

1 December 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.

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# Community Bulletin

## December Environmental Protection Officer Class

The Directorate of Public Works (DPW) presents the Environmental Protection Officer (EPO) Class for individuals assigned the responsibility of environmental protection and management at the unit and higher levels in accordance with AR 200-1. The next EPO Class is Dec. 7-11 from 8 a.m. to 4 p.m. in building 1219, room 325.

Units training NCOs must contact John O'Brien, [john.p.obrien50.civ@mail.mil](mailto:john.p.obrien50.civ@mail.mil), Individual Military Training/Troop Schools, to register Soldiers and secure a slot before the registration deadline of Dec. 4. Classes are limited due to COVID-19; register early to ensure a seat. For more information about the training, email [richard.e.yohn.civ@mail.mil](mailto:richard.e.yohn.civ@mail.mil).

## Military Pay Office update

Travel/PCS hours: The Army Military Pay Office (AMPO) Military Pay In/Out Processing section for PCS located in the Mountain Post Soldier Center (SRP), building 1525 continues to be closed to all customers. E-mail PCS orders, any amendments, DA 31, and Exception to Policy (if applicable) to the PCS mailbox [usarmy.carson.dmpo.list.iop-travel@mail.mil](mailto:usarmy.carson.dmpo.list.iop-travel@mail.mil). If you have a question in reference to PCS Travel, utilize the mailbox to receive a response within 72 hours or contact the Finance "HOTLINE" at 526-9233 from 9 a.m. to 3 p.m. for assistance.

## Pipe freeze warning

With winter weather approaching, temperatures can drop below freezing suddenly. Significant facility damage is possible if appropriate actions are not taken. Facility managers, building occupants and unit leadership are asked to ensure the following:

- Ensure all windows and exterior doors are closed.

- Keep all heating systems on even in unoccupied buildings (do not turn off any units). Set any self-adjustable thermostats to at least 55 degrees (barracks set to 60 degrees).

- Building occupants can call 526-5345, the Directorate of Public Works (DPW) operations and maintenance contractor 24/7 service order desk, if their buildings are not heating properly.

- If there are any busted or leaking pipes noticed, call in a service order immediately to the DPW operations and maintenance contractor at 526-5345.

## COVID-19 information

To see the latest information on Fort Carson's measures to prevent the spread of COVID-19 and for frequently asked questions and other information on the virus, visit <https://www.carson.army.mil>.



# Community Bulletin

## RSO/OIC 2020 Training Update

Fort Carson's Directorate of Plans, Training, Mobilization and Security, Range Operations, is continuing the Range Safety Officer (RSO)/Officer in Charge (OIC) Course at McMahon Auditorium. To meet current COVID-19 safety guidelines, maximum capacity is limited and face coverings are required. Attendance will be on a first-come, first-served basis. Doors will open at noon and close once capacity is met. Class will start at 1 p.m. or when maximum capacity is met. The current schedule of classes is: Dec. 3, 15 and 17. These additional classes are being offered to facilitate the RSO/OIC requirements for training on Fort Carson and Piñon Canyon Maneuver Site. Questions can be directed to the Range Operations Safety Office at 526-6330.

## Pollution Prevention Newsletter

The Directorate of Public Works (DPW) prepares a quarterly Pollution Prevention (P2) Times newsletter to assist units and activities stay in environmental compliance with U.S. Army regulations, and federal, state and local laws. The December P2 Times features an article about the DPW Environmental Compliance Assessment Team, which provides compliance support to units and activities on post. For more information about the programs highlighted in the newsletter, email the DPW pollution prevention coordinator at [robert.d.cavanaugh2.civ@mail.mil](mailto:robert.d.cavanaugh2.civ@mail.mil).

To view the newsletter, click on the attachment at:

[https://installation.carson.army.mil/pao/WEBUPDATES/\\_layouts/listform.aspx?PageType=4&ListId={BE4650E8-BF05-48C6-8B2C-E1545ED38C2D}&ID=105&ContentTypeID=0x01004FB78016C33D6B46B091D4C2CFFD4E73](https://installation.carson.army.mil/pao/WEBUPDATES/_layouts/listform.aspx?PageType=4&ListId={BE4650E8-BF05-48C6-8B2C-E1545ED38C2D}&ID=105&ContentTypeID=0x01004FB78016C33D6B46B091D4C2CFFD4E73).



# Military and Family Life Counseling



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 & 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 Child and Youth Behavioral MFLC, please call Parent Central at 719-526-1101.

For more information visit:

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



**MILITARY ONE SOURCE**  **MILITARY & FAMILY LIFE COUNSELING**

**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](http://www.MilitaryOneSource.mil).





# Army Community Service – Employment Readiness Program

## FORT CARSON EMPLOYMENT READINESS

### Employment Readiness Orientation

Offered:

December 7@9:30AM

December 14@1:30PM

Learn about services and resources offered by the Employment Readiness Program and how they can help you reach your career goals.

To Register, visit: [www.carson.armymwr.com/calendar](http://www.carson.armymwr.com/calendar)  
[LinkedIn@fortcarsonacsemploymentreadinessprogram](mailto:LinkedIn@fortcarsonacsemploymentreadinessprogram)  
[FB@fortcarsonacsemploymentreadiness](https://www.facebook.com/fortcarsonacsemploymentreadiness)



## FOLLOW US ON SOCIAL MEDIA

### FORT CARSON EMPLOYMENT READINESS PROGRAM



@fortcarsonacsemploymentreadiness



@fortcarsonacsemploymentreadinessprogram



Visit: <https://carson.armymwr.com/programs/employment-readiness>

## FORT CARSON EMPLOYMENT READINESS

### What is MyCAA & How to Apply for a MyCAA Scholarship

My Career Advancement Account Scholarship (MyCAA) provides eligible military spouses with up to \$4,000 in financial assistance to pursue an occupation or career. Here's what you need to know to get started.

1

#### Start at the MyCAA official website

You can create your profile, determine eligibility, browse for careers, and search for participating programs & schools.

You can also contact a Military Onesource Career Coach, they can help with eligibility questions, career exploration, assessments, and resources.

2

#### Choose a Career Path

MyCAA provides financial assistance for you to earn a certificate, associate's degree or license for a portable career. What's a portable career? A career that will travel with you as you change duty stations--PCS.

3

#### Determine Eligibility

Who is eligible? If you are eligible, you can receive up to \$4,000 in funding.

- Spouse of an Active Duty, Reservist or Guardsman
- High School Graduate or equivalent
- Spouse of an E-1 to E-5, W-1 to W-2 or O-1 to O-2

4

#### \*Choose a Participating School, Choose a Program

Work with a Career Coach to ensure your selected institution and courses are MyCAA approved or you can search for participating schools by visiting:

<https://mycaa.militaryonesource.mil/mycaa/school-search>

5

#### Create a Education & Training Plan (ETP)

A Career Coach can help with your ETP. In order to receive scholarship funding you will need to complete and upload an ETP. [MyCAA ETP reference guide and additional resources.](#)

\*Enrollment in a non-participating school may result in misleading and/or unfair practices.

For additional resources, contact an Employment Readiness Specialist: 719.524.2382 / 524.3816

[www.carson.armymwr.com/programs/employment-readiness](http://www.carson.armymwr.com/programs/employment-readiness)





# Employment Opportunities



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, December 9, 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](mailto:support@recruitmilitary.com)

## FORT CARSON EMPLOYMENT READINESS



### SEASONAL JOB OPPORTUNITIES

- **Lowe's:** Retail Associates, Stocking & Receiving, Cashiers
- **The Home Depot:** Warehouse Support/Warehouse Associate, Cashier, Store Support, Department Supervisor, Freight/Receiving, Customer Service/Sales, Designer (Kitchen), Lot Associate
- **Kohl's:** Stockroom, Operations Associate, Retail Sales Associate
- **Target (Colorado Springs):** Guest Advocate, General Merchandise Fulfillment, Front of Store Attendant, Food & Beverage
- **Burlington Stores:** Seasonal Receiving Associate, Cashier, Retail Sales Associate
- **AAFES:** Food Service Worker, Customer Experience Associate, Store Associate
- **UPS:** Package Handler (Warehouse), Delivery Driver, Driver Helper, Seasonal Personal Vehicle Package Driver
- **USPS (Colorado):** Mail Handler Assistant, Mail Processing Clerk
- **Party City:** Seasonal Sales Associate
- **Duluth Trading Company:** Retail Sales Associate
- **Michaels:** Seasonal Replenishment Team Member
- **Macy's:** Seasonal Retail
- **Starbuck's:** Baristas--Various Locations

Visit us @ <https://carson.armymwr.com/programs/employment-readiness>  
Follow Us on Facebook at *Fort Carson ACS Employment Readiness*  
Program for More Seasonal Opportunities





# Employment Opportunities



## Amazon Military Opportunities

Redefining what's possible is never easy.  
Are you up for a challenge?

