

Spring / Summer 2008

First Choice

Fort Carson DMWR Facility & Event Information Magazine



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DMWR Spring & Summer Programs



Getting to know the DFMWR Director - Mac Kemp Directorate of Family, Morale, Welfare and Recreation

Mac Kemp doesn't do it for the money. In fact, with the belt tightening that is happening throughout the military it's hard to imagine why anyone would choose to work with soldiers, but for Mac and most of his employees defining the "why" of his job is actually the easy part: he and his staff love to help military families. He loves the thanks that he receives on a regular basis from tired spouses who are dealing with deployment on a daily basis. He loves to see his employees succeed in an environment that is meant to promote positive military family interactions. And he loves the fun he has doing his job.

"This is a great job. Who else can come to work everyday and love their job," Mac said. "And we all do. We literally just enjoy and love what we do. Many of us could make more in the civilian market, but we don't want to."

Mac was actually downsized from a base that was closing when he received a call about working at Fort Carson. When he and his wife visited the area they both fell in love and today can't imagine living and working anywhere else. As a family they take advantage of all Colorado Springs and the surrounding area has to offer, walking in the park on post, shooting hoops on post, perfecting fly fishing techniques, and Mac spends time socializing with his staff at the Java Café.

"I have a chance everyday to come to work and be successful," Mac said. "A lot of people don't know this but MWR people do their jobs because they love it."

Just like soldiers, MWR employees have a belief in their duty that transcends a paycheck. They enjoy working with military families – it really is just that simple, Mac says. They enjoy providing services to families that allow for time off, fun and just plain old distraction. Mac even went so far as to say he would do his job for free. Of course no one would ask him to, but that's the kind of employment everyone should have.

Married for more than 37 years to his wife, Nora, Mac has been working on Fort Carson for nine years now. As an Air Force veteran Mac, originally from Wisconsin, served his time in Panama (where he met and married Nora), Texas, Washington D.C. and North Dakota. He proudly displays photographs of his two grandchildren, Austin who is four-years-old and Ronin who is almost one-year-old, from his daughter Bonnie Rivera. His other daughter Lisa is a bartender at Rum Bay and loves interacting with customers. His wife, Nora, works at Peterson Air Force Base, as does his daughter Bonnie, both are educational counselors.

With literally thousands of CDs, records and other collectables related to the music industry, Mac listens to and collects everything from classical to jazz to country to rock to new age and can't name a favorite, saying, "I just love all music." Besides his total devotion to music, he enjoys tennis with his wife, playing golf and reading business related books. They attend one of three churches north of Colorado Springs, while Nora's best loved hobby right now is her grandchildren.

"The need is here," Mac says about his job as director. "And people all around me feel the same way. That's the real value, the real motivator: being able to see the soldiers' families smiling and having a good time."

Being a part of the military life, even from a civilian perspective, is what inspires Mac on a daily basis. He loves the area, he loves the post, he loves the soldiers, and it shows.



*"These are very turbulent times. Resources are scarce – it's really important that family members get relief. If we're not giving them relief, they're probably just not getting any." ---
Mac Kemp*

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Army Community Services Educational Programs

THE FAMILY CONNECTION: The ACS Family Connection is a place for families to gather information about Fort Carson and the Colorado Springs community, to meet new friends, to borrow household items from the ACS loan closet and to find out how to make the most of the Mountain Post. The Family Connection maintains a family-friendly facility for Soldiers and family members to take advantage of programs designed specifically for transitioning families: a play area for children, Internet access, the Carson Cares Spouse Orientation for all new spouses, welcome packets and a homebuyer's workshop. The Family Connection is located in bldg 1354, 6070 Barkley Ave. Hours are Monday, Tuesday & Thursday 8 a.m. to 4:30 p.m., Wednesday 8 a.m. to 3:30 p.m. and Friday 9:00 a.m. until 3:30 p.m. Call the Family Connection for more information at 526-1070.

THE FAMILY CONNECTION: "Connecting Your Family With Ours" Are you new to Fort Carson or have you been here a while and can't find what you need? If so, come on by and let's get acquainted! Our Welcome Center for Families is located on Berkeley Avenue in building 1354. We're open Monday, Tuesday & Thursday 8 a.m. to 4:30 p.m., Wednesday 8 a.m. to 3:30 p.m. and Friday 9:00 a.m. until 3:30 p.m. Call the Family Connection for more information at 526-1070.

OUR ASSISTANCE INCLUDES:

- Volunteer Opportunities.
- Welcome Gift for New Arrivals.
- Community Networking Assistance.
- Family Readiness Group Information.
- SHARE Colorado.
- Carson Cares Spouse Orientation.
- Toy & Book Exchange.
- Homebuyer's Workshop.
- Internet/Email Access.
- Conference Room Facility.
- Personal Consultations

CARSON CARES SPOUSE ORIENTATION: The Spouse Orientation is offered monthly to spouses who are new to the Mountain Post giving them the opportunity to learn about programs and services at Fort Carson. Topics discussed include Tri-care, Morale Welfare & Recreation (DMWR), Child & Youth Services (CYS), volunteering, Army Family Team Building (AFTB), employment, altitude tips, deployment planning, the Exceptional Family Member Program (EFMP) and Financial Readiness. The orientation also includes a van tour of the installation, refreshment's and

the opportunity to meet new friends. Advance registration is required for the orientation, as well as the childcare (which is free). Call and reserve your spot today, (719) 526-1070 or 526-0457. We look forward to meeting you!

TOY & BOOK EXCHANGE: Do you have children? Are your household goods in transit? Stop by and see what we have to offer at the Toy & Book Exchange. You or your child may select a toy or book to keep. This program exists through the generosity of donations and is only available to children staying in temporary lodging. *Fay*

NEWCOMER ASSISTANCE:

- Fort Carson Post Guide and Telephone Directory.
- Maps for Colorado Springs and Fort Carson.
- Altitude Adjustment Tips.
- Information on School Districts and Registration.
- Multicultural Assistance.
- Colorado Springs Relocation Guide.
- Colorado Springs Visitors' Guide.
- Child & Youth Services Information.
- Community Recreation Information.
- Religious Activities and Services.
- Post/Community Resource Referrals.
- Area Attractions.
- Guest Housing Information.
- Immigration and Naturalization

LOAN CLOSET: Offers temporary household goods to families that are arriving or departing from Fort Carson. A Department of Defense ID card is required. The following are some of the items that are available.

- Hospitality Kits (pots, pans, dishes, glasses, etc.).
- Infant and Toddler Car Seats.
- Folding Tables and Chairs.
- Portable Baby Cribs and Strollers.
- Irons and Ironing Boards.
- Crock Pots and Electric Skilletts.
- Coffee Makers and Alarm Clocks.
- Cots and Vacuums.
- Hand Mixers and Toasters

HOMEBUYING WORKSHOP: Sign up and attend our ACS Homebuying Workshop that is taught by licensed realtors and professional mortgage lenders. Participants receive a variety of information and learn about the process of buying



a home and securing a mortgage. Call, (719) 526-0457 to register for an upcoming workshop.

CULTURAL SUPPORT GROUPS: The Relocation Readiness Program currently offers three cultural support groups for family members:

- German Support Group (Every other Wednesday from 10:00am to Noon).
- Asian Support Group (1st Thursday of the month from 11:00am to 1:00pm).
- Hispanic Support Group (2nd Wednesday of the month from 10:00am to Noon).

These groups meet at the Family Connection and enjoy socializing, exchanging recipes, speaking in their native languages and sharing common cultural issues. If you are interested in participating or organizing a support group representing your own culture, please call the Family Connection at (719) 526-1070 or 526-0457.

SPONSORSHIP TRAINING: Are you interested in helping another Soldier get settled in our area? Talk to your commander about becoming a sponsor! Sponsorship Training is now available online to all units. For more information, call (719) 526-0457 or stop by the Family Connection.

MULTI-CULTURAL ASSISTANCE: Do you need general Immigration and Naturalization information? Stop by and we can assist you with immigration issues, to include Visas, greencards, INS forms and citizenship. Clients are seen as follows:

- Active Duty: BN or BCT S-1 and MPD Representative.
- Family Members of Active Duty: ACS provides forms, basic information, & appointments.

Retirees & their Family Members: ACS only provides forms and basic assistance. For all other assistance, please visit the Immigration and Naturalization office in Denver. Appointments can be scheduled by calling (719) 526-1070.

TRIP PLANNING ASSISTANCE: What's the quickest route? Are there any military installations along the way? Where's a good place to stop? These are all questions that we think about when traveling. Trip planning offers you step-by-step directions and maps, and also allows you to enter specific stops and much more. For more information, stop by the Family Readiness Center, Building 1526 or call 526-4590.

RELOCATION BRIEFS: Offered weekly, as part of the outprocessing brief.

- Overseas Brief - Tuesdays, 7:45am to 8:00am - Welcome Center.
- Stateside Brief - Thursdays, 7:45am to 8:00am, Welcome Center.

To receive a SITES packet, contact the Relocation Readiness Program at (719) 526-4590. Individual consultations are also available.

DESTINATION KOREA AND GERMANY: Going overseas? Attend our Destination workshop and learn about the Korean or German cultures. Participants hear from subject matter experts and experience the food of that country. To register for an upcoming workshop, call (719) 526-4590.

WAITING FAMILIES: This program is a support network for soldiers and families who are geographically separated. To learn more and register your family in this valuable program, contact the Relocation Readiness Program at (719) 526-4590.

ENGLISH AS A SECOND LANGUAGE: ESL classes are free and are on a space-available basis. Participants are required to be a Department of the Defense ID cardholder. Registration and testing are required before initial class attendance. Free childcare on space available basis with pre-registration. For more information, contact the Relocation Readiness Program at (719) 526-4590.



Child & Youth Services



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At Fort Carson's Child and Youth Services, we know you entrust to us that which you hold most dear your children. That's a commitment we don't take lightly, and we strive every day to earn, and to keep, your confidence.

Today's op-tempo presents a special challenge for Army families. We understand that personal resources can become stretched, and "battle fatigue" is all too real – not just for the uniformed soldier, but for families as well.

CYS is committed to serving the unique needs of Mountain Post families through a variety of programs designed for children ages six-weeks through 18 years. All services are based on the growth and development of your child, and meet both Army and national standards. Our seamless delivery system ensures that the same caring philosophy is followed by our dedicated staff in every program and service we offer.

Our Philosophy: Fort Carson Child and Youth Services programs are designed to help your children develop within themselves a positive self-concept that will serve them well as they become productive adults. We strive to do this by offering a safe, healthy, and stimulating environment where children and youth feel accepted and respected for being the unique people they are.

■ By providing a place where they have opportunities to participate in age appropriate developmental activities, as part of a group or individually, allowing for optimal, social, emotional, physical, creative, and cognitive growth.

■ By providing a place where they can safely express their feelings without withdrawing, fighting, or giving up their rights.

■ By providing a place where they are free to make choices and then accept responsibility for those choices.

■ By providing character education that will help develop and nurture a spirit of cooperation, creative problem solving, and individual responsibility that will impact positively upon their lives.

Central Registration: Building 1518 on Prussman Road. ■ POC 526-1101.

Hours of operation: ■ Monday – Thursday, 8 a.m.-5 p.m. (last reg 1630 p.m.). ■ Friday, 8 a.m. – Noon (last reg 1130 a.m.). ■ Saturdays: 8:30 a.m. - 4:30 p.m. at the Youth Center, Building 5950 on Ware Street.

Program (EFMP) information: Registration fee:

■ \$18 for one child. ■ \$36 for two children. ■ \$40 maximum per family. Registration is valid for one year. Family Care Plan for dual and single military must be filed within 30 days.

Child Development Centers: Hours of operation: Monday – Friday, 5:45 a.m. – 6 p.m. ■ Full Day Care Monday – Friday 6 a.m. – 6 p.m. - Hourly Care

Our Child Development Centers offer a nurturing, creative environment for your child, with age appropriate activities built into each program. The part- and full day preschool and part- and full day Pre-Kindergarten programs are designed to enhance your child's personal growth, and ensure that he or she is well prepared for Kindergarten. Preschool is reserved for our three-year-olds, and Pre-Kindergarten is geared toward ages four and five. To participate in Pre-K, the child must reach age four by September 15th. Otherwise, he or she will be enrolled in the Preschool Program. Our highly trained, professional and caring staff is always ready to answer questions about ways to help your child open the Window to a World of Opportunity!



East Child Development Center: Full day care for ages six weeks – five years. Building 6058 on Coleman Avenue. Phone: 719-526-5977

West Child Development Center: Full day care for ages six weeks – five years. Building 6060 on Coleman Avenue. Phone: 719-524-0151.

Beacon Circle: Full and part day Pre-Kindergarten and Kindergarten Building 5510 on Harr Avenue. Phone: 719-524-2544.

Southwest Hourly Care Center: Hourly care for ages six weeks – 12 years. Building 7790 on Titus Boulevard (near Gate 5). Phone: 719-526-2463.

North Child Development Center: Full day care for ages six weeks – five years. Building 4355 off Chiles Avenue (near Gate 3). Phone: 719-526-3244.

Southeast Child Development Center: Full day care for ages six weeks – five years. Building: 2765 off Womack Street (near Gate 20). Phone: 719-526-3160.

Family Child Care (FCC): Registration: Building 1518 on Prussman Road. Information: Building 5510 on Harr Avenue. Phone: 719-526-3338.

Army certified Family Child Care (FCC) homes are

available both on and off the installation. FCC providers offer age-appropriate activities in a nurturing, home-like environment. The small group size allows children to develop close relationships with their caregiver and other children in the group. FCC also offers overnight and extended stay options for single and dual-military soldier parents.

If your heart and hearth has extra room, why not consider becoming a Family Child Care provider? We'll work with you to determine if this rewarding, home-based career is a good fit for your lifestyle.

School Age Services:

Kindergarten – Fourth Grade. Building 5510 on Harr Avenue. Hours of operation: Monday – Friday, 5:45 a.m. – 6 p.m. Phone: 719-526-3368.

Transportation to and from on-post schools is provided for Before and After School students in grades K-4. We also offer full day services for "school's out" days. Fall, winter, spring, and summer camps operate according to the Fountain / Fort Carson District 8 Calendar.

Our School Age program is nationally accredited, with programming reflecting an age-appropriate curriculum. Boys and Girls Club of America, Character Counts! and 4-H Club programs are a daily part of school age programming.

Youth Services: 5th Grade Before and After School Care. Middle School (6th – 8th) Before and After School programs. High School Open Recreation. Building 5950 on Ware Street. Hours of operation:

Monday – Thursday: 5:45 a.m. – 8 p.m.

Friday: 5:45 a.m. – 9 p.m.

Saturday: 1 – 9 p.m.

Sunday: Closed

Phone: 719-526-2680

Your Youth Center is here to serve you by offering a wide variety of recreational, educational, and social programs for your "tweener" (5th grader) and middle and high school age teen. Army youth program standards as well as our affiliation with the Boys and Girls Clubs of America and National 4-H assures that your teen will always have a variety of wholesome, fun, and interesting program choices in which to participate.

Participation in these programs provides a broad framework for developing lifelong skills designed to enhance your child's future success. Our staff is dedicated to making this Youth Center the finest in the Army and

will strive to make your child's experience here a positive one. We invite you to become familiar with the programs and services offered. Visit the center, and join our Parent Advisory Group!

Programming includes sports, fitness and health, life skills classes, citizenship and leadership opportunities, arts, recreation and leisure activities, mentoring, intervention, and education support services.

As with School Age Services, Before and After School programs are offered for grades 5 – 8, with transportation provided to and from on-post schools. Full day services are available during "school's out" days, and fall, winter, spring and summer camps operate according to the Fountain / Fort Carson District 8 Calendar.

Sports, Fitness and Health Program: Located at the Youth Center - Bldg. 5950 - Ware St.

Hours of operation: Monday – Friday: 11 a.m. – 8 p.m. ■ Saturday: 8 a.m. – 5 p.m. ■ Closed Sunday. ■ Phone: 719-526-1233

The Fort Carson Sports, Fitness and Health Program is dedicated to providing professionally managed, positive programs featuring a wide range of opportunities. These programs are designed to meet the developmental, educational, leisure, recreational, physical and social needs of children ages three – 18.

This program also enhances the skills and education of athletes through a positive, healthy and fun environment. The Sports, Fitness, and Nutrition program offers a variety of programs in four core areas of team sports: individual sports, health, nutrition, and outreach programs.

CYS Liaison, Education and Outreach Services (CLEOS): ■ School Liaison Services 719-526-2301. ■ Youth Education Liaison Services 719-526-2301. ■ SKIES (Skills of Knowledge, Inspiration, Exploration and Skills) – 719-524-2896

School Liaison Services offers parents the following: ■ Provides parents moving to Fort Carson information on all schools serving the installation, both on- and off-post. ■ Provides transition information on leaving one school district to enter a new school; as well as transitions between elementary and middle school, and middle and high school.

