In this issue:
Keeping your Family Safe and Connected
On the Appalachian Trail
The Fireball Run
In military life, the one constant is change.

We know what to do. We’ve been there.

800-531-8521
Employee Spotlight

Tiffany Kruger

Tiffany started three years ago as the Administrative Support Assistant at the Moore Child Development Center. Recently, she took the position of Parent Central Services Administrative Support Assistant. Tiffany now handles all of the incoming children’s registrations. In her spare time, Tiffany enjoys spending time with her 4 year old son, DJ, and their horses on the farm.

LETTER FROM THE DIRECTOR

Elizabeth Knouse - Director

Welcome Class of 2017 to the best small town in the Army! Family and MWR has been anxiously waiting for your arrival and cannot wait to share our community with you and your family! There is so much to see and do during the next 10 months while you are here, it will fly by. We spent a significant amount of time shaping our programs to meet and fit your lifestyles and requests. This will no doubt be a time to reconnect with your family and sample the many programs our MWR team has designed just for you!

There is never a dull moment with our MWR programs; something is always happening that is fun for the whole family. Outdoor recreation has day hiking trips, half-day bike rides, kayaking on the Yellow Breeches and Conodoguinet and so much more. Leisure Travel Services offers tickets for local and national amusement parks at a discount. They also have day trips scheduled to New York City, the Statue of Liberty, Radio City “Rockettes” Christmas Show, the list can go on and on! Our Child, Youth & School Services programs and events will be sure to keep your children busy. Whether it is participating in Dodgeball or just exploring all that the McConnell Center has to offer, CYS offers a chance to try new things each and every day.

We will make sure you have a chance to see Central Pennsylvania in all its splendor this fall! We truly specialize our programs to ensure this is a memorable year that helps you focus on your family and loved ones. From our Child & Youth programs to our state- of-the- art sports and fitness facilities, let MWR be your First Choice in family fun and entertainment!

Let us know if there is something you would like to see Carlisle MWR doing for you, whether you are a new Army War College Student, retiree, family member and DoD civilian, we are YOUR MWR and we take that privilege very seriously. Let us know how we can make our programs the best we can possibly be for you and your family! Again, welcome to Carlisle and I look forward to seeing you!

What is Family and Morale, Welfare & Recreation?

In 1940 a branch within the Army was established known as the Morale Division which later became known as “Special Services.” Family and MWR is a group of men and women who provide support and leisure activities to our Soldiers (active duty, Reserve, and Guard) their Families, military retirees, and civilian employees. Currently working in Family and MWR are approximately 37,000 employees worldwide and their mission is to deliver quality programs to Soldiers and their Families.
On the Cover

With the “Dog Days” of Summer upon us, remember that our furry friends need to keep cool as well! Family and MWR will be hosting a Doggie Dip Yappy Hour at The Splash Zone on Thursday September 8 from 5 to 7pm.

Regulars

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Features

10  New Apps keep Military Families Safe and Connected
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**Directory**

**MWR Programs**
Directorate of Family & MWR
46 Ashburn Drive
Carlisle, PA 17013
Mon-Fri 7:30am-4:30pm
☎ 717-245-4332

**Marketing**
☎ 717-245-4533

**Sponsorship and Advertising**
☎ 717-245-3777

**Finance**
☎ 717-245-4696

**Barracks Crossing**
870 Jim Thorpe Road
Carlisle, PA 17013
Mon-Fri 7:30am-4:30pm
Sat, Sun & Holidays Closed
☎ 717-245-3318

**Frame & Engraving**
☎ 717-245-3319

**Frame Studio - Self Help**
☎ 717-245-3319

**Splash Zone Swimming Pool**
Hours of Operation
School in session:
Monday-Friday
Open swim: 4-7 pm
Saturday-Sunday
Open swim: 12-7 pm
School out of session:
Monday-Friday
Lap swim: 11 am-12 pm
Open swim: 12-7 pm
Saturday-Sunday
Open swim: 12-7 pm
Early Morning Lap Swim 6-7 am from Jun 6-Aug 17 on Mon & Wed

**Strike Zone Bowling Center**
686 Letort Lane
Carlisle, PA 17013
Memorial Day-Labor Day
Mon-Wed 8:30am-8pm
Thu-Fri 8:30am-9pm
Sat 1-9pm
Sun Closed
☎ 717-245-4109