At Amazon, thousands of veterans and military spouses are driving innovation and raising the bar on customer experience. On a daily basis, they apply knowledge, skills, and leadership abilities in a wide variety of careers while influencing change across the globe.

facebook.com/amazonmilitary | amazonmilitary | amazonmilitary | Amazon Military Affairs

### Military Status

Veterans, National Guard, Reserve	<a href="https://amazon.jobs/military">amazon.jobs/military</a>
Military Spouses	<a href="https://amazon.jobs">amazon.jobs</a>
Transitioning Service Members	Search "Amazon Military SkillBridge" on <a href="https://amazon.jobs">amazon.jobs</a>
Active Security Clearance	<a href="https://amazon.jobs/AWSClearedVets">amazon.jobs/AWSClearedVets</a>
Student Veterans	<a href="https://amazon.com/university-ops">amazon.com/university-ops</a>

### Amazon Partners and Featured Roles

Mentorship	Veterati: <a href="https://veterati.com/amazon">veterati.com/amazon</a> or American Corporate Partners: <a href="https://acp-usa.org">acp-usa.org</a>
Hiring Our Heroes Corporate Fellowship Program	Transitioning service members and military spouses: <a href="https://hiringourheroes.org/fellowships">hiringourheroes.org/fellowships</a>
DoD SkillBridge	Search "Amazon Military SkillBridge" on <a href="https://amazon.jobs">amazon.jobs</a>
Delivery Service Partners	Start your own business: <a href="https://logistics.amazon.com">logistics.amazon.com</a>
Veteran & Spouse Entrepreneurs	Sell on Amazon: <a href="https://services.amazon.com">services.amazon.com</a>
RING	Search "1062986" for Glendale, "1056478" for Phoenix, "1062984" for Mesa on <a href="https://amazon.jobs">amazon.jobs</a>
Reliability, Maintenance, & Engineering	<a href="https://amazon.avature.net/military">amazon.avature.net/military</a>
Warehouse Associates and Whole Foods Shoppers	Hourly roles, full-time, part-time, and flex schedules: <a href="https://amazon.com/militaryjobs">amazon.com/militaryjobs</a> or text "Military" to 77088

### Additional Resources and Information

Military Affairs Webinars	<a href="https://amazonmilitarywebinarseries.splashthat.com">amazonmilitarywebinarseries.splashthat.com</a>
AWS Educate	<a href="https://aws.amazon.com/education/awseducate/veterans">aws.amazon.com/education/awseducate/veterans</a>

### Cohort-Style Training Programs

Technical Apprenticeship	<a href="https://amazon.jobs/mil-apprentice">amazon.jobs/mil-apprentice</a>
Military Pathways Program	Search "1194531" on <a href="https://amazon.jobs">amazon.jobs</a>
Veteran Business Leader Program	Veterans and Military Spouses: search "935928" on <a href="https://amazon.jobs">amazon.jobs</a> Transitioning Service Members search "1069502" on <a href="https://amazon.jobs">amazon.jobs</a>

## FAMILY *Serving* FAMILY

WE'RE HIRING FOR THE FOLLOWING POSITIONS:  
RETAIL - CUSTOMER EXPERIENCE ASSOCIATE, SHIFT  
MANAGER, MATERIALS HANDLER - E-COMM

FOOD - FOOD SERVICE WORKER

[www.applymyexchange.com](https://www.applymyexchange.com)

Did you know that The Exchange  
was named a Military Friendly  
Spouse Employer for 2021?





# Employment Opportunities

**HIRING OUR HEROES**  
U.S. CHAMBER OF COMMERCE FOUNDATION

## CORPORATE FELLOWSHIP PROGRAM

### CONNECTING TRANSITIONING SERVICE MEMBERS TO EXCEPTIONAL PROFESSIONAL OPPORTUNITIES

The Hiring Our Heroes Corporate Fellowship Program provides transitioning service members with management training and hands on experience in the civilian workforce to prepare them for a smooth transition to civilian careers



POST FELLOWSHIP  
JOB OFFER RATE

**92%**



COMPLETED  
FELLOWSHIPS

**OVER 2,000**



PARTICIPATING  
COMPANIES

**OVER 200**

### CFP PROGRAM LOCATIONS



[HiringOurHeroes.org/fellowships](http://HiringOurHeroes.org/fellowships)

Nicole Holling | [NHolling@uschamber.com](mailto:NHolling@uschamber.com) | 202.568.1623

**HIRING OUR HEROES**  
U.S. CHAMBER OF COMMERCE FOUNDATION

## CORPORATE FELLOWSHIP PROGRAM

### AM I ELIGIBLE TO APPLY?

- You must be within a year of separation\*
- You must be on active duty for the duration of the 12 week program
- You'll need a bachelor's degree and three years of leadership OR an associates degree and 5 years of leadership experience

\* Your fellowship must begin within 180 days prior to separation.



### THE SCHEDULE

**Monday - Thursday** you work in a mid to senior level professional position, matched to your skills and experience, with a host company in one of our locations.

**Friday** is spent in the classroom and at partner companies, gaining corporate skills and networking. You'll also have the opportunity to take a certification track course through our partner Simplilearn



### UPCOMING PROGRAM DATES

**JAN. 11 - APR. 2, 2021**

*Completed application packets due by October 23, 2020*

**MAY 3 - JUL. 23, 2021**

*Completed application packets due by March 18, 2021*

### OUR SPONSORS



[HiringOurHeroes.org/fellowships](http://HiringOurHeroes.org/fellowships)

Nicole Holling | [NHolling@uschamber.com](mailto:NHolling@uschamber.com) | 202.568.1623



# Employment Opportunities

**ONWARD**  
TO  
**OPPORTUNITY**

IN PARTNERSHIP WITH:  
**VCTP**  
VETERANS CAREER  
TRANSITION PROGRAM

## PLANNING FOR YOUR CAREER AFTER THE MILITARY?

Introducing, a straightforward  
employment program for transitioning  
service members and spouses

### WHAT IS O2O-VCTP?

Onward to Opportunity in partnership with the Veterans Career Transition Program (O2O-VCTP) understands the time to train and place military families in jobs is while you're still serving and not after.

With no-cost training and certification in over 30 top-paying career fields and direct connections to over 500 military-friendly employers, this career transition program utilizes in-person and online learning options to best fit your needs.

During the program, you are also connected to Hire Heroes USA, our national career services partner program that provides free, personalized career coaching and job sourcing.

Please visit [onward2opportunity-vctp.org](http://onward2opportunity-vctp.org) or talk with your installation Program Manager for more information.

### ELIGIBILITY

**Active Duty Service Members**  
(to include active guard and reserve) within 6 months of separation or retirement

**National Guard and Reserve**  
currently serving in a non-active status

**Post 9/11 veteran**  
(retired or separated) with an honorable discharge

**Spouses**  
of any active duty service member, post 9/11 veteran and active duty National Guard or Reserve.

[ONWARD2OPPORTUNITY-VCTP.ORG](http://ONWARD2OPPORTUNITY-VCTP.ORG)

@Onward2OppVCTP

@IVMFSyracuseU

**IVMF** A program of the Institute for Veterans and Military Families.

## CERTIFICATION TRAINING TRACKS\*



### BUSINESS MANAGEMENT

#### Project Management:

- PMP
- CAPM
- Six Sigma Green Belt

#### Human Resources:

- aPHR
- PHR
- SPHR

#### Customer Service Excellence:

- Call Center Fundamentals



### INFORMATION TECHNOLOGY

#### • CompTIA A+

#### • Security+

#### • Cloud+

#### • Linux+

#### • Server+

#### • Network+

#### • SSCP

#### • CISSP

#### • GIAC

#### • GSEC

#### • GCIA

#### • Certified Ethical Hacker

#### • CCENT

#### • CCNA

#### • ITIL

#### • Java SE7 & SE8

#### • Oracle 11G & 12C



### DIRECT TO EMPLOYMENT

Complete the O2O assessment and if eligible, be fast-tracked to employment support and interview matching from Hire Heroes USA.

\*Courses may vary based on location. Please contact your local installation team.

## TESTIMONIAL

### QUENTIN HAGEWOOD

U.S. Army Veteran, O2O-VCTP Fort Carson Graduate

#### Current Position:

Network Operations Center Technician at CenturyLink

#### Track:

IT (Cisco Certified Network Associate)

"The O2O program offered through the IVMF has provided a fantastic opportunity for me and my wife to obtain highly demanded professional certifications at no cost to us. These certifications give us valuable knowledge as well as make us more marketable in the civilian job market. The courses are challenging and managing your time in order to learn the material and complete the certifications successfully is critical, but well worth it!"



## WHY O2O-VCTP?

- Onward to Your Career Training and access to online learning pathways.
- Direct connections to 500+ national employer partners through Hire Heroes USA
- Networking opportunities and connections
- One FREE industry certification exam
- FREE resume assistance, interviewing technique training and interview matching to employers in your industry
- Non-credit certificate of completion from the IVMF at Syracuse University upon course completion



## FOR ADDITIONAL INFORMATION

### ► INSTALLATION TEAM

JOE ALDAZ, FORT CARSON PROGRAM MANAGER

**E** [jvaldaz@syrr.edu](mailto:jvaldaz@syrr.edu)

KATRINA LUSK, FORT CARSON PROGRAM COORDINATOR

**E** [kmlusk@syrr.edu](mailto:kmlusk@syrr.edu)

## INTERESTED EMPLOYERS CONTACT

### ► ANTHONY COSBY

DIRECTOR, EMPLOYER OUTREACH | O2O-VCTP  
INSTITUTE FOR VETERANS AND MILITARY FAMILIES

**T** 210.844.8154 | **E** [atcosby@syrr.edu](mailto:atcosby@syrr.edu)

\*O2O-VCTP leverages DoD SkillBridge authority to conduct career skills training on US military installations. The DoD and Service Branches do not endorse any company, sponsor or their products or services.

JPMORGAN CHASE & CO.

SCHULTZ  
FAMILY  
FOUNDATION

accenture  
High performance. Delivered.

HIRE  
HEROES

BLUE STAR  
FAMILIES

**APPLY NOW ► [ONWARD2OPPORTUNITY-VCTP.ORG](http://ONWARD2OPPORTUNITY-VCTP.ORG)**



# Employment Opportunities

## ACP Helps Military Spouses Advance Their Careers



ACP is a nationwide non-profit dedicated to assisting veterans and active duty military spouses on their path towards meaningful employment.