Youth Education Liaison Services offers parents and students the following: ■ Provides youth sponsorship, youth sponsor training, youth sponsorship council, arrival / departure activities, and e-mail capability. Homeschool programming and support group, Youth School Council, PCS and grade advancement transition assistance and Post-secondary education preparation information.

SKIES Unlimited (Skills of Knowledge, Inspiration, Exploration and Skills): Beacon Circle Center (Building 5510 on Harr Avenue). ■ 524-2896 or 492-5446

The sky truly is the limit with this innovative program, located in the recently remodeled Beacon Circle Center. SKIES Unlimited programs and activities are open to CYS registered children ages three to 18 years. The SKIES staff and contractors ensure your children have access to exceptional learning opportunities as diverse as sign language, Hip Hop dance, air rifle lessons, and even math tutoring and a Defensive Driver Course for teens! New classes are being added on a continual basis; be sure to check the DMWR website: <http://mwr.carson.army.mil>.

Classes vary from one to three days a week. Some are a half hour in length; others last up to an hour. While your child explores, you can relax in our large, comfortable waiting area. Quiet time for you – a world of knowledge for your children!

SKIES Unlimited programs are available at no charge to children of deployed soldiers whose combined family income is \$28,000 or less. Parents must bring a copy of the deployment order and a copy of their LES to confirm eligibility.

Outreach Services: Mobilization and Deployment Support. ■ 719-524-4218

Caring Wednesdays and Caring Saturdays (deployed status only): Spouses of deployed soldiers receive five free hours of respite care, per child, per month. This free child care is available from noon – 7 p.m., the first and third Wednesday and Saturday of each month. Care is provided in one five –hour time block at the East Child Development Center (Building 6058).

Reservations are required and can be made by calling 524-4218 not later than 3 p.m. the Wednesday prior to each Caring Saturday.

NEW! "Little Fingers, Helping Hands": takes place each Monday, Tuesday and Friday from 9 - 11 a.m. at the East CDC, Building 6058 on Coleman Street.

"Little Fingers, Helping Hands": offers parent / child activity time for families of deployed soldiers. Spend time together on "take home" projects, recipes, songs, stories, activity center experiences and arts and crafts! Reservations are required and can be made by calling 524-4218. FRG Childcare Support is offered at the East Child Development Center (Building 6058) for pre-deployment, deployment, and reunion meetings. Reservations are required, and may be made through your unit FRG liaison.

National Association of Child Care Resource and Referral Agencies (NACCRRA). For more information call Child Care Connections at 570-7077, ext. 108.

R&R (Rest and Recreation) Care: Ten hours per child of R&R Care is offered to soldiers returning to Fort Carson for 15 days of R&R leave. This child care is available from 8 a.m. – 5 p.m., Monday – Friday, and is offered in two, five-hour “time blocks” at the East Child Development Center (Building 6058). Reservations are required and can be made by calling 524-4218. The registration fee for this service is waived.

Reunion Care: Sixteen hours per child of Reintegration (Reunion) Care is offered during the first 45 days following a soldier’s return from deployment. This child care is available from 8 a.m. – 5 p.m., Monday – Friday, and from 5 – 11 p.m. on the first and third Friday of each month (“Date Night”). Care is offered in three different time blocks of five or six hours each at the East Child Development Center (Building 6058). Reservations are required and can be made by calling 524-4218.

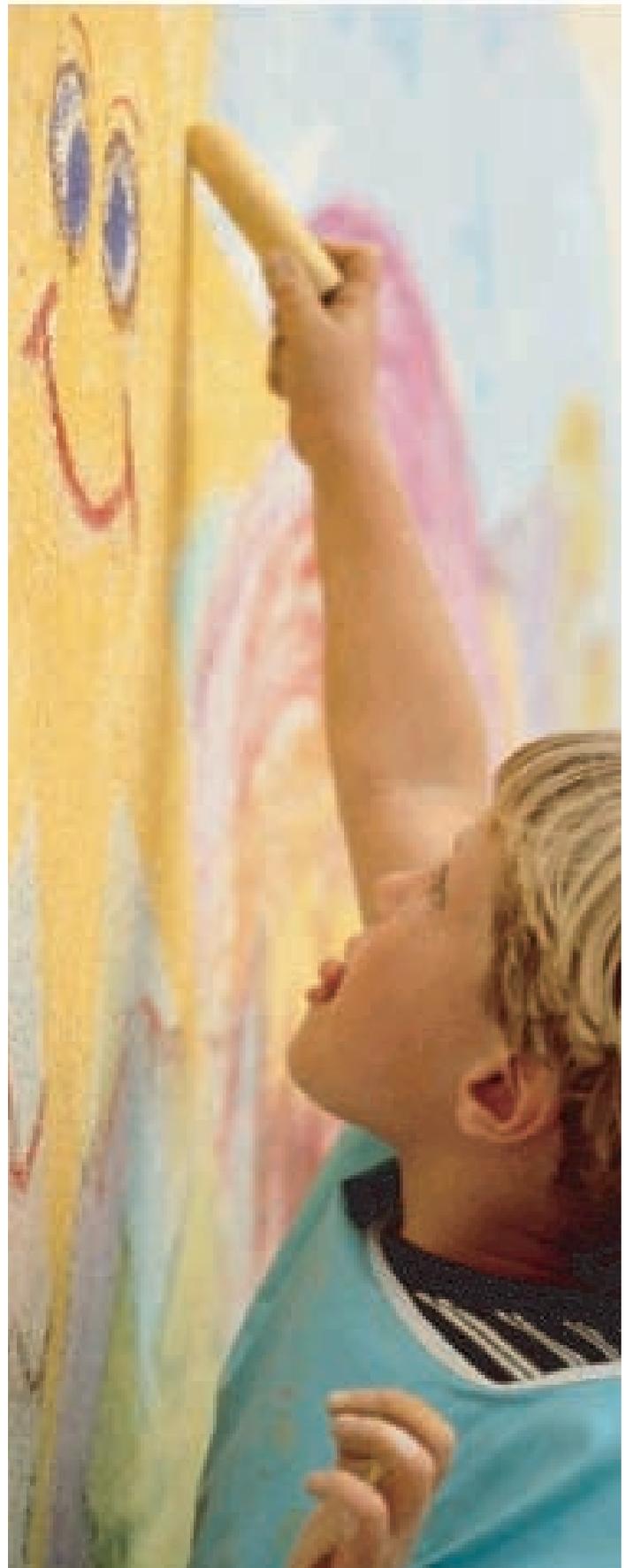
Operation Story Time available at Beacon: Circle CDC (Building 5510). We can record a soldier reading a favorite book, and take a photograph to accompany it. You’ll get a copy of the recording, the storybook, and the photo to share with your child while you’re deployed. To schedule an appointment, please call 524-4218. Please note: To register for any Outreach Services childcare program, parents must provide a copy of the soldier’s deployment orders, and a copy of each child’s up-to-date immunization record. Parents also must complete a CYS registration card and Childcare Statement of Understanding Form. The registration fee is waived.

Parents of infants and toddlers must provide an adequate supply of diapers, pre-filled bottles, empty Sippy cups, and a change of clothes for their child. All meals and snacks are provided by CYS at no additional charge.

At the time of sign-in, the parent must provide an emergency contact number and inform the attending CYS staff member of any allergies or special needs.

Army Child Care in Your Neighborhood is now available in our area. The Army sponsors this community-based care option in our area because of the high demand for childcare. Care is made available by local child care programs and home providers who are part of an Army sponsored off-post delivery system, administered and monitored by the nonprofit National Association of Child Care Resource and Referral Agencies (NACCRRA). For more information, call Child Care Connections at 638-2057.

Army School Age Programs in Your Neighborhood provides Army sponsored off-post School Age Care as a supplement to, not a substitute for, Army operated on-post School Age Care. Army School Age Programs in Your Neighborhood is a collaborative effort between the United States Army, Boys & Girls Clubs of America and the



Mid-Winter Beach Party

By MaryAnna Clemons

Colorado Springs has more soldiers per square inch than any other place our family has been in my husband's 20-plus-year military career. Even the nightly news is a positive influence on the community, the families and the military atmosphere. It's easy to forget that the full-time Army soldiers and their families aren't the only ones to utilize Fort Carson and the facilities. We are a previous active duty Army family that is now full-time National Guard attached to an Air Force Base working for an Army Missile Defense program. And I say we, but I really mean him: my husband. But like all military families, the duties of the soldier end up being the duties of the entire family.

In all our military years, we have never once lived on post. Usually because I have too many horses, dogs and cats for on-post living, and also because I love the freedom of living outside the city limits. I am here to tell you that joining into events on-post if you don't live there is hard to impossible. Add in the fact that I've taken in two more children to my own three, and you can understand how memory space is at a premium.

The Mid-Winter Beach Party was the first on-post event my family has attended since the Fourth of July at Fort Campbell, Kentucky in 1993.

I was blown away as we walked into the Special Events Center to see a live band (that sounded good), lights, food, drinks, a dance floor, a door greeter with Hawaii lei's for the family, a huge blow up bounce house slide, a human Velcro bounce house, a balloon guy whose line never got shorter, and other games for the kids. The door greeters alone were a sight for sore eyes with their smiles and welcomes and information.

I just had no idea. We had a blast.

My nephew, Brennen, and my daughter Casey went straight to the bounce house slide and didn't stop for at least a half-an-hour. In line, up the house, down the slide, over and over and over. I brought my other daughter CheyAnne and my niece, Array, but as teenagers apparently they were too cool for some of the activities. They found themselves having fun anyway. I'm pretty sure the teenage boys, hotdogs and seldom allowed soda pop helped.



The first photo I took was of Abby Atwater who is just 5. Her smiles were contagious and I couldn't resist talking to her grandmother, Lila. Lila and her husband retired in Colorado Springs and Lila brings her two granddaughters to every on-post event she can. She says she's been taking advantage of the events since the kids were born and just loves the time it provides her to spend with them. Her husband retired after 23 years of military service.

Continuing on my way, camera in hand, I snapped a couple of young boys who had been early to the balloon man's line and were proudly sporting a balloon hat and a balloon Octopus that were very impressive. Their single mother, Jennifer, just returned from her deployment to Iraq in January and she was beaming from ear to ear. She lined her boys up for a photo and talked about how it was such a relief that the Army sponsors events such as this one so that she could take her boys out and have a good time with them. Justin and Zachary hammed it up for the camera and then moved on, as boys do, rather quickly.

I met another mother, Jackie, who is on her husband's third deployment. After his very first deployment, she said, she got her son Timothy (she said it like he was delivered in the mail, but I think there was more to it than that!). After her hus-

band's second deployment she got her daughter, Sophia. With a twinkle in her eye she said this was her husband's third deployment and when I asked the obvious question she said, "No, I'm done."

As the "at home" spouse of the Iraq war, Jackie participates in every on-post event she possibly can and just last month was at the Special Events Center for the "Walk to Iraq and Back." Like many spouses left with the children, the events are a special time to remember their soldier, spend time together and do it all for free.

And it was then that I realized just how lucky I am. It's not that I've been living in a bubble or anything, but I live off-post and my husband isn't in a deployable unit, so it is easy to forget that what you have it's available to every military family. And as annoying as my husband can be (shh-hh, we'll keep that between us, okay?), I wouldn't trade him for anything. I know he wants to go to Iraq (it's a soldier thing) and he has wanted to go since the war started, but it hasn't worked out that way and for that I'm as grateful as can be. As a veteran myself, I can understand wanting to support your country. But as a mother and a wife, I am thankful for every day that he's still around to annoy me.

Later that night, I was standing in line (forever it seems) waiting for a great balloon Octopus that I saw kids walking around with and I started talking to a dad who recently returned from Iraq. Unfortunately, I had been at the beach party for more than three hours and my brain was on the verge of mush. I didn't get his name, but I was so impressed by all the beautiful young girls around him. It turns out that one was his daughter, he had a son at home, and he was adopting three young girls out of the foster care system and into his family. The ability of an Army soldier (and his wife) to deal with the stress of deployment, to raise their own children, and then to still have enough room in their heart and home for three more children that need a family, is beyond explaining in mere words.

My chest swelled with pride just to be talking to

him. How many times do we overlook people like him in our midst? Men and women who do things that they'll never get an award for. They'll never earn a bunch of money for being so lovingly generous. They'll never be chased by paparazzi or asked for an autograph. But they – the soldiers, the MWR employees, my husband, and the spouses left behind – they are the ones who really make the world keep turning. They are the hero's that unfortunately our national news does not talk about enough. They are the ones that inspire me to be a better person. And they are the ones that are shopping right next to us at the commissary, standing in line waiting for a silly balloon toy, welcoming us to the Special Events Center, and showing us how to become rock climbers.



Special Events

May 17 Military Spouse Appreciation Day: DMWR offers "Our Unsung Heroes" entertainment, music, dance lessons, an oxygen bar, prizes and a whole lot more in an effort to honor and celebrate them for all they do. Check the DMWR website for information on specifics. Time of event is 1700 - 2100 at the Alternate Escapes/Java Cafe.

10 May - Fort Carson Appreciation at the Sky Sox: Come enjoy America's sport - BASEBALL. Take your family and friends to the ball game and buy them some peanuts and cracker jacks. This once a season opportunity offers FREE tickets to see the hometown team - the Colorado Sky Sox in action. Join in the fun and good family entertainment. Vouchers will be available at the ITR office. Fort Carson will open the game with pageantry of Fort Carson military, national anthem and more.

July 4th- 4th of July Celebration on the 3rd:

Celebrate a home town Holiday on the 3rd of July. Fort Carson is the "Best Hometown in the Army" and we're celebrating in style. There will be lots of fun and activities for the whole family including live music, food, games and inflatable's jumpers. End the evening with fireworks dancing in the sky to magnificent music. The Iron Horse



Park will be the place to be on the 3rd of July!

Dinner and a Movie: 2nd annual dinner and a movie series. Free dinner for the family, followed by a popular, recently released family oriented movie on a giant 25 foot screen. Dinner starts at 18:00, movie starts at 18:30. Location is the SEC-rain or shine.
■ 9 JULY @ 1800. ■ 17 JULY @ 1800. ■ 24 JULY @ 1800. ■ 31 JULY @ 1800. ■ 5 AUG @ 2030.

Soldier Show Coming to Fort Carson:

Date: ■ 19 & 20 AUG. The Army Soldier Show is tentatively scheduled to come to Fort Carson again. The show is free and open to the entire military community. The 2008 U.S. Army Soldier Show is a high-energy 90-minute live musical review showcasing the talents of active duty Soldiers who are selected by audition from throughout the Army. They are amateur artists who have a passion for music, dance and performing. They come from infantry, transportation, military police, medical, intelligence, aviation, signal and other tactical units. The show is assembled in six weeks, and then tours for 6 1/2 months. Call Community Events 526-4494 for date and times



Fall Fiesta-20 September 2008: The 2nd annual Fall Fiesta – Come celebrate and experience the richness of our Hispanic heritage! Columbia, Argentina, El Salvador, Mexico Panama, Honduras, Ecuador and many other countries weave the rich Hispanic culture we all experience. There will be folk dancing, food, entertainment, car show, family activities. Come and taste, see, feel, hear and experience the diversity of our Hispanic heritage.

Got some extra time.. we need some extra hands ! - Do you want to do something different, learn a new skill, and meet new people? Do you want to do something as a family? How about assisting with a mountain bike trip, learn to rock climb or raft? Maybe hone your computers skills or teach a craft class? All this and more is at your fingertips. Come be a volunteer at one of the many DMWR facilities, programs or special events. Call Community Events for more information or to sign up 526-4494/5264495.

All dates and events are subject to change please check out the MWR website <http://mwr.carson.army.mil> for the most up to date information or call Community Events at 526-4494/526-4495.



“Better Opportunities for Single Soldiers”

Better Opportunities for Single

Soldiers (BOSS): Better Opportunities for Single Soldiers (BOSS) Program identifies Single Soldiers issues, improves communication and plans activities. It gives Single Soldiers the opportunity to participate in and contribute to their community.

Monthly Boss meetings are held for MSC reps and all those interested in the Boss program. The MSC reps are the two-way communicators for issues and programs to and from the Soldiers at the unit level. Monthly Boss meeting are held on the **third Wednesday of the month, 1130-1300 at Alternate Escapes.**

Trips:

29-31 March 2008

**Batann Death March- White Sands
New Mexico**

5 April 2008

**Dave and Busters Games and
Restaurant- X- Box, Play Station on
Steroids**

19 April 2008

Cripple Creek- Historic Gambling town

3 May 2008

Colorado Fishing Trip- Fairplay, CO

21 June 2008

Rafting- Raging waters

16 August 2008

Sky Dive the Rockies- Canyon City

30 August 2008

ATV getaway- Salida, CO

**Sign up required in advance- Contact
Boss President at 524 BOSS**

THREE BOSS CORE COMPONENTS:

Well Being: Well-being for Single Soldiers deals primarily with those things that the Single Soldiers can directly or indirectly influence to enhance their morale, living environment, or personal growth and development.

Recreation: Recreation activities all planned by Single Soldiers for Single Soldiers. Such as white water rafting trips, skiing trips swim parties, Elitch Garden trips and more.

Community Service: BOSS supports community programs that difference in the lives of others, the community, and ultimately, themselves.

JOIN BOSS TODAY- Motivated Single Soldiers with strong military direction are the backbone of the BOSS program.

Thunder Alley

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BLDG. 1511 - FORT CARSON**

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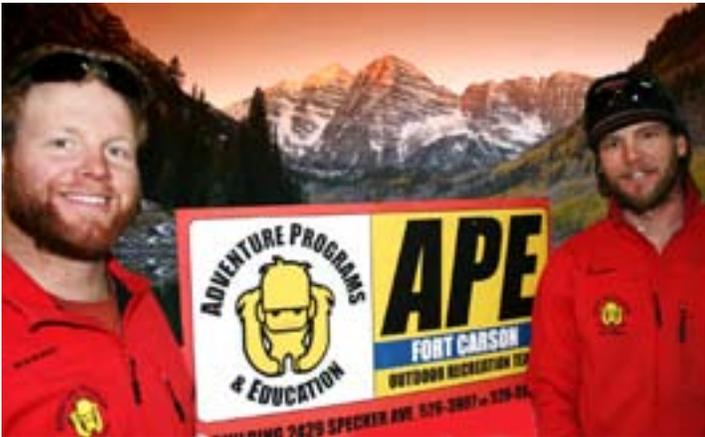
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The High Adventure Side of Outdoor Recreation



Scott Edwards, with his long hair and beard among a sea of high-and-tights, has been a recreational guide since 1995. After obtaining a degree in outdoor recreation and outdoor leadership, Scott signed on as a college intern to a military installation that didn't have an outdoor recreation department. Building their department from scratch, Scott was hooked forever.

"Four seasons of work in one year really worked for me," Scott said. "I was just in the right place at the right time and I've really fallen in love with who I serve. In some twisted sort of way this is how I'm serving my country."

About nine years ago, give or take, Scott tried his hand at being a facility manager in Japan. It took him a scant five months to realize that his love and his life as it pertains to employment were about being an outdoor recreational guide. And Fort Carson was hiring. Unlike many people who often keep on trying to fit a square into a round hole Scott realized that in order to be happy in life, he needed to be happy in work. In 2001 he applied to Fort Carson and the rest, as they say, is history.

As a long time military recreational guide Scott is with A.P.E. – Adventure Programs and Education. Along with two other guides, Trevor McConnell who has been with the program for a couple of years,

and David Bumgarner who has been with the program for almost five years, but is currently on sabbatical to Australia, Scott guides and teaches military personnel, retirees, full-time National Guard and dependents on navigating through any and almost every outdoor sport available.

Eric Hill, who has been with Fort Carson for two-and-a-half years, deals with all the aspects of facility management that drove Scott out of Japan. Eric and his wife came over from Germany and although they don't have children, they do share their home with a German Exchange student, German Shorthair and German Sheppard mix.

"I'm actually glad that I had that short time as a facility manager," Scott said. "It let me know where I really belong."

While having fun is a huge priority for the high adventure side of the outdoor recreation department safety trumps fun and professionalism is required at all times.

Considering that the A.P.E.'s are teaching people to white water raft, ice climb, rock climb, ski, work the Alpine Tower, zip line, ride horses and more, it's a great track record. One of the reasons for their lack of injuries is that the instructors perform extensive coaching and have prerequisite courses before attendants can just jump in. So, for example, a person new to white water kayaking would start off at the indoor pool on post learning how to use strokes and brace strokes and roll and then it just progresses from there.

"Telling them what to expect and preparing them for surprises, it's just part of the job. Having the intuitiveness of knowing when someone feels over their head or uncomfortable is important as well," Scott said. "We set them up for success. We start from the basics and create a foundation. Everyone

is going to start from the same place and learn to work the techniques needed for that activity.”

The bottom line for the guides, who are even rock climbing when they aren’t working, is that the more you know, the safer you are, the more fun you can actually have.

“First you have to win over the trust of the people who you are taking out,” Scott said. “And if they are not comfortable there isn’t going to be success on their part.”

If you look in the First Choice magazine for the outdoor programs, the information is broken down into introductory courses, midlevel courses and advanced high adventure courses. The prerequisites are there for the safety of the participant and the guide, Scott says. He also mentions that while there are prerequisites, if someone has knowledge in a sport and just needs a refresher, he is willing to work with them. In fact, the entire guide team is more accessible than one might think, just call and ask for Scott, Trevor, Dave or Eric with your questions.

A day of rock climbing might be \$40 through outdoor recreation, while in the private sector a person is likely to pay three times that amount for the same thing. That’s another reason that Scott thrives on the customer base he has. He loves being able to expose soldiers and their families to activities that many have never tried. Some families wouldn’t have had the discretionary income in the private sector, where prices

can be ridiculously high, to spend a day riding horses, or spend a day learning to rock climb. And, since the prices are so affordable, once a person “gets” the ins and outs of the outdoor recreation department, they are often back time and time again.

“We get a core group every year,” Scott said. “And they come back and do trip after trip and really learn to take advantage of all that we have to offer.”

An example of a soldier with no prior outdoor experience was Brian Paulson who came to Fort Carson and took advantage of some programs and was guided by Scott. Brian is now what Scott considers a worthy outdoor person and has since gone on to “spread his wings and fly.”

“We are not here to compete with outside industry,” Scott said. “We are here for soldiers and their families. And our goal – our mission – is to have people go through our courses and make responsible, viable users out of them so they can go and pursue it for a lifetime with their friends and family.”



“I’m sold on the impact I can have on people and increasing their quality of life. I’ll never go back into the private sector. The intangible rewards I get from the people that I serve are the best --- I’m so lucky to have this opportunity. ” --- Scott Edwards

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Penrose House

The stately Penrose House at Turkey Creek Ranch is among the most historic buildings on Fort Carson. Built in 1912 as a weekend retreat for mining and real estate magnate Spencer Penrose, Penrose House offers an elegant, understated alternative to the run-of-the-mill meeting place.

With a tastefully appointed Great Room and charming, wrap-around porch, Penrose House is available for unit functions, Family Readiness Group meetings, and warm social gatherings. The surrounding grounds offer the perfect setting for a unique wedding ceremony, company picnic, or business retreat.

For an extraordinary event, we can dovetail our services with custom programming available through Turkey Creek Recreation Area.

Turn the ordinary into the extraordinary at the Penrose House at Turkey Creek Ranch! Call 576-6646 to reserve!



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Wedding Ceremony
(Value \$299)

See details at:
ScenicWeddingsColorado.com



The Elkhorn

This convenient, 24,000 square foot facility recently received a cosmetic boost, including new furniture, new lighting, new carpet and the installation of a top-notch audio-visual system.

Our mission is to offer state-of-the-art conference and catering services for the Fort Carson community. The Elkhorn is a full-service facility; equally skilled at hosting functions for ten guests, or 400.

We're available for special events and activities such as wedding receptions, private parties, Hail and Farewells, and Family Readiness Group (FRG) meetings. We also offer off-premises catering.

The Elkhorn is proud to offer a variety of packages at affordable prices. Let us make your next event your best event!

Catering & Conference Center

Call for reservations: 719-576-6646

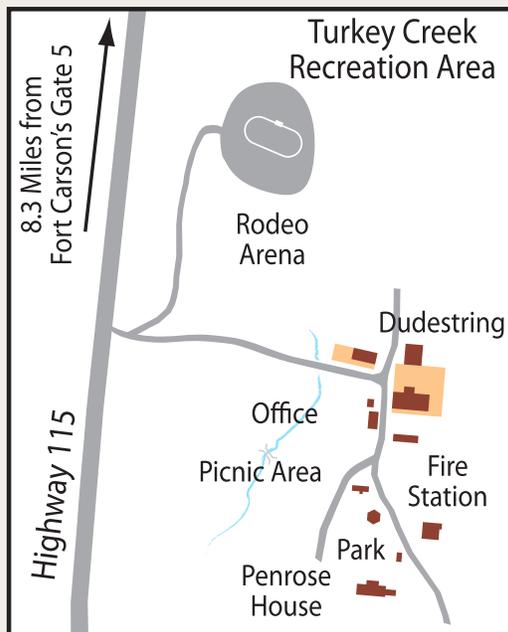
Turkey Cr

A Little History

Turkey Creek Ranch was established in 1874 by Charles Sprague, but was further enhanced in 1912 when Spencer Penrose purchased the land and began developing it. He built 17 structures on the Ranch, nine of which are still standing and listed on the national historic register. The US Army purchased the Ranch in 1965 and incorporated facilities for soldiers and their families to enjoy.



These facilities include picnic tables, grills, four covered pavilions, volleyball courts, horseshoe pits, basketball courts, softball fields and several playgrounds for the children to enjoy. Reserve these facilities for *your* special event; such as a unit organizational day, an office party or that family function on your calendar.



Cam

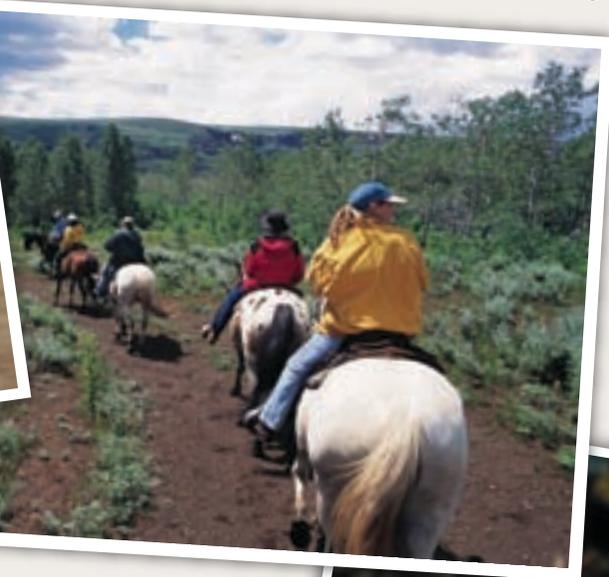
Ready to spend a cool evening under the stars overhead, just like the pioneers who once blazed the trails to the West? Turkey Creek Ranch offers primitive sites and RVs by reservation.

For the horse owner, Turkey Creek Ranch offers a full complement of services for authorized users. Historic Spencer Penrose barns and stables are available on a monthly basis and include private stalls with feed racks, arenas, and miles of scenic

Turkey Creek Ranch

Horseback Riding

Trail rides are offered daily by our seasoned wranglers who expertly guide all levels of riders. Our trails encompass 1,235 stunning acres of varied terrain, winding through junipers, oak and pine forests, and over the high plains meadows.

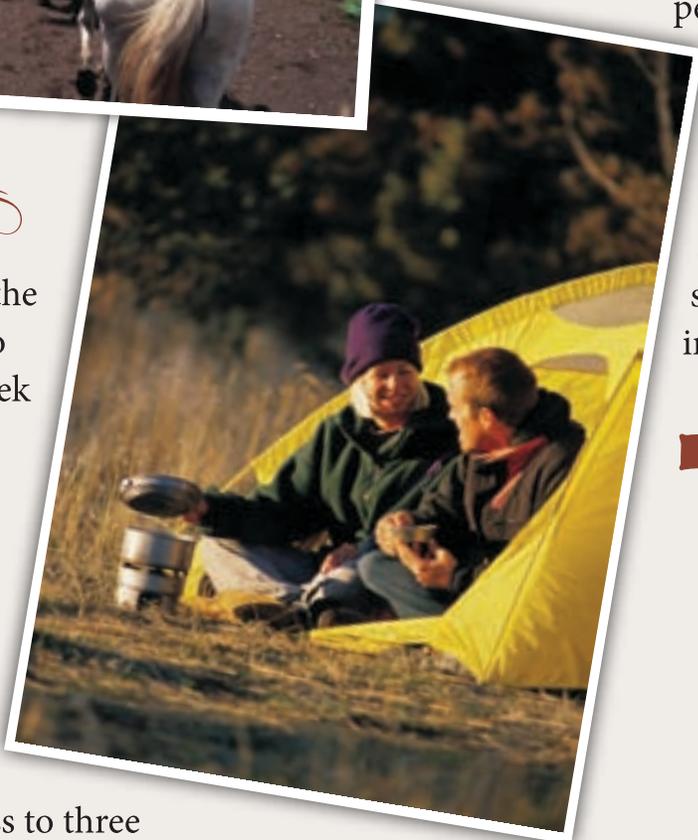


For our younger cowpokes, the Ranch offers pony rides in a safe environment, where enthusiastic staff help children enjoy the excitement of riding a beautiful animal in the Colorado sunshine.

If you're looking for western fun, or the perfect way to celebrate that special occasion, Turkey Creek ranch offers specialty rides such as twilight rides, steak dinner rides and sweetheart rides. For information 526-3905.

Camping

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Turkey Creek Ranch
Fort Carson, Colorado

Fitness Centers



WELLNESS

From racquetball and basketball courts, to Cooper Certified Fitness Instructors and FitLinxx, our four fitness centers have something for everyone when it comes to fitness.

All centers offer racquetball courts, saunas, and weight rooms that include free weights, cardiovascular equipment, and strength machines. In addition, Forrest, Garcia, and McKibben have cardio-theaters and Cooper Institute Certified Fitness instructors. Forrest and Garcia also have FitLinxx, a workout program which provides electronic training assistance by coaching and motivating through each machine, supplying tools to easily create programs and track performance with immediate feedback. You can also check out Forrest and Garcia Physical Fitness Centers at their web sites.

FORREST PHYSICAL FITNESS CENTER:

Building 1843 -

Phone: 719-526-2706:

Forrest Physical Fitness Center was completely renovated in 1998. In 1999, Forrest was awarded the "Best Physical Fitness Center in FORSCOM." Forrest has a variety of Strength Training Machines (21 linked to FitLinxx), 19 cardiovascular machines, 3 racquetball courts, indoor and outdoor running tracks, aerobics/spinning classes, and 4 personal trainers). Please stop by and speak with one of our friendly fitness center staff to start your training program today! Classes in Aerobics, Cycling, Belly Dance and Massage Therapy by appt only.

Hours of Operation:

Monday-Friday 0500-2000

Saturday & Sunday 0600-1400

Closed Holidays.

Belly Dance: Gives you a complete cardiovascular workout while strengthening abdominal muscles. Tuesdays and Thursdays 1840.

Spinning: Is a highly motivational class taking you on a cycling adventure, freeing your mind, and energizing your body. Offered six days a week.

Aerobics: Is a full body workout, strengthens your body, increases your endurance. Offered four days a week.

Massage Therapy: Treatment for Pain and Stress by appointment only. Call 526-2706 for reservations.

GARCIA PHYSICAL FITNESS CENTER:

Building 1856 - Phone: 719-526-3944

Garcia Physical Fitness Center is equipped with a renovated regulation-size collegiate basketball court, a cardio room, racquetball courts, a free weight room, and work out room with a heavy bag. The cardio room features state-of-the-art equipment including treadmills, stair steppers and climbers, stationery and recumbent bikes, rowing and elliptical machines. Just arrived! Brand new nautilus strength equipment; yoga classes are also available.

Hours of Operation:

Monday-Friday 0500-2000

Saturday & Sunday 0900-2200

Holidays 0600-2200.

Motion for Moms

A low-impact exercise class for pregnant and postpartum women, sponsored by Evans Army Community Hospital every Tuesday and Thursday from 0900-1000 at Garcia PFC. Call Rhonda Tulensa at 526-3944 for registration information.

MCKIBBEN PHYSICAL FITNESS CENTER

Building 1160 - Phone: 719-526-2597

We offer more than 5,000 pound of Ironman plates and dumbbells on hand, McKibben PFC is the main hub of activity for Fort Carson body builders and power lifters. McKibben PFC utilizes both Ironman and Cybex free-weight equipment; long considered the industry standard in equipment design. McKibben PFC also boast a newly resurfaced, regulation-size, collegiate basketball court, two racquetball courts, a cardio, and free weight room. The gymnasium is available for games, tournaments, matches, instructional classes, and special events. Combative



Training Classes also are offered: Call 526-2597 for more information.