**Carlisle Barracks Golf Course**
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8am-4pm
☎ 717-243-5462

**Golf Course**
☎ 717-243-3262

**19th Hole Snack Bar**
Closes for Winter Oct 19th
☎ 717-245-3267

**Child, Youth & School Age Services**
459 Bouquet Road
Carlisle, PA 17013
Mon-Fri 6:30am-6pm
☎ 717-245-4115

**CYS Division Chief**
☎ 717-245-4283

**CYS Central Registration**
☎ 717-245-3901

**School Liaison Officer**
☎ 717-245-4555

**Youth Center**
☎ 717-245-4555

**Youth Sports**
☎ 717-245-4519

**Child Development Center**
455 Fletcher Road
Carlisle, PA 17013
Mon-Fri 6:30am-5:30pm
☎ 717-245-3701

**Letort View Community Center**
313 Lovell Avenue
Carlisle, PA 17013
Mon-Fri 8am-4:30pm
Sat 7am-5pm
Sun 8am-5pm
Holidays 10am-5pm
☎ 717-245-4115

**Pershing Tavern**
☎ 717-245-4115

**Letort View Catering**
☎ 717-245-3960/4049

**Joint Deli (Army War College)**
Mon-Fri 7am-2pm
☎ 717-245-4883

**USAHEC Catering**
☎ 717-243-3099

**Café Cumberland**
950 Soldiers Drive
Carlisle, PA 17013
Mon-Sat 10am-2pm
☎ 717-245-3377

**Leisure Travel Services**
842 Summer Road
Carlisle, PA 17013
Mon-Fri 9am-4:30pm
☎ 717-245-4048

**Outdoor Recreation (ODR)**
860 Summer Road
Carlisle, PA 17013
Summer Hours
May 1 - Sep 30
Mon 8am-5pm
Tue-Thu 9am-5pm
Fri 8:30am-5:30pm
Sat and Sun Closed
☎ 717-245-4616

**Sports Director**
☎ 717-245-4343/3906

**Thorpe Hall Fitness**
Mon-Fri 5am-8:30pm
Sat 7am-5pm
Sun 8am-5pm
Holidays 10am-5pm
☎ 717-245-3418

**Root Hall Gymnasium**
Mon-Fri 5am-8:30pm
Sat, Sun & Holidays Closed
☎ 717-245-4343/3906

**Army Community Service**
632 Wright Avenue
Carlisle, PA 17013
Mon-Fri 8am-4:30pm
Sat 9am-4pm
☎ 717-245-4357

**Family Advocacy Manager/Exceptional Family Member**
☎ 717-245-3775

**Consumer Affairs**
☎ 717-245-4357

**Finance**
☎ 717-245-4357

**Army Family Action Plan/AFTB/Army**
☎ 717-245-3906

**Army Community Service**
632 Wright Avenue
Carlisle, PA 17013
Mon-Fri 8am-4:30pm
Sat 9am-4pm
☎ 717-245-4357

**Family Advocacy Manager/Exceptional Family Member**
☎ 717-245-3775

**Consumer Affairs**
☎ 717-245-4357

**Army Family Action Plan/Volunteer Manager**
☎ 717-245-4357

**Relocation, Mobilization & Deployment**
☎ 717-245-3685

**Key Post Numbers**
**Emergency**
☎ 911

**Post Operator**
☎ 717-245-3131

**Chapel**
☎ 717-245-3318

**Civilian Personnel / Jobs**
☎ 717-245-3923

**Commissary**
☎ 717-245-3105

**Members 1st Credit Union**
☎ 717-245-3900

**Dental Clinic**
☎ 717-245-4542

**Dunham Health Clinic**
☎ 717-245-3400

**Education Center**
☎ 717-245-3943

**ID Card Center, Military**
☎ 717-245-3533

**Legal Office**
☎ 717-245-4940

**Movie Theater, Reynolds**
☎ 717-245-4108

**Optical Shop, PX**
☎ 717-249-5150

**Police Desk**
☎ 717-245-4115

**Post Exchange/Class VI**
☎ 717-243-2463

**Post Lodging**
☎ 717-245-4245

**Post Office, USPS**
☎ 717-258-1930

**Sexual Assault Hotline**
☎ 717-448-1067

**Motorcycle Registration**
☎ 717-245-4115

**Cleaning, Tailoring, Shoe Repair**
☎ 717-258-1857

**Vet Clinic**
☎ 717-245-4168

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**Family and Morale, Welfare & Recreation**

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**Directory**

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**www.chasemilitary.com/army**

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CALL 717.462.4733 TO SCHEDULE YOUR FREE WORKOUT!

CARLISLE BARRACKS • SPORTS THANKSGIVING
5K DRUMSTICK DASH FUN RUN
NOV 12 | REGISTER @ 7 | RACE @ 8

Register at the following locations before Nov 8
to save on registration fee: Jim Thorpe Fitness
Center, Root Hall Gym, or Indian Field Fitness Center

INFO: 245-3906
WWW.CARLISLEMWR.COM
CARLISLEMWR

www.carlislemwr.com

 Massage Therapy
at Jim Thorpe Fitness Center
Andrea Longenecker
Licensed Massage Therapist
(717) 701-3040

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WASHINGTON D.C.

