The "Pass It On" is available online at: https://carson.armymwr.com/programs/pass-it-on

18 OCTOBER 2019

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 Community Service:

719-526-4590

On Facebook: Fort Carson Army Community Service

On the web:

https://carson.armymwr.com/programs/army-community-service

[Also In this issue]

ACS PROGRAMS

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ARMY FUNDED LEGAL EDUCATION PROGRAM

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GREEN TO GOLD

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HOUSING REGISTRY

H&R BLOCK SCHOLARSHIPS

INCLINE RULES

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RSO/OIC CLASS CHANGE

RSO/OIC CLASS CHANGE

SEE SOMETHING, SAY SOMETHING

SOCIETY OF MILITARY WIDOWS CONVENTION

THUNDER ALLEY BOWLING CENTER

TRICARE CHANGES

TRICARE WOMENS HEALTH SERVICES

USO HOLIDAY PROGRAMS

** NEW ADDITIONS HIGHLIGHTED

KEEP YOURSELF CURRENT



18-21 & 25-28 OCT LANETTE L. KINCAIDE BOOK SIGNING

19 OLD COLORADO CITY HARVEST FEST

19 OCT TEEN READ DAY

19 OCT EXCHANGE NERF EVENT

19 OCT FREE CAR SEAT INSPECTION

20 OCT RSO TRUNK OR TREAT (VOLUNTEERS NEEDED)

22 OCT MILSPOUSEFEST

22 OCT FREE VETERANS LEGAL CLINIC

23 OCT HIRING OUR HEROES MILITARY SPOUSE HIRING FAIR

24 OCT VOLUNTEER OF THE QUARTER AWARD CEREMONY @ DIVISION

HEADQUARTERS. 1300

24 OCT PUMPKIN SPLASH

24 OCT USO PATHFINDER EMPLOYMENT WORKSHOP

25 OCT CITY OF FOUNTAIN TRUNK OR TREAT

25 OCT FREE LEGAL RESOURCE DAY

25 OCT USO COFFEE CONNECTION

25 OCT EVANS ARMY COMMUNITY HOSPITAL TRUNK OR TREAT & HAUNTED HOUSE

26 OCT MAKE A DIFFERENCE DAY

26 OCT PUMPKIN SHOOT OUT

26 OCT CLIMBING WALL SCAVENGER HUNT

26 OCT PETERSON MAIN EXCHANGE HAUNTED TRAIL

26 OCT PRUSSMAN CHAPEL FALL FESTIVAL

26 OCT STABLE STRIDES TRUNK OR TREAT

20 OCT STABLE STRIBES TRONK

28 OCT SURVIVING SCHOOL

28 OCT 2019 CAREER & FEDERAL INTERNSHIP FAIR

30 OCT ACS HALLOWEEN PARTY

31 OCT ACS EFMP TRICK OR TREAT

31 OCT ARMY FAMILY ACTION PLAN SUBMISSION DEADLINE

SAVE THE DATE

4-8 NOV PREP CONNECT 360 - REGISTER NOW

11 NOV - 9 DEC TRICARE OPEN SEASON

19-22 NOV FLU VACCINE CLINIC



COMMUNITY INFORMATION EXCHANGE

The next Community Information Exchange will be held on Wednesday, November 13 at 9 a.m. Everyone is always welcome to attend the CIEs which are held at the Elkhorn Conference Center, building 7300, 1725 Woodfill Road. Representatives from various organizations share information and take questions during the CIE. Check out the Community Information "read ahead," which includes information and websites shared during each month's Community Information Exchange (CIE). https://www.carson.army.mil/calendar.html#three.

GREEN TO GOLD

Green to Gold briefings will be held at the Fort Carson Education Center from noon to 1:15 p.m. Nov. 12 and 19 and Dec. 3 and 17. For more information, contact Don Caughey at 719-255-3475, Donald.C.Caughey.civ@mail.mil or visit http://www.goarmy.com/rotc/enlisted-soldiers.html.

CIF CLOSURE

Army Field Support Battalion-Carson's Central Issue Facility (CIF), located at buildings 1525 and 330, will be closed Oct. 11-18 for an annual inventory. Minimal manning for emergency walk-in requirements will be approved and coordinated through Larry Parks at 524-1888. For more information, call 524-1888 or email larry.a.parks4.civ@mail.mil.

SOCIETY OF MILITARY WIDOWS CONVENTION

October 14-19 in Colorado Springs. Please contact Margaret at 719-331-6689 for more information.

RSO/OIC CLASS CHANGE

Due to schedule challenges, the Range Safety Officer (RSO)/Officer in Charge (OIC) courses for October will occur Oct. 3 and 24 at McMahon Auditorium. Doors will open at noon for registration and close at 12:55 p.m. The class supports all leaders in the grade of sergeant and above.

ENERGY ACTION MONTH

Energy Action Month tip of the week: Each temperature degree adjustment (warmer during cooling season and colder during heating season) saves up to 3 percent in utility costs. If work space areas are experiencing temperature control issues (too hot or too cold), call in a service order to the Directorate of Public Works operations and maintenance contractor at 526-5345. (Source U.S. Army)

CONTINUUM OF SERVICE CHANGE

Effective Nov. 5, the Continuum of Military Service Briefing will be conducted every Tuesday and Thursday at 10 a.m. at The Reserve Component Transition Office, building 1042, 1853 O'Connell Blvd. This is the mandatory briefing all Soldiers who plan to separate from active duty must attend before they can start clearing.

DFMWR SKI PASSES/ EVENT TICKETS

The Directorate of Family and Morale, Welfare and Recreation Leisure Travel Services (LTS) has the following ski passes and tickets available for purchase. LTS is located at the HUB, building 1532, Specker Avenue.

- --IKON Pass: adult/child (ages 5-12) \$579; unlimited access to 14 Destinations with seven days access at 25 other destinations (includes Winter Park, Copper Mountain, Steamboat Springs, Eldora, Solitude Mountain (in Utah), Squaw Valley Alpine Meadows (California), Mammoth Mountain (CA), June Mountain (CA) Big Bear Mountain Resort (California) (Purchase by Dec. 1)
- --IKON Base: Unlimited access to 12 Destinations with five days at 28 destinations. Includes same locations as IKON Pass, but also has blackout dates. (Purchase by Dec. 1)

- --Elitch Gardens Fright Fest is an additional combo ticket (\$22) that must be purchased along with the entry ticket (\$34 or buy three get one free) that is sold at LTS.
- --Universal Horror Nights is an additional ticket for Halloween.
- --Overdrive Raceway: Indoor Race Track, \$43 gets 3 people a race.

