



3 September 2020

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.

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

No US Army/ Fort Carson endorsement implied.
Information listed is subject to change.



INSIDE THIS ISSUE:

- [ACS Updates](#)
- [Community Bulletin](#)
- [Community Partner Updates](#)
- [COVID-19 Food Resources](#)
- [Employment/Scholarship News](#)
- [Fort Carson Updates](#)
- [MFLC - Telehealth](#)
- [MWR Updates](#)
- [Religious Services](#)

September Observances, Holidays and Special Events

Suicide Prevention Month
National Hispanic Heritage Month
National Preparedness Month

4 Sept – Training Holiday
7 Sept – Labor Day Holiday
10 Sept – National Suicide Prevention Day
16 Sept – Community Information Exchange (CIE)

Stay connected with Army Community Service



For all inquiries and to make an appointment:
(719) 526-4590



Class listings and program info:
www.carson.army.mil/ACS



Fort Carson Army Community Service



@fort_carson_acs



FortCarsonACS



Main ACS: 6303 Wetzel Ave, Bldg. 1526
Army Emergency Relief: (719) 526-4783
American Red Cross Toll Free: (877) 272-7337
Victim Advocacy Program (VAP)
24/7 Call Phone: (719) 243-7907
SHARP: (719) 338-9654

COMMUNITY BULLETIN

COVID-19 INFORMATION

Fort Carson COVID-19 updates

For guidance and details regarding recent updates, consult the COVID-19 Frequently Asked Questions at <https://www.carson.army.mil/assets/docs/covid/covid19-faqs.pdf?fbclid=IwAR38eZZNOM2CaMJx8MoZrTzetOBIGVF7hVmhkwnUfza5kfi7hjgyYAnycG4>; refresh the internet browser by pressing the "Control" and "F5" keys.

COMMUNITY INFORMATION EXCHANGE

Learn about Redeployment Resources during the Community Information Exchange (CIE) held September 16 at 10 a.m. via Facebook Live at <https://www.facebook.com/USArmyFortCarson/>. Briefers include representatives from various organizations.

WARRIORS WAREHOUSE ANNUAL COAT GIVEAWAY

It is that time of year again! COAT DRIVE TIME! Drop off any new, gently used, clean, zippers and buttons working coat of any size or sex to the Warriors Warehouse thru 15 Oct and every coat you donate your name will go into a drawing for prizes. Some of the items are Ninja Foodi, Ninja coffee pot, Ninja Foodi Oven, Margarita maker, other brands of kitchen items. Will post entire list next week. We are Open Monday 9-11, Tuesday thru Thursday 9-1. The actual Giveaway is scheduled for 5 Nov 2020 hours will be announced at a later date as it will depend on Covid19. Please help us make this a success for our families in need. We also can use New scarves, hats and gloves. Any questions please call Donna 402-659-8755.

MEDPROS APPOINTMENTS

Soldiers who have a red status in MEDPROS for immunizations, lab draw (HIV testing), vision and hearing can make an appointment to be seen at Soldier Readiness Processing located in building 1525. Appointments are required to be seen at the SRP site; call 719-526-2273.

ON-POST DMV TO REOPEN SEPT. 8

The on-post DMV is scheduled to reopen Sept. 8 by appointment only; schedule appointment at <https://clerkandrecorder.elpasoco.com/motor-vehicle-department/>.

TRAVEL HOT SPOTS REDUCED

The number of COVID-19 high-risk cities has dropped significantly, visit <https://www.carson.army.mil/assets/docs/covid/covid-travel.pdf> for the current list.

EACH VIRTUAL SCHOOL & SPORTS PHYSICALS

As parents and students prepare for back-to-school season, many potential changes and unknowns due to COVID-19 have affected established routines.

Evans Army Community Hospital (EACH) has adapted by offering virtual school and sports physicals, to include face-to-face screenings for high-risk children, rather than host the annual physical event this year.

Read more at <https://www.fortcarsonmountaineer.com/2020/07/each-offers-school-sports-physicals/?fbclid=IwAR1h1TivIPspuDUugRXDsl3LVegysw8Mqhi1juXd1ckxVYREiE3o9bryEG4>

CYS HOURLY CARE

Beginning Sept. 7, Child and Youth Services (CYS) will be operating with reduced capacity in regards to hourly care spaces. This reduction is as a result of the need for additional full-day care spaces within the community. All hourly care will be offered at the Ivy CDC, building 1840 and will be reserved for medical appointments only. Proof of medical appointment will be required at the time of drop off for care. Reservations can be made by calling the hourly care reservation line at 526-6610 or 526-2463.

Subsequently the Department of Defense has announced that it has an additional way for military parents to find child care solutions for hourly care. Military OneSource will expand its offering through a national online service that will enable families to find, hire and pay for care. For more information regarding this service, visit

<https://www.militaryonesource.mil/family-relationships/parenting-and-children/military-childcare-services>. They can also be reached via phone at 800-342-9647 to speak with a consultant who can support the search for hourly care.

IMCOM COVID-19 PLACEMAT LISTS

The IMCOM COVID-19 Placemat lists installation restricted/unrestricted status and assessment for U.S. states and territories and host nations. Stay informed by visiting https://army.deps.mil/army/cmds/imcom_G3/CAT/CoronaVirus/SitePages/NewHome.aspx for latest information.

COMMUNITY UPDATES

Check out events from the Mountaineer - [Beyond the Gate](#)

All on post MWR events can be found at:

<https://carson.armymwr.com/calendar>

All USO events can be found at:

<https://coloradosprings.uso.org/events>

Find Pikes Peak cultural events at: <http://www.peakradar.com/>

Community Events and Fun Opportunities:

<https://coloradosprings.gov/>

Peterson AFB MWR <https://www.21fss.com/>

Schriever AFB MWR <http://www.schriever.af.mil/Services/>

U.S. Air Force Academy MWR <http://www.usafasupport.com/>

Fountain Fort Carson School District 8 <https://www.ffc8.org>

— FAMILY AND MWR —

Your **Health and Safety**
is our **Highest Priority!**

WE ARE OPEN

PLEASE CALL
719-526-2994
FOR ACCESS



For more information about our virtual service delivery
please call (719) 526-4590 or visit www.carson.army.mil/acs

WE ARE STILL HERE

24/7 Victim Hotline
(719)243-7907



ACS Victim Advocacy Program
www.carson.army.mil/acs
(719) 526-4590



Upcoming ACS Classes

****click class name to register****

DATE	CLASS	TIME
3 September	Toddler Time	9:30 a.m. – 11 a.m.
	Latino Group Meet-Up	10 a.m. – 12 p.m.
	Center on Fathering	1 p.m. – 3 p.m.
	TSP Class	1 p.m. – 2 p.m.
	LinkedIn Fundamentals	1:30 p.m. – 2:30 p.m.
4 September	Play Group	10 a.m. – 12 p.m.
7 September	Citizenship Class	1 p.m. – 4 p.m.
8 September	Cooperative Parenting and Divorce	9 a.m. – 12 p.m.
	Everyday English	9:30 a.m. – 11:30 a.m.
	Infant Massage and Baby Nurturing	9:30 a.m. – 11 a.m.
	Baby Orientation	10 a.m. – 11:30 a.m.
	SFRG Virtual Chat	10 a.m. – 11 a.m.
	PREP: The 3 Keys	11 a.m. – 1 p.m.
	Center on Fathering	1 p.m. – 3 p.m.
	Employment Readiness Orientation	1:30 p.m. – 2:30 p.m.
	Immigration 101	2 p.m. – 4 p.m.
	Fort Carson Heartbeat – Peer Support for Survivors of Suicide Loss	6:15 p.m. – 8 p.m.
9 September	Launching Hope	11 a.m. – 1 p.m.
	Write a Winning Resume	1:30 p.m. – 2:30 p.m.
10 September	Toddler Time	9:30 a.m. – 11 a.m.
	Center on Fathering	1 p.m. – 3 p.m.
	TSP Class	1 p.m. – 2 p.m.
	Smart Money Talks	5:30 p.m. – 7:30 p.m.
11 September	Play Group	10 a.m. – 12 p.m.
14 September	EFMP 101	9 a.m. – 10 a.m.
15 September	Bootcamp for New Moms	9 a.m. – 12 p.m.
	Everyday English	9:30 a.m. – 11:30 a.m.
	Infant Massage and Baby Nurturing	9:30 a.m. – 11 a.m.
	PREP: The Danger Signs	11 a.m. – 1 p.m.
	Center on Fathering	1 p.m. – 3 p.m.
	Employment Readiness Orientation	1:30 p.m. – 2:30 p.m.
	Immigration 101	2 p.m. – 4 p.m.
16 September	Morning Brew with Your EFMP Crew	9 a.m. – 10 a.m.
	Launching Hope	11 a.m. – 1 p.m.
	You're a Priority: Federal Employment for Military Spouses	1:30 p.m. – 2:30 p.m.
17 September	Toddler Time	9:30 a.m. – 11 a.m.
	Center on Fathering	1 p.m. – 3 p.m.
	TSP Class	1 p.m. – 2 p.m.
	Career Assessments	1:30 p.m. – 2:30 p.m.
	Latino Meet-Up	2 p.m. – 4 p.m.
18 September	Play Group	10 a.m. – 12 p.m.
	Mountain Post Living Welcome for Spouses and Families	10:30 a.m. - 11:30 a.m.
	5 Love Languages	11 a.m. – 1 p.m.

Video and Telephone Counseling Now Available

Continue your progress at home so you can keep moving forward

The military Family Life Counseling program is here for you during the coronavirus disease 2019 pandemic. We now offer telephone and video non-medical Counseling in addition to face-to-face non-medical counseling.

Who is eligible?

Free and confidential non-medical counseling is available to service members, Department of Defense expeditionary civilians, their families and survivors.

Children and youth behavioral counselors are available to support children and youth up to age 18. They also offer guidance to families, staff, and support personnel.

What can I expect from non-medical counseling?

You're military and family life counselor can help with:

- managing stress and changes at home due to covid-19
- adjusting to deployment and reintegration
- preparing to move or adjusting after a move
- strengthening relationships
- managing problems at work
- grieving the death of a loved one or colleague.

Schedule an appointment with a military and family life counselor:

719-323-0944	719-250-3854	719-250-9975
719-323-5026	719-250-1529	719-323-4139

Call Military OneSource anytime, 24/7 at 800-342-9647
or visit www.MilitaryOneSource.mil.

Military & Family Life Counselor (MFLC) services are expanding to provide continuity of care to our community as we continue to navigate the worldwide impacts of the COVID-19 pandemic. MFLCs will provide temporary telehealth services where face-to-face support is restricted and/or unavailable.

Support for Adults: Telephonic and video non-medical counseling

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

To speak to a CYB MFLC, please call Parent Central at 719-526-1101.

For more information visit:

<https://carson.armymwr.com/promos/military-family-life-counselors>



ACS Suicide Prevention Resource List

Organization	Contact
Army Substance Abuse Program	719-526-2727
Army Community Service	719-526-4590
Army Wellness Center	719-526-3887
Fort Carson R2 Performance Center	719-526-0828
Military Family Life Counselors (MFLC)	719-338-7216
Fort Carson Behavioral Health	719-526-7155
Equal Employment Opportunity (EEO)	719-526-5818/4413/9673
Financial Readiness	719-526-4590
Family Advocacy	719-526-4590
Sexual Harassment Assault Response Program	719-338-9654
Exceptional Family Member Program	719-526-4590

Organization	Contact
Suicide Prevention	719-526-0401
BOSS	719-338-0493
Soldier For Life- Transition Assistance Program	719-526-1001
Fort Carson Family Life Center	719-526-0261
Heartbeat	719-229-9657
Safe2tell Colorado	1-877-542-7233
Survivor Outreach Services	719-526-2069
Fort Carson Chaplain's	719-526-5279 719-526-3400 (off-duty emergencies)
Give an Hour	giveanhour.org
Pikes Peak Suicide Prevention	719-573-7447

24/7 Hotlines

Military OneSource	1-800-342-9647
National Suicide Prevention	1-800-273-8255
Military/Veterans Crisis Line	1-800-273-8255 press 1 Text 838255 www.veteranscrisisline.net
Colorado Crisis Services	1-844-493-8255 coloradocrisiservices.org
Domestic Violence Hotline	719-243-7907
DOD Safe Hotline	1-877-995-5247

If it's an emergency
call **911**



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Updated 14 August 2020

	Fri 4SEP	Sat 5SEP	Sun 6SEP	Mon 7SEP
Ivy Fitness Center	0600-2000	0600-2000	0600-2000	0700-1500
Ivy Pool	0600-2000	0600-2000	0600-2000	0700-1500
Nelson Pool	0500-1300	Closed	Closed	Closed
Outdoor Pool	0900-1700	0900-1700	0900-1700	0900-1700
Waller Fitness Center	1200-2000	1200-2000	1200-2000	Closed
McKibben Fitness Center	0600-1400	0600-1400	0600-1400	Closed
Garcia Fitness Center	0600-1400	0600-1400	Closed	Closed
Auto Skills	1200-1800	0900-1500	Closed	Closed
Outdoor Recreation	1200-1800	0800-1400	Closed	Closed
Grant Library	1000-1600	Closed	Closed	Closed



Dog Splash:
12 Sept

Show & Shine
Truck & Jeep
Show: 12 Sept



Movies in the
Park: 12 Sept





CHILD, YOUTH & SCHOOL SERVICES

FITNESS BOOTCAMP

SPORTS
2020



REGISTRATION OPEN

AUGUST 26–SEPTEMBER 29

SEASON RUNS

SEPTEMBER 8–OCTOBER 1

TUESDAYS AND THURSDAYS, 5:30 PM
PERSHING FIELD



SCAN TO REGISTER:

Or, call 719-526-4425

Must be registered with CYS.

Physical fitness and cardio can be fun!

- Instructor led group exercises and drills.
- Participants will be properly spaced out to ensure social distancing measures.

Participants must bring their own bottle of water and dress appropriately for physical fitness activities.

All information is subject to change.



More events and info at
carson.armymwr.com



Carson CYS
[CarsonCYS](https://www.facebook.com/CarsonCYS)



@carsonMWR
[carsonMWR](https://twitter.com/carsonMWR)



Youth Sports at the Youth Center
1101 West St., Bldg. 3030

FORT CARSON OUTDOOR RECREATION'S FALL PROGRAMS & EVENTS

September 5th.....	Free guided hike at Garden of the Gods
September 12th-13th.....	Women in the Wilderness Backpacking Trip
September 19th.....	Sidewalk Sale
September 19th.....	Free guided hike at Mount Muscoco trail
September 26th.....	Mountain Biking
September 26th.....	Stand up Paddle Boarding at Lake Pueblo State Park
October 1st.....	Outdoor Recreation begins ski tuning services
October 3rd.....	Free guided hike at Red Rocks Open Space
October 9th-10th.....	Women in the Wilderness Camping
October 17th.....	Free guided hike to St. Mary's Falls
October 17th.....	Sandboarding / sledding at Great Sand Dunes National Park
October 23rd.....	Women in the Wilderness hatchet throwing
October 24th.....	Outdoor Recreation begins season ski and snowboard rentals.
October 24th.....	Mountain biking
October 31st.....	Women in the Wilderness free guided hike at section 16 trail
November 7th.....	Women in the Wilderness sandboarding/sledding at Great Sand Dunes National Park
November 13th & 14th.....	VIP Night and Ski Expo

Visit our website for more information: carson.armymwr.com
or call us at 719-526-5176

Follow us on Facebook and Instagram:
Mountain Post Recreation

Dates and programs subject to change





FORT CARSON FREE GUIDED HIKING PROGRAM

Join us the 1st and 3rd Saturday of the month for free guided hikes in the Colorado Springs and surrounding areas.

September 5th Garden of the Gods - Palmer trail to Siamese Twins (beginner)
 September 19th Mount Muscoco trail (intermediate)
 October 3rd Red Rocks Open Space - Contemplative Trail to Mesa trail loop (beginner)
 October 17th St. Mary's Falls (intermediate)
 October 31st Women in the wilderness hike at Section 16 trail (intermediate)

Call to register by 1400 the day prior to the hike you wish to sign up for
 719-526-5176



September 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 BOSS Council Meeting at Samuel Adams at 1400	4	5 Online Gaming Tournament PS4 FIFA
6	7 HAPPY LABOR DAY	8	9	10	11 Paint & Sip 1800 @ Sam Adams	12 Table Tennis Tournament at BOSS HQ at 1300 Online gaming
13	14	15	16	17 BOSS Council Meeting at BOSS HQ @ 1400	18	19 Online Gaming Tournament
20	21	22	23	24 BOSS Council Meeting at BOSS HQ at 1400 Hood Howdy Volunteer Event	25	26
27	28	29	30			



@FortHoodBOSSProgram
 @fort_hood_boss

Sign up for events is at BOSS HQ located At bldg. 9212 on Old Ironsides and 20th St. Contact BOSS President or MWR Advisor 254-287-6116





WINTER SCHEDULE

IVY POOL 719-526-4093

EFFECTIVE 8 SEPTEMBER 2020



Ivy lap swim and family pool use is restricted to 1 hour and 45 minute weekdays after 0900 and weekends. Active Duty Lap swim use is restricted to 45 minute time blocks from 0500-0900 weekdays. Patrons may not exceed 1 time block per day. Active duty has priority MON-FRI from 0900-1600. All other use is on a first come, first serve basis.

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Duty Only Lap Swim Capacity 8	0500-0900	0500-0900	0500-0900	0500-0900	0500-0900		
Lap Swim Capacity 8	0900-1300 1700-2100	0900-1300 1700-2100	0900-1300 1700-2100	0900-1300 1700-2100	0900-1300 1700-2100	0600-1000 1800-2000	0600-1000 1800-2000
Main Pool Recreation Swim Capacity 12 1 lap lane (Capacity 2)	1300-1700	1300-1700	1300-1700	1300-1700	1300-1700	1000-1800	1000-1800
Ivy Family Pool Capacity 12	0900-1900	0900-1900	0900-1900	0900-1900	0900-1900	1000-1800	1000-1800
Diving Boards/Slides	CLOSED IN ACCORDANCE WITH COVID 19 GUIDANCE						
TIME BLOCK START TIMES				ACTIVE DUTY LAP SWIM			
WEEKDAY (45 min): 0500, 0600, 0700, 0800							
IVY LAP SWIM WEEKDAY (1 hr 45 mins): 0900, 1100, 1700, 1900 • WEEKEND: 0600, 0800, 1800							
FAMILY POOL WEEKDAY: 0900, 1100, 1300, 1500, 1700 • WEEKEND: 1000, 1200, 1400, 1600							
ALL PATRONS MUST LEAVE THE POOL DECK AT THE END OF THE TIME BLOCK TO ALLOW FOR PROPER CLEANING							
DIVING WELL USE IS RESTRICTED TO ORGANIZED MILITARY TRAINING. PLEASE CONTACT THE IVY FRONT DESK FOR MORE INFORMATION.							
Ivy Pool Address: 6415 Specker Ave. BLDG 1925							
Please visit carson.armymwr.com and like us on facebook at Mountain Post Recreation for information on upcoming events, closures and more!							
Ivy Pool hours are subject to change on Federal and Training Holidays							

 WINTER SCHEDULE NELSON POOL 719-526-3107 EFFECTIVE 8 SEPTEMBER 2020 							
Nelson Lap swim is restricted to 45 minute time blocks. Patrons may not exceed 1 time block per day. Active duty has priority. All other use is on a first come, first serve basis.							
Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Lap Swim Capacity 6	0500-0600	0500-0600	0500-0600	0500-0600	0500-0600		
Active Duty Only Lap Swim Capacity 6	0600-0800	0600-0900	0600-0800	0600-0900	0600-0800		
Soldier Recovery Unit	0800-0900		0800-0900		0800-0900		
Lap Swim Capacity 6	0900-1300	0900-1300	0900-1300	0900-1300	0900-1300		
NELSON TIME BLOCKS: 0500, 0600, 0700, 0800, 0900, 1000, 1100, 1200							
ALL PATRONS MUST CLEAR THE FACILITY AT THE END OF THE TIME BLOCK TO ALLOW FOR PROPER CLEANING							
Address: 1774 Nelson Blvd. BLDG 1446							
Please visit carson.armymwr.com and like us on facebook at Mountain Post Recreation for information on upcoming events, closures and more!							
The Nelson Pool is closed on all Federal Holidays and open 0530-1300 on Training Holiday							

UPCOMING YOUTH SPORTS. Get in the game!

FITNESS BOOT CAMP AT PERSHING FIELD:

5:30 every Tuesday and Thursday starting September 8 and ending October 1.

Participants will be properly spaced out using cones to ensure social distancing measures. An instructor will lead group exercises and drills for participants to develop their physical fitness while having fun. We ask that each participant bring their own water bottle, and also dress for physical fitness activities. Boot camp will last between 45-60 mins. Upon completion of the activity we will ask for the participants will leave in orderly fashion.

Registration Open Aug 26- Sep 4 online @

<https://webtrac.mwr.army.mil/webtrac103/wbws/Carsoncym.wsc/wbsplash.html?wbp=1>

HOMERUN DERBY AT THE YOUTH CENTER BASEBALL FIELDS:

9:00 on Saturday, September 12.

Participants should arrive at Youth Center parking lot and will be properly spaced using cones to ensure social distancing measures. 5-6 & 7-9 year olds from 9am-10am, 10-15 year olds at 10am. Bats and helmets will be provided and sanitized before each use. Participants are also welcome to bring their own equipment. Each participant will get 10 hits for distance and staff will mark how far each ball goes. Winners will be announced per age group.

Registration Open Aug 31- Sep 10 online @

<https://webtrac.mwr.army.mil/webtrac103/wbws/Carsoncym.wsc/wbsplash.html?wbp=1>

FUN RUN AT THE YOUTH CENTER:

Waves starting at 9:00 on Saturday, September 26.

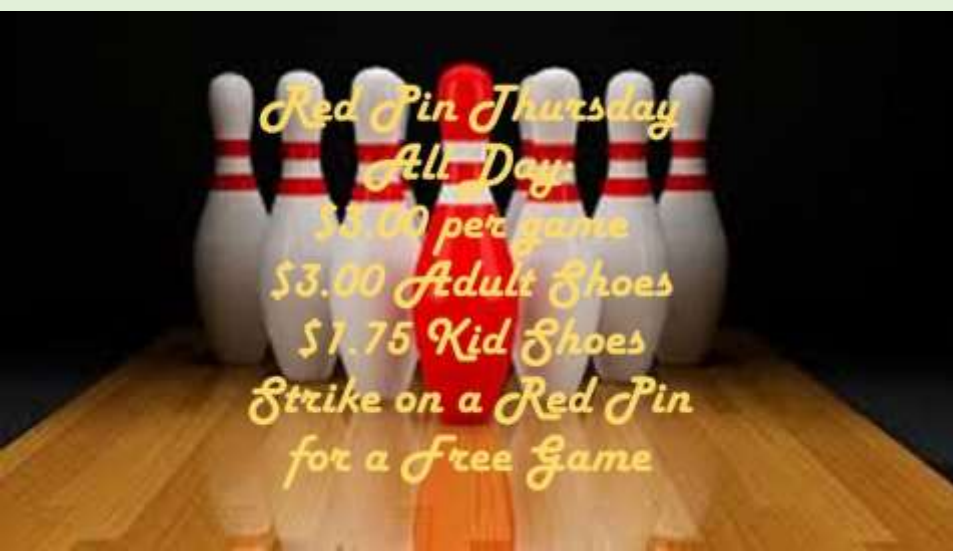
Participate in a fun run along the trail behind the Youth Center. Event will start at 9am and runner will be released in waves scheduled for 0900, 0930 and 10am. Waves will be no more than 20 runners each. Runners are encouraged to arrive no later than 10 minutes prior to their scheduled wave. The run is designed to be a family friendly fun run – no race timing at the event. Doors open at 0830, all runners must be off of the course by 1200. All social distancing standards will be enforced.

Registration Open Sep 10 - Sep 24 online @

<https://webtrac.mwr.army.mil/webtrac103/wbws/Carsoncym.wsc/wbsplash.html?wbp=1>



THUNDER ALLEY BOWLING CENTER



IMPORTANT REMINDER

Please note that 18 September 2020 (until 11:59 P.M. EST) is the last day for Soldiers to request TA funding for classes that begin on/before 30 September 2020 due to the Army's fiscal year close-out.

There will be no exceptions.

Soldiers will be able to enroll in FY2020 classes after the 18 September using the self-pay functionality to pay for enrollments out-of-pocket.

ACCESS ArmyU will not flip any self-funded classes to TA-funded classes that are registered for after 18 September with a start date between 16 – 30 September.

This does not impact requests for courses starting on or after 1 October 2020 (FY2021 enrollments).

FORT CARSON EDUCATION CENTER

UCCS

Veteran and Military Affairs
University of Colorado Colorado Springs



Sign up here

Free

COLLEGE PREP WORKSHOP

Four-weeks / Eight Sessions

Lunch or evening classes available...



Military & College Life

Understand what it takes to successfully adapt to a college lifestyle



Academic Planning

Customize your academic plan to fit your interests beyond the military



Key to Success

Essential study habits, time management, and effective writing

Take control of your college future today!

Lunch Sessions

Option 1

Course Times:

Mon & Wed

11:45 am - 12:35 pm

Workshop Dates

October 5 - 30, 2020

Register at:

ftcarson@uccs.edu or



Evening Sessions

Option 2

Course Times:

Tues & Thurs

5:00 pm - 5:50 pm



USAG INSTALLATION SERVICES



Sports and Recreation	
Ivy Pool	Mon-Fri 9 a.m.-9 p.m., Sat-Sun 8 a.m.-8 p.m. 12 person maximum. Lapswim Mon-Fri 5 a.m.-10 p.m., Sat-Sun 6 a.m.-8 p.m.
Nelson Pool	Mon-Fri 5 a.m.-1 p.m. Active duty only 6-8 a.m. for physical training
Ellis Outdoor Pool	Open daily 9 a.m.-5 p.m. Recreational use of the pool not to exceed 25% of capacity.
Thunder Alley Bowling and Strike Zone Snack Bar	Tue-Thu 1100-2100, Friday-Saturday 1100-2130, Sunday 1300-2000
Golf Course	Daily 7 a.m.-dusk. Mulligan's grill Mon-Fri 9 a.m.-4 p.m., Sat-Sun 8 a.m.-4 p.m.
Leisure Travel Services	Open for customers Tue and Thu 10 a.m.-4 p.m. , telework Mon, Wed, Fri 9 a.m.-5 p.m.
Auto Skills Center	Wed-Fri noon-6 p.m., Sat 9 a.m.-3 p.m. for Active Duty only
Outdoor Recreation Complex	Mon-Fri noon-6 p.m., Wed noon-2 p.m., Sat 8 a.m.-2 p.m., Sun 8 a.m.-noon
Fitness Centers	
Ivy	Mon-Fri 5 a.m.-10 p.m. — 6 a.m.-4 p.m. active duty priority and authorized DOD ID card holders on space available basis; Sat-Sun 6 a.m.-8 p.m. — authorized DOD ID card holders first-come/first-served
McKibben	Mon-Fri 6 a.m.-8 p.m. — 6 a.m.-4 p.m. active duty priority and authorized DOD ID card holders on space available basis; Sat-Sun 0600-1400 — authorized DOD ID card holders first-come/first-served
Waller	Open around the clock from 6 a.m. Monday to 6 a.m. Saturday; and also noon to 8 p.m. Saturday-Sunday. Active-duty priority Monday-Friday from 6 a.m. to 4 p.m. and authorized DOD ID card holders on a space-available basis. Saturday and Sunday, first-come, first-served for DOD ID card holders from noon to 8 p.m.
Garcia	Mon-Fri 6 a.m.-8 p.m. — 6 a.m.-4 p.m. active duty priority and authorized DOD ID card holders on space available basis; Sat 6 a.m.-2 p.m. — authorized DOD ID card holders first-come/first-served

Army Community Services	
Army Community Service	By appointment only. Mon, Tue, Thu, Fri 8 a.m.-4:30 p.m.; Wed 9 a.m.-4:30 p.m. Call 719-526-4590
Army Volunteer Corps	Appointment only. In person and virtual appointments Mon-Fri 8 a.m.-4:30 p.m.; Telephonic support and virtual classes being offered. 719-526-1082
AER / Financial Readiness	Appointment only. In person and virtual appointments available Mon, Tue, Thu, Fri 8 a.m.-4 p.m.; Wed 9 a.m.-4 p.m. Virtual classes being offered. 719-526-4783
Donation Management	Telephonic support. Rhea Rollman Work. 719-526-8558 or cell. 719-244-1245; in-person by appointment only
Employment Readiness	Appointment only. In person and virtual appointments available. Virtual classes being offered. 719-524-3816
EFMP	Appointment only. In person and virtual appointments available. Virtual classes being offered. 719-526-0400
Family Advocacy Program	Offering FAP and Nurturing Center virtual prevention classes. 719-526-0445
Family Enrichment Program	Appointment only. In person and virtual appointments available. Virtual classes being offered. 719-526-0458
Information & Referral	Telephonic support: 719-526-4590 option 5; in person and virtual appointments available. Mon, Tue, Thu, Fri 8 a.m.-4:30 p.m.; Wed 9 a.m.-4:30 p.m.
Military & Family Life Counseling	MFLCs will provide virtual services where face-to-face support is restricted and/or unavailable. Mon, Tue, Thu, Fri 8 a.m.-4:30 p.m.; Wed 9 a.m.-4:30 p.m. 719-526-4590
Mobilization & Deployment Readiness	All services available virtually, or in-person by appointment. All classes offered virtually. Custom classes for units available by request. De-Mobilization clearing available telephonically. Office: 719-526-0458
New Parent Support Program	Offering virtual prevention classes. Home visits are being offered virtually. 719-524-1899
Outreach	Telephonic support: Fiona Mosley Work. 719-526-0423 Cell: 719-313-0893. https://carson.armymwr.com/programs/pass-it-on
Relocation Readiness Program	Appointment only. In person and virtual appointments available. Virtual classes being offered. 719-526-1053
Soldier and Family Assistance Center	Mon, Tue, Thu, Fri 7:30 a.m.-4 p.m.; Wed 9 a.m.-4 p.m. Virtual briefings: Medical Separation and Medical Retirement. 719-526-1053
Survivor Outreach Services	Appointment only. In person appointments Available Mon-Fri 8 a.m.-4 p.m. 719-526-0442
Victim Advocacy Program	24/7 Fort Carson Victim Advocacy Crisis Line: 719-243-7907 or https://carson.armymwr.com/programs/victim-advocacy-program



USAG INSTALLATION SERVICES



DHR	
ID Cards (DEERS)	Mon-Fri 8-11:30 a.m., 12:30-4 p.m. , limiting the number of customers in facility. ID cards that expired after Jan. 1, 2020, remain valid through Sept. 30.
Mountain Post Soldier Center	SRP operations centrally controlled and conducted in a distributed manner to ensure critical resources available to units most in need. SRP site will remain open for all retiring, ETS and separating personnel by appointment only. Contact Dr. Kimberly Henry, kimberly.a.henry.civ@mail.mil or 719-526-9993 and James Shelton, j.shelton14.civ@mail.mil or 719-526-1140.
PCS Orders	Soldiers with departure dates of July 1, 2020, and beyond can coordinate with MPD to pick up clearing papers 30 days prior to departure date. Soldiers will need a copy of their PCS orders and an approved leave form. Soldiers can clear all areas except for their final out.
ASAP	Mon, Wed-Fri 8 a.m.-noon to support unit 10%, Rehabilitation (RO), Probable Cause (PO) and Competence for Duty (CO) urinalysis tests. Operational Tue from 8 a.m.-noon for in-processing of new DA Civilians. Risk Reduction, Prevention, Employee Assistance, and Suicide Prevention available through email and phone.
Casualty Assistance	Mon-Fri 7:30 a.m.-4:30 p.m. at 719-526-5613/14. After duty hours and weekends available at 719-338-8187
SFL-TAP	Mon-Fri 7:30 a.m.-3:45 p.m.; general services walk-in 9 a.m.-3 p.m. Career counselors by appointment only; call 719-526-1001/1002 or visit during walk-in hours. SFL-TAP stamp on clearing papers no longer required; print finalized eForm and submit to Transitions Office during final out-processing. In-person TAP Classes with limited capacity. Complete TAP classes via JKO or Learning Management System, or through the Army Virtual Center. VA Benefits and Services class available via JKO or LMS. Career Skills Program counselors seeing customers during walk-in hours.
Finance	Mon-Fri 7:30 a.m.-4 p.m. for all in- and out-processing and SRP support.
DMV	Reopens Sept. 8 by appointment — https://clerkandrecorder.dhs.gov/motor-vehicle-department/

Child and Youth Services	
Parent Central Registration	Appointment only 719-526-1101 or 719-526-8220
CDC/ SAC	Accepting enrollments for new Families; apply through MilitaryChildCare.com.
Youth Center	Reservations required. 719-526-2680. Mon-Fri noon-7 p.m. until school year begins; Mon-Fri 3-7 p.m. once school starts. Summer camp Mon-Fri 5:45 a.m.-noon; call 719-526-1101.
Shopping and Food Services	
Main Exchange	9 a.m.-6 p.m. daily
Exchange Dining	Dine-in services open with social distancing enforced
Commissary	High Risk Sat-Sun 8-10 a.m., Mon-Fri 9-10 a.m.; Eligible patrons: Mon-Sat 10 a.m.-8 p.m.; Sun 10 a.m.-6 p.m.
Express	Gate 3 - Mon-Fri 5 a.m.-11 p.m., Sat 6 a.m.-11 p.m., Sun 7 a.m.-11 p.m.; Gate 4 - Mon-Thu 5 a.m.-9 p.m., Fri 5 a.m.-11 p.m., Sat 8 a.m.-11 p.m., Sun 8 a.m.-9 p.m.; Wilderness - Mon-Fri 5 a.m.-7 p.m., Gate 20 - Mon-Fri 5 a.m.-9 p.m., Sat-Sun 7 a.m.-9 p.m.
Class VI	Mon-Wed 9 a.m.-8 p.m.; Thu-Sat 9 a.m.-9 p.m., Sun 10 a.m.-5 p.m.
Barber Shops	Main Exchange Mon-Sat 8 a.m.-5 p.m., Sun 10 a.m.-5 p.m.; Mini Mall Mon-Fri 7 a.m.-5:30 p.m., Sat 8 a.m.-5 p.m., Sun 10 a.m.-4 p.m.; Wilderness Mon-Fri 7:30 a.m.-1 p.m.
UPS Store	Mon, Wed, Thu, Fri 8 a.m.-5:30 p.m.; Tue 7 a.m.-5:30 p.m., Sat 10 a.m.-3 p.m.
Alterations	Mon-Fri 9 a.m.-6 p.m., Sat 10 a.m.-4 p.m.
Dry Cleaners	Mon-Fri 9 a.m.-4 p.m.; Sat 11 a.m.-3 p.m.
Furniture Store	Mon-Fri 10 a.m.-6 p.m., Sat 10 a.m.-5 p.m., Sun 10 a.m.-4 p.m.
Clothing and Sales	Mon-Fri 7:30 a.m.-6 p.m., Sat 10 a.m. to 5 p.m.
Religious Support	
Religious Support Office	Indoor services at 50% capacity, capped at 100 personnel with 6 feet of social distancing Livestreaming will continue.



WHAT: NAVIGATORS OUTREACH BIBLE STUDY

WHERE: SOLIDERS MEMORIAL CHAPEL

WHEN: TUESDAY NIGHTS 18:30

WHO: EVERYONE

“And Jesus said to them, ‘Follow Me, and I will make you fishers of men.’”
-Matthew 4:19



P.O.C.

Chris Bean (706) 464-6426 | Stephen Fike (580) 678-9796

Fort Carson Religious Services / Programs

Catholic Mass	Soldier Memorial Chapel	
	0900 in person by reservation	
	1030 Outdoor / Drive in Service no reservation	
	Live stream - https://www.facebook.com/Cat-Lady-of-Fort-Carson-E22517414697811/	
Chapel Next	McMahon Theater	1000
	Live stream - https://www.facebook.com/chapelnxtfortcarson/	
Traditional Protestant	Provider Chapel	1100
	Live stream - https://www.facebook.com/ProviderChapel/	
Gospel Service	Prussman Chapel	1100
	Live stream - https://www.facebook.com/GospelService/	
Samoan	Veterans Chapel	1100
	Live stream - https://www.facebook.com/faithinservicebanol/	

Fort Carson Religious Services / Programs

Catholic Woman of the Chapel (CWOC) Kick Off	
Soldier Memorial Chapel	
2 Sep 2020	
1530	
Protestant Woman of the Chapel (PWOC) Kick Off	
Soldier Memorial Chapel	
25 Aug 2020	
0900	
Youth of the Chapel	
Soldier Memorial Chapel	
1 st and 3 rd Sunday	
1700	



tomorrow

Virtual Sunday School- STAY CONNECTED - "A Fellowship that unites under the banner that Prussman is a place where Everybody is Somebody and Christ is All. We will bless the Lord at all times."

Please see the link below and go and sign on.

When: Every Sunday Morning until we are back to normal

Where: The comfort of your Home

Time: 9:30am – 10:00am

Join Zoom Meeting

<https://us02web.zoom.us/j/163185479?pwd=UEl1ZjN6Nk9UM2h0dUJlBV2xOMzd4dz09>

Meeting ID: 163 185 479

Password: 003284

POLLUTION PREVENTION WEEK PAPER SHREDDING EVENT

When: September 17 from 9 a.m. to 3 p.m.

Where: At building 3710 north of Gate 20 off of Specker Avenue.

How: Drop off all unwanted, unclassified paper, including old bank statements, credit card offers, cancelled checks, old medical records, pay check stubs, etc., to shred it and get rid of it. **(No classified documents will be accepted.)** The event is free and open to all ID card holders. Ensure documents brought in are free of trash and non-paper items (binders, paper clips, etc.) for ease of processing.

Why: The event is used to increase awareness of Pollution Prevention Week, celebrated Sept. 21-27, and to provide a venue for shredding and recycling of paper. Come do your part to help Fort Carson reduce waste from going to the landfill!

Note: COVID-19 social distancing and masks are required on site during drop off of paper.

For more information, email the
Directorate of Public Works
at robert.d.cavanaugh2.civ@mail.mil.

Every ton of mixed
paper recycled can save
the energy equivalent of
165 gallons of gasoline.
— U.S. EPA

KEEPING THE MAGIC ALIVE FOR THE CHILDREN OF THE MOUNTAIN POST.



Mountain Post Santa's Workshop



From the President

BY APRIL BARNETT

Greeting from "The Workshop"! The Volunteers and I wanted to share with you a little of our preparation for the 2020 Shopping week currently scheduled 7-11 December. Thank you for your continued support and words of encouragement! "The Workshop" is looking forward to another exciting year and hope to see you soon.

What's happening

September 2020

1600 lbs of books received from FirstBook.org

Preparing for Toy Rucks this Fall

Applications go live in early Sept!

Find our wish lists at Amazon, Target, and Walmart

www.mountainpostsantasworkshoco.com



**Effective
September 1, 2020**

**The Price of a
regular haircut will
increase to **\$14.55****

As the result of our Annual Barber Survey, the price of a regular haircut will increase to \$14.55 Effective 1 Sept
Pricing is established based on surveys done at civilian barber shops determined to be the competition.
The Exchange offers an average savings of 25% compared to local competition.



**The Laundrette
will be closing for a
Remodel/Renovation
on
Monday August 31, 2020**

Sorry for the inconvenience





LABOR DAY WEEKEND HOURS OF OPERATION FORT CARSON

Fort Carson Facilities	Fri 4 Sep	Sat 5 Sep	Sun 6 Sep	Mon 7 Sep	
Main Exchange Complex Bldg. 6110					
Main Store	0900-1800	0900-1800	0900-1800	0900-1800	
Mobile Center	0900-1800	0900-1800	1000-1800	0900-1800	
Main Food Court					
Burger King	1100-1700	1100-1600	1100-1600	1100-1500	
Charley's Steakery	1030-1700	1100-1700	1100-1700	1030-1700	
Boston Market	1100-1700	1100-1700	CLOSED	1100-1600	
Bun-D	CLOSED	CLOSED	CLOSED	CLOSED	
Starbucks	0700-1700	0800-1700	0800-1700	0800-1600	
Subway	1100-1600	1100-1600	CLOSED	1100-1600	
Exchange Mall Services					
GNC	1000-1700	1000-1700	1100-1700	1100-1700	
Blue Line Tactical	1000-1700	CLOSED	CLOSED	CLOSED	
Barber Shop	1000-1700	1000-1700	1100-1700	1100-1700	
Stylique Salon	1000-1700	1000-1700	1100-1700	CLOSED	
Petals and Bloom	1000-1700	1000-1700	CLOSED	CLOSED	
GameStop	1000-1700	1000-1700	1100-1700	1100-1700	
Optometry	0900-1600	0900-1600	CLOSED	CLOSED	
Optical Center	0900-1600	0900-1600	CLOSED	1000-1500	
US Patriot	1000-1700	1100-1700	CLOSED	1000-1700	
Exquisite Framing	1000-1700	CLOSED	CLOSED	CLOSED	
Military Memorabilia	0900-1700	0900-1700	CLOSED	0900-1700	
Out of the Norm	1000-1700	CLOSED	CLOSED	CLOSED	
Quality Auto Performance	1000-1700	1000-1400	CLOSED	CLOSED	
Triple Food Facility Bldg. 1534					
Burger King	1030-2000	1030-2000	1030-2000	1030-1900	
Qdoba	1030-1900	1030-1900	1030-1900	1100-1700	
Arby's	0800-2000	0800-2000	1030-2000	1100-1600	
Exchange Mini Mall Bldg. 1510					
Furniture Store	1100-1800	1100-1700	1100-1600	1100-1700	
Military Clothing Sales (MCS)	0730-1800	1000-1700	CLOSED	1000-1700	
Class Six	0900-2100	0900-2100	1000-1700	0900-2100	
Dry Cleaners	1000-1600	CLOSED	CLOSED	CLOSED	
Barber Shop	1000-1500	1000-1500	CLOSED	1000-1600	
Alterations	1000-1600	CLOSED	CLOSED	CLOSED	
UPS Store	1000-1600	1000-1500	CLOSED	CLOSED	
Durable Medical Equipment (DME)	0900-1700	CLOSED	CLOSED	CLOSED	
Tops and Blues	1100-1400	CLOSED	CLOSED	CLOSED	
All Clear	1000-1500	CLOSED	CLOSED	CLOSED	
TumbleWeeds Gift Shop	CLOSED	CLOSED	CLOSED	CLOSED	
Subway	CLOSED	CLOSED	CLOSED	CLOSED	
Domino's Pizza	1000-2400	1000-2400	1100-2300	1100-2300	
Brisket Bros	1100-1500	CLOSED	CLOSED	CLOSED	
Expresses					
Gate 3 Express Bldg 510	0700-2200	0700-2200	0700-2200	0700-2200	Unattended fuel 24/7
Gate 3 Burger King	1030-1800	1030-1800	1100-1800	1030-1800	
B Street Express Bldg. 900	0700-2100	0800-2100	0800-2000	0800-1800	Unattended fuel 24/7
B Street Subway	0900-1700	1000-1600	1000-1600	1000-1700	
Gate 20 Express Bldg. 3600	0700-1900	0700-1900	1000-1900	1000-1900	Unattended fuel 24/7
Gate 20 Jimmy Johns	1000-1900	1000-1900	1000-1900	1000-1900	
Wilderness Express Bldg. 9478	CLOSED	CLOSED	CLOSED	CLOSED	Unattended fuel 24/7
Wilderness Subway	CLOSED	CLOSED	CLOSED	CLOSED	
Wilderness Hunts Brothers Pizza	CLOSED	CLOSED	CLOSED	CLOSED	
Wilderness Barber Shop	CLOSED	CLOSED	CLOSED	CLOSED	
Wilderness U.S Patriot	CLOSED	CLOSED	CLOSED	CLOSED	
Ivy Express Bldg. 2355	1000-1500	1000-1500	1000-1500	CLOSED	
Ivy Barber Shop	CLOSED	CLOSED	CLOSED	CLOSED	
Ivy Dainty's Kitchen	CLOSED	CLOSED	CLOSED	CLOSED	
Firestone Auto Care Bldg. 1515	0700-1900	0700-1800	0800-1700	0800-1700	
Jimmy Johns Bldg 1515	1030-2200	1030-2200	1030-2200	1030-2200	
Coffee					
Hospital Starbucks Bldg. 7503	0630-1300	CLOSED	CLOSED	CLOSED	
Dunkin Donuts Drive Thru Bldg. 980	CLOSED	CLOSED	CLOSED	CLOSED	
Green Beans Coffee Bldg 1827	CLOSED	CLOSED	CLOSED	CLOSED	
Perfect Java	CLOSED	CLOSED	CLOSED	CLOSED	
Restaurants					
KFC Bldg 1533	1100-1900	1100-1900	1100-1900	1100-1900	DRIVE THRU ONLY
Pizza Hut Bldg 5940	1000-0100	1000-0100	1000-2400	1000-2400	
Dunkin Donuts Bldg 5940	0800-1800	0800-1800	0800-1800	0800-1800	
Baskin Robbins Bldg 5940	1000-1800	1000-1800	1000-1800	1000-1600	

Hours Of Operation
Shopping
Wed / Thursday
9 AM-12:30 PM
Food Bank
Monday 9 AM-11 AM
Tuesday - Thursday
9 AM-1:00 PM


**** NO ****
CHILDREN
IN SHOPPING AREA
DUE TO SAFETY / SPACE

MASK REQUIRED



Warriors Warehouse
Redistribution Center, Inc.
redistributioncenter.org

Veteran Shopping Available With Referral



WARRIORS WAREHOUSE
AND
THE REDISTRIBUTION CENTER, INC.
FORT CARSON

5769 Wallace Street, Bldg. 1045
Fort Carson, CO

The Warrior's Warehouse is a redistribution center that supplies soldiers and their families with FREE household items.

Soldiers and their families, E-5 and below, may utilize the warehouse one time per month to obtain new or like new items for their homes.

Each soldier/family is allowed 1 large item (dish sets, small appliances, furniture, etc.) and 4 small items (home decor, sheet sets, kitchen accessories, bath accessories, etc.) PER 30 DAYS.

We also assist with financial hardship and disaster relief.
*Note: See your financial NCO or ACS for assistance.

WW.FTCARSON1045@GMAIL.COM

FREE FOOD GIVEAWAY

11:00 AM
Until food runs out
Fridays
Aug 7 & 21 Sept 18
Oct 2 & 16 Nov 6 & 20
Dec 4 & 18



In collaboration with Care & Share Food Bank for Southern CO and Colorado Springs Food Rescue, Mt. Carmel is providing a drive-thru food distribution every other Friday.



Mt. Carmel
VETERANS SERVICE CENTER
WELLNESS • TRANSITION • RESOURCES
530 Communication Circle
Off 8th Street on West Side

Walk-ups Acceptable
No Registration Needed
Everyone Welcome



MOBILE FOOD PANTRY DISTRIBUTION

FREE PRODUCE, BREAD, AND OTHER BONUS TEFAP FOOD!

4th Thursday at 9 a.m.
The Independence Center
729 S. Tejon St.
Colorado Springs, CO 80903

This distribution is for all neighbors in need. TEFAP eligible guests qualify for on-site food that can be received in addition to monthly TEFAP products.

Product will be distributed on first come, first served basis.



SEPTEMBER

9

REACH

Drive-Up
Food
Distribution

5:00PM TO 7:00PM
501 E. IOWA AVE
FOUNTAIN, CO 80817

Food boxes will be given out in a drive thru manner in our parking lot.
Start time is 5:00 PM to 7:00 PM or until all food boxes have been given out!
We will update the post in case we have to reschedule due to the weather.

NO DISTRIBUTION ON MONDAY, SEPTEMBER 7TH

**FOOD DISTRIBUTION MAKE-UP DAY
WEDNESDAY, SEPTEMBER 9TH 5PM-7PM**

In The Event We Run Out, Salvation Army Distributes During The Week Day
9am-3pm; 208 Cunningham Dr. (5.49 mi); Colorado Springs, CO 80911

20-21 SCHOOL MEALS PROGRAM

FOR FFC8 REMOTE AND VIRTUAL LEARNERS



Monday - Friday*
9 - 9:30 a.m.

- Meal service for FFC8 K-12 students only.
- Breakfast and lunch available daily.
- Be prepared to provide student name and ID # (or have student ID card).
- Pick up at any FFC8 school, for all FFC8 students in a family, no matter which school attending.
- Access meals at external cafeteria doors.
- Meal price based on student status of Free, Reduced or Full Pay. Please limit cash payment and pay online at <https://www.mymealtime.com>

*Meals will not be provided on previously scheduled school out days.

This institution is an equal opportunity provider.

CURBSIDE GRAB & GO MEAL SERVICE

Monday - Friday

Lunch time Drive up Meal Service

"Grab & Go"

(usually at the front of the building)

for students who are **not** in attendance at school.

WHAT WILL CURBSIDE GRAB & GO LOOK LIKE?

The curbside "Grab & Go" service is a sack meal that will include student favorites. Entrées will be sent **cold** for food safety; however, cooking instructions will be provided when appropriate. Breakfast sack meals may be picked up at the same time as lunch. Parents and Guardians are permitted to pick up meals for their students, as the USDA requirement for students to obtain the meal has been waived.

IMPORTANT THINGS TO REMEMBER

- Meal service is for District 11 K-12th grade students only
- Student name is **REQUIRED** to obtain a meal
- All student meals may be picked up at one school location even if different D11 schools involved
- Meal price is based on student status of Free, Reduced, and Full Pay
- K-12th grade Reduced status students receive free breakfast and lunch
- **NO CASH** at Grab & Go Sites-Place money on student's account via [MySchoolBucks](https://www.d11.org/MySchoolBucks) - www.d11.org

LOCATIONS:

- | | | |
|------------|----------------|--------------|
| • Adams | • King | • Rudy |
| • Audubon | • Madison | • Russell |
| • Bristol | • Mann | • Sabin |
| • Columbia | • Mcauliffe | • Swigert |
| • Coronado | • Midland | • Taylor |
| • Doherty | • Mitchell | • Trailblaze |
| • Edison | • Monroe | • Twain |
| • Grant | • North | • West |
| • Henry | • Palmer | • Wilson |
| • Holmes | • Queen Palmer | |
| • Jenkins | • Rogers | |
| • Keller | • Roosevelt | |

D11 Colorado Springs
School District 11
Food & Nutrition Services

PLAN. PREPARE. PROTECT.

Natural Disaster Resource Guide



THE MILITARY HEALTH SYSTEM

NURSE ADVICE LINE

The MHS Nurse Advice Line is available 24/7 by phone, web chat and video chat to TRICARE beneficiaries in the U.S., U.S. territories, and countries with established military hospitals and clinics.

MHSNurseAdviceLine.com



Web Chat



Video Chat



Phone

A REGISTERED NURSE IS ONLY A CALL OR CLICK AWAY

Find your benefits number on your ID card to use the secure MHS Nurse Advice Line system.



Enhanced Services:

- + Secure web chat and video chat on MHSNurseAdviceLine.com
- + Health care locator for urgent/emergency care and traveling beneficiaries
- + Health care information and self-care instructions
- + Secure access to a summary of your health care advice



Contact us 24/7 to:

- + Get evidence-based health care advice from a registered nurse
- + Find an urgent or emergency care facility
- + Receive recommendations for the most appropriate level of care
- + Schedule same or next day appointments when recommended by a registered nurse and enrolled to a military hospital or clinic
- + Get an online "absence excuse" or "sick slip" when medically appropriate—subject to service command requirements



If you have an emergency and need immediate medical attention, call 911 or your international emergency number—or, go to an emergency room.



EXPANDED COVERAGE



In the U.S., Guam and Puerto Rico:

1-800-TRICARE (1-800-874-2273), Option 1

For all other country-specific phone numbers, go to MHSNurseAdviceLine.com.

Beneficiaries can contact the Nurse Advice Line for urgent or emergent care while traveling to any country with an existing military hospital or clinic, including stateside. Calls for routine care overseas can be transferred to the overseas managed care contractor.

Be ready at a moment's notice.

www.tricare.mil/Disaster



Military Health System
health.mil





COLORADO
RUN FOR THE FALLEN

OVER 300
HEROES

3 DAYS
100 MILES

SEPT 11-13, 2020

VOLUNTEER | RUN | DONATE | ENGAGE

Colorado.RunForTheFallen.org









Register for the 36th Annual Army Ten-Miler, Virtual Edition!
 Virtual Race Registration Now Open!
 Register at www.armytenmiler.com

★ ARMYTENMILER.COM ★ **#RUN ARMYRUN STRONG** ★ [f](#) [i](#) [t](#) [s](#) **FOLLOW US & SHARE!** ★

Share your inspirational ATM story with us at usarmy.mcnair.mdw.mbx.armytenmiler@mail.mil

Co-Lead Sponsors




Sponsorship. No Federal Endorsement Implied.

Major Sponsors











All Race Proceeds Benefit U.S. Army MWR Programs.



VIRTUAL COFFEE CONNECTIONS

Via Zoom

Second Friday Every Month

Join us & other military spouses in the community to connect virtually, have meaningful conversations, learn something new or make new friends!



Tune-in for our final
**MVP Summer
Series episode!**

Featuring:

PRE-SHOW (approx. 11:55 ET) with BBQ Pitmaster
Myron Mixon and culinary specialists at
NB New London and NWS Yorktown

Special performance by **The War And Treaty**
featuring Army veteran **Michael Trotter**

Headlined by Grammy winner **NE-YO**
AND MUCH MORE



**MILITARY VIRTUAL
PROGRAMMING**

Saturday, September 5, 12pm ET
Tune in @ uso.org/mvp

You will have Labor Day weekend to discover the items on your list. Completion of the list will enter you into a drawing held on Facebook September 8th! Happy hunting!!

USO SCAVENGER HUNT AND PHOTO CONTEST!

REGISTER BELOW TO PICK UP YOUR MAP AND BAG ON SEP 3RD

uso-colorado-springs--events.ticketleap.com/uso-colorado-springs/



STORY TIME

Join us as we live stream a reading of your favorite children's stories! Facebook: @usocoloradosprings
Every other Wednesday at 7pm! See you then!

September 8

International Literacy Day

Come by the USO from 2:30PM-4:00PM to receive a book and a goody bag to celebrate International Literacy Day!

Military Appreciation Week

SEPTEMBER 14 - 20

TICKETS ON SALE SEPT. 1!



PATRIOT DAY GIVE BACK

For Military, Veterans & Family Members

SEPTEMBER 4TH



FREE	9 AM CHECK-IN
NON-PERISHABLE FOOD	FOR MILITARY, VETERANS
HYGIENE ITEMS	& FAMILY MEMBERS
& MORE!	REGISTRATION REQUIRED
DRIVE-THRU	VETERANSCENTER.ORG

NORRIS PENROSE UPPER LOT OFF OF MORENO

VALID MILITARY ID OR DD214 REQUIRED

VETERANSCENTER.ORG 719.309.7000 EVENTRSVP@MTCARMELCENTER.ORG

Autumn Songs by Lawrence

**Saturday,
Sept 5,
10am-12pm**

**Solo
Acoustic**



Fountain Community Metcalfe Park Market

**Every Saturday to mid-October
8 am - 1 pm**

- Fresh Produce
- Direct Sales
- Artisans
- Arts & Crafts
- Food court
- Food Trucks

MUSSO FARMS

**Metcalfe Park
618 E. Ohio Ave., Fountain**

WINTER 2020-2021

INDOOR SOCCER

YOUTH COED LEAGUES

FOR: Boys and Girls Pre K-9th grade.
Parents will register their child based on the grade they are in as of October 1, 2020. Players may not waive into the program. All Leagues are COED.

PRACTICES: Can begin the week of October 19th at your practice park location.
Coaches will also be given the option to have 1 indoor practice each week Monday - Friday 4:00 pm - 7 pm at Soccerhaus. Practice days and times are decided by the volunteer coach.

GAMES: SUNDAYS: November 1, 2020-February 28, 2021
@ the SOCCERHAUS, 4845 List Drive
No program November 29, December 27 and January 3, 2021.
Game times are dependent on age groups, number of teams, and will vary between 8:00 am - 6:00 pm.

COST: \$80/PERSON
includes 8 games and a game jersey.
REGISTRATION RUNS AUGUST 24 - OCTOBER 2.
Details on reverse side

QUESTIONS? Call (719) 385-5981 | www.coloradosprings.gov/Soccer

FOUNTAIN MIDDLE SCHOOL

Walk-In Tech Support

A FACIAL COVERING & A TEMP CHECK IS REQUIRED TO ENTER THE BUILDING

MONDAY-FRIDAY 9:30-12:30

PLEASE ENTER THE BUILDING THROUGH THE ALABAMA/SOUTH SIDE

IF YOU NEED TO SCHEDULE A DIFFERENT TIME, PLEASE CALL 382-1580

Come and Join

BOY SCOUT TROOP 164

SOMETHING FOR EVERYONE

Visit our troop meeting and find out what joining our troop can offer you!

**Camping ~ Friendship ~ Cooking
Character ~ Service ~ Life Skills
And More!**

When: Every Tuesday at 6:30 PM**
Where: 4800 McMerney ST
Fort Carson, Colorado

****Due to COVID19 Please Contact Us First!**

Find us on Facebook Boy Scout Troop 164


ftctroop164@gmail.com

ROCKY MOUNTAIN PBS for YOU | **COLORADO CLASSROOM**
Learn with Me at Home

NEW EPISODES

8:00am - **KINDERGARTEN**
8:30am - **1ST GRADE**
9:00am - **2ND GRADE**
9:30am - **3RD GRADE**

*** 7:30AM START TIME ON SEPT 7 ONLY**



Virtual BACK TO SCHOOL

Fountain Middle School

5:00-5:15 Virtual Tour and Welcome from Principal Dr. William Dallas

5:20-5:40 Team Conference with Teachers

5:45-6:00 Electives Teachers and Special Service Providers

6:00-6:30 Town Hall with Admin

Look for another email with the links to each of these sessions as we get closer to Sept 8th.

Fountain Middle School Virtual Open House

Tuesday, Sept 8th
5:00 pm - 6:30 pm

Includes a virtual welcome and tour of the school, opportunity to discuss school needs and questions with administration, and real-time direct conversations with classroom teachers.

Fountain Middle School

<https://www.facebook.com/FMSTrojansFFC8>
<https://www.fmc8.org/FMS>

TAKE OUR TAX COURSE

**Full scholarships for
Military Spouse &
Wounded Warriors**

FOR INFORMATION ABOUT THE
H&R BLOCK INCOME TAX COURSE,
VISIT [HRBLOCK.COM/CLASS](https://hrblock.com/class) OR
CALL **800-HRBLOCK** (800-472-5625).

USE COUPON CODE 22169 WHEN YOU ENROLL.

**H&R
BLOCK**




POP-UP PLAY

PARK PROGRAM

September 9 - 30, 2020

Pop-Up Play is an outdoor program for youth to participate in supervised, activities with staff trained to promote character building and teamwork through collaborative and active play. With many students staying home as e-learners, this program was added to allow an option for physical activity and social interactions while the weather still permits.

FOR	Grades 1-5
DATES & TIME	Begins Sept. 9 - 30, 4:00 p.m. - 5:30 p.m.
DAYS & LOCATIONS	MONDAYS AND WEDNESDAYS Deerfield Park (curb-side drop-off/pick-up in front of Deerfield Hills Community Center)
WHAT TO KNOW	<ul style="list-style-type: none"> As a safety precaution, participants are required to bring a mask for use when not able to physically distance themselves, wear closed-toed shoes at all times, bring a reusable cup or water bottle, wear sunscreen, and bring a jacket. Registration and a participant form are required for each child prior to attending the program. Space is limited, call to register.