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WWW.CARLISLEMWR.COM | PADISCOUNTTICKETS

FIRST CHOICE MAGAZINE | FIND US ON FACEBOOK: MWR FIRST CHOICE
FAMILY AND MORALE, WELFARE & RECREATION

Fall Yard Sale
Indian Field
Saturday, September 10
7 a.m. - 2 p.m.
- Resident displays post wide!
- Breakfast & lunch available!
- Vendors galore on Indian Field!

It's fall cleaning time at Carlisle Barracks!
Whether buying or selling, our Fall Yard Sale is the annual event that you do NOT want to miss!

Residents may set-up displays in their yards free of charge. Non-resident employees of Carlisle Barracks and interested vendors may contact Skills Development Center 245-3315/6972 or Outdoor Recreation 245-4616 to reserve a space, $15 per space. Reserve by September 2 for early bird pricing of $10 per space. Spaces are 20' x 30'. Payment due at time of reservation. Tables, chairs, and tents available to rent.

www.carlislemw.com | CarlisleMW

Leisure Travel Services
NYC “On Your Own”
Oct 1 | Reg by Sep 15

$58 per person | Contact LTS for details and tickets
Padiscounttickets | www.carlislemw.com

Outdoor Recreation
Bike Riding Trips
ALL ABILITIES WELCOME
Aug 26 | Sep 30
All trips 10 a.m. - 2 p.m.
$25 per person | Transportation & bikes included
MUST REGISTER ONE WEEK PRIOR TO TRIP
245-3657 | www.carlislemw.com | CarlisleOutdoorRec

Run Carlisle Barracks
10 week training program to prepare for Army 10 Miler or any 10 mile run
EVERY SATURDAY 7AM
First Run: July 16

Participants may register at the Thorpe Fitness Center Front Desk
INFO: (717) 245-3418 | www.carlisleMW.com | CarlisleFMWR

Let’s View Community Center
Thursday Night
FREE Pershing Tavern & Tiki Bar SHUTTLE
Learn more or schedule:
226-3985 | www.carlisleMW.com | CarlisleFMWR

Family Friendly Kayaking Trips
With Outdoor Recreation
Aug 1, 6, 7, 9, 11, 13 & 27 | Sep 7, 10 & 24
10 a.m. - 2 p.m. | $20 per person | All abilities welcome

Sign up! Week prior to trip.
Experience Pennsylvania’s beautiful scenery by kayak.
Basic paddling instruction is provided followed by a day of boating and nature watching!
Outdoor Recreation | 660 Summer Road | (717) 245-4616
www.carlisleMW.com | CarlisleOutdoorRec
LEIERT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC) ☎ 245-4329

Tiki Bar: Hours of operation: Thur 4-9pm. In case of inclement weather, Tiki Bar will be moved inside to Pershing Tavern. Dog Friendly. Open to the Public.

Tiki Bar Entertainment:

AUGUST
4 – Jack’s Back 5-8pm
11 – Cody Smith 7-10pm
18 – Brad & Lou 5:30-8:30pm
25 – Jimmy Buffett Night 6-9pm w/DJ Bob Foltz & Karaoke

SEPTEMBER
8 – Jack’s Back 5-8pm (Doggie Dip & Last night of Tiki Bar)
Shuttle Bus available every Thur from 5-11pm - call 717-226-3985 to schedule pick up.

Pershing Tavern – Open Aug 3 & 10 from 4-10pm. Tavern Menu will be available from 5-9pm. Open to the public.

Seafood Dinner Dance – Nov 4. Dinner buffet 5:30-7:00pm. Entertainment provided by ‘DJ Bob Foltz’ 7-10pm. $29.95 per person. Reservations required by Oct 30.

Traditional Thanksgiving Feast – Nov 24. Seating from 11am-2:30pm. Adults $26.95, Kids (ages 5-12) $12.95 & 4 and under FREE. Reservations required by Nov 16.

SPORTS – ☎ 245-3906
Strength for Wisdom. U.S. Army War College and Carlisle Barracks Upcoming Events:

Tae Kwon Do: MONTH OF AUG FREE! Tue & Thu from 4:30-6pm. Ages 13-Adult (11-12 w/parent) $15 per person a month. Instructor John Cerifko, 7th Degree Black Belt.

Cardiovascular Workout with some Insanity: Tue & Thu from 6-7pm. $5 per person. Instructor John Cerifko, 7th Degree Black Belt.

Run Carlisle Barracks: An organized run will be held every Sat at 7am. Train for 10 weeks and be ready for the Army 10 Miler or any 10 mile run! Register at the Thorpe Fitness Center.

Fitness Classes: Thorpe Fitness Center. TRX, TRX (for Adults over 40), Zumba and Spinning. All classes are FREE except Tae Kwon Do. Tue and Thu from 4:30-6pm at Thorpe Fitness Center. $15 per month.

Performance Fitness: Mon/ Wed/Fri at 6am. