) team for help.  
719 – 526 – 7663 / 4585**

**Contact ASAP at 719 – 526 – 2727  
for Education and Prevention  
support**



The Army Substance Abuse Program's Mission is to sustain readiness and promote a healthy lifestyle in the Fort Carson community by providing education, quality assistance in order to reduce the impact of alcohol and other drug abuse that affects Soldiers, Families, Civilian Employees and Retirees. Their Vision is to reduce the negative impact of substance abuse at Fort Carson by providing quality Services.

Employee Assistance Program

Prevention

Risk Reduction

Suicide Prevention

Drug Testing / Collecting

**Military Personnel, DOD Civilians and Retirees:**

Contact ASAP at (719) 526-2727 or by email at

[usarmy.carson.imcom-central.mbx.dhr-asap@army.mil](mailto:usarmy.carson.imcom-central.mbx.dhr-asap@army.mil)



# Fort Carson Army Substance Abuse Program

Keep up to date with local events and deals with the



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**ASAP Training opportunities – Contact the ASAP Specialist for your unit listed below to schedule**

<b>Unit Prevention Leader (UPL) Course</b> This class will prepare SGTs and up to perform UPL duties.	3 Day course
<b>Alcohol and Drug Abuse Prevention Training (ADAPT)</b> This mandatory class is for Soldiers identified with a positive UA or alcohol related incident	12 hour course
<b>Commander's Risk Reduction Toolkit (CRRT) training</b> An overview of the features of this web-based high risk behavior reporting tool	30 minute course
<b>Unit Risk Inventories (URI)</b> A 52 question, anonymous survey. Gives leaders a snapshot of Soldier perceptions	30 minute survey
<b>Applied Suicide Intervention Skills Training (ASIST)</b> Class for gatekeepers in identifying and reacting to suicidal thoughts and behaviors in others	2 day class
<b>DUI Prevention training</b> Standard briefing about the consequences and ways to avoid a DUI charge	Flexible
<b>Responsible alcohol use training</b> Basic knowledge of drinking behaviors	Flexible
<b>Substance specific training</b> Can be tailored to address a specific substance issue	Flexible
<b>Mock Barracks Drug ID room</b> Class for leaders to identify drug paraphernalia and overview of rules of evidence	Flexible

Anthony McCollin Prev. Branch Chief 719-526-5108	Vacant Call Mr. McCollin until we hire someone	Norma Rivera 719-526-2710	Albert Bush 719-526-2422	Susanne Watts 719-526-9283
10 SFG(A)	1SBCT	2SBCT	3ABCT	4DSB
CID	4SFAB	NORTHCOM	4CAB	743 MI Bn
USAG	HHBn	SMDC		759 MP Bn
WCAP	DIVARTY			71 EOD
				4 EN
				PHC
				627 FH
				EACH/SRU/DENTA C

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# My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



## Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



## If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



## Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



## Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit [nimh.nih.gov/findhelp](https://nimh.nih.gov/findhelp).

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at [988lifeline.org](https://988lifeline.org), or text the Crisis Text Line (text HELLO to 741741).



National Institute of Mental Health

[nimh.nih.gov/findhelp](https://nimh.nih.gov/findhelp)



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Anyone experiencing a mental health crisis can call or text 988 to reach the National Suicide Prevention Lifeline and speak to a mental health professional trained to respond to these emergencies. The lifeline provides 24/7 free and confidential support to those in mental health distress. 988 connects the caller to a certified crisis center in the local area. The lifeline consists of a network of 200 local crisis centers across the country.

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## Employee Assistance Program

The Fort Carson Employee Assistance Program is a free service available to Department of Army Civilian Employees, active duty-spouse and family members, and retired military and eligible family members. The program offers short-term screening, intervention and referral services, worksite intervention, consultation services, a wide variety of trainings, and reintegration assistance.

### Professional Services

- The EAP is a professional service that provides assistance with adult living problems, counseling, resource identification, referral, and follow-up services.
- The EAP assists employees, supervisors, and managers with issues related to productivity, morale, motivation, communication, conflict, and mediation.
- The EAP provides consultation services, prevention education and training, worksite interventions and assists with such issues as grief and loss, the drugfree workplace, workplace violence, and suicide.

### Resources

[Drug-Free Workplace Brochure](#)  
[Employee Assistance Program Brochure](#)  
[Suicide Prevention and Intervention Protocols Brochure](#)  
[Working Remotely](#)

### For more information

Call (719) 526-2196 (*Please leave a voicemail for a return call if necessary*)  
or email [usarmy.carson.imcomcentral.mbx.dhr-asap@army.mil](mailto:usarmy.carson.imcomcentral.mbx.dhr-asap@army.mil)



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## Safe Exchange Location

Child Custody Exchange  
Online Purchase Exchange



The Fort Carson Police/Provost Marshal Division offers an Exchange Zone. The Exchange Zone is for The Fort Carson community to conduct child custody exchanges or exchange items which have been bought or sold online.

The parking areas in front of the building (main entrance) are under 24 hour camera surveillance. If you would like to use an indoor location due to weather or other factors, please speak with the Desk Sergeant inside the main doors.

Fort Carson Police  
7227 Christie Street (BLDG 2700)  
Fort Carson, Co 80913  
Desk Sergeant: (719) 526-6199



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**FORT CARSON**

**PRO DEO ET HUMANITATE**

**CARE**

**COMMITMENT**

**HEALTH AGENCY**

**DEPARTMENT OF DEFENSE**

**VIRTUAL APPOINTMENTS  
NOW AVAILABLE**

**CALL 719-526-CARE (2273)**

\*Must be enrolled to Evans ACH in Ivy or Internal Medicine Clinics\*

Are you enrolled to Evans Ivy Clinic or Internal Medicine? Would you like to see a provider virtually? Evans is booking next-day appointments through their virtual primary care health clinic now until January 15.

To book, call the central appointment line at 719-526-CARE (2273) and request a virtual appointment.



# Fort Carson Family Homes

Keep up to date with local events and deals with the



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# MARCH

FITNESS CENTERS OPEN MARCH 1ST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			National Peanut Butter Day After School Snack at 2:45pm	BINGO SIGNUP OPENS AT 8AM Teen Bus Stop Treat Iroquois	3	4
5 Bowlng Squad Opens At 8am 2am Daylight Savings Clocks Move Forward	6 Happy Birthday	7 After School Snack 2:45pm Happy Birthday	8	9 Treat Iroquois	10 Bingo at 5pm	11 Bowling For Residents that Signed Up
12 2am Daylight Savings Clocks Move Forward	13 Happy Birthday	14 PI DAY Pottys Survival Kit Signup	15	16 ST. PATRICK'S DAY SURVIVAL KIT PICKUP	17 St. Patrick's Day	18
19	20 SPRING	21	22	23	24	25
26	27	28 national something on a stick day	29	30	31	

For questions or concerns regarding FCFH Events Please contact The Events Manager JennyLee Hanlon at [jhanlon@bbcgrp.com](mailto:jhanlon@bbcgrp.com) or (719)400-0707

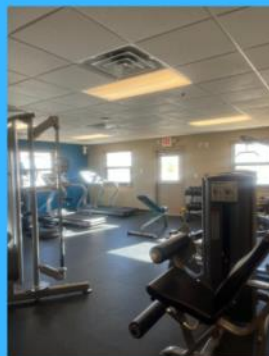



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## ***Fitness Centers Will Be Open March 1st***