COLORADO SKI RESORTS OPENING & CLOSING DATES 2019-2020

Are you ready for some fresh powder this year? The 2019-20 ski season is right around the corner. Here's a look at all the opening and closing dates for the 2019-2020 ski season at every resort in Colorado.

Editor's note: Dates are subject to change, pending weather.

- 1. Arapahoe Basin: Mid-October to June 7 (SnowPak estimates a 10/11/2019 opening date)
- 2. Aspen Highlands: December 7 to April 12
- 3. Aspen Mountain: November 28 to April 19
- 4. Beaver Creek: November 27 to April 12
- 5. Breckenridge: November 8 to May 25
- 6. Buttermilk Mountain: December 7 to April 5
- 7. Cooper: December 7 to April 12
- 8. Copper Mountain: November 8 to April 19
- 9. Crested Butte: November 7 to April 12
- 10. Echo Mountain: November 29 to April 12
- 11. Eldora Mountain: November 29 to April 12
- 12. Granby Ranch: December 13 to March 29
- 13. Hesperus: December 21 to TBD
- 14. Howelsen Hill: November 30 to March 15
- 15. Loveland: Mid-October to May 5
- 16. Kendall Mountain: December 14 to March 29
- 17. Monarch: November 22 to April 5
- 18. Keystone: Mid-October to April 12
- 19. Powderhorn: December 13 to March 29
- 20. Purgatory: November 23 to TBD
- 21. Silverton: December 26 to April 19
- 22. Snowmass: November 28 to April 19
- 23. Steamboat: November 23 to April 12
- 24. Sunlight: December 13 to April 5
- 25. Telluride: November 28 to April 5
- 26. Vail: November 15 to April 2020
- 27. Winter Park: November 14 to May 3
- 28. Wolf Creek: November 1 to April 5

ARMY FUNDED LEGAL EDUCATION PROGRAM

The Office of the Judge Advocate General (JAG) is now accepting applications for the Army's Funded Legal Education Program. Under this program, the Army sends up to 25 active-duty commissioned officers to law school each year at the government's expense. Those selected at this year's board will attend law school in the fall of 2020 and will remain on active duty. Interested officers should review Army Military Personnel (MILPER) Message 19-190 and Chapter 10, Army Regulation 27-1, to determine eligibility. This program is open to commissioned officers who can begin law school with at least two but not more than six years of total active federal service. Eligibility is governed by statute (10 U.S.C. 2004) and is nonwaivable. Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test, as the application must be submitted through the chain of command no later than Nov. 1. Other application information can be found in Army MILPER Message 19-190.

For questions and more information about the program, contact Capt. Stephen M. Fellows at stephen.m.fellows.mil@mail.mil or Capt. John R. Williams at john.r.williams443.mil@mail.mil. Interested officers are invited to attend an information session Oct. 1 at noon at the Fort Carson Office of the Staff Judge Advocate, 1633 Mekong St., building 6222, room 211.

REPORTING STATUS UPDATES

To get the latest information on Fort Carson road conditions and reporting status, follow @USArmy_FtCarson on Twitter, U.S. Army Fort Carson on Facebook or visit the Fort Carson website at www.carson.army.mil.

HOUSING REGISTRY CONTACT INFORMATION

Housing Environmental Health Response Registry contact care representatives are available 24/7.

Registry telephone numbers:

Toll free — 800-984-8523

Commercial — 210-295-3700

Call one of the above numbers and take advantage of the registry if anyone in the household has experienced unresolved concerns about housing and related health issues.

FREE VETERANS LEGAL CLINIC

Meet with an attorney free of charge and get information on topics such as veteran's resources, benefits, taxes, housing and family law. **4th Tuesday of each month • 12:30–3 p.m.** at the PFC Floyd K. Lindstrom VA Outpatient Clinic, Mt. Yale Conference room: *3141 Centennial Blvd.*, *Colorado Springs*, *CO 80907*

2019 Dates

Oct. 22 Nov. 26

For more information visit cobar.org/COLawyers4COVeterans. A service provided by the CBA Military & Veterans' Affairs Section. *Come early; clinic will close early if no one is here waiting to be seen.*

SEE SOMETHING, SAY SOMETHING

Anyone who notices suspicious activity or suspicious packages on Fort Carson should report it to one of the organizations/activities listed below. Off-post suspicious activity should be reported to local law enforcement.

- --Military Police: 719-526-2333/5615 or 911(emergencies)
- --308th MI BN, 902nd MI GRP (Rocky Mountain Field Office):

Duty hours: 719-526-4808/4810/4815/5959

After Duty hours/ Duty Agent Mobile (24/7): 719-243-9443 RMFO email: usarmy.carson.902-mi-grp.list.308th-rocky-

mtn-fo@mail.mil

CONUS Hotline: 1-800-CALL-SPY (1-800-225-5779)
--iSALUTE: https://www.inscom.army.mil/isalute/
--CID: 719-526-3991 (After hours is the Military Police)
--Installation Antiterrorism Officer: 719-524-2733

--D8 Schools: Safe2Tell # is: 1-877-542-7233

PLEASE VISIT OUR COMMUNITY PARTNERS AT THE SITES LISTED BELOW

FOUNTAIN FORT CARSON DISTRICT 8 FREE PRESCHOOL PROGRAM: www.ffc8.org/earlychildhood

INSTALLATION POLICY FOR THE SUPERVISION OF CHILDREN: <u>Fort Carson GC Policy #10 - Installation Policy</u> <u>for the Supervision of Children (PDF)</u>

TRICARE CHANGES: https://tricare.mil/LifeEvents/QLE

PEAK MILITARY CARE NETWORK: https://pmcn.org/

YMCA AUTISM RESPITE PROGRAM: https://ppymca.org/programs/youth/rise-respite-program



AREA FALL ACTIVITIES

Cañon City

Boo at the Bridge

October 19 royalgorgebridge.com

Colon Orchards

July 6 - December 9 colonorchards.com

Diana's Pumpkin Patch

September 21 - October 31 weekends only dianaspumpkinpatch.com

Harvest Fest at the Winery

September 28 & 29 abbeywinery.com

Colorado Springs

Boo at the Zoo

October 18 - 20, 25 - 27 & 31 cmzoo.org

Colorado Springs Cool Science Festival

October 12 - 20 coolscience.org

Haunted Brew Fest

October 19

hauntedbrewfest.com

Taste of OCC

September 22 oldcoloradocityfoundation.org

Oktoberfest

September 27 - 29 csoktoberfest.com

Harvest Festival & Miners' Pumpkin Patch

October 5 wmmi.org

Spook Out Shoot Out

October 18 - 20, 25 - 27 worldgolfsandcreek.com

Divide

Howl-o-ween

October 27 wolfeducation.org

Manitou Springs

Emma Crawford

Coffin Race and Parade

October 26

emmacrawfordfestival.com

Monument

Colorado Pumpkin Patch Monument

September 21 - October 31 coloradopumpkinpatch.net

Woodland Park

Oktoberfest

September 21 & 22 woodlandparkchamber.com

Information subject to change.

OLD COLORADO CITY HARVEST FESTIVAL



TEEN READ DAY



Date: Oct 19 2019, 2 p.m. - 4 p.m. Grant Library - 1637 Flint St. Bldg. 1528

Join us inside the Grant Library teen center for activities geared toward this age group!

Watch a movie based on a teen book (call the library for movie details), Craft activity, Refreshments served.

https://carson.armymwr.com/calendar/event/teen-read-day/3397373/41920

MILSPOUSEFEST















Bring your own chair and blanket



Movie starts at 7:00 pm



www.fountaincolorado.org



Legal Resource Day



OCTOBER 25, 2019

9:00 am - 3:00 pm

El Paso County Combined Court 270 S. Tejon St. Colorado Springs, CO 80903

9:15 am-9:30 am: Welcome and Opening Remarks Jury Room W113

ATTEND FREE SESSIONS AND LEARN ABOUT:

Session 1 09:45AM—10:45AM	Session 2 11:00AM-12:00PM	Lunch (on your own)	Session 3 01:00PM-2:00PM
Eviction 101 "Basics of the Eviction Process for Landlords and Tenants"	Debt Collection "Basic Collection Methods and Protections from Garnishments"		Probate 101 "Settling an Estate When Someone Has Passed Away"
Small Claims 101 "How to File a Small Claims Case and What to Expect in Court"	Family Law Clinic "Modification and Emergency Parenting Motions"		How to Present Your Case "Presenting Evidence and Questioning Witnesses"

Ask an Attorney

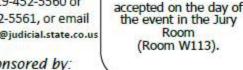
20 minute appointments are available to speak with an attorney in the areas of family law, probate, and civil (money cases, landlord/tenant, small claims).

9:30 am - 3:00 pm

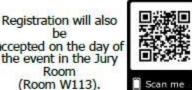
Sessions are free

For more information or questions, please visit the Self-Help Center of the courthouse (Room S101), call 719-452-5560 or 719-452-5561, or email 04selfhelp@judicial.state.co.us

Sponsored by:



Register online at https://bit.ly/2Hgiqci or scan the QR code below.













be

The Justice Center and the Access to Justice Committee

Community vendors on-site to provide information about local resources and services.



FORT CARSON MAKE A DIFFERENCE DAY





Volunteer & Make a Difference



SATURDAY, 26 OCTOBER 2019 7:30 AM - 1:00 PM IRON HORSE PARK

To register, contact the Fort Carson Army Volunteer Corps Office 6303 Wetzel Avenue, Building 1526 719-526-1082 or josesimo.r.bautista.civ@mail.mil

Online registration at ACS Eventbrite

https://www.eventbrite.com/e/2019-make-a-difference-day-tickets-54756524238

PROJECTS:

- Iron Horse Park/Sports Complex and Dog Park: A makeover and overall beautification of the Fort Carson Iron Horse Park. This includes general cleaning, raking and maintenance of the grounds of Iron Horse Park, Sports Complex, and Dog Park.
- **♦ Fort Carson Storm Water Drains:** General cleaning/maintenance of storm water ditches to include and clearing of debris of water drainages.
- ◆Fort Carson Military Housing: General cleaning and maintenance of the Fort Carson Military Housing community. This includes a makeover and beautification of the picnic areas, playgrounds, and common areas as well as painting/repairing fences and landscape maintenance.
- Fountain Fort Carson District 8 (on post Schools): General beautification, cleaning and maintenance of the on post Fountain- Fort Carson District schools. This includes a makeover and beautification of the parks/playgrounds/common areas as well as painting and landscape maintenance if needed.

INFORMATION:

- Please bring your own rake and wire cutters. Supplies and some tools will be provided.
- Work boots or sturdy shoes and work gloves are required.
- Families with younger children are welcome; however, keep in mind that parents/guardians must be responsible for monitoring their children.
- Volunteers will meet at the Fort Carson Iron Horse Park at 0730 am.
- Continental Breakfast and Lunch will be provided to all volunteers.



FORT CARSON MAKE A DIFFERENCE DAY 26 OCTOBER 2019



REGISTRATION FORM

amily Member: Y / N	Civilian:	Y / N Military Retired: Y / N
Address:		Telephone:
×		Volunteer(s) under 18 Years old? Y /
		How many?
Email:		
Email:		
How many volunteers with yo	our group?	
How many volunteers with yo	our group?	
How many volunteers with yo	our group? nes/ages:	
How many volunteers with yo	our group? nes/ages:	
How many volunteers with yo	our group? nes/ages:	

Please return registration to the Volunteer Office Attn: Joey Bautista, AVCC 6303 Wetzel Avenue, Building 1526 Or email to josesimo.r.bautista.civ@mail.mil



Online registration at ACS Eventbrite

https://www.eventbrite.com/e/2019-make-a-difference-day-tickets-54756524238

PUMPKIN SHOOTOUT



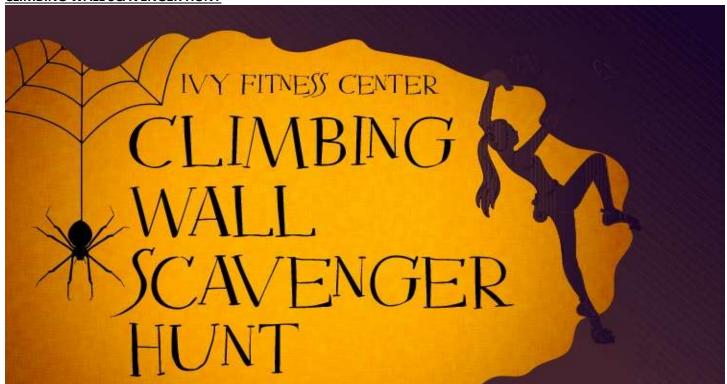
Sign up at Cheyenne Mountain Shooting Complex

Date: Oct 26 2019, 9 a.m. - 4 p.m.

Cheyenne Mountain Shooting Complex - All information is subject to change.

Take aim at our annual Pumpkin Shootout! This event is open to the public. Range regulations and age requirements are applicable. https://carson.armymwr.com/calendar/event/pumpkin-shootout/3522160/43750

CLIMBING WALL SCAVENGER HUNT



Date: Oct 26 2019, 1 p.m. - 5 p.m.

<u>Ivy Fitness Center</u> - All information is subject to change.

Open to eligible DOD patrons and their guests.

Make your kids WORK for their candy! Each scavenger hunt is a mental and physical challenge that leads to a treasure trove filled with sweet surprises. https://carson.armymwr.com/calendar/event/climbing-wall-scavenger-

hunt/3576027/44502



Haunted Trail

WHERE: Peterson Main Exchange DATE: Saturday, 26 October 2019

TIME: 1600 - 1800



SURVIVING SCHOOL

Tools to Navigate Life Challenges



Student Led Breakout Sessions:

- Digital Kindness
- Resilience to Stress & Anxiety
- Healthy Lifestyle
- Self Harm: Awareness & Prevention

Parent-Only Session:

Digital Safety - Apps & Games

FREE FOOD AND GIVEAWAYS

October 28, 2019 - 5:00 to 8:00 PM

Food Served @ 5:00 PM Event Starts @ 5:45 PM

MESA RIDGE HIGH SCHOOL

6070 MESA RIDGE PARKWAY FOR MORE INFORMATION CALL (719) 391-3000









2019 CAREER AND FEDERAL INTERNSHIP FAIR

An event organized by Defense Health Agency

OCTOBER 28, 2019 | 10 A.M.
HOTEL ELEGANTE
2886 S. CIRCLE DR.
COLORADO SPRINGS

This event is free and open to Veterans, Active Service
Members and their families. Professionals of all levels are
highly encouraged to attend and participate. Federal
Internships will be promoted along with interviewing rooms.





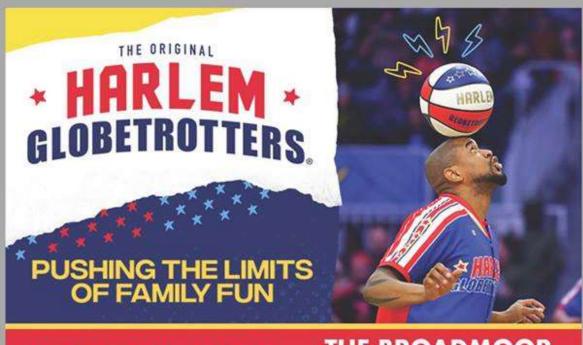








MILITARY DISCOUNT TICKETS!



MARCH 1, 2020

THE BROADMOOR WORLD ARENA

VISIT MILITARY PORTAL:

BroadmoorWorldArena.com/FtCarson

PASSWORD: FCPORTAL

THUNDER ALLEY BOWLING CENTER

6391 CHILES AVE. BLDG. 1511 (719)526-5542

MONDAY Closed

TUESDAY-THURSDAY 11 am-11 pm FRIDAY-SATURDAY 11 am-12 am SUNDAY 1-9 pm

OPEN BOWLING

TUESDAY-FRIDAY

11 AM-1 PM \$2.25/game

1-5 PM \$1.50/game

5-CLOSE \$2.75/game

SATURDAY

11 AM-11:45 PM \$2.75/game

SUNDAY

1-9 PM \$2.75/game

RENT-A-LANE

THURSDAY 5-11 PM SATURDAY/SUNDAY ALL DAY \$10/person: 1 hour of bowling

includes shoe rental

SHOES

ADULTS \$2.75

CHILDREN \$1.75

(12 &under)

All prices are per person/child.

DAILY SPECIALS

TUESDAY

6-9 PM

\$3: 5 games, includes shoe rental

WEDNESDAY

1-11 PM

\$1 game;

\$2 shoe rental

FRIDAY

9:30-11:45 PM

\$10/person, unlimited bowling includes shoe rental

SATURDAY

1-3 PM

\$8/person, unlimited bowling includes shoe rental

SUNDAY

1-7 PM

\$12.75/adult

3 games (includes shoe rental) 2 slices of pizza and a drink

\$9.75/child

3 games (includes shoe rental) 1 slice of pizza and a drink



Host your next party at THUNDER ALLEY! For details, visit CARSON.ARMYMWR.COM





We're Now Hiring Permanent and Seasonal Positions

Learn more by visiting us at:



HR OFFICE Ft. Carson Mini Mall 1510 Chiles Ave 719-576-6543/9029

Nicole Langston, Recruiter langstonnm@aafes.com

www.applymyexchange.com









Over the holiday season, we will host and numerous programs at our center on Fort Carson. Take a look below to see what's coming!

Upcoming USO Colorado Springs Programs







16 November 2019
Thanksgiving Dinner for troops and families

3 December 2019 USO Christmas Tree Lighting

14 December 2019
Christmas Dinner for troops and families



Colorado Springs



SERVICES, PROGRAMS AND EVENTS

MOUNTAIN POST WELCOME MEET & GREET



You'll meet other new spouses, get "insider tips" from spouses familiar with the area and have an opportunity

The HUB, 1532 Specker Avenue

Free lunch on-site, served from 11 a.m. to 11:45 a.m. Children are welcome to attend with you. We will have games and quiet activities to help entertain them.

to ask questions about your new home.

Register at https://mountainpost.eventbrite.com

Immediately following, you will be invited on a 60 minute tour of the Mountain Post. Kids are also welcome to attend.