Hours of Operation:

Monday-Friday 0500-1700

Closed: Saturday, Sunday & Holidays.

WALLER PHYSICAL FITNESS CENTER

Building 2357 - Phone: 719-526-2742

Waller PFC Gymnasium often is used by the Intramural Sports Program for league and tournament play. It's also available for change-of-command ceremonies and other special events. Waller PFC offers modern aerobic and strength training equipment including dumbbells and plates weighs from 5 to 180 pounds. Waller has brand new hammer strength equipment.

Hours of Operation:

Monday-Friday 0500-2200

Saturday, Sunday 1500-2200

Closed Holidays.

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Contact:

**Diane Brown at 719.671.8099
& Karen Huish at 719.671.7344**



Auto Craft

The Fort Carson Auto Craft Center offers a place to work on automobiles with the guidance of experienced instructors. We offer more than 30,000 square feet of top of the line equipment and space, including:

Five lube bays • Five engine overhaul bays • Four auto body repair bays • Three tire bays • Two paint booths • A paint mixing station • Two muffler bays • A parts cleaning bay • Nine general repair bays • Two motorcycle lifts • A machine shop • A central tool issuing room

Diagnostics and Air Conditioning Services: The Auto Craft Center instructors are certified to recharge air conditioners and provide computerized diagnostic services. We also offer headlight buffing and cleaning.

Automotive Supplies: We're a One Stop Shop, offering customers a full line of automotive necessities: oil and oil filters, spark plugs, antifreeze, brake fluid and more!

Classes, Clinics and Workshops: The Auto Craft Center staff hosts monthly classes in automobile maintenance, with options such as "Auto Acquaintance," "Brake Repair," and "Lube and Oil Change." To further enhance your auto skills, specialty classes also are offered, including welding workshops and car detailing clinics.

Deployed Spouse Services: We are pleased to offer the following special services for the spouses of deployed soldiers:

An on-post emergency road service (jump starts, tire changes, lock-outs)

- Free oil change bay with purchase of oil and filter (offered on Wednesdays)
- Free vehicle inspection and prognosis for pre-owned car purchases
- \$10 off engine diagnostic services (with a hand scanner)
- Brake service (drum and rotor turning) – buy one, get one free
- Tire balance – buy three, get one free

• \$5 off fuel injection cleaning service • Minor repairs to keep you and your family safe on the road

Vehicle Resale Lot
Phone: 526-2147

Location: Specker Avenue and Prussman Road, near Kentucky Fried Chicken.

Looking for the perfect set of wheels? Got a sweet ride of your own to sell? Register your vehicle with the friendly staff of the Auto Craft Center, and watch it fly off the lot!

Car Wash

Location: O'Connell Boulevard and Magrath Avenue.
Open 24 hours a day

Fort Carson's Car Wash features five self-service bays with wands and foaming brush washing, and two drive-through, brush-free bays.



**STOP
& LEARN**



The Auto Craft Center
Building 2427 on Wetzel Avenue
Hours of operation:
Wed.-Fri: 10 a.m. – 8:30 p.m.
Sat. and Sun: 9 a.m. – 4:30 p.m.
Closed Mon., Tue. and holidays
Phone: 526-2147



Intramural Sports

The Intramural Sport teams compete against each other in several sports all year around, for the bragging rights of being the best unit on Fort Carson. Join a team and take part in the victory!

Flag Football

Coaches Meeting: 19 March at 1800. Location: Mountain Post Sports Complex
Season: 25 March – 10 July

Volleyball

Coaches Meeting: 12 March at 1800
Location: Waller PFC
Season: 17 March – 28 May

Bowling

Coaches Meeting: 18 March at 1800
Location: Bowling Alley
Season: 18 March – 17 July

Softball

Dates and location TBD.

Spring Softball

Coaches Meeting: 1 April at 1800
Location: Mountain Post Sports Complex
Season: 17 March – 28 May

Summer Softball

Coaches Meeting: 17 June at 1800
Location: Mountain Post Sports Complex
Season: 23 June – 15 August

Soccer

Coaches Meeting: 20 May at 1800
Location: Mountain Post Sports Complex
Season: 2 June – 25 August

State Games of the West

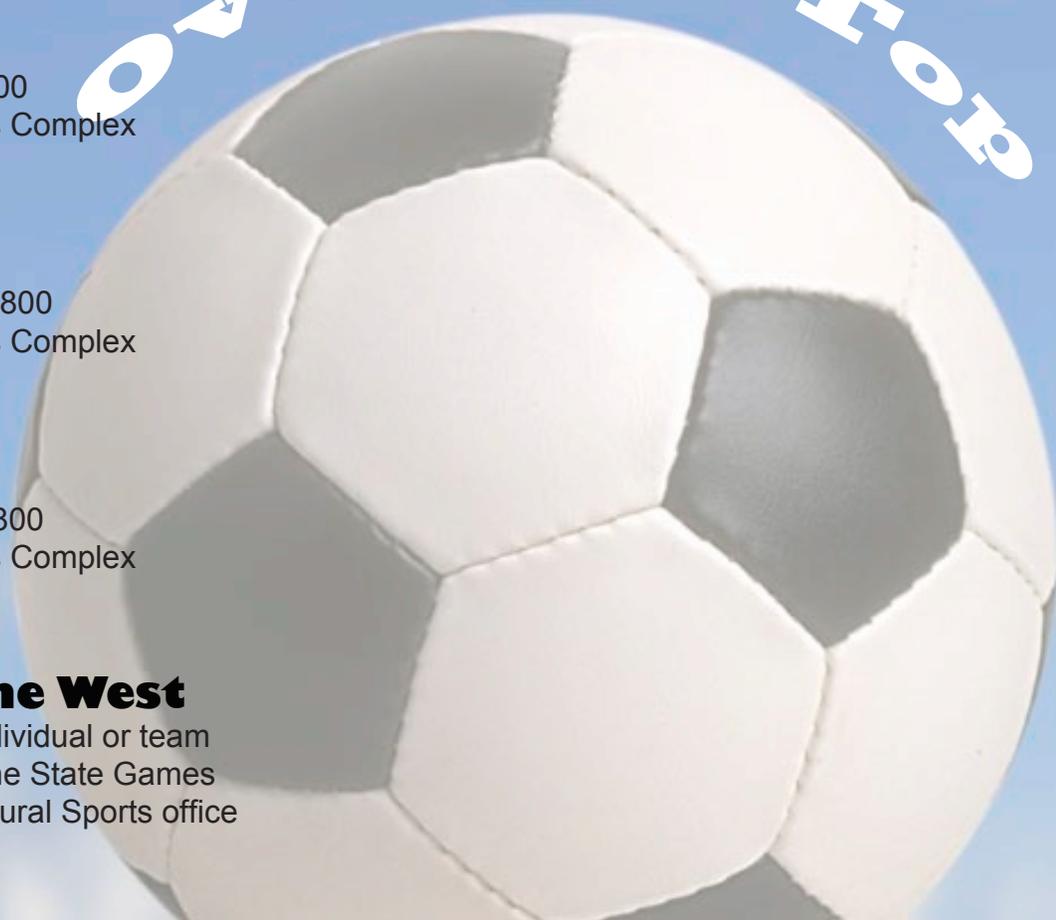
Represent Fort Carson in an individual or team sport against other athletes in the State Games of the West. Contact the Intramural Sports office

if you are interested in participating, some registrations are based upon winning league championships. The State Games of the West will be 24-27 July.

For more information about current or future intramural sports programs, please call Lamont Spencer at 526-8663 or Steven J. Hollister at 526-1372.

The intramural sports office is located at the Special Events Center Bldg 1829. Sign ups for all Intramural Sports Programs can be done at any DMWR Fitness facility.

Over the Top



Cheyenne Shadows

Golf Club

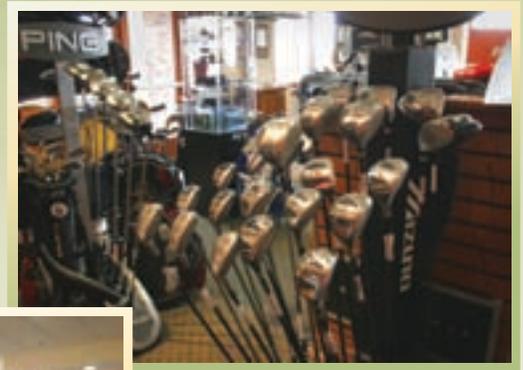
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Nestled in the lap of beautiful Cheyenne Mountain, Fort Carson's spectacular 18-hole Championship golf course awaits you, year-round. Cheyenne Shadows is available for public use, is a great place for group functions such as Unit gatherings, and offers private and group lessons as well. Fort Carson proudly boasts the only Master Golf Pro in the Army, Frank Jacobson, who will ensure your experience at Cheyenne Shadows is nothing but top rate.

Be sure to check out the other great features such as Coyote Run Junior Course, the driving range, and the tasty lunch served at Mulligan's Grill. Stop by the Pro Shop to choose from state-of-the-art equipment and brand name apparel, including Nike, Ping, Taylor-Made, Calloway, and much more.



FOR OUR FAMILIES THERE'S COMFORT, THEN THERE'S COMFORT ON A GRAND SCALE!



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--Fitness Club--



--Library--



--Kid's Club--



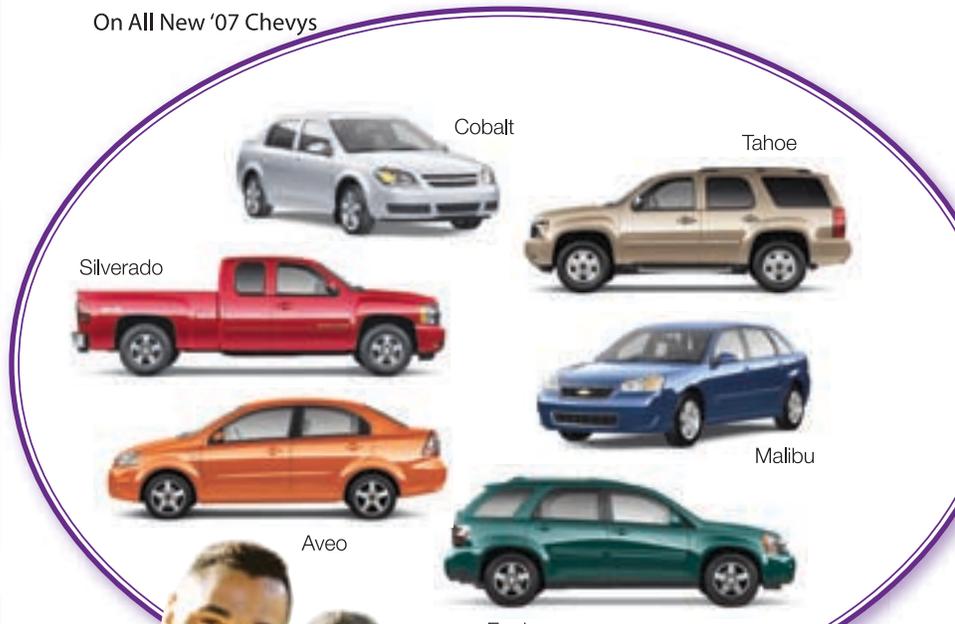
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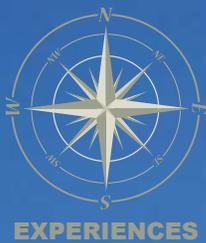
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Outdoor Recreation

Come live the adventure ...

WHAT IS A.P.E. ANYWAY?: Adventure Programs and Education (APE) is all about fun...that goes without saying. However, our larger goal is to teach the skills necessary to make good decisions for yourself, so you can enjoy the wild for a lifetime. Our programs are structured with the highest regard for quality of instruction and preservation of the environment while striving to stay number one in the jungle of customer service.

Customizing programs for your needs: Adventure Programs & Education offers a broad range of trips and instructional courses for everyone, but maybe the dates printed below just don't fit your calendar. If you have your own group and would like to schedule one, or a combination, of the following courses you see, just give us a call. We do customized trips.

WATER BASED ACTIVITIES

Whitewater Rafting: Enjoy a fun and wild ride through Big Horn Sheep Canyon on the mighty Arkansas River. You will be a key element as your guide calls out commands and steers you through some of Colorado's most classic rapids. No experience is necessary (individuals must be able to swim and weigh a minimum of 50 lbs.). Spots fill up quickly, so reserve your trip today!
■ DATES: MAY 31 – AUGUST 15 (WEDNESDAY THROUGH SUNDAY).
■ COST: \$38 PER INDIVIDUAL, \$35 PER PERSON FOR GROUPS OF 5 OR MORE.



Overnight Raft Trip: Experience exhilarating whitewater and sleep under the stars in Brown's Canyon. This section of the Arkansas River is one of the most scenic runs in Colorado. There's nothing like whitewater, camping, having fun with friends, and getting away from it all while on

the river! Create an adventure you'll remember for a lifetime.
● Contact us to schedule a date that works for your own group (Minimum of 8, Max 20). ■ COST: \$110 PER PERSON

● **Paddles & Saddles:** Brought back by popular demand, this is the ultimate multi-activity day! Paddles & Saddles is a morning of whitewater rafting in Big Horn Sheep Canyon and an afternoon of trail riding on horseback at Turkey Creek Ranch. ■ DATES: JUNE 21 - JULY 12. ■ AUGUST 2
● COST: \$60 PER PERSON

● **NEW! Whitewater Rafting & Zip Line:** Do you want to double your adrenaline? Warm up with 9 miles of class III-IV whitewater, then, take 6 zip line rides over 2000 vertical feet down cables suspended as high as 100 feet above the canyon floor. You'll be smiling ear to ear with this one!
● ■ DATE: JULY 20. ■ COST: \$130

● **Kayak Pool Session:** If you want to kayak, this is the place to start. Learn all about the equipment, basic paddling skills and the kayak roll, all in the comfort of the heated indoor pool. Once you have these skills under your belt you will be ready for moving water. All equipment supplied!
● ■ DATES: APRIL 23, 27, 30. ■ MAY 31 - JUNE 5, 19. ■ JULY 17, 31. ■ COST: \$20 (1ST TIME), \$15 (REPEAT)

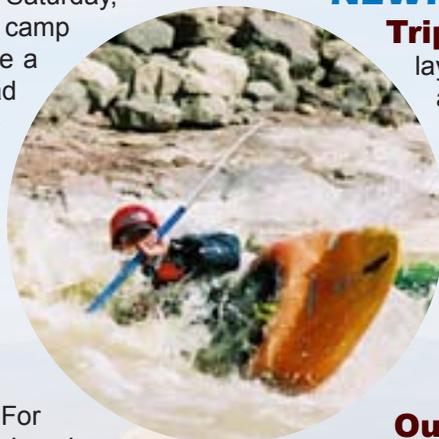
● **Quick Start Kayak:** The Quick Start Kayak course is step-by-step instruction that incorporates the classroom, an indoor pool session and class I-II water on the Arkansas River. This two-day program begins with the basics of kayaking (paddle strokes and self-rescue), then, moves on to reading water and responding to the river's current. Lastly, we put skills to the test on the river. ■ DATES: JUNE 7-8 & 28-29. ■ JULY 5-6 & 12-13. ■ AUGUST 2-3. ■ SEPTEMBER 6-7. ■ COST: \$50

ecreation



Intermediate Quick Start Kayak: Recommended Prerequisite: Quick Start Kayak and Pool Sessions: This two day program progresses from the basic skills you learned in the QSK course and focuses on those intermediate strokes & concepts, while, nailing down that roll! ■ DATES: JULY 19-20 COST: \$50

NEW! Kayaking Weekend: We start out with a pool session introducing all the basic skills. Then head out to the river on class I-II section on Saturday, working on all of our new skills. We will camp out Saturday night on the river bank, have a campfire, and talk about all the fun we had on that day. Then on Sunday we will move you onto class II-III whitewater, working on more intermediate skills. This day you will learn how to read and respond to the river's current, choosing a line, Eddie turns and proactive strokes in whitewater. Sign up today to find yourself having fun on the River! ■ DATES: AUGUST 8-10 COST: \$115.



Private Kayak Instruction: For the steepest learning curve, we recommend a private lesson. From first time basics to advanced techniques we focus on exactly what you want to learn. We can hit a new stretch of river or master your skills on an old favorite. Dates: Contact us to customize a date for you! ■ COST: \$100 FOR 1 CLIENT/W ONE INSTRUCTOR, \$60 PER PERSON FOR TWO CLIENT'S W/ONE INSTRUCTOR.