**The Community Center Titus**

**Location Hours:**

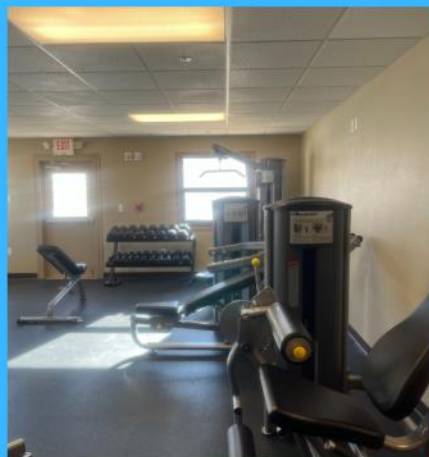
**Mon, Tues, Wed and Fri**

**8am-5pm**

**Thursday**

**9am-5pm**

**Saturday and Sunday Closed**



**The Community Center  
Prussman Location Hours:**

**Mon, Tues, Friday**

**8am-5pm**

**Wednesday**

**8am-7pm**

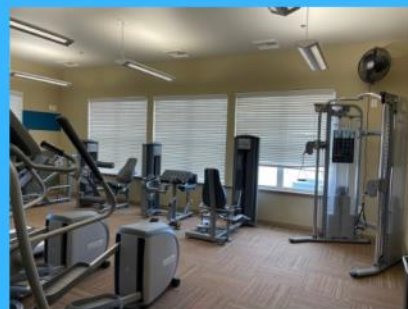
**Thursday**

**9am-5pm**

**Saturday**

**10am-4pm**

**Sunday Closed**





# Fort Carson Family Homes

Keep up to date with local events and deals with the

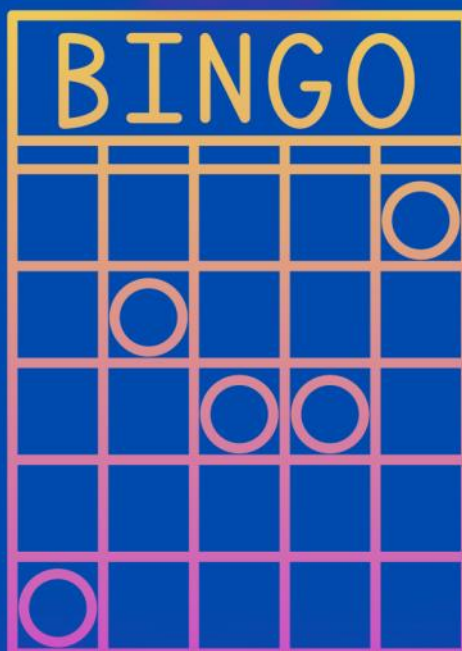


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FRIDAY MARCH 10TH AT  
THE MAIN LEASING  
OFFICE 6800 PRUSSMAN  
BLVD

Family  
Friendly

3 Games



Fun Prizes

3 Winners

BINGO AT 5PM

To sign up email [jhanlon@bbcgrp.com](mailto:jhanlon@bbcgrp.com)

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THE FORT CARSON  
FAMILY HOMES  
CONFERENCE ROOM AND  
PATIO AREA ARE NOW  
OPEN FOR RENT FOR  
RESIDENTIAL  
GATHERINGS!

**Where: The Main Leasing Office 6800  
Prussman Blvd**

**RENTAL HOURS:**

**MONDAY, TUESDAY, THURSDAY AND  
FRIDAY FROM 9AM-5PM**

**WEDNESDAY FROM 9AM-7PM**

**SATURDAY FROM 10AM-4PM**

**Hours for Rental are subject to  
change for FCFH Events**

**For more information, Rental Fee and Scheduling please  
contact [jhanlon@bbcgrp.com](mailto:jhanlon@bbcgrp.com) or (719)499-0707**

**Fort Carson Family Homes**



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## CHILD, YOUTH & SCHOOL SERVICES

**SPRING  
SPORTS  
2023**



**REGISTRATION OPEN**  
FEBRUARY 6–MARCH 10

**SEASON RUNS**  
MARCH 27–MAY 20

**TO REGISTER, VISIT:**

Parent Central Services at  
5939 Ellis St. or  
[webtrac.mwr.army.mil/webtrack/carsonCYS.html](http://webtrac.mwr.army.mil/webtrack/carsonCYS.html)

**CHEERLEADING**

Ages 3–18

**TENNIS**

Ages 5–15 \$65

**FLAG FOOTBALL**

Ages 5–15

All sports offered  
are subject to  
enrollment  
numbers and  
availability of  
competition.

**SOCCER**

Ages 3–18

Ages 3–4 \$25

Ages 5–18 \$45



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



Carson CYSS  
CarsonDFMWR



@CarsonMWR  
#CarsonMWR



Youth Sports at the Youth Center  
6181 Ware St., Bldg. 5950



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**100% Childcare Discount  
for the first child for all CYS Staff**

**PLUS**

**25% Discount for  
each additional child after  
15% multi-child discount**



U.S. Army Child, Youth  
or School Services

**Commissary Privileges to ALL CYS staff**

**CURRENTLY HIRING**

**At \$16.70/hr to start**

**\$17.70/hr after 6 months**

**\$18.91/hr after 1 year**

**Scan Here**



**Questions? Call 719-526-1101**



Keep up to date with local events and deals with the



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# MCKIBBEN MADNESS



**MCKIBBEN PHYSICAL FITNESS CENTER**  
JOIN US ON THE LAST SATURDAY OF EVERY MONTH  
FOR THIS INSTRUCTOR'S CHOICE TOTAL BODY  
WORKOUT. COURSE CONTENT CAN RANGE FROM  
BOXING TO YOGA TO WEIGHT TRAINING. MCKIBBEN  
MADNESS IS SURE TO CHALLENGE YOU AND  
KICKSTART YOUR WEEKEND!



**\$3**



**FIRST CLASS FREE  
Per class**

PUNCH CARDS AND MONTHLY  
PASSES AVAILABLE



**FOR MORE INFORMATION VISIT [CARSON.ARMYMWR.COM](http://CARSON.ARMYMWR.COM)**



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



Find us on Social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



McKibben Physical Fitness Center  
5785 Barkley Ave., Building 1160  
Fort Carson, CO 80913

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# Fort Carson FITNESS CLASS SCHEDULE

**2023  
MARCH**

**IVY**

Ivy Fitness Center  
BLDG 1925 | (719) 526-2706

**WAL**

Waller Fitness Center  
BLDG 2357 | (719) 526-2742

**MCK**

McKibben Fitness Center  
BLDG 1160 | 719-526-2597

## SCHEDULE KEY

GREEN: \$3 CLASS

BLUE: COMPLIMENTARY CLASS

RED: ACTIVE DUTY ONLY CLASS

### MONDAY

TIME	CLASS	LOCATION
5:00 a.m.	BOXING	MCK
6:30 a.m.	P3T	IVY
6:45 a.m.	PT CYCLE	WAL/MCK
9:00 a.m.	CARDIO DANCE	IVY
11:45 a.m.	YOGA	MCK
5:45 p.m.	STRETCH & CORE	WAL
6:30 p.m.	ZUMBA	IVY

### TUESDAY

TIME	CLASS	LOCATION
5:00 a.m.	TOTAL STRENGTH	MCK
6:45 a.m.	PT CYCLE	WAL/MCK
9:00 a.m.	H.I.I.T	IVY
10:00 a.m.	TRX	IVY
11:45 a.m.	EXPRESS CYCLE	MCK
12:15 p.m.	BARRE	WAL
5:45 p.m.	H.I.I.T	WAL
5:30 p.m.	FITNESS FURY	MCK

### WEDNESDAY

TIME	CLASS	LOCATION
5:00 a.m.	BOXING	MCK
6:30 a.m.	P3T	IVY
6:45 a.m.	PT CYCLE	WAL/MCK
9:00 a.m.	CARDIO DANCE	IVY
10:00 a.m.	CORE BLAST	IVY
11:45 a.m.	YOGA	MCK
5:45 p.m.	BARBELL CLUB	WAL
6:30 p.m.	ZUMBA	IVY

### THURSDAY

TIME	CLASS	LOCATION
5:00 a.m.	TOTAL STRENGTH	MCK
6:45 a.m.	BOOT CAMP	WAL
6:45 a.m.	PT CYCLE	MCK
9:00 a.m.	H.I.I.T	IVY
9:00 a.m.	BARRE	WAL
10:00 a.m.	TRX	IVY
11:45 a.m.	EXPRESS CYCLE	MCK
5:30 p.m.	FITNESS FURY	MCK

### FRIDAY

TIME	CLASS	LOCATION
6:30 a.m.	TRX	IVY
6:30 a.m.	P3T	IVY
6:45 a.m.	PT CYCLE	WAL/MCK
9:00 a.m.	STRETCH & CORE	WAL
10:00 a.m.	TRX	IVY

### SATURDAY

TIME	CLASS	LOCATION
6:30 a.m.	TRX	IVY
7:00 a.m.	MCKIBBEN MADNESS (MAR 25 ONLY)	MCK
8:00 a.m.	CYCLING	MCK
8:30 a.m.	LADIES LIFT (MAR 4 ONLY)	WAL
10:00 a.m.	TRX INTRO	IVY

SCHEDULE SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY & FACILITY CLOSURES.



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



CarsonDFMWR



@carsonmwr  
#CarsonMWR



Fort Carson MWR



Keep up to date with local events and deals with the



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# COMMUNITY EVENT SUPPLY RENTALS

8 AM-7 PM



Table (Plastic) \$8.00/table  
Table (Metal) \$8.00/table  
Chairs \$1.00/chair  
Stage Panel \$10/panel  
Mobile Stage \$500/stage  
Bleachers \$500/each

Beer Trough \$7.50/each  
Black Tub \$7.50/each  
Standing Heaters \$20.00 each  
Fire pits \$20 each

Orange Cones \$2/cone  
Speed Bumps \$5/barrier  
(Covers for cords)  
20 x 40 Canopy \$200/each  
20 x 20 Canopy \$150/each  
20 x 10 Canopy \$100/each  
10 x 10 Canopy \$40/each

Reservations are made through  
DFMWR Intramural Sports  
Payment for equipment must be  
made 3 days prior to rental period.  
\$50 delivery fee for equipment  
within 15-mile radius.  
Includes delivery and setup.  
No refunds will be issued

Questions? Call 719-526-7585/ 719 231-4939



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



Find us on Social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



Intramural Sports Office  
6550 Specker Ave. Building 1829  
Fort Carson, CO 80913

Fort Carson MWR



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## Fort Carson FITNESS CLASS DESCRIPTIONS

Fort Carson MWR

**BARBELL CLUB-** A strength class that has participants move through exercises such as squats, lunges, chest, and overhead presses. Intensity is participant driven with the goal of building strength and eventually competing against other clubs.

**BARRE-** A whole-body workout that delivers a fusion of ballet, pilates, yoga, and strength training. (45 Min)

**BOOTCAMP-** Strength and cardio full body work-out utilizing weights, bands, and/or body weight to maximize results. (45 Min)

**BOXING-** Train like a pro in this traditional style boxing class consisting of cardio calisthenics, boxing with intervals of bodyweight exercise and core work. Gloves available on site. (75 min)

**CARDIO DANCE-** This high energy cardio workout is perfect for any fitness level. You will be singing along to great music while getting a great workout. (45 Min)

**CORE BLAST-** A strong core is the foundation of a strong body. In this class you will work your entire core from all sides to build a strong midsection. (60 Min)

**EXPRESS CYCLE-** Get your cardio in quick with this high energy, low impact cycling workout while still having time to get lunch! Buy one get on for this express class! (35 Min)

**FITNESS FURY-** Increase your stamina, strength and burn calories in this high intensity circuit class. This functional fitness class utilizes a variety of equipment to guarantee a full body workout. It will take you to the next level! Beginners to advance fitness levels are welcome! (60 Min)

**H.I.I.T. -** A workout that consists of short periods of intense exercises that increases heart rate quickly, followed by intervals of less intense exercises to allow for recovery time. (45 Min)

**LADIES LIFT-** This class is geared toward helping women learn and refine form in a total body weight-room workout utilizing dumbbells, barbells, cables, and machines. Classes will rotate throughout each fitness center allowing participants to become familiar with each location. Classes are held on the first Saturday of each month.

**McKIBBEN MADNESS-** This is an instructor's choice total body workout class. Classes can range from boxing to yoga to weight training. McKibben Madness will kickstart your weekend and is held on the last Saturday of each month.

**P3T-** Active Duty only (90 Min)

**PT CYCLE-** Strengthen your cardiovascular and muscular endurance with this high energy, low impact cycling workout! This class is for ACTIVE DUTY ONLY at no charge. (60 Min)

**SRU PT-** Active Duty Only (60 Min)

**STRETCH AND CORE-** A fitness class that allows individuals to get a full body stretch using movements that increase flexibility, decrease muscle tension, build core strength, and help improve muscular balance. (40 Min)

**TOTAL STRENGTH-** Get your workout over with before work with this total body strength training workout utilizing dumbbells, resistant bands and kettlebells.

**TRX-** Perform efficient and challenging body weight exercises that develop strength, balance, flexibility and core stability simultaneously using the TRX Suspension training system. (60 Min)

**ZUMBA-** An energizing dance class featuring high energy music and dance moves. You will burn lots of calories and have a great time doing it! (60 Min).

**YOGA-** Looking for stress and pain reduction while you improve your overall health and fitness? Increase your strength, balance, and flexibility. All fitness levels welcome. (45 Min.)



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**\$3**

Per class  
PUNCH CARDS AND MONTHLY  
PASSES AVAILABLE.



**BOXING**



**CLASS**

**TRAIN LIKE A PRO!**

THIS TRADITIONAL STYLE BOXING CLASS  
CONSISTS OF CALISTHENICS, INTERVAL TRAINING  
AND BODYWEIGHT EXERCISES



**FREE ACTIVE DUTY PT CLASSES**



**SLOTS AVAILABLE BASED ON INSTRUCTOR AVAILABILITY**



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



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@carsonmwr  
#CarsonMWR



McKibben Physical Fitness Center  
5785 Berkeley Ave., Building 1160  
Fort Carson, CO 80913



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# FITNESS FURY

MCKIBBEN PHYSICAL FITNESS CENTER



INCREASE YOUR STAMINA, STRENGTH AND BURN CALORIES IN THIS HIGH INTENSITY CIRCUIT CLASS. THIS FUNCTIONAL FITNESS CLASS UTILIZES A VARIETY OF EQUIPMENT TO GUARANTEE A FULL BODY WORKOUT



# \$3

Per class

PUNCH CARDS AND MONTHLY  
PASSES AVAILABLE



FOR MORE INFORMATION VISIT [CARSON.ARMYMWR.COM](http://CARSON.ARMYMWR.COM)



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



Find us on Social Media  
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McKibben Physical Fitness Center  
5785 Barkley Ave., Building 1160  
Fort Carson, CO 80913

Fort Carson MWR



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**January 7**  
8:30-9:30 a.m.

**\$3 per class**  
**First Class Free**

Learn and refine form with this total body weight-room workout utilizing dumbbells, barbells, cables and machines.

WALLER FITNESS CENTER

# LADIES LIFT



Questions? Call 526-2742



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



Find us on Social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



Waller Physical Fitness Center  
6946 Magrath Ave., Building 2357  
Fort Carson, CO 80913

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# Get On The BUS

## SKI & SNOWBOARD TRIPS

### Monarch Dates:

~~12/24, 1/7, 1/21, 1/28, 2/4, 2/18, 2/25,~~  
3/4, 3/11, 3/25, 4/1

### Loveland Dates:

12/17

Transportation, rental package and lift ticket: \$115

Transportation and rental: \$75

Transportation and lift ticket: \$100

Transportation only: \$40

Lessons @ Monarch: \$45

### Breckenridge Dates:

~~1/10, 2/25, 3/11, 4/8~~

Transportation and rental: \$65

Transportation only: \$45

Call for Details or to sign up:  
**719-526-5176**

\*Trip details are subject to change\*





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NEWSLETTER**

CHEYENNE MOUNTAIN SHOOTING COMPLEX

# ANNIE GET YOUR GUN

LADIES SHOOT  
FOR  
**FREE**

**2ND SATURDAY**  
**ALL YEAR, ALL DAY LONG!**

**1 (719) 896-6196**



Fort Carson MWR



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



Find us in social Media  
@CarsonDFMWR



@carsonmwr  
#CarsonMWR



Cheyenne mountain Shooting Complex  
7790 Route 1  
Fort Carson, CO 80913



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Fort Carson MWR



# This is a Clue **TRIVIA**

**WEDNESDAYS 6:30PM**

**Starting October 12**

**Free. Fun. Prizes.**

 **thisisacluetrvia**  **thisisacue**



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# EASTER

## Skateboarding Peeps

Open to  
**KIDS of ALL ages!**



*Show off your creativity  
with a Skateboarding Peeps creation*  
While supplies last

APRIL IS THE MONTH OF THE  
**MILITARY CHILD**  
\*\*\*\*\*

## Skateboarding Peeps Event

WHERE: Ft. Carson Main Exchange

DATE: Saturday April 1, 2023

TIME: 1100



**EXCHANGE**

*You save, we give back.*

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ARCHERY SCHOOL OF THE ROCKIES PRESENTS

**LEARN  
TO  
SHOOT**

**+**

**LEARN  
TO SHOOT  
BETTER**



**FREE!**

for Active-Duty Service  
Members and Veterans

Equipment provided!



Archery School of the Rockies is offering FREE archery clinics beginning Friday, March 3. The four-week monthly clinics continue through September. Register ahead of time and mention Mt. Carmel. 719-ARCHERY; open to active-duty service members and Veterans.



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If you'd like to  
learn more  
about  
Colorado  
Preschool  
Program | Head  
Start | Early  
Head Start

[Click HERE!](#)



DID YOU KNOW?

**WE ARE ON  
INSTAGRAM**

Follow us @cpcdhs



**CPCD**

giving children a head start

**SUCCESS STARTS EARLY**  
**EL ÉXITO COMIENZA TEMPRANO**



**FREE  
TUITION  
PRESCHOOL**  
**PREESCOLAR GRATUITO**



**FOR AGES  
BIRTH TO 5**

**PARA EDADES  
DE NACIMIENTO  
A 5 AÑOS**



**CPCDHEADSTART.ORG**  
**719.635.1536**



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**VA**



U.S. Department  
of Veterans Affairs

## News Release

Office of Public Affairs  
Media Relations

Washington, DC 20420  
(202) 461-7600  
[www.va.gov](http://www.va.gov)

FOR IMMEDIATE RELEASE  
Jan. 13, 2023

### Starting Jan. 17, Veterans in suicidal crisis can go to any VA or non-VA health care facility for free emergency health care

WASHINGTON – Starting Jan. 17, Veterans in acute suicidal crisis will be able to go to any VA or non-VA health care facility for emergency health care at no cost – including inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days. Veterans do not need to be enrolled in the VA system to use this benefit.

This expansion of care will help prevent Veteran suicide by guaranteeing no cost, world-class care to Veterans in times of crisis. It will also increase access to acute suicide care for up to 9 million Veterans who are not currently enrolled in VA.

Preventing Veteran suicide is VA's top clinical priority and a top priority of the Biden-Harris Administration. This effort is a key part of VA's 10-year [National Strategy for Preventing Veteran Suicide](#) and the Biden-Harris administration's plan for [Reducing Military and Veteran Suicide](#). In September, VA released the [2022 National Veteran Suicide Prevention Annual Report](#), which showed that Veteran suicides decreased in 2020 for the second year in a row, and that fewer Veterans died by suicide in 2020 than in any year since 2006.

"Veterans in suicidal crisis can now receive the free, world-class emergency health care they deserve – no matter where they need it, when they need it, or whether they're enrolled in VA care," said VA Secretary for Veterans Affairs Denis McDonough. "This expansion of care will save Veterans' lives, and there's nothing more important than that."

VA has submitted an [interim final rule](#) to the federal register to establish this authority under section 201 of the [Veterans Comprehensive Prevention, Access to Care, and Treatment \(COMPACT\) Act of 2020](#). The final policy, which takes effect on Jan. 17, will allow VA to:

- Provide, pay for, or reimburse for treatment of eligible individuals' emergency suicide care, transportation costs, and follow-up care at a VA or non-VA facility for up to 30 days of inpatient care and 90 days of outpatient care.
- Make appropriate referrals for care following the period of emergency suicide care.
- Determine eligibility for other VA services and benefits.
- Refer eligible individuals for appropriate VA programs and benefits following the period of emergency suicide care.

Eligible individuals, regardless of VA enrollment status, are:

- Veterans who were discharged or released from active duty after more than 24 months of active service under conditions other than dishonorable.
- Former members of the armed forces, including reserve service members, who served more than 100 days under a combat exclusion or in support of a contingency operation either directly or by operating an unmanned aerial vehicle from another location who were discharged under conditions other than dishonorable.
- Former members of the armed forces who were the victim of a physical assault of a sexual nature, a battery of a sexual nature, or sexual harassment while serving in the armed forces.

Over the past year, VA has announced or continued several additional efforts to end Veteran suicide, including [establishing 988 \(then press 1\) as a way for Veterans to quickly connect with caring, qualified crisis support 24/7](#); proposing a new rule that would [reduce or eliminate copayments](#) for Veterans at risk of suicide; conducting an ongoing public outreach effort on [firearm suicide prevention and lethal means safety](#); and leveraging a [national Veteran suicide prevention awareness campaign](#), "Don't Wait. Reach Out."

###

Reporters covering this issue can download [VA's Safe Messaging Best Practices](#) fact sheet or visit [ReportingOnSuicide.org](https://ReportingOnSuicide.org) for important guidance on how to communicate about suicide.

If you're a Veteran in crisis or concerned about one, contact the Veterans Crisis Line to receive 24/7 confidential support. You don't have to be enrolled in VA benefits or health care to connect. To reach responders, Dial 988 then Press 1, chat online at [VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat), or text 838255.



# Fort Carson and the Surrounding Community

## Attention **Diversus** Parents...

*join our Mental Health Series focusing on...*

### Grief – The Healing Process after Loss

March 9, 2023  
6:30–7:30 PM via Zoom



<https://cookcenter.info/DiversusMarch9>  
REGISTER HERE:



**DIVERSUS**  
HEALTH



Save the date for March 9! A free parenting course about the healing process after a loss.

Register: <https://cookcenter.info/DiversusMarch9>

Keep up to date with local events and deals with the



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## COMMUNITY NEWSLETTER

# Fort Carson and the Surrounding Community



Colorado

## MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					3	4
5	6			9	10	11
						18
19				23		
26		28	29	30		

**Dr Seuss Day**  
 Thurs 3/2  
**Womens Day**  
 Wed 3/8  
 Time Change  
 Sun 3/12  
**St Patricks Day**  
 Rocks  
 3/13-3/17  
**Coffee Connections**  
 Fri 3/17  
 Happy Spring!  
 Mon 3/20  
**Teddy Bear Club**  
 Tues 3/21  
**Family Game Night**  
 Fri 3/24  
**Dominos**  
 Fri 3/31  
**Fueling The Forces**  
 Lunch  
 Wednesdays 1130  
 Texas Roadhouse  
 3/27

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# *Come Consign Your Crafts* on Fort Carson at **TUMBLEWEEDS AT THE MOUNTAIN POST**

If you are Active Duty, a Military Spouse  
or Dependent, Retiree or a Retiree Spouse,  
we'd love to hear more about your craft!

**JOIN OUR FUN TEAM OF ARTS AND CRAFTS CONSIGNERS!**



**Please call, stop by or send us a Facebook message to learn more about consigning.**

Our crafty consigners retain 80% of their sales profit while  
20% helps Tumbleweeds give back to the Fort Carson Community  
and maintain our everyday operations.

Consigners can opt to volunteer a couple of times  
a month or pay \$30 a month for a consigner fee.



**TUMBLEWEEDS**  
AT THE MOUNTAIN POST



Call us at 719.393.3734 or visit us on Facebook and Instagram!

1510 Chiles Ave Fort Carson, Colorado

**LOCATED ACROSS FROM DOMINOS IN THE MINI MALL.**



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**TUMBLEWEEDS**  
AT THE MOUNTAIN POST

# MARCH CLASSES



Tumbleweeds at the mountain post has been offering paint & craft classes since 2012!

**ALL CLASSES CAN BE OFFERED AS PARTIES TO FIT YOUR NEEDS/SCHEDULE**

## PAINT ON POST



Paint on Post  
March 10th 6-8 PM  
\$15/Person Ages 15+

## KIDS CAN CRAFT



EVERY FRIDAY THIS MONTH!  
ONLY \$5/ hour any age

## SEW A TOTE



Tuesday Mar. 14th  
\$10 bring your own materials  
\$20 if store provides  
Need to bring a sewing machine  
or rent one for \$5 (3 available)



## SEW A TOTE

Tuesday Mar. 21st  
\$10 bring your own materials  
\$20 if store provides  
Need to bring a sewing machine  
or rent one for \$5 (3 available)

## KIDS CAN PAINT



Kids Can Paint  
March 18th 1-3 PM  
\$10 per person for ages 7+

## HANGER ORGANIZER

In place of embroidery, choice of third pocket or Velcro strips (for name tape storage) will be available options



March 28th & 30th 1-2:30 PM  
Need to bring a sewing machine  
or rent one for \$5 (3 available)  
\$5 per person for ages 7+

**PLEASE CALL, MESSAGE OR EMAIL TO PRE-REGISTER/PREPAY FOR ALL CLASSES**

CALL, EMAIL OR MESSAGE US WITH QUESTIONS  
LOCATED IN THE ADMINI DOORS NEAR DOMINOS  
1510 CHILES AVE FORT CARSON, CO  
719-393-3734

**NEW HOURS!**  
Closed Mondays  
Tues 11-3  
Wed 11-3  
Thurs 11-3  
Fri 11-5  
Sat 10-3

**TUMBLEWEEDS IS A GREAT RESOURCE FOR  
MILITARY, SPOUSES AND RETIREES TO COME  
TOGETHER TO GET CRAFTY, VOLUNTEER,  
CONSIGN AND SHOP!**



Keep up to date with local events and deals with the



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**TUMBLEWEEDS**  
AT THE MOUNTAIN POST



## COME PARTY WITH US!

Tumbleweeds at the Mountain Post is your on-base place to craft and party! We offer monthly classes as well as private parties for any skill level!



Kid/Adult Classes  
Birthday Parties  
SFRG Events  
Just Because



**CANVAS PAINTING - SIGN MAKING - SEWING CLASSES  
LOOM CLASSES - JEWELRY MAKING - AND MORE!**

*Whatever your occasion, we would love to host a special creative event for you!*

CALL US AT 719-393-3734 OR EMAIL/FACEBOOK MESSAGE US!

1510 CHILES AVE FORT CARSON, CO

LOCATED INSIDE THE ADMINISTRATION DOORS BY DOMINOS

Email: [tumbleweedsatthemountainpost@gmail.com](mailto:tumbleweedsatthemountainpost@gmail.com)



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# Artist/Painter Needed

Do you want to craft in a fun, exciting space with other military families?

Tumbleweeds at the Mountain Post is looking for someone who has a creative side and is interested in volunteering every month to teach painting classes to children and adults of all ages.



If this sounds like something you would be interested in call or message us today!

CALL US AT 719-393-3734 OR VISITS ON FACEBOOK AND INSTAGRAM

1510 CHILES AVE FORT CARSON, COLORADO

LOCATED IN THE ADMINISTRATIVE DOORS NEAR DOMINOS AT THE  
OPPOSITE END OF THE CLASS 6.

**TUMBLEWEEDS**  
AT THE MOUNTAIN POST



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Tumbleweeds' Scholarship Committee facilitates and awards merit-based scholarships for eligible applicants in the Colorado Springs, Colorado military community.

Currently accepting donations for the 2023-2024 School year.



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## SEEKING MALE PARTNERS OF SERVICE MEMBERS



We want to hear your opinions about firearm storage and injury prevention for a research study.

Sessions held virtually.

Participation is voluntary and confidential.

You may be eligible for a \$50 gift card.

### INTERESTED?



Please email us at  
[betzlab@cuanschutz.edu](mailto:betzlab@cuanschutz.edu)  
or scan the QR code.





# Fort Carson and the Surrounding Community



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## PASS IT ON COMMUNITY NEWSLETTER

### ARE YOU AND YOUR PARTNER BOTH SERVICE MEMBERS?

We want to hear your opinions about firearm storage and injury prevention for a research study.

Sessions held virtually.  
Participation is voluntary and confidential.  
You may be eligible for a \$50 gift card.

### INTERESTED?

PLEASE EMAIL US AT  
[BETZLAB@CUANSCHUTZ.EDU](mailto:BETZLAB@CUANSCHUTZ.EDU)  
OR SCAN THE QR CODE.



University of Colorado Anschutz Medical Campus

COMIRB #21-4279

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# HELP PREVENT SUICIDE BY FIREARM AMONGST OUR SERVICE MEMBERS

SHARE YOUR OPINIONS ON FIREARM  
SAFETY AND INJURY PREVENTION  
FOR A RESEARCH STUDY

PARTICIPATION IS VOLUNTARY AND  
CONFIDENTIAL. YOU MAY BE  
ELIGIBLE FOR A \$50 GIFT CARD.

SCAN THE QR CODE BELOW FOR  
MORE INFORMATION



School of Medicine  
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

COMIRB # 21-4279



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## MILITARY ON SOURCE

April 25, 2022, 6:00 p.m. | 4 minute read | 35,395 views

### **OurRelationship – Flexible Online Support for Military Couples**

Many couples have times when their relationship could use some help. But not every couple needs the same kind of help, or in the same way. OurRelationship is a flexible, online, evidence-based tool that gives military couples the choice to work on their own or with a coach to strengthen their relationship. It is tailored to the military community and free for active-duty, Guard and reserve couples.

[Check out OurRelationship](#)

#### **How OurRelationship works**

OurRelationship consists of online activities to solve relationship problems. Couples can choose which issues to focus on, including these common ones:

- Communication and conflict
- Emotional distance and love
- Trust

Couples can complete the online activities together or separately, making it ideal for those separated because of deployment or other reasons.

#### **Coaching option**

Couples who choose the OurRelationships coaching option are more likely to complete the program and get more out of it. Their online activities are reinforced with phone or video calls with a coach. This option:

- Includes five weekly 20-minute calls with a coach who helps you tailor the online program and activities to meet your needs.

Permalink: <https://www.militaryonesource.mil/relationships/married-domestic-partner/ourrelationship-military-couple-support/>

1

<https://www.militaryonesource.mil/relationships/married-domestic-partner/ourrelationship-military-couple-support/>

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- Can be completed on your schedule, days, evenings or weekends.
- Allows participants to select their coach. They can [learn about the coaches](#) by browsing the OurRelationships website. Some coaches have a military background.

### Self-guided option

Couples who choose the self-guided option complete the online activities without outside support. The self-guided option:

- Is good for highly-motivated couples.
- Encourages structured conversations and includes tasks to complete outside of the reading material and video content.
- Includes feedback tailored to the couple's responses.

Both the self-guided and coaching options take four to six weeks to complete.