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	Huddle 3-4pm Comanche & Apache	Zero-Based Budget 9am Main CC	Huddle 3-4pm Pawnee, Souix, Shoshoni	5 Yara Sale
6	7 Huddle 3-4pm Iroquios	Kid's Baking 4pm Main CC	9 Kid's Kraft 4pm Main CC	Adult Baking 4pm Main CC	Huddle 3-4pm Dakota Ridge >>> Pumpkin Patch Registration Business Hours All Leasing Centers	Bunco! 6pm North CC
Haunted House 6pm Main CC	Huddle 3-4pm Cherokee East	Huddle 3-4pm Blackfoot, Kiowa, Cheyenne	YOM Winners CIE Meeting 9am Elkhorn	Pumpkin Patch 4-6pm Main CC	18	19 Yard Sale
20	Huddle 3-4pm Chippewa	Zero-Based Budget 6pm Main CC	Kid's Kraft 4pm Main CC	Huddle 3-4pm Navajo N & S	Adult Craft 5:30pm Main CC	Make A Difference Day 8am to 1pm Iron Horse Park
Hocus Pocus Movie Night 5pm South CC	Huddle 3-4pm Ute	Huddle 3-4pm Arapaho, Choctaw, Cherokee West	How to Clear Housing 5:30pm Main CC	Pumpkin Photo Contest End Trick Or Treat 5-8pm All Villages		2

Child, Youth, & School Services Fall Sports

Registration open! Oct. 8 - Nov. 2

Season runs: Nov. 14 - Dec. 21

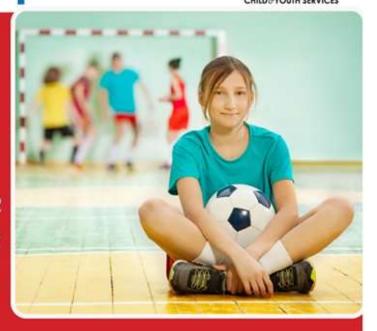
Indoor Soccer Ages 3-12

Wrestling Ages 5-12

Ages 3-4 (\$25) and 5-12 (\$45)

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









For more information call (719) 526-4425

To register visit
Parent Central Services
or log on to

https://webtrac.mwr.army.mil/webtrac/Carsoncyms.html

*Parent Central Services is located at 1518 Prussman Blvd.

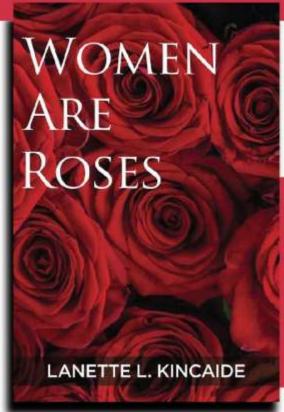








LANETTE L. KINCAIDE





LaNette is a Christian business woman who believes in leadership development, education and helping women become self-sufficient. Born and Raised in Fort Worth, Texas but currently enjoying the mountains and hiking trails in Colorado. LaNette is currently a member of Omega Chi {Christian Organization}, Alpha Kappa Delta {Sociology Society}, and Sigma Kappa Delta {English Honor Society} and received a Bachelor's of Science from Texas Wesleyan University and an Associates of Arts Degree from Tarrant County College. LaNette is a wife, mother, grandmother, author and singer and founder of Women With Gifts. I volunteer for my organization and I work an everyday 9-5 like every other woman out there. My greatest joys are seeing women achieve their goals and dreams.

BOOK SIGNING



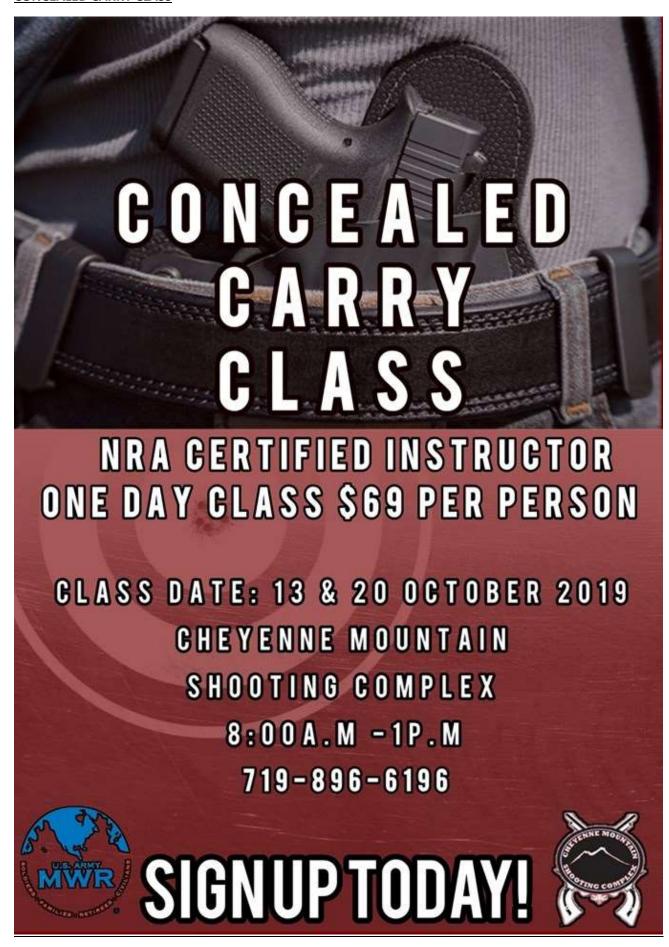
LaNette L. Kincaide

WHERE: Ft. Carson Exchange Mall

DATE: October 18 - 21, 2019 October 25 - 28, 2019 TIME: Fri. & Sat. 0900 - 1300 Sun. & Mon. 1500 - 1700







RSO TRUNK-OR-TREAT



ARMY WELLNESS CENTER OCTOBER CLASSES



October 2019

Classes are free and open to active duty, family members, retirees, and civilians. All classes require pre-registration. Fort Carson CO Bldg #1843 Prussman Blvd. 719-526-3887



Mon	Tue	Wed	Thu	Fri
	1.	CHAPMAN Upping Your Metabolism 1415-1515	McHugh Stress Management 0945-1045	FAULK Upping Your Metabolism 0945-1045
FAULK Upping Your Metabolism 0945-1045	8. CHAPMAN Meals in Minutes 0945-1045	9. McHugh Upping Your Metabolism 1415-1515	CHAPMAN Healthy Sleep Habits 0945-1045	McHugh Upping Your Metabolism 0945-1045
14.	CHAPMAN Fueling for Health 0945-1045	McHugh Upping Your Metabolism 1415-1515	FAULK Stress Management 0945-1045	18. CHAPMAN Upping Your Metabolism 0945-1045
FAULK Upping Your Metabolism 0945-1045	McHugh Meals in Minutes 0945-1045	CHAPMAN Upping Your Metabolism 1415-1515	FAULK Healthy Sleep Habits 0945-1045	25. McHugh Upping Your Metabolism 0945-1045
CHAPMAN Upping Your Metabolism 0945-1045	FAULK Fueling for Health 0945-1045	McHugh Upping Your Metabolism 1415-1515	CHAPMAN Stress Management 0945-1045	

Car Seat Safety Month

Have you ever wondered if you are putting your children's car seat in right, well no worries your Ft. Carson Exchange will be having a Free Car Seat Inspection Station sponsored by our Fort Carson Fire Department



Trade in a used seat at customer service and you will receive 25% OFF a new car seat purchase when you use your MILITARY STAR card

Car Seat Inspection

WHERE: Ft. Carson Main Exchange

DATE: October 19, 2019

TIME: 1100 - 1300





MILITARY SPOUSE HIRING FAIR PETERSON AFB, CO



EMPLOYERS AND JOB SEEKERS REGISTER ONLINE AT HIRINGOURHEROES.ORG/EVENTS

OCT. 23, 2019 10:00 A.M. – 1:00 P.M.

The Club at Peterson 260 Glasgow Bldg #1013 Peterson AFB, CO 80914 Bring your resume and get ready to put your best foot forward with employers who want to hire you.

This hiring fair is open to all military spouses, Gold Star spouses, service members, and veterans.

PROFESSIONAL HEADSHOTS

Does your LinkedIn profile picture need an update? Take a FREE professional headshot with our on-site photographer.

NEED A RESUME?

Career Spark is the quickest and easiest way to send your resume to employers at the Hiring Fair. Build a powerful resume at ResumeEngine.org for service members and MyCareerSpark.com for military spouses. Powered by Toyota.

The appearance of external hyperlinks does not constitute endorsement by the United States Department of Defense, or the information, products or services contained therein, Department of Defense does not exercise any editorial control over the information you may find at these locations. Federal endorsement not implied.







Friday October, 25th 2019 - 9:30 AM

Join the USO as we host a small gathering for military spouses to connect with each other while enjoying a cup of coffee. This is a great way to network, share advice, discuss local events, and meet new friends!

All spouses are welcome to attend.



USAFA 10th ABW Chapel

5134 Cathedral Drive Community Chapel Air Force Academy 80840

CONTACT US

Katie Barley Center Ops Supervisor E: kbarley@uso.org

CONNECT WITH US

Facebook: USO Colorado Springs #MilSpouseSalute



For more information or to register for this event visit:

http://www.cvent.com/d/2yq699



PRUSSMAN CHAPEL FALL FESTIVAL



CHAPEL VOLUNTEERS NEEDED



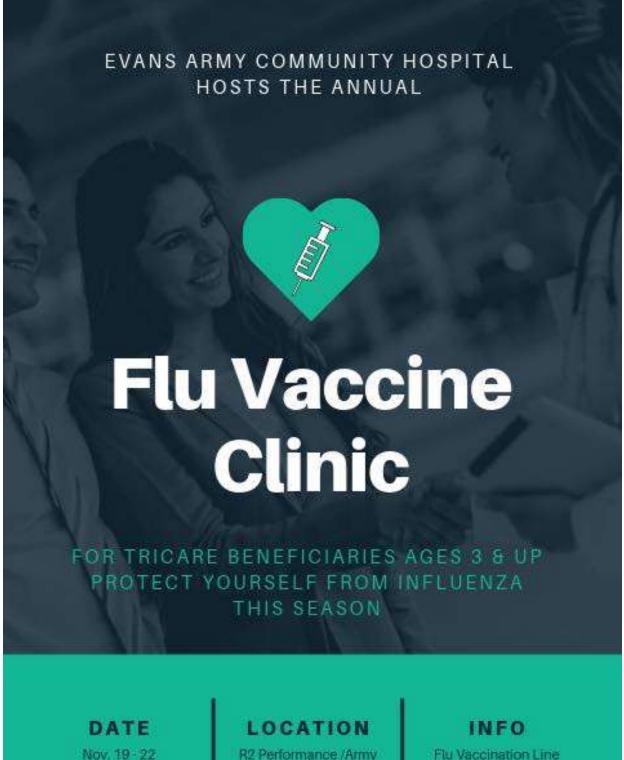
MOUNTAIN POST SANTA'S WORKSHOP – APPLY NOW



Thinking of applying for 2019 MPSW?

- visit our website: www.mountainpostsantasworkshopco.com
- download and print application https://tinyurl.com/y2ewl55m
- read FAQ page https://tinyurl.com/yyqofszl
- signatures and turn completed application into your unit FRL or Chaplain
- ♣don't delay... deadline NLT 1 NOV!

Late applications may not be considered.



Nov. 19 - 22 9 a.m. 7 p.m. R2 Performance /Army Wellness Center Flu Vaccination Line (719) 526-6422

Just walk in with your DOD ID card to receive a vaccine 1891 Prussman Blvd., Bldg. 1843 Fort Carson





Your health is important.

TRICARE is here to help you bring your life into balance with the following TRICARE covered women's health services.

Women's Health Month

WELL-WOMAN EXAM:

TRICARE covers Well-Woman Exams annually with no cost-shares or copayments.

Regular heart, cholesterol, and blood pressure screenings are also covered during Well-Woman and Health Promotion and Disease Prevention Exams.

Services include:

- Breast exams
- Pelvic exams
- O Pap smears
- O HPV DNA testing

Additional Testing and Services

Human Papilloma Virus (HPV) Vaccine:

TRICARE covers the HPV vaccine for children and young adults as recommended by the CDC, Recommended dosages of the vaccine vary by age:

> 9-14 years old*: two doses 15-26 years old: three doses

 The first dose is routinely recommended for children age 11 or 12.

You can get the HPV vaccine at participating network pharmacles at no cost. To find a participating network pharmacy, visit www.express-scripts.com or call 1-877-363-1303.

Maternity and Prenatal Care:

TRICARE covers all services that are medically necessary to help you have a safe and healthy pregnancy:

> Prenatal care and services Labor and delivery Post-Partum care for up to 6 weeks

Assisted Reproductive Services:

TRICARE covers contraceptives if prescribed by a TRICARE-authorized provider:

Prescription contraceptives Contraceptive diaphragms Surgical sterilization (Non- prescription) Emergency contraceptives

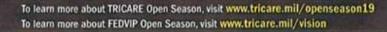




TRICARE and FEDVIP Open Season for enrollment or changes is:



I AM A	I WANT TO CHANGE MY TRICARE HEALTH CARE PLAN	I WANT TO ENROLL IN A FEDVIP VISION PLAN	I WANT TO ENROLL IN A FEDVIP DENTAL PLAN
Active Duty Service Member	You can only change plans when you retire. (While on active duty, you can only be Prime/Prime Remote) At retirement, civilian coverage ends. Learn about your options and what to do at www.tricare.mil/retiring	You do not qualify to purchase a FEDVIP vision plan. You will continue to get core as you do now.	You do not qualify to purchase a FEDVIP dental plan. You will continue to get care as you do now.
Active Duty Family Member	You can change plans during the 2019 TRICARE Open Season.	You qualify to purchase a FEDVIP vision plan. You must enroll during Federal Benefits Open Season.	You do not qualify to purchase a FEDVIP dental plan. You can purchase dental coverage through the TRICARE Dental Program.
Reserve Component Member or Family Member enrolled in TRICARE Reserve Select or TRICARE Retired Reserve*	No action needed. This does not apply TRICARE Reserve Select® (TRS) or TRICARE Retired Reserve (TRR).	You qualify to purchase a FEDVIP vision plan. You must enroll during Federal Benefits Open Season.	You do not qualify to purchase a FEDVIP dental plan. You can get your dental care through the TRICARE Dental Program.
Retired Service Member or Family Enrolled in TRICARE Prime*, TRICARE Select*	You can change plans during the 2019 TRICARE Open Season.	You qualify to purchase a FEDVIP vision plan. You must enroll during Federal Benefits Open Season.	You qualify to purchase a FEDVIP dental plan. You must enroll during Federal Benefits Open Season. If you are already enrolled in FEDVIP, you don't need to re-enroll.
Retired Service Member or Family Member using TRICARE For Life	No action needed. This doesn't apply to TRICARE For Life,	You qualify to purchase a FEDVIP vision plan. You must enroll during Federal Benefits Open Season.	You qualify to purchase a FEDVIP dental plan. You must enroll during Federal Benefits Open Season. If you are already enrolled in FEDVIP, you don't need to re-enroll.







Army Credentialing Assistance Program

Available

1 October 2019

- Fort Hood (TX)
- Fort Campbell (KY)
- JBLM (WA)
- Fort Carson (CO)
- Fort Drum (NY)
- Fort Riley (KS)

Available

1 November 2019

- Hawaii (HI)
- Fort Stewart (GA)
- Fort Gordon (GA)
- Fort Benning (GA)
- Fort Bliss (TX)

Available 1 December 2019

- Fort Irwin (CA)
- Fort Polk (LA)
- Fort Huachuca (AZ)
- Fort Eustis/Lee (VA)
- Fort Jackson (SC)
- Carlisle Barracks (PA)

Available 1 January 2020

All other locations

What is the Credentialing Assistance Program?

- A credential is an occupational license or certification obtained from an organization that assesses and confirms a credential seeker is competent and qualified to work in that field.
- The Army Credentialing Assistance (CA) program provides funding for voluntary off-duty courses and/or exams leading to an industry-recognized academic or vocational credential listed in Army COOL (<u>www.cool.army.mil</u>).
- The CA program offers three credentialing options:
 - o Credential related to an MOS, as long as it is not an MOS requirement
 - o Credential related to an academic degree or certificate
 - o Credential aligned to a civilian career field

What Do I Get?

- Soldiers may use both Tuition Assistance (TA) and Army Credentialing Assistance (CA); however, the combined amount <u>cannot</u> exceed <u>\$4000</u> per fiscal year.
- CA pays for classroom, online/blended and hands-on learning/training plus associated exams, materials and all required fees (i.e., manuals, books, supplies, study guides, and recertification of credentials).

Do I Qualify?

- Soldiers must meet basic TA eligibility.
- Soldiers may begin work on their <u>first Credentialing Occupation Pathwav</u> upon achievement of MOS qualification and successful completion of Advanced Individual Training, Warrant Officer Basic Course, or Basic Officer Leaders Course.
- Soldiers establish eligibility for a <u>second Credentialing Occupation Pathwav</u> upon achievement of MOS qualification and successful completion of Advanced Leaders Course, Warrant Officer Advanced Course, Captain Career Course, or equivalent.
- Ensure course/exam completion date is before Date of Separation.

Visit your local Education Counselor to apply!

Be sure to activate your GoArmyEd account (if not currently active)

Credentialing Assistance Website:

https://home.army.mil/imcom/index.php/customers/credentialing-assistance



Adult Military Family Life Counselors (MFLC) provide non-medical short term, situational problem-solving counseling to Service Members and their Families. Services can be provided on or off the installation and can be for individuals, couples, families and groups. They provide counseling in the following areas:

Life Skills

Anger Management Communication Relationship Issues Productivity at Work

Conflict Resolution

Parenting

Decision-making skills

Military Lifestyle

Deployment Stress

Coping Skills

Relocation Adjustment

Sadness, grief and loss

Homesickness

Separation

Building Resiliency

Reintegration: warrior to citizen

To speak with an MFLC or to schedule an appointment (in-person or by phone) you can use the following three phone numbers (for non-unit specific counselors):

(719)338-7816 (719)338-0144

FREE H&R BLOCK TRAINING



Fort Carson Ivy Warrior Restaurants (formerly dining facilities) Hours of operation

	Friday	
Stack	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: 5-6:30 p.m.	
Wolf	Closed	
Warfighter (Wilderness Road)	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: 5-6:30 p.m.	
LaRochelle 10th SFG(A)	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: Closed	
Sat	urday-Sunday	
Stack	Brunch: 9:30 a.m. to 1 p.m. Dinner: 5-6:30 p.m.	
Wolf	Closed	
Warfighter (Wilderness Road)	Closed	
LaRochelle 10th SFG(A)	Closed	
Moi	nday-Thursday	
Stack	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: 5-6:30 p.m.	
Wolf	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: 5-6:30 p.m.	
Warfighter (Wilderness Road)	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: 5-6:30 p.m.	
LaRochelle 10th SFG(A)	Breakfast: 7-9 a.m. Lunch: 11:30 a.m. to 1 p.m. Dinner: Closed	



ARMY COMMUNITY SERVICE PROGRAMS

ACS CLASS DELIVERY



Schedule an Army Community Service class at a time that works best for your unit or family readiness group, in a location of your choice and customized to meet your needs.

Simply log onto www.carson.army.mil/acs and complete the 'request a class' form. The complete list of portable classes is online.

Classes on your time at your location, now that's delivery service that you can get excited about.

(719) 526-4590 www.carson.army.mil/acs



ACS UPCOMING PROGRAM SPOTLIGHT: ARMY FAMILY ACTION PROGRAM

For information about classes please visit: https://carson.armymwr.com/programs/army-community-service
To view the entire MWR and ACS calendar please visit:

 $\frac{\text{https://carson.armymwr.com/calendar/?categoryFilter=0\&sctID=\&dateset=true\&year=2019\&month=4\&viewType=month\&firstBatchSize=30\&subs}{\text{et=1}}$

AFAP ISSUE SUBMISSION

Fort Carson Army Family Action Plan (AFAP)



Become an Agent for Change!



Issue Submission Form

The Army Family Action Plan (AFAP) is a place for your voice to be heard, Your input can aid in changing, amending or implementing programs and services to change YOUR quality of life as a member of the Army Family.

Issue submission sheets are to be submitted to the contact information below on or before close of business on 1 November 2019.

You may drop this form off at Army Community Service (ACS), Bldg, 1526 (located next to the Mountain Post Soldier Center), or email your ideas (following the format below) to: usarmy.carson.imcom.dfmwr-w-acs-army-fam-action@mail.mil

Please be specific in your ideas.	
Subject:	
Party decidant cover nade	
	ll not be shared with others outside of the AFAP Staff. tact you if there are any questions about your submission.
Name:	Phone:
Email:	

DON'T KEEP GREAT IDEAS TO YOURSELF



HALLOWEEN PARTY

WED, OCT. JOTH . 5-6:30PM

ACS CENTER, BLDG.1526



New to Fort Carson or settled in? Bring your kids to this family friendly event. Trick-or-Treat and create crafts!

www.carson.army.mil/acs













TrickorTreat

THUR, OCT. 31st · 3-4:30p.m.

ACS CENTER, BLDG.1526



Join ACS EFMP for Trick-or-Treating. Crafts, photos, & non edible treats!

www.carson.army.mil/acs













COMMUNITY PARTNER PROGRAMS

COLORADO FREE DAYS

2019 COLORADO FREE DAYS

Cross**Co**untry

TEAM GAVIN 720.231.6999

DENVER ART

MUSEUM

100 W 14TH AVE PKWY.

DENVER | 720.865.5000

DENVERARTMUSEUM, ORG

FEB 2

AUG 3

OCT 5

APR 6

JUN 1

JAN 5

MAR 2

MAY 4

JUL 6

SEP 7

NOV 2

DENVER ZOO

2300 STEELE ST., DENVER 720.337.1400 DENVERZOO.ORG

> **JAN 10 JAN 18 JAN 19** FEB 3 FEB 4 NOV 4 NOV 8

DENVER BOTANIC GARDENS AT YORK ST.

1007 YORK ST., DENVER 720.865.3500 BOTANICGARDENS.ORG

> **JAN 21** FFR 18 MAR 22 APR 14 JUN 4 JUL 10 SEP 3

CHILDREN'S MUSEUM

2121 CHILDREN'S MUSEUM DR., DENVER | 303,433,7444 MYCHILDSMUSEUM.ORG

> JAN 8 FEB 5 MAR 5 APP 2 MAY 7 JUN 4 JUL 2 AUG 6 SEP 3 OCT 1 NOV 5 DEC 3

FREE 4PM-8PM

FOUR MILE

HISTORIC PARK 715 S FOREST ST., DENVER 720,865,0800 FOURMILEPARK, ORG

> JAN II FEB 8 APR 12 MAR 8 **MAY 10 JUN 14** JUL 12 AUG 9 OCT II **SEP 13** NOV 8 DEC 13

FREE 12PM - 4PM

NOV II

DENVER BOTANIC

GARDENS AT CHATFIELD 1007 YORK ST., DENVER 720.865.3500 BOTANICGARDENS.ORG

> JAN B FEB 5 MAR 5 APR 2 JUN 4 JUL 2 AUG 6 NOV 5

CHIEF PROPERTY. **BROOMFIELD VETERANS** MEMORIAL MUSEUM

12 GARDEN CENTER, BROOMFIELD | 303.460.6801 BROOMFIELDVETERANS, ORG

> FREE THURSDAYS & SATURDAYS

AURORA HISTORY MUSEUM

15051 E ALAMEDA PKWY., AURORA | 303.739.660 AURORAGOV.ORG

FREE TUESDAY & SUNDAY

CITY OF LONGMONT MUSEUM

400 QUAIL RD., LONGMONT 303.651.8374 LONGMONTCOLORADO.GOV

JAN 12 FEB 9 MAR 9 APR 13 MAY II JUN 8 JUL 13 AUG 10 SEP 14 OCT 12 NOV 9 DEC 14

NATURE & SCIENCE 2001 COLORADO BLVD.,

DENVER MUSEUM OF

DENVER | 303.370.6000 DMNS.ORG

JAN 7 **JAN 27** FEB 11 APR 3* **JUN 2*** APR 28 JUL 2 **AUG 26 SEP 29** OCT 14 NOV 17 DEC 8

*FREE 5PM-10PM

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ARVADA CENTER GALLERIES

GARDEN OF THE GODS VISITOR CENTER

ROCKY MTN. MOTORCYCLE MUSEUM THEMOTORCYCLEMUSEUM COM

COLORADO SPRINGS PIONEERS MUSEUM

US AIR FORSE ACADEMY VISITOR CENTER AND CHAPEL

UNITED STATES MINT

USMINT.GOV

HUDSON GARDENS - GARDEN AREA

HUDSONGARDENS.ORG COLORADO SPORTS HALL OF FAME

COLORADODPORTS.OR PETERSON AIR & SPACE MUSEUM

PETERMLISEUM ORG CU ART MUSEUM LOOKOUT MOUNTAIN

CU MUSEUM OF NATURAL HISTORY

CLIMUSEUM COLORADO EDU CELESTIAL SEASONINGS TOUR CELESTIALSEASONINGS.COM



Saturday, October 26, 2019 9am-12pm & 2pm-5pm

TRUNK OR TREAT

Open to the public. Wear your nonscary costume and fill your bag with treats!

StableStrides

13620 Halleluiah Tr., Elbert CO 80106



Free 5-Day Advanced Job Seeker's Workshop For Veterans, Active Duty, Guard/Reserves, & Military Spouses

Date: November 4 - 8, 2019

Time: 8:30 AM - 4:00 PM

Pikes Peak Workforce Center

El Paso County Citizens Support Center 1675 Garden of the Gods Road Colorado Springs, CO 80907

Join us for an in-depth, hands-on focus on You & Your Career!

Small Group Instruction – seats are limited.

Reserve your seat Today!

Email your 2 page resume to: prepconnect360@gmail.com

Workshop Topics: career assessments, interviewing, career goal development, social media, employer-connections, networking, and more!

*NOTE: This is not a resume writing class.

Dress: Business Casual (Mon-Wed, Fri), Interview Attire (Thursday)

Attendees must purchase the book

What Color Is Your Parachute? please purchase current edition

By Richard N. Bolles (list price \$19.99 at any bookstore)





FOOD TRUCK TUESDAYS