NEW! Weekend Flat Water Canoe Trip: A great family outing for those who want a small taste of adventure. Camping under the stars and experience some water based fun at the same time. ■ DATES: JUNE 28-29. ■ COST: \$60 PER PERSON.

CLIMBING SERIES

Climbing Wall Instruction: This introductory class will teach you knots, belaying techniques and climbing commands. After completion of this class, you will be certified to climb the indoor climbing wall located at the Outdoor Recreation Center, and be ready to join us on the rock for the rest of the A.P.E. climbing series. Dates: April 3 & 17 - May 8 & 29 - June 12 & 26 - July 10 & 24 - August 7 - September 4 & 18 - October 2 & 16 Cost: \$15

NEW! Mountaineering Weekend

Trip: (Recommended Prerequisite: On Belay) Learn basic mountaineering skills such as self-arrest, use of pickets and flutes, and traveling over snow with crampons and an ice axe. The goal of the course is to put these skills to the test on an accent of a moderately steep snow or mixed route. Come enjoy the freedom of the hills! Dates: June 20-22 (Pre-trip meeting June 11 Cost: \$115 – price includes everything but personal clothing

Outdoor Rock instruction: (Recommended Prerequisite Climbing Wall Instruction) Come with us as our experienced guides take you into the less traveled realm of the vertical world! With the skills you acquired from the Level 1 class, you will be introduced to basic body movements for a variety of climbing styles, route selection, basic anchors and safety on and around rock. ■ DATES: APRIL 6 & 12. ■ JUNE 1 & 14. ■ JULY 12. ■ AUGUST 3. ■ SEPTEMBER 14. ■ OCTOBER 4 COST: \$40.

Crack Climbing Clinic: (Recommended Prerequisite: Outdoor Rock Instruction) "Thin or wide, hands and fist, fingers to offwidth", without the skills of crack climbing you aren't going very far outdoors! This class is a great way to bridge the outdoor gap for climbers who learned in a climbing gym, or just haven't gone for that long natural line yet. ■ DATES: JULY 19 - AUGUST 30 COST: \$40.



Top Rope Anchors Clinic: (Recommended Prerequisite: Outdoor Rock Instruction) As the third class in our climbing series, the anchors class will give you the information needed to go climbing independently by building your own top rope anchors. You'll learn a bunch on this one! ■ DATES: APRIL 19. ■ JUNE 28. ■ SEPTEMBER 28. ■ COST: \$40.

Lead Climbing Clinic: (Recommended Prerequisite: Outdoor Rock Instruction) Lead climbing is a great way for individuals to further expand their range of climbing experiences. We will introduce you to traditional as well as sport protection, removal techniques, belaying a leader, route finding, and building lead anchors. APE will ground you in the fundamentals so that you can reach new heights on your own. ■ DATES: APRIL 6 & 12. ■ JUNE 1 & 14. ■ JULY 12. ■ AUGUST 3. ■ SEPTEMBER 14. ■ OCTOBER 4. ■ COST: \$40



Multi-Pitch Climbing: (Recommended Prerequisite: Outdoor Rock Instruction) This course is the pinnacle of our climbing program series. Students are exposed to long traditional rock climbs located in the Front Range/South Platte area. In this program we teach the importance of efficient movement up rock, gear placement and removal, and belay anchors. This is your chance to experience the joy of climbing some of the best and most beautiful routes in Colorado. ■ COST: \$80 FOR 1 CLIENT/W ONE GUIDE, \$50 PER PERSON FOR TWO CLIENTS W/ ONE GUIDE

Penitente Canyon Climbing Trip: (Recommended Prerequisite: Outdoor Rock Instruction) come discover Penitente Canyon! This compact, hidden canyon on the western side of the San Luis Valley is one of the most unique climbing areas in the U.S. Take a weekend trip with our guides and climb your fingers to the core! ■ DATES: APRIL 25-27. ■ COST: \$115



NEW! Moab Rock Climbing Weekend: (Recommended Prerequisite: Outdoor Rock Instruction)

Come with APE for the uniquely magical experience of climbing in the desert of Southwest Utah. The Moab area is a climbing destination for people all over the world and it's right in our back yard! This is an opportunity to climb some of the best lines America has to offer. ■ DATES: MAY 2- 4. ■ SEPTEMBER 19-21. ■ COST: \$115

Mountain Biking Bicycle maintenance Class: No matter what kind of bike you have, it needs to be maintained. You'll learn how to change tires, fix flats, adjust brakes, set the derailleur, and true wheels. We have all the tools you need, just bring your bike. ■ DATES: MAY 8. ■ JUNE 12 & 26. ■ JULY 10 & 24. ■ AUGUST 7. ■ SEPTEMBER 4 & 17. ■ OCTOBER 16. ■ COST: \$15 OR \$20 WITH BOOK

NEW! How to Mountain Bike: Make the transition from just riding around to mountain biking. Come join our instructors one evening after work. Learn to ride over obstacles, climb, descend, and turn in the rough stuff. This course starts easy and moves through tougher terrain. ■ DATES: MAY 7. ■ JUNE 4. ■ JULY 23. ■ AUGUST 13. ■ SEPTEMBER 10. ■ TIME: 17:00-20:00. ■ COST: \$25 WITH BIKE RENTAL, \$20 WITHOUT BIKE RENTAL.

Moab Mountain Bike Trip: Come spend two days and two nights riding "slick rock" sandstone in the mountain bike capital of the world – Moab, Utah. This trip will truly be one of the best in your life! ■ DATES: MAY 2-4. ■ SEPTEMBER 19-21. ■ COST: \$115

Fruita Mountain Bike Trip: You think Moab has good riding? Fruita is one of the states best kept secrets. This place has it all! Come out for a weekend biking trip and remember, shhh..... it's a secret. ■ DATES: AUGUST 29-31. ■ COST: \$115

Crested Butte Bike Trip: Location is everything! Come ride truly some of the best trails in the US. This is where Mountain Biking was born. The West Elk mountain range provides beautiful riding in a high alpine environment. ■ DATES: JULY 25-27. ■ COST: \$115

New! Cruiser Pub Crawl: Want to hit the town? Join us for a cruiser pub crawl. Meet at the Outdoor Rec. Center, and we will drive you down town and shuttle you



back to post. We have brand new cruiser bikes so you will look good or just bring you own bike. Better than the cost of a taxi! ■ DATES: JUNE 6 & JULY 18. ■ COST: \$15 WITH BIKE RENTAL, \$10 WITHOUT BIKE RENTAL.

NEW! Santa Fe Trail Ride: Looking for a fun and easy ride? Join us as we explore the Santa Fe Trail. We will ride this trail through the Colorado Springs area and stop at a nice restaurant for lunch. This will be a relaxing ride on a flat trail. ■ DATES: JULY 19 & AUGUST 2. ■ COST: \$20 WITH BIKE RENTAL, \$15 WITHOUT BIKE RENTAL

NEW! Buffalo Creek Mountain Bike Trip: Join us for a 2-day trip to the Buffalo Creek trail system. We will leave Saturday morning, ride all day, camp out right next to the trail then hit up even more riding on Sunday. Guide, Camping, Food & Transportation included in price. ■ DATES: SEPTEMBER 13-14. ■ COST: \$65

OTHER PROGRAMS

Caught on Film: Join us for this day of outdoor photography instruction from a professional photographer, while capturing some of Colorado's most scenic vistas on film. The morning will be filled with "shooting" opportunities, while over lunch we critique our shots and present ways to improve the image. The rest of the afternoon we will use our new skills while traveling to a variety of scenic vistas to capture some of the areas best hidden film treasures. ■ DATES: AUGUST 23. ■ COST: \$30



Aspen Photo Trip: This amazing annual trip to the Maroon Bells, located near beautiful Aspen Colorado, is known for vibrant fall colors surrounded by breathtaking vistas. This weekend trip will host professional photography instruction to those who would like to develop their photography skills. Cost includes transportation, photography instruction, camping for two nights, and meals. So grab your digital or film camera and a pair of hiking shoes, and get ready to capture one of Colorado's best treasures on film. ■ DATES: SEPTEMBER 19-21. ■ COST: \$135

NEW! Western Cattle Drive: Here's your

chance to "step into the boots of a cowboy!" Experience and take part in the activities of an authentic working cattle ranch. Cattle will be driven by you up to higher mountain pastures where you will sleep for a night in the backcountry. The next day you will push the heard even further and then return for a night of incredible cabin accommodations. This cattle drive is designed for those ages 15 and up and no previous horse riding experience is necessary. ■ DATE: MAY 2-4. ■ COST: \$190

Fishing Derby's: Each year Fort Carson has a long standing tradition of producing some amazing fishing contests! This year is sure to be no exception as we continue to grow in sponsorship and overall number of participants. In previous years thousands of dollars in cash and prizes have been awarded to top placers in either age categories (youth derby) or over all weight of certain species such as trout. Youth ■ DATES: MAY 10, UP THROUGH 15 YEARS OLD COSTS: \$8 PRE REGISTRATION AND \$10 DAY OF EVENT ADULT DATES: OCT 4, AGES 16 AND UP. ■ COST: \$25 PRE REGISTRATION AND \$30 DAY OF EVENT

NEW! Zip Line Trips: Want to try the newest adventure sport in Colorado? We will take you down to the new Zip line course near Salida. With 1,600 feet of cables suspended as high as 100 feet above the canyon floor this ride will be sure to bring a smile to your face. You will get 6 rides equaling over 2000 vertical. ■ DATES: MAY 10. ■ JUNE 8. ■ JULY 6. ■ AUGUST 3. ■ COST: \$95 (INCLUDES ZIP LINE & TRANSPORTATION)

NEW! Elk Bugling in Rocky Mountain Park: ■ DATES: SEPTEMBER 26-28. ■ COST: TBD

NEW! Family Camp-Out Weekend: Family camp outing at Farish Recreation area in conjunction with the VolksMarch; arrive Friday, with activities start Saturday, and the VolksMarch on Sunday morning. Activities include; hiking, biking, fishing, geo-caching (orienting), canoeing, kayaking, and rappelling. Call ITR to reserve your spot. ■ DATES: SEPTEMBER 12-14. ■ COST: TBA

YOUTH PROGRAMS

Youth Adventure Camp: Ages 11 to 16 A.P.E. Wilderness Adventure Camp's provide kids with high quality, in depth instruction in a variety of outdoor adventure activities. The weeklong series of "day trips" include activi-



ties such as hiking/orienteering, mountain biking, rock climbing, equestrian ship and white-water rafting. This is a week the kids will never forget! ■ DATES: JUNE 16-20 . ■ JULY 7-11. ■ JULY 28-AUG 1. ■ MONDAY – FRIDAY 7:30 – 16:00. ■ COST: \$195

Easter Egg Wall Crawl: FREE – Ages 4 to 12
Let your little bunnies climb the outdoor climbing wall in search of hidden eggs. This vertical egg hunt is sure to make everyone extra “hoppy!” Please pre-register by calling 526-5366 or stop by the Outdoor Recreation Complex, Bldg. 2429. ■ DATE: MARCH 19, 1600-1800

Halloween Trick or Treat Climb: FREE – Ages 4 to 12. Bring the young ones out for an afternoon of climbing and candy. What could be better? Children can climb in their costumes while seeking the sweet taste of success! Please pre-register by calling 526-5366 or stop by the Outdoor Recreation Complex, Bldg. 2429. ■ DATE: OCTOBER 26, 13:00-15:00

NEW! Hiking Series: Hiking is a quick escape from your day to day duties while providing an experience of solitude and serenity in your local Colorado wilderness. This is your opportunity to meet people with like interests, while discovering new and beautiful areas to visit and take others. Make sure to clear your calendar for this one because the price is right!
Evening Hikes: ■ DATES: JUNE 19. ■ JULY 17. ■ AUGUST 14. ■ TIME: 17:00-20:00. ■ FULL DAY HIKE: DATE: OCTOBER 11. ■ TIME 7:30-16:00. ■ COSTS: TBD

Backpacking Basics Clinic: Those of us here at APE have an inclination to say JUST DO IT, but that’s not always a good idea. The backcountry can be a dangerous place, even for those who are experienced. Consequently, we recommend getting and staying informed, and taking a few preliminary steps as you begin your backpacking adventures. Join us for a very informative clinic on backpacking essentials. It could end up saving your life. ■ DATES: JUNE 18 & JULY 30. ■ TIME: 17:30 – 19:00

FREE Wall Crawl: It’s a long way to the top! This is a great opportunity to have some evening fun in the summer. Every other Wednesday this summer, APE is offering a FREE opportunity to climb the outside climbing tower, across the road from Bldg. 2429 (ODR). Open to all ages, however children must be accompanied by an adult. There is no need to pre-register for this program. ■ DATES: JUNE 11 & 18. ■ JULY 9 & 23. ■ AUGUST 13. ■ TIME: 17:00 – 20:00.

Winter Ski/Snowboard Expo: Visit the Outdoor Recreation Center this day for all your ski/snowboard needs. Representatives from many Colorado ski resorts will be on hand so you can purchase season passes. This is the first day for seasonal ski/snowboard rentals, and new winter merchandise will be stocked at our retail store including skis & snowboards. Gear Swap – bring down your gear & make some \$\$\$\$. Give-aways and so much more! ■ DATE: TBA



Special Events Center

By providing a full-service, customer-friendly facility, the Special Event Center, bldg. 1829 meets the needs of the Fort Carson community through the use of traditional service and Special Event for the Fort Carson community.

Everyone is Welcome! Active Duty, family members, DOD civilians, retirees, and the local Community. The Special Event Center has a staff of three dedicated to excellence in customer service.

This 54-year-old facility has hosts a wide Variety of events, military events includes change of command ceremonies. Retirements, deployments, redeployment, and more community events as Asian Pacific Heritage, Native American, Black History, Job Fairs, All Army Boxing and Wrestling, Blood Drives concerts, Birthday parties, and Christmas parties.

The Special Event Center is available to all Military Units and government Organizations by reservation. With nearly 8000 square feet of space and a state of the art sound system with special effect lights.

Annual Holiday Village - Our facility is turned into a winter wonderland with lights, sounds and smells of Christmas. Families are treated to entertainment, refreshments, holiday crafters, tree sales and variety of activities of activities to include hayrides and of course a visit from that very special old man. The 3-day event is free and open to the public.

Factor that encourage patrons to use the Special Event Center rather than its competitors are a good central location for people on Fort Carson; a reputation for having good customer service.

The Special Event Center is also available for meetings and other events. For facility information or to make reservations, call 524-1163.



The Alpine Tower

Alpine Tower Challenge Course

Fort Carson's Alpine Tower, often referred to as a "ropes course" or "challenge course," consists of more than the run of the mill climbing wall and aerial acrobatics. Although climbing is often an aspect of challenge courses, many of the goals and objectives can be achieved on the ground. The Alpine Tower Challenge Course is a dynamic tool, able to address a group's specific goals in an experiential learning style, or "learning by doing". Through APE's "choose your challenge" philosophy we are able to program for each group's individual needs and goals. To achieve these goals, groups are placed into unusual scenarios which are deliberately designed to challenge in specific ways to achieve community goals.

Play With A Purpose: Half Day: Group Initiatives – 3 hours. This half day program allows APE's facilitators to program specifically to your group's individual goals. Your group will go through a series of ice breakers and unique challenges, promoting problem solving skills, effective communication and group cohesion. The group's experiences are then discussed, given meaning and related to everyday life. The day is developed solely around your group's needs and allows participants to realize what each individual contributes to the team. If getting here is a problem, let us come to you! This program is extremely versatile and mobile. ■ PRICE: ACTIVE DUTY MILITARY \$15 PER PERSON NON-PROFIT ORGANIZATIONS-\$20 PER PERSON CORPORATIONS-\$30 PER PERSON.

Driving Home A Purpose:

Full Day Group Initiatives – 5 hours. Driving Home A Purpose allows your facilitator to offer a wide range of scenarios, including those that may not fit in the time constraints of a half day. Participants will recognize alternative ways of addressing issues and learn to experiment and take risks in order to achieve new or existing goals. APE facilitators will develop an atmosphere of experiential fun, while translating what is

revealed to everyday combat issues. This program will travel. ■ PRICE: ACTIVE DUTY MILITARY-\$20 PER PERSON. ■ NON-PROFIT ORGANIZATIONS-\$30 PER PERSON. ■ CORPORATIONS-\$35 PER PERSON

Teaming Up: Half Day: Low Elements Challenge Course – 4 hours. This half day program consists of seven obstacles, each presenting the group with a unique challenge. Your team will build on the group's previous accomplishments and will develop specific qualities such as problem solving under stress, respect for others ideas, and process management. ■ PRICE: ACTIVE DUTY MILITARY \$15 PER PERSON. ■ NON-PROFIT ORGANIZATIONS \$25 PER PERSON. ■ CORPORATIONS \$30 PER PERSON.