### Who can benefit from OurRelationship

OurRelationship is one of the [several relationship resources](#) Military OneSource offers for free. The OurRelationship program is most helpful for couples who:

- Are highly motivated and want to improve their relationship on their own.
- Have only a few areas in their relationship they would like to improve.
- Want to give their relationship a boost in a shorter timeframe.
- Want a little additional support without the full commitment of a therapist or don't want another person involved in helping them strengthen their relationship.
- Need the flexibility of completing the program either separate from each other or outside of standard business hours.

The program requires a lot of reading, so is not recommended for those with difficulty in that area. It also requires access to technology, including internet.

### More relationship support from Military OneSource

Service members and military couples have access to a range of relationship support resources designed to meet different needs. Learn about the many ways Military OneSource and the service branches support couples on the [Re The We](#) webpage. You'll find resources, such as:

- [Non-medical counseling](#) from your installation's [Military and Family Life Counseling Program](#) or Military OneSource. Non-medical counseling is available in person, via online chat, by phone or video.

<https://www.militaryonesource.mil/relationships/married-domestic-partner/ourrelationship-military-couple-support/>



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DEPARTMENT OF THE ARMY  
OFFICE OF THE STAFF JUDGE ADVOCATE  
1633 MEKONG STREET, BUILDING 6222  
FORT CARSON, COLORADO 80913-4303

December 21, 2022

SUBJECT: 2023 Fort Carson Tax Services

Dear 4ID and Fort Carson Community,

In the past, the Office of the Staff Judge Advocate (OSJA) at Fort Carson has participated in the Internal Revenue Service's Voluntary Income Tax Assistance (VITA) Program to provide tax preparation services. In recent years, many additional practice areas have been added to our Legal Assistance attorneys' portfolio, including assisting victims of domestic violence, advocating for tenants in privatized housing, and explaining legal rights with regards to special education. **Effective October 5, 2022, a decision was made by the Department of the Army for Legal Assistance offices to cease assistance with tax preparation. As a result, the Fort Carson Legal Assistance Office will no longer provide tax preparation services to otherwise eligible persons. We are authorized by regulation and will continue to provide tax preparation services to Gold Star Families.** This decision was not made lightly, and we are sincerely sorry for any inconvenience. Providing top of the line legal advice and services to our clients is our highest priority.

**Moving forward, Soldiers, Families, and retirees can find tax preparation assistance through Military One Source (MilTax) or through the Internal Revenue Service at <https://irs.treasury.gov/freetaxprep/>.** Although tax preparation services will no longer be offered by the Fort Carson Legal Assistance Office, our attorneys remain available to help guide clients in the right direction.

**We will be offering a tax brief every Friday at 1300 beginning on January 6, 2023 and ending on April 14, 2023 (the Friday before Tax Day).** This brief will cover the most frequently asked questions surrounding income taxes and provide attendees a next step in the tax preparation process.

We appreciate your support as we work with our attorneys to steward a new generation of Legal Assistance services and tax support to our clients.

The Point of Contact for this memorandum is CPT Wesley Brown at (719) 526-5572.

Very Respectfully,

Wesley Brown  
Captain, U.S. Army  
Tax Services Officer in Charge

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## FORT CARSON LEGAL INFO PAPER

### TAX PREPARATION

#### FEDERAL AND STATE



#### WHO SHOULD FILE TAXES?

U.S. citizens and permanent residents who work in the United States must file a tax return if they make more than the filing requirement amount (see Table 1 below).

Table 1. Filing Requirements Chart (via IRS Publication 501)

IF your filing status is...	AND at the end of 2022 you were...	THEN file a return if your gross income was at least...
single	under 65	\$12,950
	65 or older	\$14,700
head of household	under 65	\$19,400
	65 or older	\$21,150
married filing jointly***	under 65 (both spouses)	\$25,900
	65 or older (one spouse)	\$27,300
	65 or older (both spouses)	\$28,700
married filing separately	any age	\$5
qualifying surviving spouse	under 65	\$25,900
	65 or older	\$27,300

#### WHO CAN I CLAIM AS A DEPENDENT?

There are two types of dependents: qualifying children and qualifying relatives. Qualifying children are explained below. A qualifying relative is a relative that is a U.S. citizen, U.S. national, U.S. resident, or a resident of Canada or Mexico for whom you provide more than half of their financial support. A qualifying relative could include your parents, stepparents, grandparents, nieces and nephews, in-laws and any other blood ancestor who does not reside with you. Other more distant relatives may still qualify if they live with you for the entire tax year.

#### IS THERE AN AGE LIMIT ON CLAIMING MY CHILD AS A DEPENDENT?

To claim your child as your dependent, your child must meet either the qualifying child test or the qualifying relative test. To meet the qualifying child test, your child must be younger than you and either younger than 19 years old or be a "student" younger than 24 years old as of the end of the calendar year. There is no age limit if your child is "permanently and totally disabled" or meets the qualifying relative test.

#### HOW CAN I REDUCE MY TAX BILL?

The tax code provides several ways to control your tax bill through deductions and credits. Tax deductions allow you to reduce your taxable income, and tax credits allow you to directly reduce your tax liability. When you make income from a job, you can often reduce your taxable income by contributing to an employer-sponsored retirement plan or your own individual retirement account (IRA). You may also have a high deductible health plan through your employer with access to a health savings account (HSA) or flexible spending account (FSA). All these accounts allow you to contribute pretax dollars to invest or hold in cash for saving or for certain expenses. As a result, these contributions lower your taxable income and save you money on your tax bill. If you have dependents, you may qualify for the child tax credit.

#### WHAT KIND OF DEDUCTIONS DO I QUALIFY FOR?

Almost everyone qualifies for the standard deduction or itemized deductions that reduce your taxable income. These are often the largest deductions available to you. As an employee, you can deduct contributions made to IRAs, HSAs and FSAs when preparing your Form 1040. For employees, contributions made to your 401(k) or other employer sponsored retirement plan during the year will not need to be deducted on your tax return. Instead, these dollars have already been taken out of your wages as shown on your Form W-2. Further, you can deduct student loan interest if you meet certain income criteria as well as home mortgage interest, state and local taxes and more. If you work a side job, as an independent contractor, or own a small business, you can deduct a lot of the costs related to running and maintaining your business. You have access to deductions for your home office, self-employment taxes, supplies, equipment, depreciation, health and business insurance, utilities and much more.



**SHOULD I CLAIM THE STANDARD DEDUCTION OR ITEMIZE?**

For most people, the standard deduction will save you more money on your tax bill. The standard deduction amount is subject to change every year. You should check every year to determine the standard deduction amount. If you believe that your itemized deduction will save you more than the amounts listed above, calculate them, and compare to determine which decision is right for you.

**WHAT IS BETTER: A TAX CREDIT OR A TAX DEDUCTION?**

All things being equal, a tax credit is often preferable to a tax deduction. Tax credits reduce your tax liability dollar for dollar while tax deductions lower your taxable income. For example, if you prepare your taxes and have a total tax bill of \$10,000, a \$1,000 tax credit would reduce your bill by \$1,000. If you had a \$1,000 tax deduction and earned \$50,000 in taxable income, your income tax liability wouldn't decrease by \$1,000. Instead, your taxable income would now be \$49,000. Depending on your tax bracket, that means you would save anywhere from \$0 to \$370 as compared to \$1,000 from a tax credit.