**1:1**

### Customized Mentorships

ACP hand-selects a Mentor for each spouse Protégé

**12**

### Significant Conversations

Mentors and Protégés connect at least once a month for up to a year

**35+**

### Areas of Expertise

Mentors come from many professional industries

Whether you are considering a new career, starting a small business or have recently moved locations, ACP has Mentors offering their assistance. Our Mentors are volunteers with years of experience and can help with:

- Career exploration
- Entrepreneurship and small business growth
- Résumé review
- Interview preparation
- Networking
- Career coaching
- Overall professional development

You supported your spouse's career - let us support yours.  
Get started today at [www.acp-usa.org/spouses](http://www.acp-usa.org/spouses)



**Applications open October 26 - December 21, 2020**



*Safeguarding our Community as our Family*

[www.coloradosprings.gov/cspd](http://www.coloradosprings.gov/cspd)



# Army Community Service – Family Advocacy and New Parent Support

New Parent Support Program presents

## Sole Parenting

brown bag lunch -n- learn  
a resource group for single parents

Connect with fellow Soldiers and community partners to help you on your journey to survive and thrive as a single parent.

18 Nov & 30 Dec, 2020

27 Jan, 24 Feb, 24 Mar, 28 Apr & 26 May, 2021

Noon-1 P.M. • ACS Annex, bldg. 7492

[www.carson.army.mil/acs](http://www.carson.army.mil/acs) • (719) 524-1899



ACS Family Advocacy Program  
Supporting Healthy Soldier & Family Relationships

## Keeping Your Relationship Happy During the Holidays

Holidays can often be stressful on family relationships. Take an opportunity in this one session seminar by learning on how to keep your relationships with your spouse, children, family members and friends healthy and positive. The seminar focuses on inter-personal communication skills and increasing optimism by using simple to remember tools that anyone can master.

**8 & 15 December, 2020**  
**9:30- 11:30 a.m. • on Zoom**

[www.carson.army.mil/acs](http://www.carson.army.mil/acs) • (719) 524-1899





# Army Community Service – Army Emergency Relief

## EMERGENCY TRAVEL ASSISTANCE FOR ROTC CADETS



Army Emergency Relief has expanded emergency travel assistance to ROTC cadets under contract to serve in the U.S. Army.

For more Information  
click [HERE](#)

Army Emergency Relief is a non-profit organization that provides financial assistance in an unforeseen emergency situation to Active Duty Soldiers, Family Members, Retiree, Retiree's Family Members, Widows and Widowers. The assistance is provided as a loan, grant or a combination of both. Application maybe submitted on line. For more information, please contact Army Emergency Relief at telephone number (719)526-4783.



# Army Community Service – Upcoming Classes & Events

Date	Class	Time
<b>December 3<sup>rd</sup></b>	<a href="#">Professional Development Series: LinkedIn Fundamentals</a>	9:30am – 10:30am
	<a href="#">Toddler Time</a>	9:30am – 11:00am
	<a href="#">Center on Fathering</a>	1:00pm – 3:00pm
	<a href="#">Thrift Savings Plan Class</a>	1:00pm – 2:00pm
	<a href="#">Latino Meet-Up</a>	2:00pm – 4:00pm
<b>December 4<sup>th</sup></b>	<a href="#">Play Group</a>	10:00am – 12:00pm
<b>December 7<sup>th</sup></b>	<a href="#">Exceptional Family Member Program (EFMP) 101</a>	9:30am – 10:00am
	<a href="#">Employment Readiness Orientation</a>	9:30am – 10:30am
<b>December 8<sup>th</sup></b>	<a href="#">Cooperative Parenting and Divorce Class</a>	9:00am – 12:00pm
	<a href="#">Everyday English for Foreign Born Spouse</a>	9:30am – 11:30am
	<a href="#">Infant Massage &amp; Baby Nurturing</a>	9:30am – 11:00am
	<a href="#">Keeping Your Relationship Happy During the Holidays</a>	9:30am – 11:30am
	<a href="#">Baby Orientation</a>	10:00am – 11:30am
	<a href="#">Center on Fathering</a>	1:00pm – 3:00pm
<b>December 9<sup>th</sup></b>	<a href="#">Morning Brew with Your EFMP Crew</a>	9:00am – 10:00am

Date	Class	Time
<b>December 9<sup>th</sup></b>	<a href="#">Budgeting 101</a>	10:00am – 11:00am
<b>December 10<sup>th</sup></b>	<a href="#">Toddler Time</a>	9:30am – 11:00am
	<a href="#">Center on Fathering</a>	1:00pm – 3:00pm
	<a href="#">Soldier and Family Readiness Group (SFRG) Chat</a>	1:00pm – 2:00pm
	<a href="#">Thrift Savings Plan Class</a>	1:00pm – 2:00pm
	<a href="#">Smart Money Talks</a>	5:30pm – 7:30pm
<b>December 11<sup>th</sup></b>	<a href="#">Auditing SFRG Informal Funds</a>	9:30am – 11:30am
	<a href="#">Play Group</a>	10:00am – 12:00pm
<b>December 14<sup>th</sup></b>	<a href="#">Employment Readiness Orientation</a>	1:30pm – 2:30pm
<b>December 15<sup>th</sup></b>	<a href="#">Boot Camp for New Moms</a>	9:00am – 12:00pm
	<a href="#">Everyday English for Foreign Born Spouses</a>	9:30am – 11:30am
	<a href="#">Infant Massage &amp; Baby Nurturing</a>	9:30am – 11:00am
	<a href="#">Keeping Your Relationship Happy During the Holidays</a>	9:30am – 11:30am
	<a href="#">Center on Fathering</a>	1:00pm – 3:00pm

**Click class/event name to register and/or learn more**



# Guide to Holiday Support Programs – 2020

Date	Program	Location	How to Apply
Meal pick-up begins 16 Nov	CONNECTIONS 4 LIFE Walk through food pantry and select items for a Thanksgiving meal.	6436-U South Highway 85/87 (behind Wendy's) Fountain, CO 80817	Must sign up in person at location listed beginning 5 Nov. Call 719-387-9919 for times.
Meal giveaway Nov 19 3:30 p.m.	MT. CARMEL THANKSGIVING MEAL GIVEAWAY	530 Communication Circle, COS 80909	Eligibility: Active Duty, veteran, or dependent. Call 719-772-7000 for more information or visit the website at <a href="http://www.veteranscenter.org">www.veteranscenter.org</a> .
Apply now - 25 Nov	CHRISTMAS TO GO Each box will contain materials and instructions for 3-4 child friendly craft projects related to the Christmas season.	Pick-up at Soldiers Memorial Chapel on or prior to Nov 29.	Visit the 4ID and <a href="https://www.facebook.com/FortCarsonReligiousSupportOffice">Fort Carson Religious Support Office Facebook page</a> for form or email <a href="mailto:Heidi.a.mcallister.civ@mail.mil">Heidi.a.mcallister.civ@mail.mil</a>
TBD	CHRISTMAS UNLIMITED HOLIDAY TOY DISTRIBUTION Provides toys for children ages 1-12.	Christmas Unlimited Distribution Center 2204 E Boulder St. Colorado Springs, CO 80909	Applications available at the ACS Center, Bldg. 1201 early November. Call 719-955-0742 for other locations.
Meal pick-up begins Dec 14.	CONNECTIONS 4 LIFE Walk through food pantry and select items for a Holiday meal.	6436-U South Highway 85/87 (behind Wendy's) Fountain, CO 80817	Must sign up in person at location listed beginning Dec 3.
Apply now!	CHRISTMAS TREE PROJECT Apply for free fully decorated Christmas trees.	4575 Galley Road Colorado Springs, CO, 80915	Visit <a href="http://www.thechristmastreeproject.org/">http://www.thechristmastreeproject.org/</a> and select 'Request a Tree' to apply.
Dec 19	SANTA BOB CHRISTMAS GIVEAWAY Meal kits and gift cards for each child.	TBD	Visit <a href="https://www.santa-bob.org/events.html">https://www.santa-bob.org/events.html</a> for giveaway updates.
TBD	TREES FOR TROOPS A private organization will donate live trees to DFMWR for distribution to Active Duty Soldiers.	TBD	CSMs provided vouchers to distribute within their units for pick up. More information to follow.
TBD	SALVATION ARMY CHRISTMAS ASSISTANCE Various support available.	TBD	Call for 303-295-3366 for more information.
Ongoing support available	HELPING HANDS EL PASO COUNTY COMMUNITY RESOURCES List of helping agencies available in El Paso County.	List available 24/7 at: <a href="https://research.ppld.org/HelpingHands">https://research.ppld.org/HelpingHands</a>	Call 211 from your home phone or 955-0742 from your cell phone for resource referrals within El Paso County.

\*\*This list is not inclusive of all off-post (public) holiday support – No US Army / Fort Carson endorsement implied – All information subject to change – Updated 15 October 2020.



# Guide to Holiday Support Programs – 2020

Date	Program	Location	How to Apply
Various deadlines, see website listed	EL PASO COUNTY FREE HOLIDAY ASSISTANCE PROGRAMS Learn how to apply for Angel Tree, free Christmas Tree Project, Toys for Tots, food and gifts. Each El Paso County non-profit will have their own individual application process as well as eligibility criteria.	Various	Visit <a href="https://www.needhelppayingbills.com/html/e1_paso_county_colorado_free_holiday_assistance.html">https://www.needhelppayingbills.com/html/e1_paso_county_colorado_free_holiday_assistance.html</a> for more information on how to apply for each program.
Register now - 7 Nov <del>Shopping Dec 7-11</del> (Appt only)	MOUNTAIN POST SANTA'S WORKSHOP Provides toys, books and games that parents "shop" and pick out for their children ages 6 months to 12 years. Based on financial need, not rank or income.	5769 Wallace Street, BLDG 1045 (East side of building)	Applications due Nov 7. Applications available at <a href="http://www.mountainpostsantasworkshopco.com">www.mountainpostsantasworkshopco.com</a> Shopping is Dec 7-11 by appointment only Questions - <a href="mailto:coloradoMPSW@gmail.com">coloradoMPSW@gmail.com</a>
1 Nov	DEPARTMENT OF HUMAN SERVICES – LEAP PROGRAM LEAP (Low-income Energy Assistance Program) is a federally funded program that helps eligible hardworking Colorado families	1-866-HEAT-HELP	Applications available Nov 1 at <a href="https://www.colorado.gov/pacific/cdhs/leap#Apply">https://www.colorado.gov/pacific/cdhs/leap#Apply</a>
Register now. <del>Pick-up Nov 19</del> 10 a.m. – 4 p.m.	OPERATION HOMEFRONT HOLIDAY MEALS FOR MILITARY Provides gift cards to purchase holiday meals. Open to Post 9/11 wounded, ill or injured service members of any rank, both currently serving and those no longer serving in the military or E1-E6 Active Duty	TBD	Visit <a href="http://my.operationhomefront.org">my.operationhomefront.org</a> to register now. Call 719-649-0091
Register now – Dec 7	SOLDIERS ANGELS ADOPT – A - FAMILY Provides gifts for children and a grocery gift card to help purchase holiday dinner and trimmings. Open to families of deployed service members, families of Post 9/11 wounded, ill and injured service members and veterans, and veteran families enrolled in the HUD/VASH program ONLY.	Families selected will be advised of next steps after selection	Visit <a href="https://soldiersangels.org/programs/familysupport/adopt-a-family/">https://soldiersangels.org/programs/familysupport/adopt-a-family/</a> to apply.
05 Nov <del>10:00 a.m. – 2 p.m.</del>	WARRIOR'S WAREHOUSE ANNUAL COAT GIVEAWAY One new or gently used coat, hat, gloves and scarves for each FM. Accepting donations now.	William "Bill" Reed Special Event Center	Self-refer/walk-in

\*This list is not inclusive of all off-post (public) holiday support – No US Army / Fort Carson endorsement implied – All information subject to change – Updated 15 October 2020.



# Hot Links!

[Auto](#)

[Army Community Service](#)

[BOSS](#)

[Child and Youth Services](#)

[Community Events](#)

[Conference & Catering](#)

[Financial](#)

[Fort Carson Mountaineer](#)

[Fort Carson MWR Events](#)

[Fountain Fort Carson School District 8](#)

[Libraries](#)

[Outdoor Recreation](#)

[Peterson AFB MWR](#)

[Pikes Peak Cultural Events](#)

[Schriever AFB MWR](#)

[Social & Dining](#)

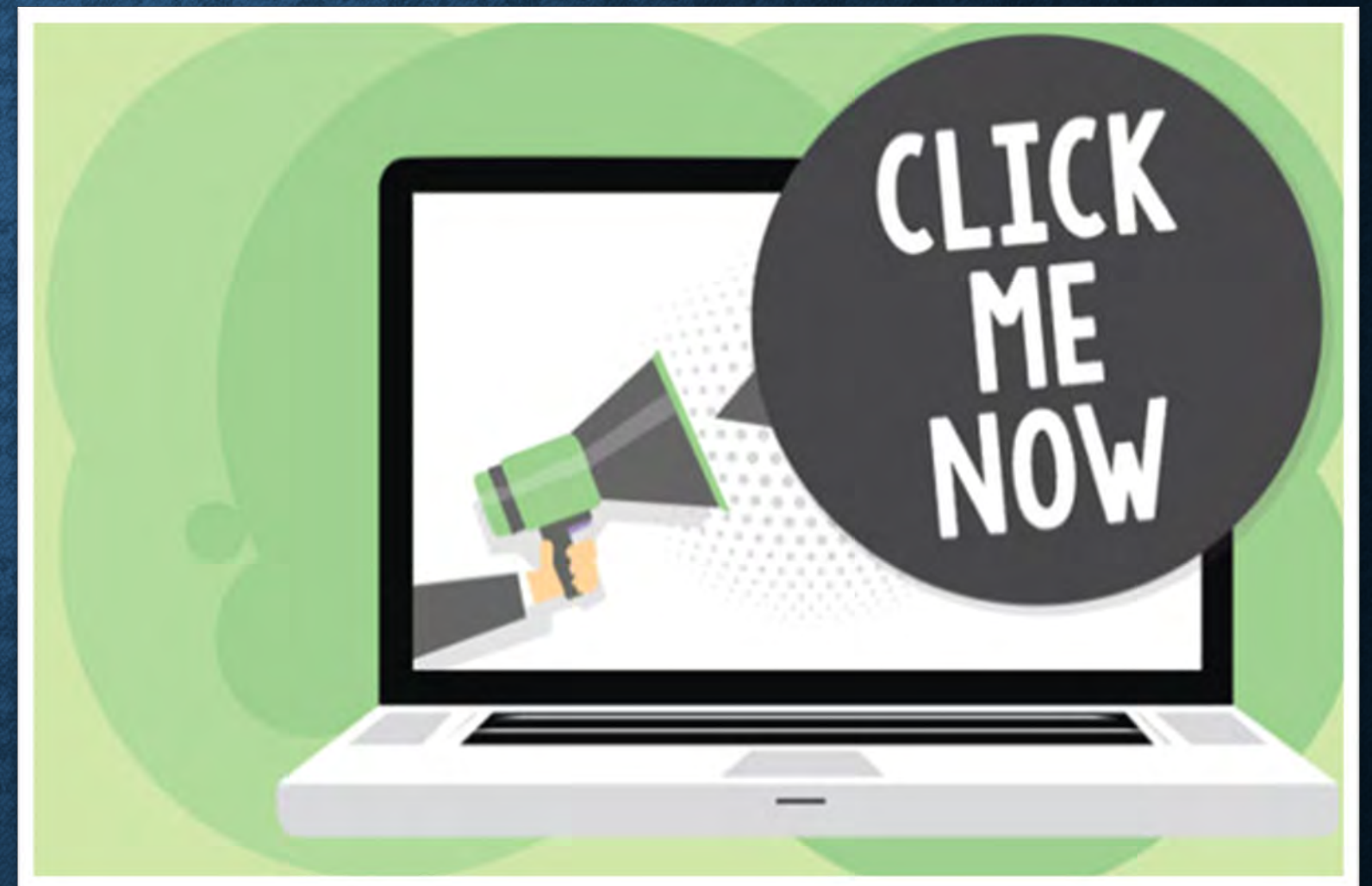
[Specialty Services](#)

[Sports & Fitness](#)

[Tickets](#)

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

[USO Events](#)





## Holiday Observances

25 December 2020, Christmas Day

01 January 2021, New Year's Day

18 January 2021, Dr. Martin Luther King, Jr. Day

15 February 2021, Presidents' Day

31 May 2021, Memorial Day

05 July 2021, Independence Day (Observed)

06 September, 2021, Labor Day

## Fiscal Year 2021

## Training Holidays

**24 December 2020, Thursday before Christmas Day**

**31 December 2020, Thursday before New Year's Day**

**15 January 2021, Dr. Friday before Martin Luther King, Jr. Day**

**12 February 2021, Friday before Presidents' Day**

**28 May 2021, Friday before Memorial Day**

**06 July 2021, Tuesday after Independence Day**

**03 September, 2021, Friday before Labor Day**



# Food Resources

## 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.*



## MOBILE FOOD PANTRY LIST

### AGENCY

### DISTRIBUTION TIME

<b>AGAPE FELLOWSHIP CHURCH</b> 611 Broadway Ave., Pueblo, CO, 81004	4 <sup>th</sup> Tuesday 11:00 a.m.
<b>BLANCA/FORT GARLAND COMMUNITY CENTER</b> 17591 Hwy 160, Blanca, CO, 81123	1 <sup>st</sup> Monday 9:00 a.m.
<b>CRESTONE FOOD BANK</b> 108 W. Galena Ave., Crestone, CO, 81131	1 <sup>st</sup> Tuesday 9:00 a.m.
<b>DEERFIELD HILLS COMMUNITY CENTER</b> 7290 Deerfield Hills Rd., Colorado Springs, CO, 80916	4 <sup>th</sup> Friday 11 a.m.
<b>EASTERN PLAINS COMMUNITY PANTRY</b> 701 4 <sup>th</sup> Street, Calhan, CO, 80808	3 <sup>rd</sup> Friday 11:00 a.m.
<b>EASTSIDE ACTION SUPPORT TEAM</b> 1315 E 7 <sup>th</sup> St., Pueblo, CO, 81001	3 <sup>rd</sup> Friday 2:00 p.m.
<b>ECUMENICAL CHURCH OF PUEBLO WEST</b> 434 S. Conquistador Ave., Pueblo, CO, 81007	3 <sup>rd</sup> Friday 3:00 p.m.
<b>LOAVES &amp; FISHES CANON CITY</b> 241 Justice Center Drive, Canon City, CO, 81212	2 <sup>nd</sup> Friday 11 a.m.
<b>LYNN GARDENS BAPTIST CHURCH</b> 3804 W. Pueblo Blvd., Pueblo, CO, 81005	3 <sup>rd</sup> Wednesday 9:30 a.m.
<b>OUR LADY OF THE VALLEY CATHOLIC CHURCH</b> 19617 Hwy 285, La Jara, CO, 81140	1 <sup>st</sup> Monday 10:00 a.m.
<b>PEAK VISTA</b> 350 Lyckman Dr., Fountain, CO, 80817	2 <sup>nd</sup> Friday 9:00 a.m.
<b>PIKES PEAK COMMUNITY COLLEGE - CENTENNIAL</b> 5675 S. Academy Blvd., Colorado Springs, CO, 80906	3 <sup>rd</sup> Monday 11:00 a.m.
<b>PRAISE ASSEMBLY OF GOD</b> 2000 Troy Ave., Pueblo CO 81001	4 <sup>th</sup> Wednesday 11:00 a.m.
<b>PRAISE COMMUNITY CHURCH</b> E. 3 <sup>rd</sup> & E. 4 <sup>th</sup> , Florence, CO, 81226	1 <sup>st</sup> Friday 12:00 p.m.
<b>PUEBLO COMMUNITY COLLEGE</b> 900 W. Orman Ave., Pueblo, CO, 81004	1 <sup>st</sup> Tuesday 11:30 a.m.
<b>UTE MOUNTAIN UTE TRIBE</b> 311 S. Sunset Blvd., Towaoc, CO, 91334	3 <sup>rd</sup> Tuesday 11:00 a.m.
<b>VALLEY COMMUNITY CHURCH</b> 4253 Mercantile, Colorado City, CO, 81019	3 <sup>rd</sup> Tuesday 1:00 p.m.

► For additional food pantry referrals dial 2-1-1 or visit the FindFood link on [www.careandshare.org](http://www.careandshare.org)



# Food Resources

## FREE FOOD GIVEAWAY

**11:00 AM**

Until food runs out

**Fridays**

**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 1st and 3rd Friday.



**530 Communication Circle**  
**Off 8th Street on West Side**

\*Food supply may vary

**Walk-ups Welcome**  
**No Registration Needed**  
**Everyone is Invited**

FOUNTAIN - FORT CARSON

## FOOD PANTRY

**THURSDAYS**  
**FROM 3:30-5:30PM**

**WELTE EDUCATION CENTER**  
**330 LYCKMAN PL.**

**PLEASE REMAIN IN YOUR CAR AND**  
**PULL UP IN FRONT OF THE**  
**BASKETBALL COURT**

AVAILABLE TO ANY FFC8 STAFF MEMBER AND FAMILIES WITH AN FFC8 STUDENT



# Fort Carson Religious News & Services

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


Fort Carson & 4<sup>th</sup> Infantry Division

Chaplain Hotline  
(719) 387-1574

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

Chaplains have complete confidentiality  
and are here to assist you



 [Facebook.com/4IDCarsonRSO](https://www.facebook.com/4IDCarsonRSO)

## Fort Carson Sunday Religious Services

Catholic Mass	Soldier Memorial Chapel	
	0900 In person inside sanctuary	
	1030 Outdoor / Drive in Service	
	Live stream - <a href="https://www.facebook.com/Our-Lady-of-Fort-Carson-622517474897811/">https://www.facebook.com/Our-Lady-of-Fort-Carson-622517474897811/</a>	
ChapelNext	McMahon Theater	1000
	Live stream - <a href="https://www.facebook.com/chapelnextfortcarson/">https://www.facebook.com/chapelnextfortcarson/</a>	
Traditional Protestant	Provider Chapel	1100
	Live stream - <a href="https://www.facebook.com/ProviderChapel/">https://www.facebook.com/ProviderChapel/</a>	
Gospel Service	Prussman Chapel	1100
	Live stream - <a href="https://www.facebook.com/GospelService/">https://www.facebook.com/GospelService/</a>	
Samoan	Veterans Chapel	1100
	Live stream - <a href="https://www.facebook.com/4samoanprotserviceftcarson/">https://www.facebook.com/4samoanprotserviceftcarson/</a>	
Jewish Sunday School	Veterans Chapel	1300
	No Live steam currently	

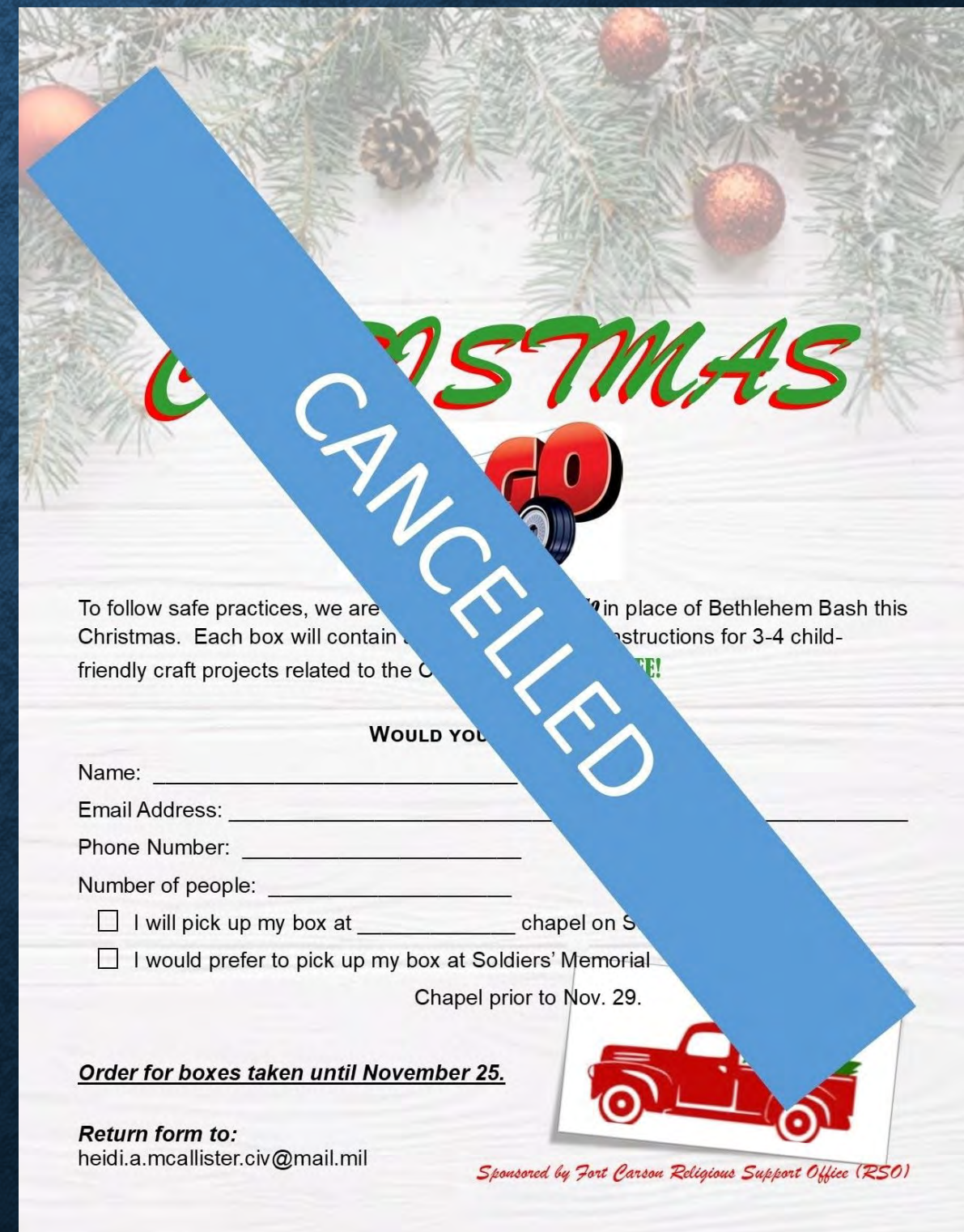


# Fort Carson Religious News & Services

## HOW TO for the Holidays

SPONSORED BY FORT CARSON  
RELIGIOUS SUPPORT.

The Religious Support Office has put together a "How To" booklet for the holidays. This can very helpful for a new spouse who is in charge of a holiday meal. For an eCopy, email: [heidi.a.mcallister.civ@mail.mil](mailto:heidi.a.mcallister.civ@mail.mil)



A form titled "CHRISTMAS" with a large blue diagonal banner reading "CANCELLED" across it. The form includes fields for Name, Email Address, Phone Number, and Number of people. It also has checkboxes for picking up a box at a chapel or Soldiers' Memorial. The form is dated November 25 and is sponsored by the Fort Carson Religious Support Office (RSO).

To follow safe practices, we are... in place of Bethlehem Bash this Christmas. Each box will contain... instructions for 3-4 child-friendly craft projects related to the Christmas season!

Would you like to receive a box?

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Number of people: \_\_\_\_\_

☐ I will pick up my box at \_\_\_\_\_ chapel on S...

☐ I would prefer to pick up my box at Soldiers' Memorial... Chapel prior to Nov. 29.

**Order for boxes taken until November 25.**

**Return form to:**  
[heidi.a.mcallister.civ@mail.mil](mailto:heidi.a.mcallister.civ@mail.mil)

*Sponsored by Fort Carson Religious Support Office (RSO)*



# Scholarship News

Click [HERE](#) for 35+ Scholarships for Military Spouses and Military Kids

**Military Family Member Scholarship Opportunities,**  
**Click below to learn more!**

- [Nationwide Surviving Spouse and Dependent Children Scholarship Program](#)
- [Marine Gunnery Sergeant John D. Fry Scholarship](#)
- [Fisher House Foundation Scholarship Program](#)
  - [No Angel Left Behind](#)
  - [Freedom Alliance](#)

## YOUTH LEADERS WANTED!

The mission of The Fountain Youth Council is to develop and foster a self-directed group of youth leaders who are educated and informed of the functioning of local government, and that represent and advocate for youth throughout the community.