Mission Possible: Full Day: Low and High Challenge Course – 7 hours. Climb to new heights, achieve your goals and face your individual fears. Your day begins on the Low Element Course in the morning and transitions to the Alpine Tower in the afternoon. The group will take the foundation built in the morning and continue to dive deeper into group awareness as the day progresses. ■ PRICE: ACTIVE DUTY MILITARY \$25 PER PERSON. ■ NON-PROFIT ORG \$35 PER PERSON. ■ CORPORATIONS \$45 PER PERSON.

Half Day: Low and High Elements – 4 hours: This program is an open invitation for individuals to come and challenge themselves on the Low Element course and Alpine Tower. This program allows individuals to come together, choose their challenge, and discover a bit about themselves. Dates: October 13 1300-1700. Price: Active Duty Military-\$15.00 per person. All others-\$20.00 per person.

CLIMBING WALL PROGRAMS

Outdoor Climbing Wall: Wall Crawl – 3 hours. Bring your "A" game and let our 60-foot climbing wall test your skills. Our wall offers a variety of routes built for the beginner to the expert. If your group would like to learn how to rappel or just come out and have a fun day, this is the program for you. Minimum of 10 participants. ■ PRICE: ACTIVE DUTY MILITARY \$10 PER PERSON. ■ NON-PROFIT ORGANIZATIONS-\$12 PER PERSON. ■ CORPORATIONS-\$20 PER PERSON.

PT Climb: Try something new for PT in the morning! Our 60 foot climbing wall can be scheduled for units



during morning PT. The wall will present a physical and mental challenge you and your group. This can be a great alternative to the normal PT. Minimum of 10 people. Price: \$5.00 per person

Climbing Competition: Put your climbing skills to the test! The wall will be set up with routes to both challenge and, shut you down! This event will be fun for participants and a great show for spectators. We'll have two events; speed climbing and hardest climb. Top finishers in each category will be awarded some great prizes! Please register by calling 526-5366 or stopping by the ORC. ■ DATE: TBA. ■ PRICE: \$15 ENTRANCE FEE

Customized Programming: This is your program! The APE staff is fully committed to develop a program which fits the unique dynamics of your group. We are able to fully customize programs and are happy to develop a program which utilizes more than one of our focus areas. For further information regarding any of the Alpine Tower program areas contact Trevor McConnell at 526-5176.



*There is no happiness
except in the realization
that we have accomplished
something.
- Henry Ford*



EXPERIENCES

Adventure Programs and Education (APE)
The Outdoor Recreation Complex (ORC), Building 2429 on Specker Avenue
Phone: 526-5366



Information, Tickets & Registration



Elitch Gardens and Water World ITR offers regular season discounted tickets to both Elitch Gardens and Water World, both located in Denver. Elitch Gardens is recently under new ownership, and has added new rides and attractions this year and last. Scheduled to open 19 April, this year promises to be another great season for thrill seekers. Water World, ranked one of the Top 10 water parks in the US, offers great water rides for all ages. From the Lazy River tubing area to Thrill Hill, there are activities for everyone.

Elitch Gardens Day Trips: Dates: ■ 17 MAY. ■ 22 JUN. ■ 26 JUL. ■ 24 AUG. ■ 27 SEP. ■ COST: \$42 PER PERSON. Throughout the summer ODR offers Get on the Bus trips, which include transportation and your entry ticket to the park. Leave the driving to us, and avoid those parking fees! Come by yourself and meet new friends, or bring the whole family.

Elitch Gardens Joining Forces Day: Date: TBA. Cost: TBA. Join us for the annual Joining Forces Day at Elitch Gardens. On this pre-season day, the park is only open to military, police, fire, and other public service professionals and their families, as a thank-you day from the park. This package includes transportation, entry ticket to the park, lunch, and a voucher for one free entry to use during the 2008 season!

Water World Day Trips: Dates: ■ 1 JUN. ■ 15 JUN. ■ 25 JUN. ■ 5 JUL. ■ 18 JUL. ■ 27 JUL. ■ 17 AUG. ■ COST: \$42 PER PERSON. This package includes transportation and an entry ticket to the park. Sit back, relax, and leave the driving to us. Come experience why Water World is currently featured on the Travel Channel's list of "Best Waterparks."

Iron Horse Park: Cost: \$5. Reserve the pavilions at Iron Horse Park for your next big party! Excellent for Unit functions, organization meetings and events, family picnics, birthday parties, and much more. Just a \$5.00 reservation fee for the whole day. Contact ITR for information and to reserve in advance at 526-5366.

Camp Falcon: Looking for that wilderness experience, but don't want to drive hours to find it? Camp Falcon, located on Fort Carson, is a great wilderness camping location. This is an ideal location for Boy Scout and Girl Scout groups, family campouts, and other organizations that want to go

camping. Contact ITR at 526-5366 for more information and reservations.

Lodging: Contact ITR for all of your local lodging questions. From local resort towns, to great stays in Colorado Springs, the Denver area, and beyond. Let us help you out with your next lodging package.

Vacation Packages: Considering a family vacation? A romantic getaway cruise? A trip with family and friends? Stop by the ITR office today and learn how we can help you put together that perfect trip you've been looking forward to! ITR has many great working relationships with a variety of travel companies and resorts throughout the US and around the globe! Whether you'd like to go for a weekend, a week, or longer, let us take the guess work and worries out of planning your next vacation.

Australian Getaway: ■ DATE: DEPARTS 06 SEP 2008. ■ COST: \$2,895. Brand new this year! Join us on this fantastic tour Down Under! Stops along the way include Sydney, home of the Sydney Harbour Bridge, Sydney Opera House, Bondi Beach, and the majestic Blue Mountains; and Melbourne, Australia's entertainment and fashion capital. The team at ITT Australia and Joint Services Travel Program have put this incredible trip together, and we invite you to join us for this once-in-a-lifetime Australian experience. 10 day/ 7 night package If this trip doesn't work for you, we also do custom Australia packages, tailored specifically to your needs and schedule. Call ITR, 526-5366, to find out how!

Cruising: Ever dream of visiting multiple exotic destinations in just a few days? Whether you're a first-time cruiser, or a seasoned veteran, we can help you schedule a dream cruise to some of the most exceptional places around the world! We have access to the top cruise lines, including Carnival, Disney, Royal Caribbean, Norwegian, and Princess.

Disney: Experience the magic of Disney, just like you've always dreamed. ITR can help you purchase all your tickets for Disney Land, Disney World, and all Disney-related resorts at reduced costs. Also ask about full vacation packages to expand your Disney experience, custom-suited to your needs.



EXPERIENCES

****PLEASE NOTE:** All ITR ticket orders for California parks, including Disney Land, SeaWorld San Diego, Universal Studios, San Diego Zoo, Knott's Berry Farm, San Diego Wild Animal Park, and Legoland are placed every Wednesday by 1300. Also, all Florida parks, including Disney World, Universal Studios, Epcot, Sea World, Animal Kingdom, and all others, must be ordered in advance. Please allow for 5 to 10 business days for shipping.

Royal Gorge Bridge: ■ COST:TBA. The Royal Gorge Bridge is the highest suspension bridge in the world, strung up at 1,053 feet above the Arkansas River. Located just outside Canyon City, this park makes a great vacation destination for the whole family.

Colorado Sports Tickets: Sky Sox. This Triple-A affiliate team of the Colorado Rockies offers some great games throughout the season, and right in our own backyard. Check with ITR for discounted tickets to the Sox home games in Colorado Springs.

Sky Sox Military Appreciation Day: Saturday, 10 May is Military Appreciation Day at Security Service Field. Come cheer on the Sox as they take on the Albuquerque Isotopes, with a special tribute to the local military community. This is a free event. Contact ITR for ticket information.

Colorado Rapids: The Rapids, a Denver area Major League Soccer team, offers discount tickets through ITR. Also ask about the Military Appreciation Night with special discounts. Date to be announced.

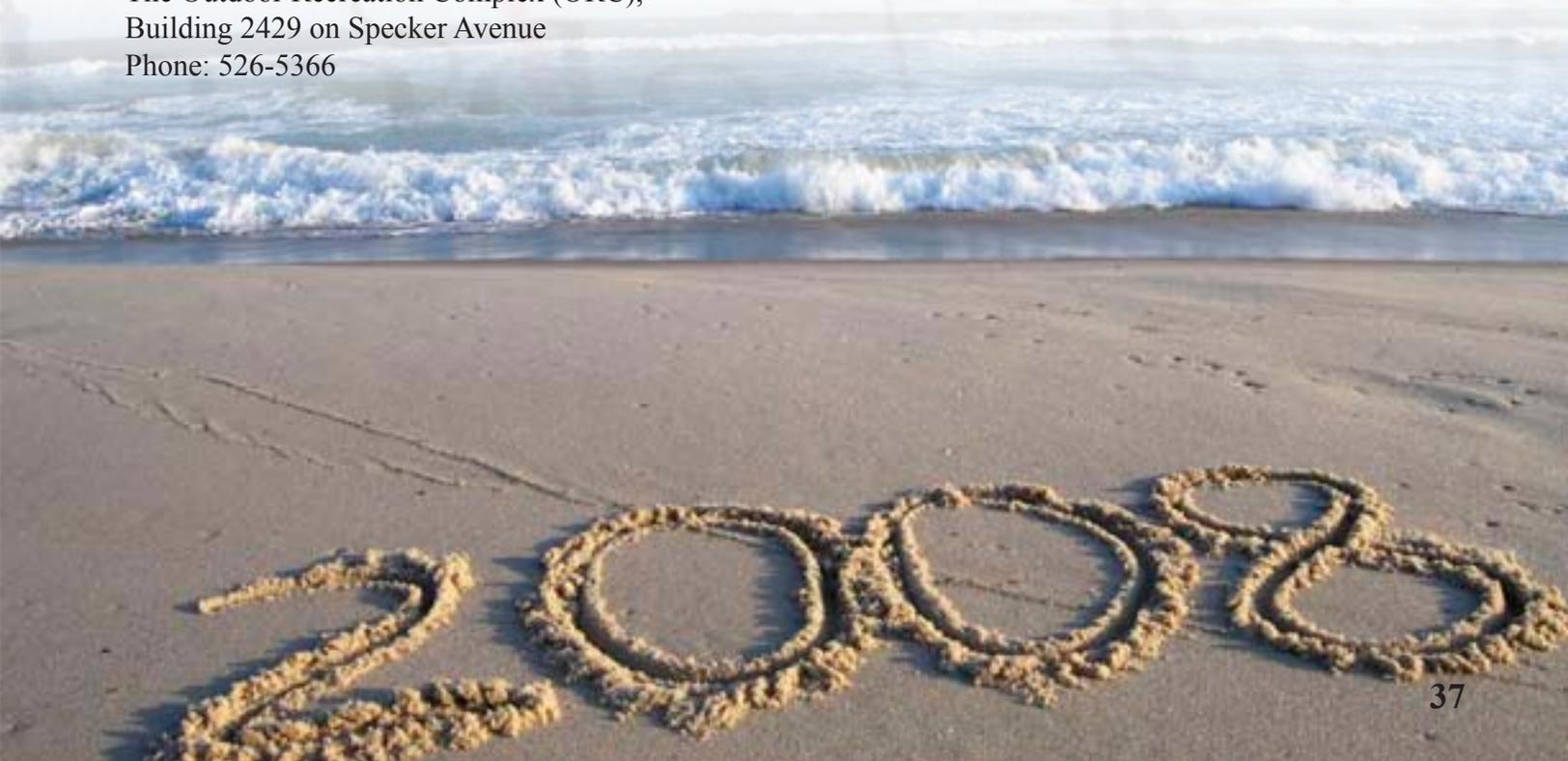
The Inside Line on DMWR events!



Casey (8), is getting advice on how to jump and stick to the Velcro wall. She had a great time and wants to go to every event on Fort Carson now!

Information, Tickets and Registration (ITR)

The Outdoor Recreation Complex (ORC),
Building 2429 on Specker Avenue
Phone: 526-5366



Summer 2008-2009 Mountain Post Outfitters & Equipment Checkout Center

| BICYCLES & EQUIPMENT | DAILY | WEEKLY | WEEKEND |
|------------------------|---------|---------|---------|
| Mountain bike w/helmet | \$15.00 | \$45.00 | \$30.00 |
| Cruisers w/helmet | \$15.00 | \$45.00 | \$30.00 |
| Bike Helmet | \$3.00 | \$9.00 | \$6.00 |

| ENTERTAINMENT, PARTIES & EVENT EQUIPMENT | DAILY | WEEKLY | WEEKEND |
|--|----------|---------|----------|
| Canopy 9'X12' | \$20.00 | \$60.00 | \$30.00 |
| Canopy 10'X10' | \$25.00 | \$75.00 | \$35.00 |
| Canopy 10'X20' | \$35.00 | \$85.00 | \$50.00 |
| Inflatable Jumping Castle 20'X20'X25' | \$100.00 | \$N/A | \$100.00 |
| Inflatable Slide 15'X15'X23' | \$100.00 | \$N/A | \$100.00 |
| Dunk Tank (Trailer Mounted) | \$80.00 | \$N/A | \$80.00 |
| Volleyball Set | \$5.00 | \$15.00 | \$7.50 |
| Softball Set | \$10.00 | \$30.00 | \$15.00 |
| Horseshoe Set | \$2.00 | \$6.00 | \$4.00 |
| Tug-Of-War Rope | \$2.00 | \$6.00 | \$4.00 |
| Gunny Sacks | \$.50 | \$1.50 | \$.75 |
| Frisbees | \$.50 | \$1.50 | \$.75 |
| Basket/Volley/Soccer Balls | \$1.00 | \$3.00 | \$2.00 |
| Frisbee Golf Set | \$5.00 | \$15.00 | \$7.50 |
| Tennis Sets | \$5.00 | \$15.00 | \$7.50 |

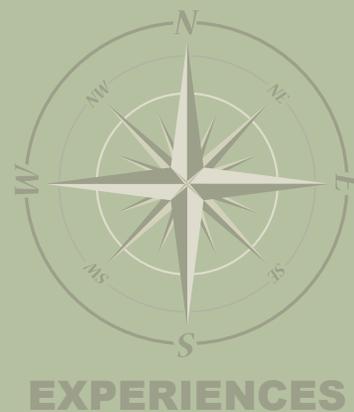
Dunk Tanks require a 2" ball 17" to 20" from the ground to the top of the ball and an estimated 500 gallons of water.

Jumping Castles & Slides must be returned clean and dry or a service charge will be applied.



SUMMER 2008-2009
Mountain Post Outfitters & Equipment Checkout Center
(719)526-1993
Fax (719)524-3211
Bldg. 2429

Hours of Operation:
Tuesday – Friday
8 a.m. – 6 p.m.
Saturday
8 a.m. – 1:30 p.m.
Closed
Sunday and Monday



Camping, Hunting & Fishing Equipment

| | DAILY | WEEKLY | WEEKEND |
|------------------------------|---------|---------|---------|
| Camping Chairs | \$2.00 | \$6.00 | \$3.50 |
| Cots | \$2.00 | \$6.00 | \$3.50 |
| Sleeping Bags | \$5.00 | \$15.00 | \$7.50 |
| Sleeping Pad | \$2.00 | \$7.00 | \$3.00 |
| Lanterns | \$2.00 | \$6.00 | \$3.50 |
| (Propane or Colman fuel) | | | |
| Propane Heater | \$3.00 | \$9.00 | \$4.50 |
| 2 Burner Stove (Propane) | \$2.50 | \$7.50 | \$5.00 |
| 3 Burner Stove (Colman fuel) | \$3.50 | \$10.50 | \$7.00 |
| Portable Toilet | \$5.00 | \$15.00 | \$7.50 |
| Generator (1,650 watt) | \$20.00 | \$60.00 | \$30.00 |
| Generator (4,500 watt) | \$30.00 | \$90.00 | \$45.00 |
| Power Auger | \$18.00 | \$60.00 | \$25.00 |
| Manual Auger | \$6.00 | \$25.00 | \$9.00 |
| Fishing Poles | \$3.50 | \$12.00 | \$5.00 |
| Duck & Geese Decoys | \$8.00 | \$38.00 | \$18.00 |

All Season Equipment

| | DAILY | WEEKLY | WEEKEND |
|--|---------|----------|---------|
| Banquet Tables (6' & 8') | \$5.00 | \$15.00 | \$7.50 |
| Banquet Chairs | \$.75 | \$2.50 | \$1.00 |
| 1 Gallon Water Jug | \$1.00 | \$4.00 | \$1.50 |
| 3 Gallon Water Jug | \$3.00 | \$9.00 | \$4.50 |
| 5 Gallon Water Jug | \$4.00 | \$12.00 | \$6.00 |
| 10 Gallon Water Jug | \$6.00 | \$18.00 | \$9.00 |
| 40 qt. Cooler | \$2.00 | \$6.00 | \$3.00 |
| 80 qt Cooler | \$4.00 | \$12.00 | \$6.00 |
| 178 qt Cooler | \$6.00 | \$18.00 | \$12.00 |
| Charcoal BBQ Grill (Trailer Mounted) | \$30.00 | \$90.00 | \$45.00 |
| Charcoal Pig Roaster (Electric Spit & Trailer Mounted) | \$40.00 | \$120.00 | \$60.00 |
| Propane Gas Grill (Trailer Mounted) | \$45.00 | \$135.00 | \$65.00 |

Charcoal grills & Pig Roasters require a 1 7/8" ball between 17" to 20" from the ground to the top of the ball in height. Pig roaster can handle up to 150 lbs of meat.