**WHERE CAN I GO FOR FREE HELP?**

Fort Carson does not have a Tax Center this year. For tax preparation help, use one of the civilian resources below:

IRS VITA Program: <https://irs.treasury.gov/freetaxprep/>

MilTax: <https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/>

**WHAT TO BRING WITH YOU TO YOUR CIVILIAN TAX PREPARATION APPOINTMENT:**

- ☐ Photo identification (or another valid form of identification)
- ☐ The Social Security cards for all people included on the tax return
  - ☐ An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for your spouse or dependents if you do not have a Social Security number
  - ☐ Proof of foreign status (if applying for an ITIN)
- ☐ Birth dates for you, your spouse and all people included on the tax return
- ☐ A copy of last year's federal and state tax returns (if available)
- ☐ Proof of bank account routing and account numbers for direct deposit such as a blank check
- ☐ **Military personnel should have:**
  - ☐ W-2 (found on mypay.dfas.mil)
  - ☐ 1095 (found on mypay.dfas.mil)
  - ☐ 1099INT (found on mypay.dfas.mil) (If you earned more than \$10 in interest for the year)
- ☐ **You may need:**
  - ☐ 1099-MISC
  - ☐ 1099-G (Most commonly unemployment)
  - ☐ 1099-K (If you earned more than \$20,000 from a service like Uber or Lyft)
  - ☐ 1099-DIV (If you earned money from dividends and distributions)
  - ☐ 1098-T (If you paid college tuition expenses)
  - ☐ 1098 (If you paid \$600 or more in mortgage interest)
  - ☐ 1095-(A, B, and C) (If you receive health insurance from the marketplace)
  - ☐ Total amount paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number

*This is an informative handout from the Fort Carson Legal Assistance Office containing general information on a topic that legal assistance attorneys frequently advise on. Information provided is general in nature and does not constitute legal advice. Consult an attorney for specific legal advice for your particular situation.*

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## MILTAX: FREE SOFTWARE & SUPPORT



Account for the complexities of MilLife with free tax software and one-on-one help from military tax experts.

### \$0. No, Really. MilTax is Like No Other.

Military life can make for tricky taxes. To help, the Defense Department offers MilTax software through Military OneSource. It's built to account for deployments, combat and training pay, housing and rentals, multistate filings, living OCONUS and more.

Log in to Military OneSource to Access MilTax Software

**LOG IN TO START**

Don't have an account? [Create one.](#)

Or [get help accessing MilTax.](#)

### Connect With Military Tax Consultants

If you have questions, enlist free one-on-one help from MilTax experts: tax pros with special training in military-specific tax situations. Call or chat anytime 24/7 to schedule a consultation, or get in person support at a Volunteer Income Tax Support Assistance office location.

VITA support may also be available elsewhere in your state but is not available in every state or location.

### Talk to a Tax Pro

Call to schedule a consultation

**CALL 800-342-9647**

[OCONUS calling options](#)

Chat to schedule a consultation

**CHAT NOW**

Find a VITA location near you

**FIND IT**

**[CLICK HERE TO GO TO MILITARY ONESOURCE MILTAX WEBPAGE](#)**



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# TAX PREP



**FREE PERSONAL INCOME TAX  
PREPARATION ASSISTANCE  
FOR VETERANS AND MILITARY MEMBERS**

**BY APPOINTMENT ONLY - Call 719-772-7000**

**AARP** Foundation

AARP Foundation volunteers are back to help  
Military and Veterans prepare taxes for free.  
Call 719-772-7000 to schedule an appointment.  
February 1-April 12.

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## SURVIVING THE STORM

### SUICIDE LOSS GRIEF SUPPORT GROUPS

#### GROUP BY AGE

##### .....> ADULT GRIEF GROUP

Tuesdays 6-7:30pm

\*This is a **closed** group that  
requires PRE-registration

##### .....> TEEN GRIEF GROUP

Wednesdays 6-7:30pm

##### .....> KIDS GRIEF GROUP

Fridays 6-7pm

##### .....> HEARTBEAT SUICIDE LOSS SURVIVOR GROUP

Fridays 6-7pm

\*This is an adult suicide loss grief group

All groups  
are  
**FREE**

Snacks  
and drinks  
provided

Registration  
required



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

[info@pikespeaksuicideprevention.org](mailto:info@pikespeaksuicideprevention.org)



#### CONTACT US

719-573-7447

704 N Tejon St

Colorado Springs, CO, 80903



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## Be Herd Wellness Group

Open to the public at NO-COST for people  
to find connection and community among  
StableStrides' herd of therapy horses.



Colorado  
Springs



The 2nd Wednesday of every month.  
Open to anyone 18+ living with a mental health condition.

4:30 - 6:00 p.m.

StableStrides at Norris Penrose Events Center  
1035 Lower Gold Camp Rd.  
(Meeting in the office)

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Wednesdays starting February 1st, 6-8:30 p.m.  
Southeast Colorado Springs\*

\*Exact location provided upon registration

**NAMI Homefront** is a free, 6-session educational program taught by trained family members of service members/veterans with mental health conditions.

- Confidential & safe
- Peer led conversations around mental health in the military
- Become a part of a supportive and connected community



Learn to care for yourself  
and support your family  
member with compassion



Understand current  
research, treatments and  
evidence-based therapies



Navigate challenges that  
impact and affect the  
entire family



Manage a crisis, solve  
problems and  
communicate effectively

### REGISTRATION REQUIRED

To register or find out more information:  
namicoloradosprings.org • 719-473-8477 • AngelaSweeten@namicos.org



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. If you have questions about Homefront or NAMI, please contact our office at 719-473-8477 or email AngelaSweeten@namicos.org.



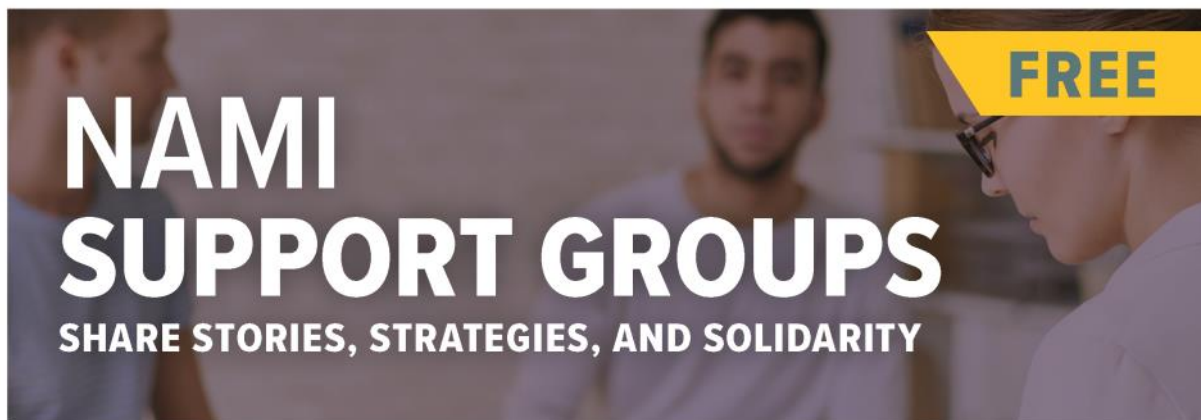
Scan the QR code to learn more



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# NAMI SUPPORT GROUPS

SHARE STORIES, STRATEGIES, AND SOLIDARITY

NAMI Colorado Springs is offering both **virtual support groups on Zoom** and **in-person groups at First United Methodist Church**, 420 N. Nevada Ave., in downtown Colorado Springs. All are led by trained peers — people who either manage a mental illness or love someone who does.

## BASICS SUPPORT GROUP

For parents and caregivers of children and teens showing signs of mental illness

**2nd Mondays, 7-8:30 p.m., virtual**

## CONNECTION SUPPORT GROUP

For adults experiencing mental illness

**Tuesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person**

## FAMILY SUPPORT GROUP

For family members of adults experiencing mental illness

**1st Wednesdays, 7-8:30 p.m., virtual • Thursdays, 7-8:30 p.m., in person**

**In-person group participants must pre-register:** Call 719.473.8477 or email [office@namicos.org](mailto:office@namicos.org) by noon on the day of the group.

In-person groups will follow social distancing protocols.

**Virtual group participants** can find call-in info at [namicoloradosprings.org](http://namicoloradosprings.org).



NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

**719.473.8477 | [office@namicos.org](mailto:office@namicos.org) | [namicoloradosprings.org](http://namicoloradosprings.org)**



The NAMI office at 1615 S. Murray Blvd., is open weekdays, 9 to 5.