- Attend City Council or Board/Commission meetings
- Debate current issues
- Leadership coaching/training
- Community service
- Planning and implementation of youth-oriented events
- Visit State Capitol and/or State Representatives
- Learn about government processes and operations
- Meet with the Mayor and/or Councilmembers
- Developing budgets
- Meet once monthly
- Other activities the group deem valuable
- Become elected Chairperson, Vice Chairperson, or Secretary

## Scholarships

- Two, \$1,000 Youth Leadership Scholarships will be awarded annually
- Must be graduating with at least a 3.0 GPA
- Must attend 75% of FYC meetings; and participate in 75% of FYC events and activities
- Scholarships awarded by the City Council prior to the end of the school year

## Requirements

- City of Fountain resident
- Engage with peers, diverse groups, and government legislation
- 14-18 years of age; and public, private, or homeschooled
- Be prepared to fill a one year term
- Meet once monthly
- Participate in trainings, conferences and various discussions

For more information visit  
[www.fountaincolorado.org/youthcouncil](http://www.fountaincolorado.org/youthcouncil); or contact  
Councilperson Duncan at [youthcouncil@fountaincolorado.org](mailto:youthcouncil@fountaincolorado.org)

**LEARN.  
ADVISE.  
GET  
INVOLVED.**



# Tutoring News

## K-12 through College NO-COST TUTORING

+ HOMEWORK HELP AND TEST PREP

1:1 • Online • On-Demand • 24/7 • Anonymous

### 100+ SUBJECTS

#### MATH\*

Elementary Math  
Middle Grades Math  
Basic Math  
Pre-Algebra  
Algebra  
Algebra II  
Geometry  
Trigonometry  
Pre-Calculus  
Calculus  
Statistics  
Discrete Math  
Finite Mathematics  
AP\* and IB\* Subjects

#### SCIENCE\*

Basic Science  
Earth Science  
Biology  
Anatomy & Physiology  
Chemistry  
Physics  
Microbiology  
AP\* and IB\* Subjects

#### ENGLISH

Essay Writing  
Vocabulary  
Grammar  
Literature  
AP\* and IB\* Subjects  
Reading

#### ENGLISH LANGUAGE LEARNERS (ELL)

Reading Help  
English Language Use  
English Writing  
Types of Writing

#### SOCIAL STUDIES\*

Geography  
U.S. History  
European History  
World History  
Civics & Government  
AP\* and IB\* Subjects

#### SOCIAL SCIENCE

Introductory Psychology  
Introductory Sociology  
Research Methods

#### WORLD LANGUAGES: SPANISH, FRENCH, GERMAN, ITALIAN

Grammar  
Writing  
Reading Comprehension

#### BUSINESS

Accounting  
Economics  
Finance  
Business Law  
Principles of Management

#### COMPUTER LITERACY

MS Excel, PowerPoint, & Word  
Programming: Java  
Programming: C++

#### TEST PREP

SAT\*  
ACT\*  
PSAT\*

#### NURSING/ALLIED HEALTH

Medical Surgical  
Pharmacology  
Healthcare/Health Services  
Care Plans  
Pathophysiology  
Medical Terminology  
NCLEX Test Prep

#### STUDENT SUCCESS STUDY SKILLS

Study Techniques  
Choosing a Major  
Managing Knowledge Gaps  
Scholarly Resources  
Using Technology

#### LIFE SKILLS

Organizational Skills  
Motivation & Goals  
Learning Healthy Habits  
Building a Support System

### And More!

Visit [www.tutor.com/military/eligibility](http://www.tutor.com/military/eligibility) for full funding and program eligibility details. The appearance of the U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement. PSAT and SAT is a registered trademark of College Board, which is not affiliated with and does not endorse this product. ACT is a registered trademark of ACT, Inc.



TUTOR.COM for  
U.S. MILITARY FAMILIES  
[www.tutor.com/military](http://www.tutor.com/military)



GO TO [WWW.TUTOR.COM/MILITARY](http://WWW.TUTOR.COM/MILITARY)

## Tutor.com for U.S. Military Families™ Frequently Asked Questions



TUTOR.COM/MILITARY

### What is Tutor.com for U.S. Military Families?

Tutor.com for U.S. Military Families ([Tutor.com/military](http://Tutor.com/military)), funded by the U.S. Department of Defense (DoD) and Coast Guard Mutual Assistance (CMGA), is a program that allows eligible students in grades kindergarten through college to connect to a live tutor online at any time (24/7/361) for one-to-one help with homework, studying, test prep and more, at no cost.

### Who is eligible to use Tutor.com/military?

To support DoD-affiliated personnel and their families impacted by COVID-19 disruptions, DoD Military Community and Family Policy (MC&FP) leadership has temporarily expanded eligibility for Tutor.com/military. As of April 2020, all DoD service members, civilian personnel and all dependent family members are eligible. DoD military children in grades K-12, Coast Guard families, and DoDEA students who were eligible to use Tutor.com/military prior to April 2020 will continue to access the program as usual.

Expanded eligibility to address COVID-19 disruptions is currently available through September 30, 2020. Those who are currently eligible to use Tutor.com/military at no cost:

DoD or Coast Guard Affiliation	Dependents			Service Member/ Federal Personnel
	Child (Grades K-12)	Child (College)	Spouse	
Funded by the U.S. Department of Defense (DoD)				
Army, Navy, Air Force, & Marine Corps (Active Duty, Reserve, National Guard, Wounded Warrior & Survivor of KIA)	✓	✓	✓	✓
DoD Civilians	✓	✓	✓	✓
Students attending schools operated and funded by DoDEA	✓	n/a	n/a	n/a
Cadets: DoD Service Academies	n/a	n/a	n/a	✓
Cadets: ROTC & NROTC	✓	✓	✓	✓
Funded by Coast Guard Mutual Assistance (CMGA)				
Coast Guard (Active Duty & Reserve)	✓	✓	✓	✓
Cadets and Cadet Candidates: Coast Guard Academy	n/a	n/a	n/a	✓
Coast Guard Civilians	✓	✓	✓	✓

DoD and Coast Guard military service members, civilian personnel, and dependent family members are all eligible to use Tutor.com/military when the service member is in either active/full-time or part-time/traditional drilling status, wherever they are located.

### Who can we contact with questions?

Email questions about Tutor.com/military to [militarysupport@tutor.com](mailto:militarysupport@tutor.com).

Complete and current program eligibility details are available at [www.tutor.com/military/eligibility](http://www.tutor.com/military/eligibility).

Tutor.com for U.S. Military Families is funded by the Department of Defense (DoD) MWR Library Program and Coast Guard Mutual Assistance (CGMA). Those who fund the program determine eligibility for its use. Long-term availability of the program is not guaranteed. Check student eligibility requirements at [www.tutor.com/military/eligibility](http://www.tutor.com/military/eligibility). Tutor.com for U.S. Military Families is a trademark of Tutor.com, Inc. | 2020\_MIL\_FAQ\_Sheet

Last updated April 23, 2020



# Tutoring News

## How It Works: Tutor.com Classroom

Connecting with expert tutors for on-demand, 1:1 help

The expert tutors at Tutor.com can help you work through a tough homework problem, improve your writing skills, study for a test, review a difficult concept and so much more!

### Get Started

1. Go to: [tutor.com/military](https://www.tutor.com/military).
2. Review eligibility requirements.
3. If eligible, create or sign into your free Tutor.com account.
4. Click on "Connect with a Tutor."

01



### Get the right tutor

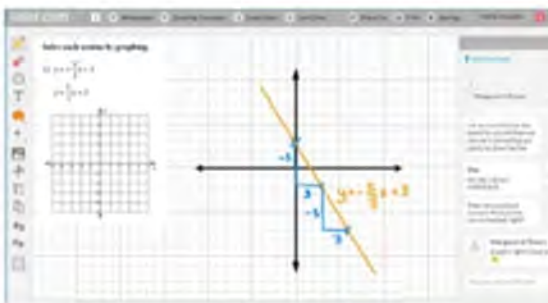
Fill in the quick pre-session questionnaire. Using this information, we will match you with the first available tutor best qualified to assist you.

02

### Communicate

You can use our chat box or an audio connection to either instant message or speak with your tutor once in the online classroom. You and the tutor may also use the interactive whiteboard to share work and ideas. All activity in the classroom is recorded for review and quality control.

03



### Share a file

You can share many types of files with your tutor in the classroom. Upload an essay, your lab report, a PowerPoint presentation and more. You and your tutor will be able to view the file together in the classroom.

04



### Use special tools

05

The classroom includes a graphing calculator, text editor and code editor when working on subject material that may require these special tools. Open these tools using the buttons above the whiteboard.



### Rate & Review Your Session

After each session, be sure to let us know how we did. Complete the survey and share your comments. Then, you'll have the option to play a video of your session, and email or print the chat log and whiteboards.

06



### Submit your paper

07

Our drop-off review service allows you to get expert help from a tutor without having to connect for a real-time session. Drop off your writing assignment and get detailed feedback and explanations within 24 hours. Retrieve your tutor's review under "My Sessions."



### Practice for a test

Use our practice quizzes to assess your level of knowledge and practice for upcoming tests or quizzes in math, science and English. Take a quiz, review your results and connect with a tutor to discuss any missed questions.

08



### Use "My Account"

09

- Review previous sessions and retrieve drop-off reviews from "My Sessions." Be sure to tag your favorite tutors when reviewing your sessions.
- Reconnect with your favorite tutors or see when they are next scheduled from "My Favorite Tutors."
- Access files you have saved or files you have shared with your tutors in session from "My Locker."

My Account

- My Sessions
- My Favorite Tutors
- My Locker
- Account Settings
- Sign out

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[www.tutor.com/military](https://www.tutor.com/military)

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TUTOR.COM for  
U.S. MILITARY FAMILIES  
[www.tutor.com/military](https://www.tutor.com/military)





# Fort Carson and the Surrounding Community – Outdoor Recreation

## RECREATION DIVISION FY 21 EVENT CALENDAR

- 04 December ..... Holiday Tree Lighting Ceremony @SEC  
1700-1830
- 05 February ..... Cupid Shuffle Run @Ivy Fitness Center  
1600-1830
- 13 March ..... War Dog Memorial Run @Ivy Fitness Center  
0800-1100
- 10 April ..... Color Fest & Color Run @TBD  
1000-1400
- 07 May ..... Taco Trot @Iron Horse Park  
1600-1830
- 19 June ..... Freedom Rocks @Iron Horse Park  
1400-2200
- 04 July ..... Colorado Springs Wide Fireworks @TBD  
Time TBD
- 20-21 August ..... Spartan Race @TA2 & 4  
Time TBD



### Women in the Wilderness HATCHET THROWING

December 5

1300-1500

Call 719-526-5176 for details or to reserve tickets.

## FORT CARSON OUTDOOR RECREATION'S WINTER PROGRAMS & EVENTS

- December 3rd – Climbing Wall Orientation \$25 1830-2030 (location TBD)  
December 4th – Open Climb Night 1830-2000 (location TBD)  
December 5th – Mountain/Fat Tire Bike at Gold Camp Road (cost TBD)  
December 10th – Lead Climbing Clinic \$35 (location TBD)  
December 11th – Open Climb Night 1830-2000 (location TBD)  
December 13th – Ski Tuning Clinic at ODR 1000-1200 (cost TBD)  
December 17th – Crack Climbing Clinic at ODR \$35 1800-1930  
January 7th – Climbing Wall Orientation \$25 1830-2030 (location TBD)  
January 8th – Open Climb Night 1830-2000 (location TBD)  
January 10th – Ice Fishing (cost & location TBD)  
January 10th – Ski Tuning Clinic @ ODR (cost TBD)  
January 16th – Ice Climbing at Helen Hunt Falls \$55  
January 17th – WITW Mountain/Fat Tire Bike and Brew Cruise (cost TBD)  
January 21st – Climbing Wall Orientation \$25 1800-1930  
January 22nd – Open Climb Night 1830-2000 (location TBD)  
January 23rd – Frisco Nordic/Tubing day (cost TBD)  
January 13th – WITW Climbing Wall Orientation \$25 1830-2030 (location TBD)

\*Dates, times and prices are subject to change\*

Visit our website or call us for more information:

[carson.armymwr.com/719-526-5176](http://carson.armymwr.com/719-526-5176)

/Follow us on Facebook and Instagram to stay up to date on programs:

Mountain Post Recreation



## SKI AND SNOWBOARD SEASON RENTALS

Starting October 31st at 0800, Outdoor Recreation will be open for season rentals on a first come first serve basis.

Adult Ski or Snowboard Season Rental Package: \$195  
(includes: skis or snowboard, boots, helmet, and poles/bindings)

Junior Ski or Snowboard Season Rental Package: \$165  
(includes: skis or snowboard, boots, helmet and poles/bindings)



# Fort Carson and the Surrounding Community – Army Wellness Center



## December 2020

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
	<b>1.</b> Bari Class 0945-1045	<b>2.</b> Upping Your Metabolism 1415-1515	<b>3.</b> Healthy Sleep Habits 0945-1045	<b>4.</b> Upping Your Metabolism 0945-1045
<b>7.</b> Optim Class 0945-1045	<b>8.</b> Fueling For Health 0945-1045	<b>9.</b> Upping Your Metabolism 1415-1515	<b>10.</b> Stress Management 0945-1045	<b>11.</b> Upping Your Metabolism 0945-1045
<b>14.</b> Upping Your Metabolism 0945-1045	<b>15.</b> Meals in Minutes 0945-1045	<b>16.</b> Optim Class 1415-1515	<b>17.</b> Healthy Sleep Habits 0945-1045	<b>18.</b> Upping Your Metabolism 0945-1045
<b>21.</b> Upping Your Metabolism 0945-1045	<b>22.</b> Fueling For Health 0945-1045	<b>23.</b> Upping Your Metabolism 1415-1515	<b>24.</b> Stress Management 0945-1045	<b>25.</b> 
<b>28.</b> Upping Your Metabolism 0945-1045	<b>29.</b> Meals in Minutes 0945-1045	<b>30.</b> Upping Your Metabolism 1415-1515	<b>31.</b> Healthy Sleep Habits 0945-1045	



**FT. CARSON ARMY WELLNESS CENTER**

**40 DAY FITNESS CHALLENGE  
GIVE YOURSELF THE GIFT OF  
HEALTH, FITNESS, &  
DEDICATION!**

**HOLIDAY HUSTLE  
FITNESS CHALLENGE**

**EARN POINTS:**

Tracking Nutrition - 10 pts for 5 days of complete tracking (Max 7 Submissions)  
Attending AWC Classes - 2 pts for each class (See Calendar)  
Tracking Steps - 15 pts for 10k a day (Max 10 Submissions)

Completing Workouts - 5 pts for 3 workouts per week (Bonus pts depending on workout)  
New Recipes - 5 pts per recipe (Max 7 Submissions)

Pre & Post Bod Pod - 20 pts each; additional pts for each fat weight lb loss and fat free weight gained  
Mystery Points - Awarded based on AWC Staff Preference



# Fort Carson and the Surrounding Community – Army Education Center

## COVID UPDATE:

Beginning NOV. 30, 2020 The Fort Carson Education Center will provide in person services on a limited basis and by appointment **ONLY** for:

- APT Testing (AFCT, DLPT, DLAB, SIFT)
- TABE testing
- BSEP/GT Prep courses **(CLASSES CANCELLED UNTIL 8 DEC 20)**

To schedule a test please contact the Testing Department by emailing:

[usarmy.carson.imcom.mbx.dlpt-testing@mail.mil](mailto:usarmy.carson.imcom.mbx.dlpt-testing@mail.mil)

**For General Questions, Call our Front Desk at 719-526-2124. NO WALK INS!**

For Counseling Support Services (to include CLEARING),  
email your assigned coun-selor:

### COLLEGE CONTACTS:

(Applications, Academic Advising)

Last Names A-C: BONNIE.M.RIVERA.CIV@MAIL.MIL

PPCC: 719-502-4200 [mvp@ppcc.edu](mailto:mvp@ppcc.edu)

Last Names D-G: AMANDA.E.FLYNN.CTR@MAIL.MIL

UCCS: 719-526-8066 [jyoung6@uccs.edu](mailto:jyoung6@uccs.edu)

Last Names H-K: MICHAEL.K.COYNE.CIV@MAIL.MIL

ERAU: 719-576-6858 [ColoradoSprings@erau.edu](mailto:ColoradoSprings@erau.edu)

Last Names L-P: KATHRYNE.M.JONES.CIV@MAIL.MIL

CSUP: 719-526-2509 [korine.new@csupueblo.edu](mailto:korine.new@csupueblo.edu)

Last Names Q-T: BILLIE.R.ELLIOTT.CTR@MAIL.MIL

UMGC: 719-313-6411 [baseadvisor@umgc.edu](mailto:baseadvisor@umgc.edu)

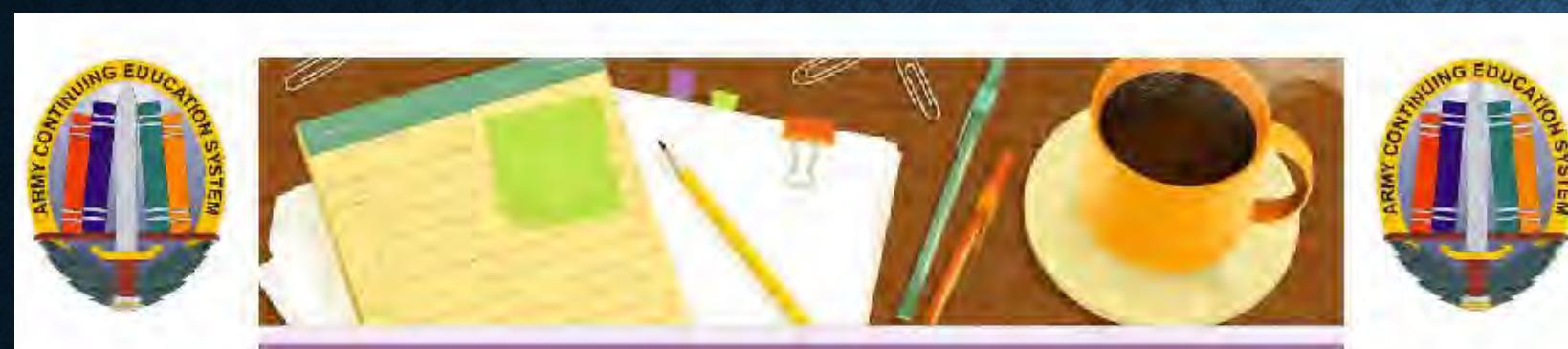
Last Names U-Z: STEVI.L.STEPHENS-MARTIN.CIV@MAIL.MIL

TRIO: 719-526-6818 (Financial Aid Assistance)

MLF (COMPUTER LAB):

CLOSED INDEFINITELY

Thank you for your patience  
and understanding!



Army Continuing Education System (ACES)  
FY21 Needs Assessment Survey



SHARE YOUR VOICE TO  
IMPROVE ARMY  
EDUCATION!

Completion of Tri-annual  
Education Center Needs  
Assessment is required for  
AR 621-5 compliance.  
Completion Time: ~5 minutes  
End of data collection: 29 JAN 2021

<https://docs.google.com/forms/d/e/1FAIpQLSfbgmzo2sDZ5x2xsfXXHpzyyBro3yfxD3QnyjmtlaGz50yi8w/viewform>



# Fort Carson and the Surrounding Community

## FREE TUITION PRESCHOOL

FOR  
AGES 0-5



VARIETY  
OF CLASS  
TIMES



SAFE  
QUALITY  
PROGRAMS



65  
LOCATIONS



Colorado Preschool Program | Head Start | Early Head Start

SUCCESS STARTS EARLY  
CALL TODAY  
ENROLLING YEAR-ROUND

719-635-1536 | [cpcdheadstart.org](http://cpcdheadstart.org)



### STEP 1

How old is your child?

#### Prenatal Mom to Child Age 3:

For children under 3, CPCD's Early Head Start programs serves prenatal moms, infants and toddlers living in low income situations, experiencing developmental concerns or having identified special needs. Due to the long wait lists of this program, families must qualify with these factors.