Propane grill requires a 2" ball between 17" to 20" from the ground to the top of the ball in height and a 4-Way Flat Electrical Plug. Propane is the responsibility of the customer.

All grills must be cleaned prior to return or a service fee will be charged. No exceptions.

Trailers, Campers, Boats & Canoes

| | DAILY | WEEKLY | WEEKEND |
|------------------------------------|----------|----------|----------|
| 5' X 8' Utility Trailer | \$20.00 | \$60.00 | \$30.00 |
| 8' X 10' Utility Trailer | \$30.00 | \$90.00 | \$45.00 |
| 12' Scout | \$60.00 | \$180.00 | \$70.00 |
| 14' A-Liner | \$70.00 | \$210.00 | \$85.00 |
| 16' Magnum Boat | \$70.00 | \$210.00 | \$85.00 |
| 21' Pontoon (Fishing & Party) | \$150.00 | \$450.00 | \$225.00 |
| 17' Canoe | \$20.00 | \$60.00 | \$30.00 |
| Canoe Trailer (w/minimum 4 canoes) | \$15.00 | \$45.00 | \$20.00 |



Trailer, Camper, Boat & Canoe Use Information

5' X 8' & 8' X 10' Utility Trailers

Class 2 Hitch
2" Ball
Ball Height 17" to 20"
4-Way Flat Electrical Hook-up

12' Scout

Class 2 Hitch
2" Ball
Ball Height 17" to 20"
7-Way Round Electrical Hook-up
Weight 1,200 lbs
Sleeps 4
Coleman Stove, Water Jug, Cooler
Heater

14' A-Liner

Class 2 Hitch
2" Ball
Ball Height 17" to 20"
7-Way Round Electrical Hook-up
Weight 1,800 lbs
Sleeps 4
Propane stove
Sink
Heater

21' Pontoons w/60hp Engine

Class 2 Hitch
2" Ball
Ball Height 20" to 22"
4-Way Flat Electrical Hook-up
Weight 2,300 lbs
Seats 13 or 1,800 lbs
Towing Vehicle must be full sized
Vehicle with a 9' to 12' wheel base

16' Magnums w/40hp Engine

4-Way Flat Electrical Hook-up
Weight 2,300 lbs
Seats 13 or 1,800 lbs
Towing Vehicle must be full sized
Vehicle with a 9' to 12' wheel base

19' Canoe Trailer

Class 2 Hitch
17/8" Ball
Ball Height 17" to 20"
4-Way Flat Electrical Hook-up
Holds 6 canoes

Campers & Trailers- All vehicles must have a towing vehicle capability check before being able to rent or reserve. No exceptions. Season runs from 1 May through 30 Oct. (Weather Dependent)

Boat –All boats come with state recommended safety equipment. First time boat renters must complete a boater's safety class and a towing vehicle capability check before being able to rent or reserve. No exceptions. Season runs from 1 May through 30 Oct. (Weather Dependent)

Reservations are on a first come, first serve basis. Reservations can be made up to 30 days out. Payment is taken at the time of the reservation. Cancellations can be made no later than 2 working day or 48 hours before the pick up date.

Daily rentals are Tuesday through Saturday, pick up times are 2:00 to 5:30pm. Return time is by 2pm (1:30 on Sat.)

Weekend rentals run Friday to Tuesday. Return time is not later than 2:00 pm. Pick up time is 8:30am-5:30pm.

Weekly rentals are 7 days including the day of pick-up and return. Return time is not later than 5:30 pm.

Recreational Vehicle Storage

R.V. storage is on space available basis. Storage is open to Active Duty Military, Active Duty National Guard, Retirees, and DOD Civilians. Active Duty have priority All R.V.'s must be registered on Ft. Carson. The Vehicle Registration is located at Gate 1.

0' to 11' = \$15.00

11' to 19' = \$20.00

20' to 29' = \$25.00

30' to 39' = \$30.00

No 40' or larger spaces

R.V. Dump- is open during business hours except on Tuesdays and Fridays from 0800 to 1400. R.V. Dump Closes 30 Oct. and will reopen 1 May (Weather Dependent).

Adventure Programs and Education (APE)

The Outdoor Recreation Complex (ORC), Building 2429 on Specker Avenue

FORT CARSON'S HUNTER'S EDUCATION CLASS SCHEDULE



**OUTDOOR RECREATION COMPLEX
BLDG. 2429, SPECKER AVE., FORT CARSON
719-526-5366 OR 526-8325**

REMAINING 2007 CLASS DATES

| | |
|----------|-------|
| OCTOBER | 2,3,4 |
| NOVEMBER | 6,7,8 |
| DECEMBER | 4,5,6 |

2008 CLASS DATES

| | |
|---------------------------|----------|
| JANUARY | 15,16,17 |
| FEBRUARY | 19,20,21 |
| MARCH | 11,12,13 |
| MARCH | 18,19,20 |
| MARCH | 25,26,27 |
| APRIL | 22,23,24 |
| MAY | 20,21,22 |
| JUNE | 24,25,26 |
| JULY | 22,23,24 |
| AUGUST | 5,6,7 |
| AUGUST | 12,13,14 |
| AUGUST | 19,20,21 |
| AUGUST | 26,27,28 |
| SEPTEMBER | 2,3,4 |
| SEPTEMBER 20- OCTOBER 1-2 | |
| NOVEMBER | 4,5,6 |
| DECEMBER | 2,3,4 |

\$10. PER CLASS.

**ALL CLASSES START AT
5 PM AND RUN THROUGH 9 PM UNLESS
INDICATED OTHERWISE DURING THE FIRST
CLASS MEETING.**

**ALL CIVILIANS MAY ENTER FORT CARSON
GATE 1 (MAIN GATE) OFF OF HWY 115
GATE 4 - OFF B ST.
GATE 20 - EXIT 132 OFF I-25**

**FOR MORE INFORMATION OR TO
REGISTER, PLEASE CONTACT THE FORT
CARSON OUTDOOR RECREATION
COMPLEX
719-526-5366, 719-526-8325
OR E-MAIL AT
OUTDOORINFO@CARSON.ARMY.MIL**



Grant Library



KNOWLEDGE

The Grant Library is moving into a new age, keeping pace with new technology and the changing nature of libraries everywhere while remaining grounded in library fundamentals. Come experience these changes with us and discover all the great things to do at the library. Our programs are structured to meet the diverse information needs of patrons of all ages. Stop by today and see what's happening @ your library. All programs are handicapped accessible.

For Banned Book Week: an adult book title and a children's book title that have appeared on Banned Book lists will be discussed. The Library will have multiple copies of the two books available during the month of September. The Adult Readers Club will meet on September 30th for discussion and refreshments. ■ DATE/TIME: 30 SEPTEMBER, 6:00PM – 7:00PM. ■ LOCATION: GRANT LIBRARY CONFERENCE ROOM. ■ COST: FREE

Online Health Resources for the Consumer: Learn how to determine the accuracy, currency and validity of health information on the Internet. Take charge of your health and become an informed health consumer by learning how to navigate the top ten health information sites and find the information you need. Taught by the Evans Hospital librarian, this class is important for those who want to become educated health care consumers. Date/Time: 30 January and 12 March. 6:00pm to 7:00pm. Call to register and for more information: 526 2350.

FAMILY PROGRAMS

Storytime @ your Library: Grant Library's week-

ly Storytime is simply the most entertaining ongoing program at Fort Carson. Storytime helps foster an early love of books and reading. It also encourages developmental skills and positive social interaction with other children and it gives parents and caregivers a chance to share ideas and news. Stories, puppets, music, games, and craft activities are all part of the fun. The program runs every Wednesday at 10:30 a.m. (September through May). No registration required. ■ DATES: EVERY WEDNESDAY AT 10:30 AM (SEPTEMBER THROUGH MAY). ■ LOCATION: GRANT LIBRARY CHILDREN'S ROOM. ■ NO REGISTRATION REQUIRED. ■ COST: FREE



Snuggle-up Storytime: Children 3 and up and a caregiver are invited to this special evening storytime. Kids are invited to wear pajamas and bring their favorite cuddly. The program will include stories, songs, and videos. It is designed to promote literacy and a love of books while providing small-group interaction and safe, fun, and educational evening entertainment for the whole family. Refreshments will be served. ■ DATES/TIMES: 20 MARCH. ■ 17 APRIL. ■ 15 MAY. ■ 19 JUNE, 17 JULY (ONCE A MONTH AT 6:30PM EXCEPT AUGUST, NOVEMBER, AND DECEMBER). ■ LOCATION: GRANT LIBRARY CHILDREN'S ROOM. ■ NO REGISTRATION IS REQUIRED. ■ COST: FREE

Toddler Time: Teach your children to love and use the library from an early age. Children from 6 to 36 months will learn movements, poems, songs, and stories. This program is designed for the toddler to learn social interaction while they have fun with many diverse activities. Takes place on Tuesday mornings from 10:30 to 11:30 am. ■ DATES/TIMES: EVERY TUESDAY FROM 8 JANUARY 2008 AT 10:30 AM. ■ LOCATION: GRANT LIBRARY CHILDREN'S ROOM. ■ NO REGISTRATION REQUIRED. ■ COST: FREE

Summer Reading Program: For six Wednesdays in June and July, meet at the Library to Catch the Reading Bug! With a kick-off party on June 4th and an

Awards Party on July 9th, enjoy fun, special guests, games, stories, crafts and refreshments for half the summer. ■ DATES/TIMES: WEDNESDAYS FROM 10:00 – 11:00. ■ JUNE 4. ■ 11. ■ 18. ■ 25 AND JULY 2 AND 9TH. ■ LOCATION: GRANT LIBRARY CHILDREN'S ROOM. ■ REGISTER MAY 15-31. Cost: Free

SOMETHING FOR EVERYONE

National Library Week: Celebrate National Library Week April 13th through 18th. Register for a drawing for gift certificates to local bookstores and enjoy cookies at lunch. ■ DATES: APRIL 13-18

How to Use the Library: For a great introduction to using the materials and tools at the Grant Library to find what you need, sign up for a "How to Use" class. Small groups learn to use the computer catalog, subscription databases, the magazine index and more. Enjoy a tour of the library's facilities and get a library card if you don't have one yet. We'll also give tours for small or large groups of all ages, as well as individuals, by request. Just call and tell us you would like to learn more about the library. No registration required for the scheduled class. Children over 7, teens, and young adults welcome. ■ CALL THE LIBRARY AT 526-2350 FOR MORE INFORMATION.

Genealogy Research: If you've been thinking about tracing your roots, come join the small group led by one of our librarians or a special guest to learn how to get started. This session outlines the basics of using the vast and varied number of genealogy materials available in print and online at the Grant Library. Fun stuff! ■ DATE: 27 MARCH AT 7PM. ■ LOCATION: GRANT LIBRARY COMPUTER LAB. ■ TO REGISTER, CALL 526-2350. ■ COST: FREE

Gardening for the Pikes Peak Region: Gardening in the Pikes Peak region can be challenging and exciting. Join us for an hour of general and specific information on this topic both at the beginning and end of the growing season. Nadine Salmons, CSU Master Gardener, will be your guide. ■ DATES: APRIL 14TH AND SEPTEMBER 15TH AT 6 PM. ■ LOCATION: GRANT LIBRARY CONFERENCE ROOM. ■ TO REGISTER, CALL 526-2350. ■ COST: FREE.

AFTER-SCHOOL SPECIALS

After-school specials are a series of free programs for school-age youth.

Asian Pacific Party: Celebrate Asian Pacific Heritage Month at the Library with special guests, games, stories, and refreshments. ■ DATE/TIME: 1 MAY, 3:30 – 4:30. ■ LOCATION: GRANT LIBRARY CONFERENCE ROOM. ■

TO REGISTER, CALL 526-2350. ■ COST: FREE

Fall Fling Party: Try out different fall crafts to take home while you enjoy stories, games, and refreshments. ■ DATE/TIME: 11 SEPTEMBER, 3:30 – 4:30. ■ LOCATION: GRANT LIBRARY CONFERENCE ROOM. ■ TO REGISTER, CALL 526-2350. ■ COST: FREE.

TEEN PROGRAMS

Teen Read Week: is October 12th through 18th. The Library will be highlighting teen books and materials and will host a Teen Party on October 16th from 3:30 – 5:00. Have fun and see what the Library has for you. ■ DATE/TIME: 16 OCTOBER, 3:30 – 5:00.

DISPLAYS AND READING LISTS: The Library will have displays of materials and reading lists for the following: ■ MARCH – WOMEN'S HISTORY MONTH. ■ APRIL – DAYS OF REMEMBRANCE. ■ MAY – ASIAN PACIFIC HERITAGE. ■ AUGUST – WOMEN'S EQUALITY DAY. ■ SEPTEMBER – HISPANIC HERITAGE

Hours of Operation

Monday – Thursday - 10 a.m. – 7 p.m.

Friday - 10 a.m. – 5 p.m.

Saturday– Sunday - 9 a.m. – 5 p.m.

SWIMMING POOLS



The Indoor Pool is open year round, except for holidays. This historic pool was completed in 1950, built to honor the memory of Fort Carson's fallen World War II soldiers.

Daily Passes:

- ADULTS 17 AND OLDER - \$4.00.
 - YOUTH 5 TO 16 YEARS - \$3.00.
- Children 4 and under are free.
- NON-MILITARY CARD HOLDERS - \$5.00.
 - ACTIVE DUTY (LAP SWIM) FREE ONLY AT THE INDOOR POOL.
 - WATER AEROBICS: \$2 PER CLASS.

Family Passes 12 Month:

- 5 OR MORE PEOPLE \$150.
- 2-4 PEOPLE \$125.

Family Passes 3 Month:

- 5 OR MORE PEOPLE \$125.
- 2-4 PEOPLE \$100.

Individual Passes:

- 12 MONTH \$80.
- 12 MONTH INDIVIDUAL SENIOR (55 YEARS AND OLDER) \$65.
- 3 MONTH \$70.

Splash Card (10 visits):

- ADULT \$35.
- YOUTH \$25.
- WATER AEROBICS \$20.

Lap Swim: Is your work out routine getting old and stuffy? Are you tired of fighting the masses of people at the gym? Come to the Indoor Pool and enjoy working out in the water.

Open Swim: Has Cabin Fever got you down? Enjoy a break from the winter cold by coming to the Indoor Pool for our Open Swim. "Its always summer here!"

Family Night: Family Night will be held every Wednesday night from 6:00 to 7:45 p.m. The cost is only \$5 per family.

Swim Lessons: In Partnership with the American Red Cross, Fort Carson Aquatics is pleased to offer monthly swim lessons for your children.

Our Pre-School A are reserved for ages are reserved for ages six to 18 months. For Pre-School B are offered for ages 18 months to five years. Parents (or a designated adult) must be in the water with their children during all pre-school classes. Pre-School sessions are five classes and 30 minutes long each. The pre-School classes cost \$15 with a 12 month Family Pass and \$20 without the pass.

In Level one learn basic water skills such as exploring under water, floating on the front and back, and basic water safety. Level two introduces students to a variety of swim strokes, including the front and back crawl, exploring the deep end, and treading water. Level three builds off of the skills learned in level two, while focusing more on stroke refinement. It also introduces swimmers to competitive strokes such as the butterfly, and more in depth safety precautions. Level four centers on the perfection of all strokes, techniques, and diving. Finally, levels five and six,

prepares your child for the Fort Carson Youth Swim Team (FCATS). These two classes are designed to improve the swimmer's physical condition and give them the opportunity to practice competitive swimming requirements such as flip turns, racing starts, relays and more.

Levels one through six:

Cost: \$20 WITH A 12-MONTH FAMILY PASS, AND \$30 WITHOUT THE PASS. These classes are 10 lessons long at 45 minutes each. We also offer private lessons: \$60 for six, 30 minute long classes.