\$15 No drop-in's, pre-registration required.

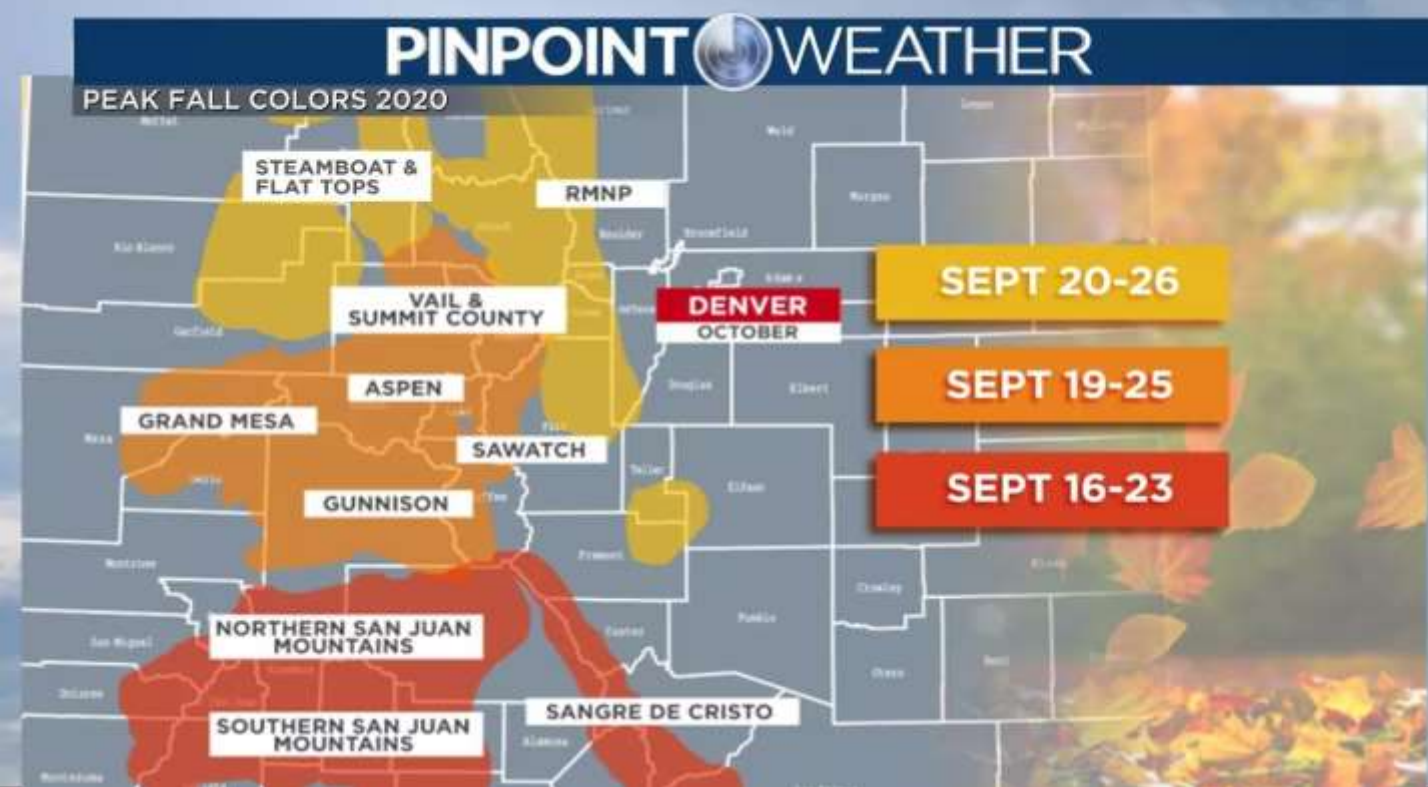
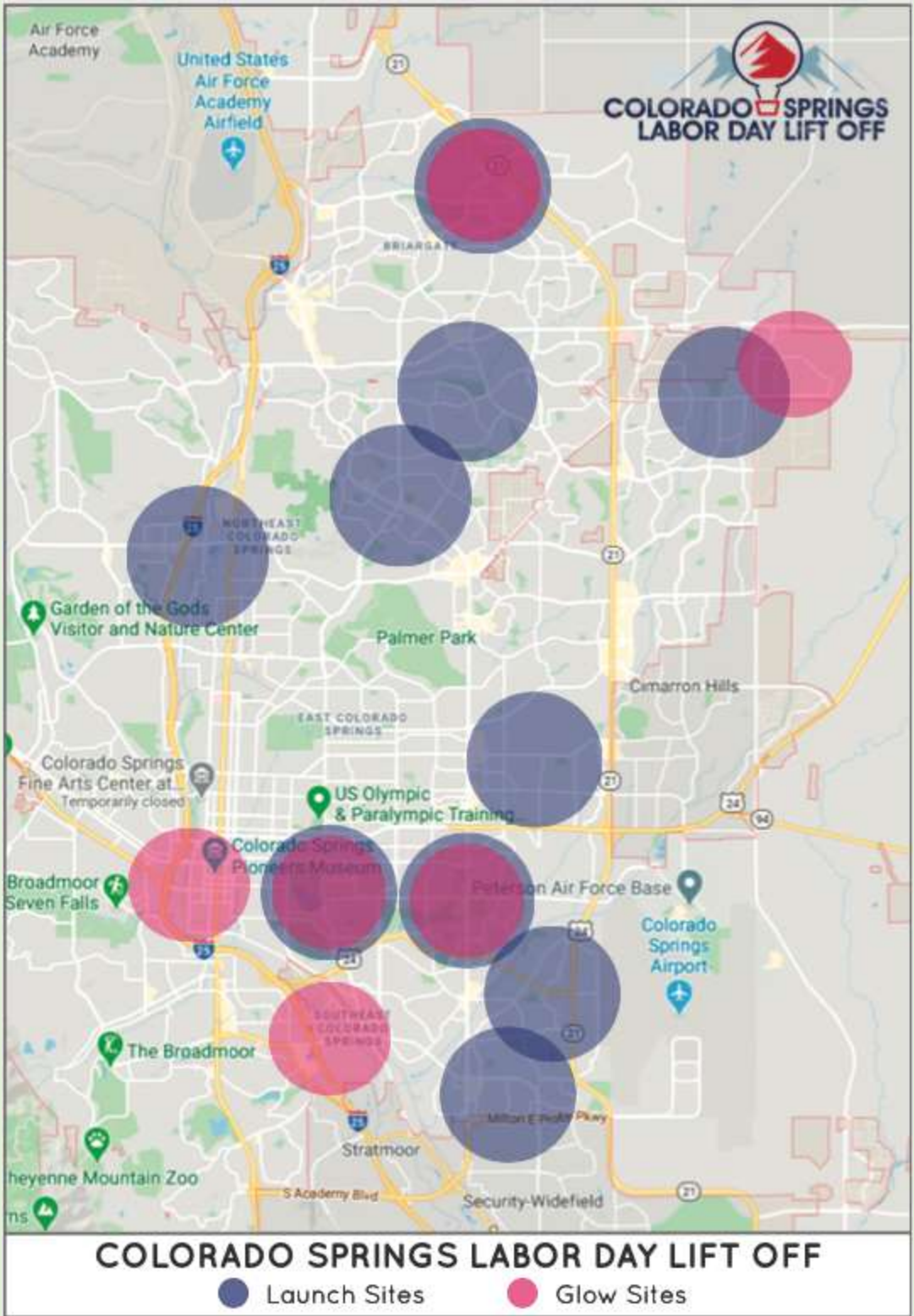
PRE-REGISTER: Email the completed participant form to: Deerfield@coloradosprings.gov OR call 719-385-5996



Deerfield Hills Community Center
4290 Deerfield Hills Road
Colorado Springs, CO 80906
coloradosprings.gov/Deerfield

Questions? (719) 385-5996

BUILDING RELATIONSHIPS IN OUR SOUTHEAST COMMUNITY... ONE GAME AT A TIME!



Visit the ACS Employment Readiness Program
at
<https://carson.armymwr.com/programs/employment-readiness>

FORT CARSON EMPLOYMENT READINESS PROGRAM SEPTEMBER 2020 Prepare for your next job with our virtual classes

SEPT 1, 8, 15, 22, 29

Employment
Readiness
Orientation
1:30-2:30PM

SEPT 9

Write a Winning
Resume
1:30-2:30PM

SEPT 16

You're a Priority:
Federal Employment
for Military Spouses
1:30-2:30PM

SEPT 22

Federal Resumes
and USAJobs
1:30-4:30PM

Registration is Simple & Classes are Provided at No Cost:

- Go to our website & click on the calendar icon at the top of the page
- Find the class & date on the calendar, click on it for details
- Register for the selected class(es)
- One-on-one appointments available for resume reviews or career related inquiries

Registrants will receive login info via email allowing you to join the virtual class.



To register visit: www.carson.army.mil/acs

FORT CARSON EMPLOYMENT READINESS PROGRAM SEPTEMBER 2020 Professional Development Series

SEPTEMBER 3

LinkedIn Fundamentals

1:30-2:30PM

Do you have a professional profile on LinkedIn? Do you have a strong brand? Learn how to build your professional brand by understanding it's many features.

SEPTEMBER 17

Career Assessments

1:30-2:30PM

Discover your interests, likes and dislikes before setting out on your job search. ERP experts can help you determine what career/job is a good fit for you.

Registration is Simple & Classes are Provided at No Cost:

- Go to our website & click on the calendar icon at the top of the page
- Find the class & date on the calendar, click on it for details
- Register for the selected class(es)

Registrants will receive login info via email allowing you to join the virtual class.



To register, visit:
WWW.CARSON.ARMY.MIL/ACS





RECRUIT MILITARY®

FREE! Transitioning Army & Spouse = ★ GLOBAL VIRTUAL CAREER FAIR ★ =

If you're looking to secure a job in the civilian workforce before transitioning from the Army, this **FREE** virtual career fair makes it an easy process.

Regardless of your location, engage with employers specifically seeking military talent by registering for the upcoming event below.

**Wednesday, September 16, 2020
1000 – 1600 (Eastern)**

REGISTER NOW

(Link: <https://rmvets.com/ARMY>)

*Register early to receive a
complete list of employers!*

**FREE FOR ALL TRANSITIONING ACTIVE DUTY ARMY
SERVICE MEMBERS & THEIR SPOUSES**

Attend a Webinar on
How to Navigate a **Virtual Career Fair**

- Mondays @ 1730 (Eastern)
- Tuesdays @ 1200 (Eastern)

<https://rmvets.com/VCFWebinar>

No Federal or DoD endorsement implied.

Questions? Email: support@recruitmilitary.com

PDW // **PERFORMANCE DRIVEN
WORKFORCE**



Now Hiring Part-Time Test Car Drivers
Get paid weekly – \$14.00 an hour

Apply today. Easy application and screening process.

**Build your own schedule
with morning, evening and weekend shifts available.**

No prior job experience is required!
Minimum of two years of U.S. driving experience.
Must be at least 18 years of age.
Students, retirees and veterans welcome.

Also hiring:

• Auto Lube Techs • CDL-A & CDL-B drivers • Vehicle Coordinators!

Compensation for Drivers:

- General drivers earn \$14/hour. CDL-A drivers earn \$23.00/hr.
- Med card drivers earn \$15.00/hr., when driving qualified med card vehicles.

Shifts:

- AM Day shift: 5:00 am to 1:30 pm or 3:30 pm (Monday - Sunday)
- PM Night shift: 5:00 pm to 1:30 am or 3:30 am (Monday - Sunday)

LOCATION: Fountain

APPLICATION ONLINE: WWW.PDWORKFORCE.COM/APPLY

EQUAL EMPLOYMENT OPPORTUNITY

ESTABLISHED COVID-19 POLICIES AND PROCEDURES



COLORADO CYBERSECURITY APPRENTICESHIP PROGRAM

UCCS College of Business
UNIVERSITY OF COLORADO COLORADO SPRINGS

DEFEND AND PROTECT YOUR NATION WITH A CAREER IN CYBERSECURITY.



APPRENTICESHIP OVERVIEW

The Colorado Cybersecurity Apprenticeship Program, also known as C-CAP, provides aspiring cybersecurity professionals with the academic and skills-based knowledge required to earn mid-level and advance-level cybersecurity positions. Through a series of industry-aligned college courses, boot camps and on-the-job training, apprentices will be fully equipped to succeed in one of the fastest growing sectors in the nation.

EARN MONEY, RECEIVE HANDS-ON TRAINING
AND TRANSITION TO A CIVILIAN CAREER IN
DEMAND, IN AS LITTLE AS 13 MONTHS.

Cybersecurity Workforce

- **3.5 Million**
Unfilled cybersecurity jobs globally (by 2021)
- **0%**
Cybersecurity unemployment rate
- **313,735**
Unfilled cybersecurity jobs in US (2019)
- **36.5%**
Cybersecurity job growth rate (through 2022)
- **12x**
Growth in demand as compared to other non-IT jobs

WHY C-CAP?



EXCEPTIONAL INSTRUCTION

Receive personalized guidance from professors with real-world experience in the industry.



WORK-BASED LEARNING

Get paid to learn. You will receive both instruction and paid on-the-job training as you progress through the program.



INDUSTRY-RECOGNIZED CREDENTIALS

You will receive current and relevant cybersecurity knowledge in each of the three courses.



MENTORSHIP

You will have access to a mentorship program, which connects you to a mentor in the cybersecurity industry to aid your transition from apprenticeship to career.



SUPPORT SERVICES

You will have access to numerous support services provided by the UCCS College of Business Career Development Center.



100% ONLINE

The program is offered completely online, allowing you to work for any cybersecurity organization in the country.

DEFEND PROTECT SECURE



University of Colorado
Boulder | Colorado Springs | Denver | Fort Collins

APPRENTICESHIP PROGRAMS

Apprentices will be required to complete three courses (earning 12 credits) and associated bootcamps on industry recognized certifications. Upon completion, participants will be awarded a Certificate of Completion of C-CAP in their chosen cybersecurity program and a UCCS Certificate in Cybersecurity Management. The participants may apply 12 credits earned towards B.S. in Business with Emphasis in Cybersecurity Management or Information Systems. Learn more about the program curriculum and certification bootcamps at uccs.edu/business/c-cap.

AVAILABLE PROGRAMS

Cybersecurity Analyst
Apprenticeship Program

Cybersecurity Consultant
Apprenticeship Program

Cybersecurity IT Auditor
Apprenticeship Program

Cybersecurity Penetration & Vulnerability
Tester Apprenticeship Program

Cybersecurity Manager
Apprenticeship Program

PROGRAM BENEFITS

National Leader in Cybersecurity

Colorado Springs is home to over 125 cyber-related companies, five military installations, the National Cybersecurity Center and is consistently recognized as one of the nation's top cities for cybersecurity management professionals. C-CAP is meeting the needs of a rapidly growing industry, both in Colorado Springs and across the U.S.

Earn While You Learn

Apprentices will receive both instruction and paid on-the-job training as they progress through the program. At the completion of each of the three phases, apprentices will receive an increase in pay as well as added responsibility in their cybersecurity roles.

POTENTIAL CYBER CAREERS

- Risk Analyst
Average Salary: \$80,416
- Cybersecurity Analyst
Average Salary: \$95,510
- Cybersecurity Consultant
Average Salary: \$196,900
- Cybersecurity Manager
Average Salary: \$122,010
- IT Auditor
Average Salary: \$103,213

CONTACT US

WEBSITE: uccs.edu/business/c-cap
PHONE: 719-255-3186
EMAIL: ccap@uccs.edu

PROGRAM ELIGIBILITY

To be eligible for this program, participants must be:

- U.S. legal residents of 18 years of age or older
- Completed high school or GED
- Currently not enrolled in secondary school education
- Skilled in computer networks (entry-level)



My Career Advancement Account Helping Spouses Reach Career Goals

The My Career Advancement Account Scholarship is a workforce development program that provides up to \$4,000 of tuition assistance to eligible military spouses. The scholarship assists military spouses in pursuing licenses, certifications or associate degrees necessary to gain employment in an occupation or career field. Spouses may use their My Career Advancement Account Scholarship funds at any academic institution approved for participation in the scholarship.

Fast Facts

The My Career Advancement Account Scholarship provides a maximum tuition benefit of \$4,000 with an annual fiscal year cap of \$2,000 to assist eligible military spouses who need professional credentials to meet their career goals. Annual cap waivers are available for licensure and certificate programs if there is an upfront tuition cost that exceeds \$2,000, up to the maximum education benefit of \$4,000.

Who is eligible for the My Career Advancement Account Scholarship?

Spouses of service members on active duty in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2 who have successfully completed high school and have the ability to request tuition assistance while their military sponsor is on Title 10 military orders are eligible. Spouses married to members of the National Guard and reserves in these same pay grades are eligible.

Those who are *not* eligible include the following:

- Spouses who are married but legally separated, or under court order or statute of any state or U.S. territory, from a member of the armed forces on Title 10 orders
- Spouses whose National Guard or reserves military sponsor is in a warning orders or alert, post-deployment, demobilization or transition status

The My Career Advancement Account Scholarship will NOT pay for the following:

- Tuition for courses and examinations not included in the spouse's Education and Training Plan and courses already started or completed by the spouse
- Reimbursements of any kind
- Books, supplies, equipment, uniforms, computers and electronic devices of any kind
- Student activities, events and entertainment
- Prepayment or deposits for future courses, unless costs are part of a block of study

1

For more information, visit <https://mycaa.militaryonesource.mil/mycaa>.

The My Career Advancement Account Scholarship will NOT pay for the following continued...

- School or college level entrance examinations, comprehensive exams and related preparatory courses
- Courses, tests or fees normally paid by an employer as part of a job training program
- Fees of any kind, including but not limited to registration fees, technology fees, parking fees, etc.
- Nonacademic credit or ungraded courses, including courses taken on an audit basis or as an internship, practicum, apprenticeship or clinical supervision; also, nonacademic credit or ungraded orientation programs
- Courses taken more than one time, unless the My Career Advancement Account Scholarship has received a full refund from the school
- Academic credit by examination
- General studies, liberal arts and interdisciplinary associate degrees that do not have a concentration
- Personal enrichment courses, excluding academic credit or graded electives in the spouse's Education and Training Plan
- Transportation, lodging, child care and medical services
- Course extensions, except for approved hardship waivers
- Study-abroad programs, excluding programs of study offered by participating My Career Advancement Account Scholarship schools on overseas military installations
- Private licenses. For example, a private pilot's license would not be covered because it is for recreational use, but a commercial pilot's license would be covered because it would be used for an occupation.
- High school completion programs, including online high school completion programs
- Continuing education credits to maintain a standing in a professional organization

The My Career Advancement Account Scholarship program is part of the Department of Defense Spouse Education and Career Opportunities program that offers comprehensive coaching, information, tools and resources to support military spouse career exploration, education, training and licensing, employment readiness and career connections.

How to establish an account with the My Career Advancement Account Scholarship

Spouses can visit the My Career Advancement Account Scholarship website at <https://mycaa.militaryonesource.mil/mycaa> and provide the required Spouse Profile information. All scholarship participants are required to use DS Logon to access their accounts. Military spouses enrolled in the Defense Enrollment Eligibility Reporting System, or DEERS, are eligible for a DS Logon account. For information about creating a DS Logon premium account, access the 'How do I use DS Logon to create and access My Career Advancement Account?' guide on the 'Resources' page: <https://mycaa.militaryonesource.mil/mycaaresources>

What about schools and organizations?

Schools interested in participating in the My Career Advancement Account Scholarship program can call 334-517-6160 option 2 for assistance or visit the 'For Institutions' resource page on the My Career Advancement Account Scholarship website at <https://mycaa.militaryonesource.mil/mycaa/school-resources/for-institutions> for program eligibility and participation information.

Where to get additional information or assistance

 **Contact a SECO career coach by calling Military OneSource at 800-342-9647**

Spouses with an established account with My Career Advancement Account Scholarship may use the Message Box feature to receive information and assistance quickly.

 **Coaches are available**
Monday through Friday
7 a.m. to 10 p.m. ET
Saturday
10 a.m. to 5 p.m. ET