#### My child is between 3-5:

CPCD operates both Head Start and the Colorado Preschool Program for 3 to 5 year-olds. With these two programs eligibility needs vary. We encourage families at 300% of poverty and below to apply. Family situations and development concerns will also be factors in the placement process.

### STEP 2

For children 3-5,  
where do you live?

Note: We only serve families in El Paso County and certain school districts. Please [click here](#) to locate your home school and district.

CPCD operates classrooms in Harrison School District 2; Widefield School District 3; Fountain-Ft. Carson School District 8; Colorado Springs School District 11 (IF in home schools Carver, Grant, Twain, Monroe, Queen Palmer and Wilson); Academy School District 20 and Falcon School District 49 (WITH priority to Falcon and Evans home schools).

When in doubt, please call our Enrollment Department. An Enrollment Technician can walk you through the process.

### STEP 3

I think I qualify.  
What is next?

Fill out our online application.

[Enroll Now](#)

NOTE: If you receive an error that you have already filled out the application under ENROLL NOW, please click here and fill out Re-Enrollment Update Paperwork [HERE](#).

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

[Click HERE!](#)



DID YOU KNOW?

WE ARE ON  
INSTAGRAM

Follow us @cpcdhs



# Fort Carson and the Surrounding Community

**WE ARE BACK!**

## Operation Deploy Your Dress Fort Carson

1st day open: October 14

### Regular Hours:

Wednesdays: 12 p.m. - 2 p.m.  
and select Saturdays each month

Military & Dependent ID card holders may  
receive one dress and one accessory now  
through December 31, 2020.

No children under 12 permitted.

Building 5769

1045 Wallace Street

Inside MPSC Thrift Shop



Free for military, veterans & their families

## ART THERAPY

MONDAYS 5:30-7:30

MT. CARMEL VETERANS SERVICE CENTER

Pre-registration requested by emailing [wingsarttherapy@gmail.com](mailto:wingsarttherapy@gmail.com)

### Ft. Carson ODYD Distribution Rules:

1. No persons under 12 years allowed in shop. No unaccompanied minors under 16 years.
2. You may receive one (1) dress and one (1) accessory per calendar year.
3. You will be assigned a dressing room for 30 minutes. You may keep the room in additional 15 minute increments IF no one is waiting. Try on as many dresses as you like but please be courteous and only have four (4) in your dressing room at any one time.
4. Please re-hang dresses and give to an ODYD volunteer to re-rack on the floor.
5. Please have military ID card ready when checking out.
7. Have a fabulous time at your event, please post pictures to our social media pages and spread the word about our organization!





# Fort Carson and the Surrounding Community

## Soldiers' Angels ADOPT-A-FAMILY

Soldiers' Angels understands the unique challenges faced by military and veteran families during the holiday season. With deployments, VA medical appointments, or financial difficulties, providing a festive celebration can be difficult. The Soldiers' Angels Adopt-A-Family Program matches military/veteran families\* with individuals, businesses, or organizations that are eager and excited to help the family have a holiday to remember! Working through Soldiers' Angels, they will provide gifts for the children and a grocery gift card to help towards their holiday meal.

To learn more or apply, visit our website:

[www.SoldiersAngels.org/Adopt-A-Family](http://www.SoldiersAngels.org/Adopt-A-Family)



### Contact Us!

Phone: 210-629-0020

Email: [holidaysupport@soldiersangels.org](mailto:holidaysupport@soldiersangels.org)

Website: [www.SoldiersAngels.org](http://www.SoldiersAngels.org)



\*Eligibility for the program is outlined on our website as well as the documents necessary to apply for the program.

★ ★ ★ PROJECT ★ ★ ★

## Welcome Home Troops

RESILIENCE TRAINING FOR OPTIMUM PERFORMANCE



- ☒ Better Sleep Quality Improved
- ☒ Mental Clarity
- ☒ Stress Relief
- ☒ Deep Mental Relaxation
- ☒ Optimal Performance

The Power Breath Meditation Workshop provides breath-based tools that decrease the stress, anxiety and sleep problems that many veterans experience. Course participants notice an improvement in relationships and an enhanced sense of mental clarity and well-being.

The PWHT Workshop is offered free of cost to veterans, active duty military members and their immediate family.

The Online Power Breath Meditation workshop is being offered December 6<sup>th</sup> – 10<sup>th</sup>, 6:00 - 8:30 pm MDT.

**Requirements:** Preregistration, computer or tablet, and internet access for all sessions. Please register at: <http://tiny.cc/upj6jz> or email [jim.warner@pwht.org](mailto:jim.warner@pwht.org)

"I never thought I would be this relaxed or this happy, says Tom Voss, I never thought this was possible"

**Newsweek**



A Stanford University study published in the Journal of Traumatic Stress found "There were signs of reductions in anxiety and [post-traumatic stress disorder] immediately after the one-week program. Those improvements were seen both one month and one year later, indicating the improvement may be permanent."

"Thank you for giving me a life worth living."

Travis Leanna, USMC, Veteran, Operation Iraqi Freedom

Sponsored by





# Fort Carson and the Surrounding Community

## Security Public Library TRIVIA NIGHT



Join us Fridays  
November 20, 2020  
&  
December 18, 2020  
at 7:00 pm.

Grab your phone, your parents, your kids, and your friends to  
compete once a month in a series of themed trivia events.

Visit [www.securitypubliclibrary.org](http://www.securitypubliclibrary.org) to sign up  
and we'll send you the information on how to join!

Questions? Contact Sarah Anspach at [anspachs@wsd3.org](mailto:anspachs@wsd3.org) or 719.391.3190



### Security Public Library

715 Aspen Drive  
Colorado Springs, Colorado 80911 | 719-391-3191  
[www.securitypubliclibrary.org](http://www.securitypubliclibrary.org)



## STORY TIME



Join us as we live stream a reading of  
your favorite children's stories! Facebook:  
[@usocoloradosprings](https://www.facebook.com/usocoloradosprings)  
Every other Wednesday at 7pm! See you  
then!





# Fort Carson and the Surrounding Community



**TRICARE<sup>®</sup>**  
**OPEN SEASON**  
MARK YOUR CALENDARS!

**Nov. 9 – Dec. 14, 2020**

**What can you do during TRICARE Open Season?**  
Eligible beneficiaries can:

- ✓ **Enroll in a plan.** No coverage yet? Enroll in a TRICARE Prime<sup>®</sup> option or TRICARE Select<sup>®</sup>.
- ✓ **Change plans.** Already enrolled? You can switch plans and between individual and family enrollment.
- ✓ **Establish an Allotment.** Starting January 1, 2021, TRICARE Select Group A Retirees have to pay enrollment fees.

For more information, visit:  
[www.tricare.mil/OpenSeason20](http://www.tricare.mil/OpenSeason20)



## MOUNTAIN POST SANTA'S WORKSHOP

[www.mountainpostsantasworkshopco.com](http://www.mountainpostsantasworkshopco.com)

# Toy Ruck March



Support children in your community  
Great PT!

Dress up, play Christmas Music, or sing a holiday  
cadence while you ruck!

Contact MPSW Secretary to schedule your unit ruck!  
**[MPSWsecretary20@gmail.com](mailto:MPSWsecretary20@gmail.com)**





# Fort Carson and the Surrounding Community



## COLORADO SPIRIT

ASPENPOINTE'S COVID-19  
RESPONSE TEAM

### ABOUT US

AspenPointe is a designated mental health provider of the Colorado Crisis Program (CCP) COVID-19 Disaster Response. Our outreach counselors provide brief strengths-based support, stress and resilience education, and facilitate connections to mental health and other community resources throughout El Paso, Teller, and Park counties. Our COVID-19 Crisis Response Services are designated to support Coloradans affected by COVID-19. Our AspenPointe service continuum provides a great resource should higher level needs be identified by field-based outreach workers.

### OUR SERVICES

- Brief educational or supportive contact
- Remote individual crisis counseling
- Group crisis counseling
- Public education
- Assessment, referral, and resource linkage

**ASPENPOINTE**

[aspenpointe.org/covidresponse](https://www.aspenpointe.org/covidresponse)  
(719) 299-2996



### WE ARE HERE TO HELP

COVID-19 crisis support **services are provided at no cost.** Visit us online at [www.aspenpointe.org/covidresponse](https://www.aspenpointe.org/covidresponse), email [CovidResponse@aspenpointe.org](mailto:CovidResponse@aspenpointe.org) or call (719) 299-2996 to get started today.

### FOR IMMEDIATE HELP

If you or someone you know is in crisis or in need of immediate mental health assistance at anytime, these three options are available:

- Call 844-493-TALK (8255)
- Text TALK to 38255
- Walk-in to AspenPointe's Crisis Center at 115 S. Parkside Drive, Colorado Springs, CO 80910  
*Open 24 hours, 7 days a week*

**ASPENPOINTE**

[aspenpointe.org/covidresponse](https://www.aspenpointe.org/covidresponse) | (719) 299-2996



# Fort Carson and the Surrounding Community



## Fostering Resilience in Early Education (FREE)

Are you a grandma, aunt, nanny, friend, or neighbor watching young children?



Join a Connection Cafe today!

- Individualized self-care planning
- Monthly social networking opportunities
- Mindfulness activities to support adult and child well-being
- One-on-one coaching or training to support self-care

**Contact:** Kim Santaniello, FFN FREE Coach | [KSantaniello@jointinitiatives.org](mailto:KSantaniello@jointinitiatives.org) | 719.650.3736



**Rocky Mountain  
Prevention Research Center**  
colorado school of public health

**Alliance  
for Kids**

**JOINT INITIATIVES for  
YOUTH & FAMILIES**

Principal Investigators: Dr. Charlotte Farewell and Dr. Jini Puma  
This project is funded by The Colorado Health Foundation IRB Protocol # 20-1235