Water Aerobics: This easy-on-the-joints, one hour class focuses on muscle toning and improving your range of motion while offering a terrific cardiovascular work out. When the body is submerged in chest deep water, 85 to 90% of the body's weight is supported; making water aerobics an ideal choice not only for healthy individuals, but also for those who suffer from medical conditions such as arthritis, back problems, stroke, and obesity.

Are you ready to take the plunge? Classes are offered every Tuesday and Thursday from 5 to 6 pm, and costs \$2 per class. What a great way to stay in shape, have some fun, and meet new people!

Senior Swim: Senior swim is set aside for our Spring Chickens ages 55 and older. Senior Swim is designed to allow you time to enjoy a leisurely swim or an intense workout. Pay-as-you-go \$4 per visit.





Instructional Classes: Have you ever wanted to be a Red Cross lifeguard or a Water Safety Instructor? Do you need certification in CPR or First Aid? You are in luck! We will teach you right here at Fort Carson Aquatic Center. Please contact Stephanie at 526-3107.

Boy Scout merit Badge Certification: If you have a scout who wants to earn their Lifesaving and Swimming merit badges, check us out! We offer merit badge courses for \$35 per group. Call 526-3107 for more information.

Fort Carson Youth Swim Team (FCAT): Swimmers... take your mark! The FCAT's purpose is to offer your children a safe, structured environment and teach them self-discipline, all the while keeping them physically fit. The swim team is open to children ages five to 19. We offer four different groups to help polish your child's swimming technique. The Beginner group focuses on 25 yard of free and back. The Developmental group focus on free, back, breast, fly, and developing endurance. The

Junior and Senior groups focuses on competing, conditioning, endurance, and swimming a minimum of two miles a night. Call 494-1365 for more information.

Drown Proofing: Does your unit need Water Survival training? We can help. Please call 526-3107 for more information.

Pool Parties: What better way to celebrate your special day than at the Fort Carson Indoor Pool. This is by appointment only. Please call 526-3107.



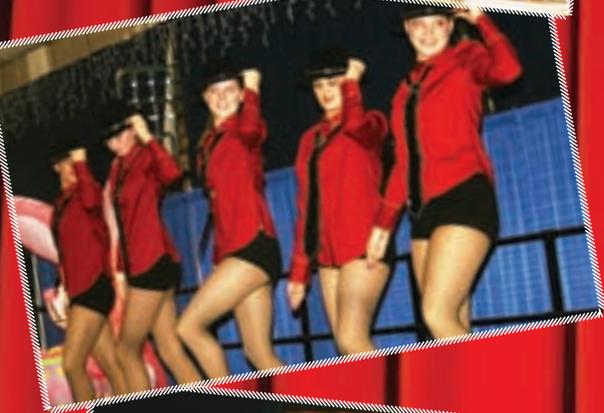
Give us a call at 526-3107

INDOOR POOL WINTER HOURS: please call for activity times. Labor Day to Memorial Day - Operational Hours: 0630-1945
Building 1446 Nelson Boulevard

OUTDOOR POOL SUMMER HOURS: Memorial Day to Labor Day
Operational Hours: 1000-1745
Building 1231 Ellis Street

Come and enjoy some fun in the sun 7 days a week, holidays included, at your Outdoor Pool.

The Freedom Performing Arts Center



Murder Mystery Shows
Comedy Shows
Hypnosis Shows
Children's Theater
Family Theater
Author Lectures &
Book Signings
Community Parties
Bands & Dancing
Educational Seminars
Movies
Girl's Night Out

Facility Reservations Available for
Unit Briefings / Training and private
functions: Call 524-8057 to reserve.

And more...
"First Choice" MWR
Recreation & Entertainment



RECREATION PROGRAM TEAM

SPRING & SUMMER PROGRAMS

The Arts are Alive!

22 March 08 / 2:00 – 6:00

The Performing Arts come alive; Live Music, Dancers, Artists, Sculptor, Car Display, Crafts and much more... Special Events Center

Basic Digital Photography Classes

13 Mar, 10 Apr / 5:30 – 7:30

Freedom Performing Arts Center

SLR Photography Classes

27 Mar, 24 Apr / 5:30 – 7:30

Freedom Performing Arts Center

TADA! Magic Show

19 Apr 08 / Magic Shows: 2:00 & 5:00

Freedom Performing Arts Center

Murder Mystery

26 Apr 08 / Buffet: 6:00 Show: 7:00

Freedom Performing Arts Center

Cinco de Mayo Celebration

3 May 08 / 2:00 – 6:00

Live Music, Dancing, Crafts, Games, Exotic Petting Zoo and more...

Special Events Center

Mother's Day Appreciation Celebration

11 May 08

Entertainment, Dinner, Crafts, Contests, Games...

Father's Day Appreciation Celebration

15 June 08

Entertainment, Dinner, Crafts, Contests, Games...

Murder Mystery

12 July 08

Theater Comedy Mystery

Community Summer Party

21 June 08 / 4:00 – 9:00

Live Entertainment, BBQ, Foam Pit, Giant Slide, Games and more...

Special Events Center

Comedy Showdown!

26 July 08 / Buffet: 7:00 Show: 8:00

Comedians compete to be the Top Carson Comedian. Freedom Performing Arts Center

Extreme Girl's Night Out!!!

15 Aug 08 / 6:00 – 11:00

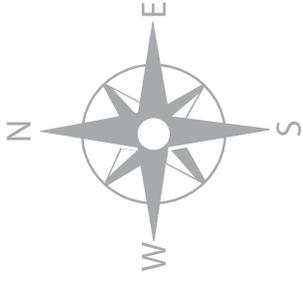
Get Pampered and Entertained!

Massages, Facials, Crafts, Live Music, Comedy, Walk Around Celebrities and more...

Special Events Center

The Recreation Program Team will also be having community dances, skating, customer requested classes and many more programs.

**For program information, please call: 526-1867
or e-mail: rebecca.mccuiston@us.army.mil**

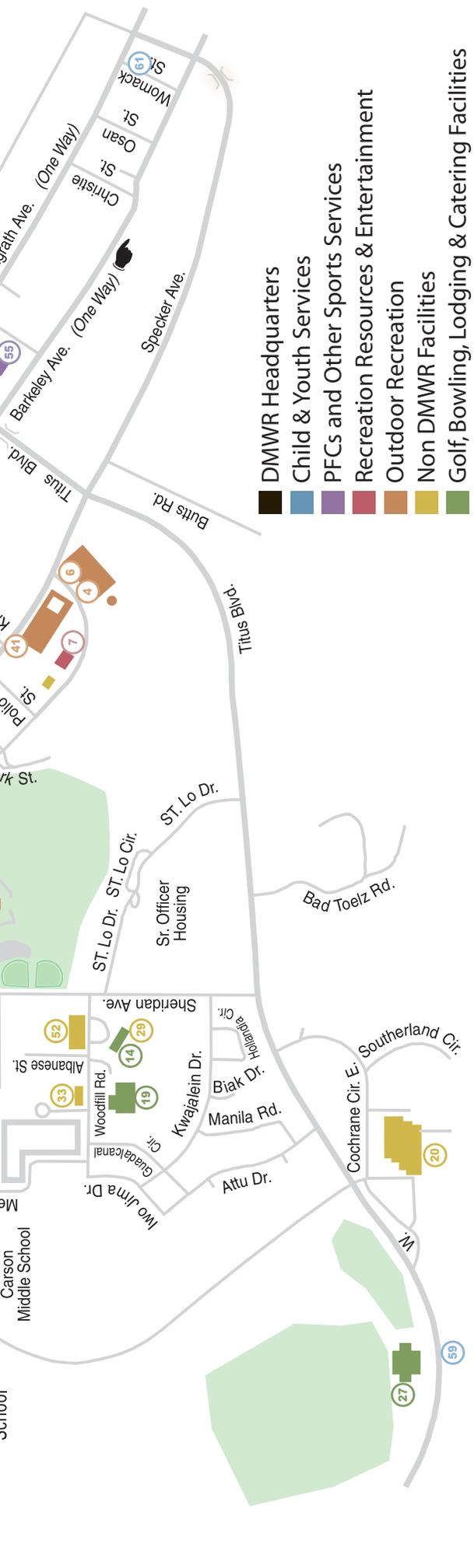


Map of FORT CARSON and DMWR FACILITIES



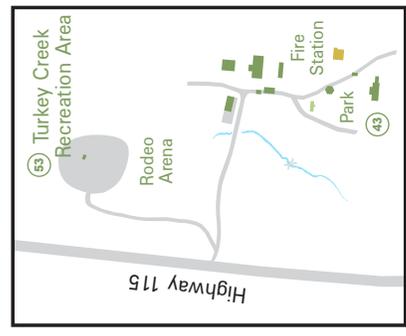
53.
Approximately
15 minutes South on
Highway 115 to
Turkey Creek
Recreation Area

Patriot Elementary
School

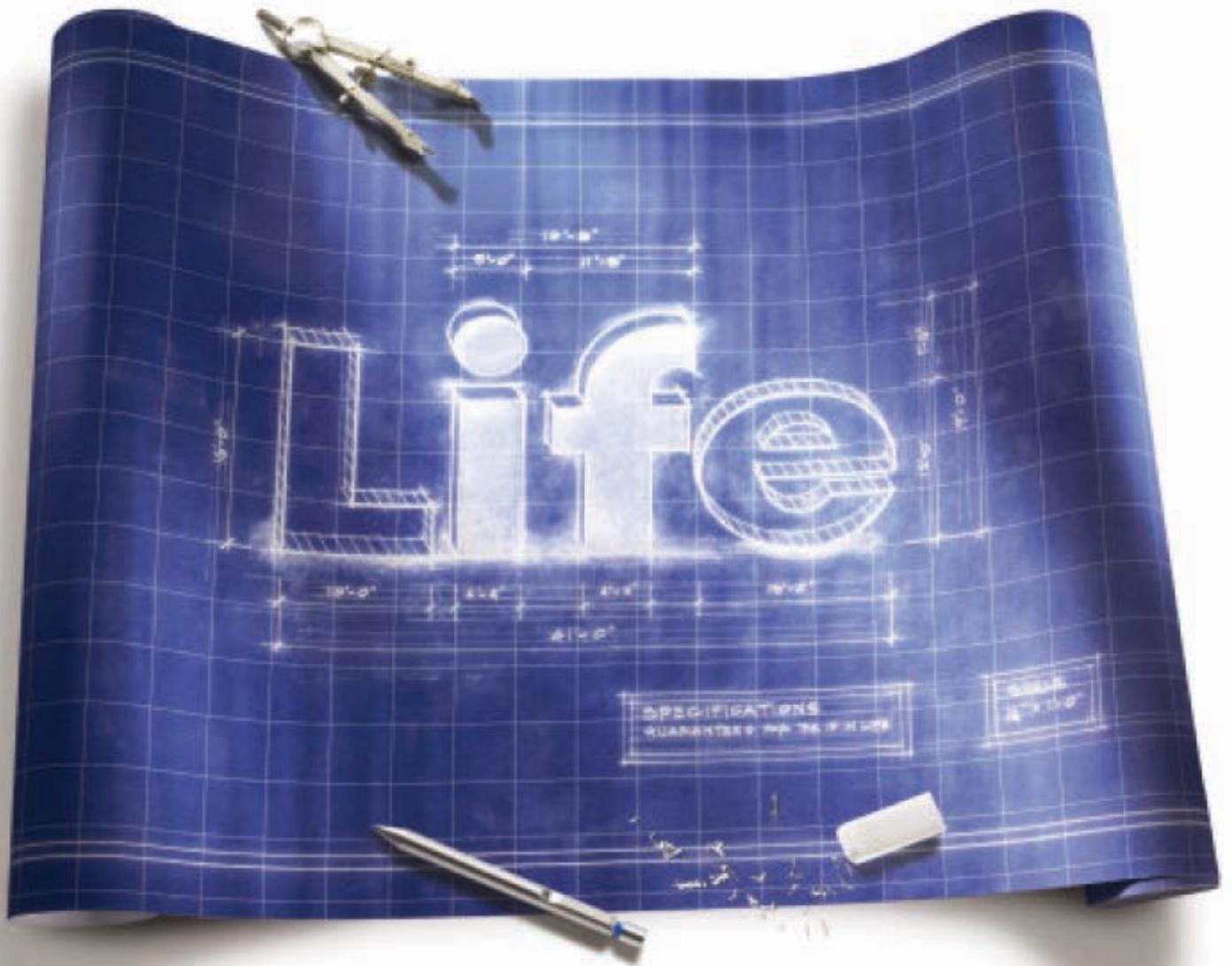


- DMWR Headquarters
- Child & Youth Services
- PFCs and Other Sports Services
- Recreation Resources & Entertainment
- Outdoor Recreation
- Non DMWR Facilities
- Golf, Bowling, Lodging & Catering Facilities

| Facility | Phone # | Bldg. # | Facility | Phone # | Bldg. # |
|---|---------------|-----------|--|-------------------|---------|
| 1. Turkey Creek Recreation Area | | | 36. McKibben PFC | 526-2597 | 1160 |
| 2. Army Substance Abuse Program | 526-2501 | 1217 | 37. McMahon Theater | 526-4629 | 1517 |
| 3. American Red Cross | 526-2311 | 1526 | 38. Military Clothing Sales | 526-8715 | 1510 |
| 4. Alpine Tower | 526-5176 | 2429 | 39. Mini Mall | 576-4000 | 1510 |
| 5. Amphitheater | 526-5366 | 2429 | 40. Outdoor Pool | 526-4456 | 1231 |
| 6. Archery Range | 526-5366 | 2429 | 41. Outdoor Recreation Complex: | 526-5366 | 2429 |
| 7. Autocraft Center | 526-2147 | 2427 | •Adventure Programs & Education | 526-3907 | |
| 8. Armed Forces Bank | 576-6601 | 1512/1513 | •Equipment Checkout Center/RV Storage | 526-1993 | |
| 9. Bowling Center | 526-5542 | 1511 | •Information, Ticketing & Registration | 526-5366 | |
| 10. Burger King | 576-6957 | 1520 | •Mountain Post Outfitters | 526-9723 | |
| 11. CYS CDC Beacon Circle | 526-4188 | 5510 | 42. Special Events Center | 524-1163 | 1829 |
| 12. CYS CDC East Center | 526-5977/5978 | 6058 | 43. Penrose House | 576-6646 | |
| 13. CYS CDC West Center | 524-0150/0152 | 6060 | 44. Freedom Performing Arts Center | 526-1867 | 1129 |
| 14. Colorado Inn | 526-4832 | 7301 | 45. Post Headquarters (FOD) | 526-3400 | 1430 |
| 15. Commissary | 526-5644 | 1525 | 46. Post Office | 570-5453 | 1519 |
| 16. Directorate of Morale, Welfare & Recreation | 526-6452 | 1217 | 47. ACAP | 526-1002 | 1118 |
| 18. Education Center | 526-2124 | 1117 | 48. PX/Food Gallery | 576-4000 | 6110 |
| 19. Elkhorn Catering & Conference Center | 576-6646 | 7300 | 49. Welcome Center/In Processing | 526-2424/0345 | 1218 |
| 20. Evans Army Community Hospital | 526-7000 | 7500 | 50. Soldiers Memorial Chapel | 526-5229/524-1166 | 1500 |
| 21. Family Readiness Center | 526-4590 | 1526 | 51. Outdoor Sports Complex | 524-1163 | |
| 22. Finance | 526-6254 | 1220 | 52. Thrift Shop (after March 2007) | 526-5966 | 6237 |
| 23. Fire Station #31 | 526-5615 | 1805 | 53. Turkey Creek Recreation Area | 524-0897 | 10002 |
| 24. Forrest PFC | 526-2706 | 1843 | 54. Veterinary Service | 526-3803 | 6001 |
| 25. Garcia PFC | 526-3944 | 1856 | 55. Waller PFC | 526-2742 | 2357 |
| 26. Gas Station | 576-6570 | 1515 | 56. Alternate Escapes & Java Café | 576-7540 | 1532 |
| 27. Golf Course | 526-4122 | 7800 | 57. CYS Youth Center | 526-2680 | 5950 |
| 28. Grant Library | 526-8144 | 1528 | 58. Vehicle Resale Lot | 526-2147 | 1510 |
| 29. Housing/TLF | 526-2322 | 7301 | 59. CYS Hourly Care Southwest | 526-2463 | 2765 |
| 30. Indoor Pool | 526-3107 | 1446 | 60. CYS CDC North Center | 526-3244 | 4355 |
| 31. Ironhorse Memorial Park | 526-2083 | 1909 | 61. CYS CDC Southeast Center | 526-3160 | 7790 |
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