# Fort Carson and the Surrounding Community

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EAGLE'S NEST  
RANCH



## Healing Horses for the Armed Forces



Active duty and veteran service members as well as their family members are invited to come to the ranch and spend time with a horse free of charge.

Experience a safe place to adjust, reconnect, and be reminded that there is always hope ... no matter what you have faced.

*Contact us to schedule a session.*

**Suzy MacKenzie**

Founder and Executive Director

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

[eaglesnestranch501@gmail.com](mailto:eaglesnestranch501@gmail.com)

303.596.2784 • P.O. Box 1677, Parker, CO 80134





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# To the Battlefield and Back Again

Dialogues on the Experience of War

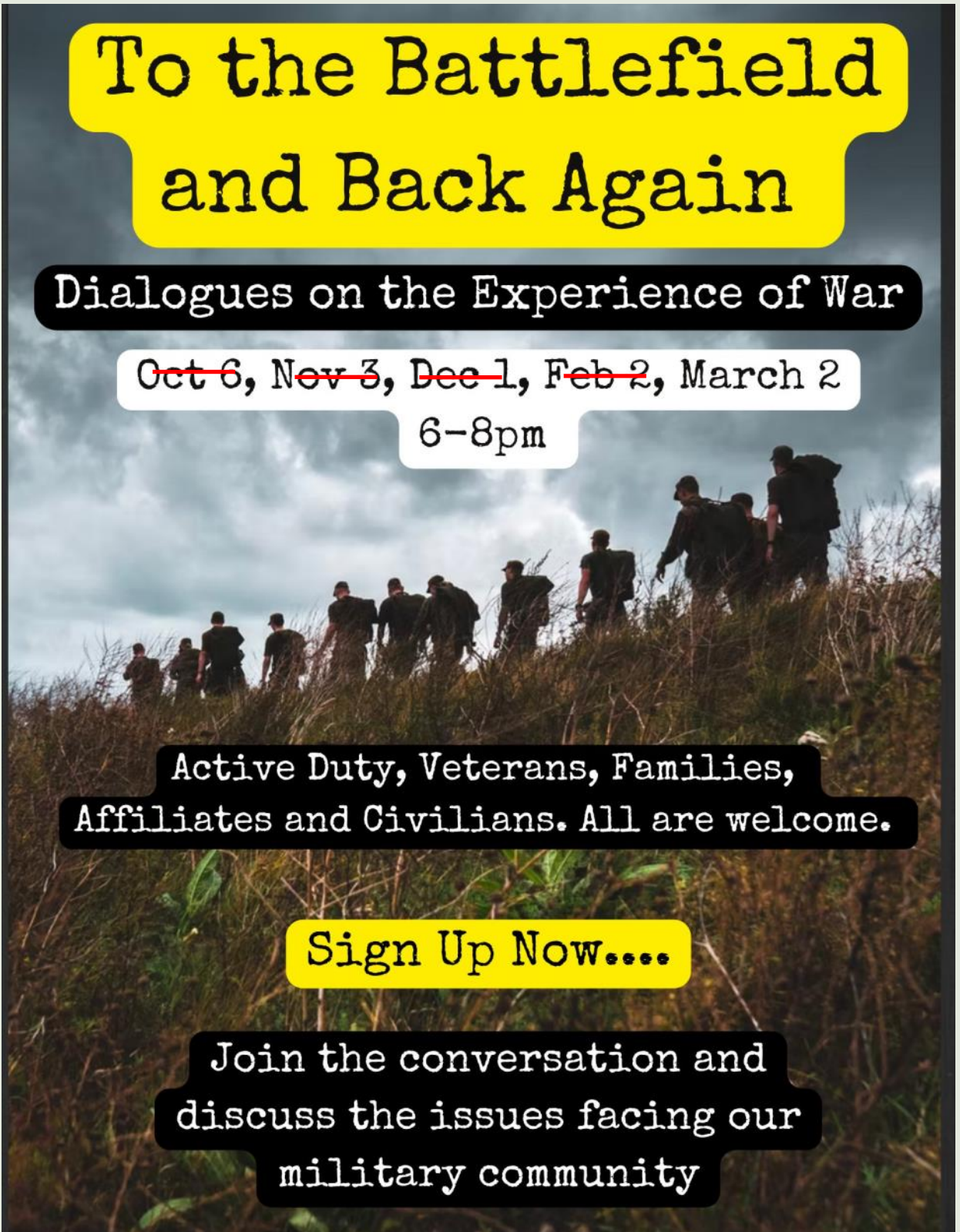
~~Oct 6~~, ~~Nov 3~~, ~~Dec 1~~, ~~Feb 2~~, March 2

6-8pm

Active Duty, Veterans, Families,  
Affiliates and Civilians. All are welcome.

Sign Up Now....

Join the conversation and  
discuss the issues facing our  
military community





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Free Dinner & Child Care!



Circle of Fathers

## Sharing ideas. Sharing support.

Fathers, we're only human and we need each other. We're under all kinds of stress trying to raise kids to reach their full potential. It's a lot of pressure and no one can do it alone.

Circle of Parents® provides a friendly, supportive community led by parents and other caregivers where parents are the experts.

**WHAT:** Join other fathers in our community to share support, tips and advice or just talk. This is a safe space for sharing the ups and downs of parenting, created for fathers and led by fathers.



Colorado Chapter  
**CIRCLE of PARENTS®**  
CIRCLE of FATHERS

**WHEN:** 2nd & 4th Thursday of Every Month  
Dinner at 5pm; Meeting at 5:30pm

**WHERE:** Helen Hunt School  
909 E Moreno Ave, Colorado Springs, CO 80903

**OR** Online via Zoom!

Zoom link: <https://us02web.zoom.us/j/93350305448>



Catholic  
Charities  
of Central Colorado

### LEARN MORE:

Contact Adam at [adamnscombs@gmail.com](mailto:adamnscombs@gmail.com)  
or Adrian Nuñez at [anunez6293@my.pmi.edu](mailto:anunez6293@my.pmi.edu)

Join us on Facebook: <https://www.facebook.com/groups/CircleOfFathers/>

Join Us!  
Visit [CircleOfParentsCO.org](http://CircleOfParentsCO.org)



**illuminate**  
Building Brighter Childhoods

Illuminate Colorado, a statewide 501(c)(3) organization dedicated to strengthening families, organizations and communities to prevent child maltreatment, is the state chapter lead for Circle of Parents®. [www.illuminatecolorado.org](http://www.illuminatecolorado.org)



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Free Dinner & Child Care!

# FATHERS OF FREEDOM

**You are not alone. We're here for you.**

Fathers, we're only human and we need each other. We're under all kinds of stress trying to raise kids to reach their full potential. It's a lot of pressure and no one can do it alone.

Circle of Parents® provides a friendly, supportive community led by parents and other caregivers where parents are the experts.

**WHAT:** Join other military fathers in our community to share support, tips and advice or just talk. This is a safe space for sharing the ups and downs of parenting, created for military fathers and led by military fathers.



**WHEN:** 1st & 3rd Tuesday of Every Month  
Dinner at 5pm; Meeting at 5:30pm

**WHERE:** Helen Hunt School  
909 E Moreno Ave, Colorado Springs, CO 80903

**OR** Online via Zoom!  
Zoom link: <https://us02web.zoom.us/j/85139958491>



**LEARN MORE:**  
Contact Adam at [adamnscombs@gmail.com](mailto:adamnscombs@gmail.com)  
or Adrian Nuñez at [anunez6293@my.pmi.edu](mailto:anunez6293@my.pmi.edu)

Join us on Facebook: <https://www.facebook.com/groups/FathersOfFreedom/>

**Join Us!**  
**Visit CircleOfParentsCO.org**



Illuminate Colorado, a statewide 501(c)(3) organization dedicated to strengthening families, organizations and communities to prevent child maltreatment, is the state chapter lead for Circle of Parents®. [www.illuminatecolorado.org](http://www.illuminatecolorado.org)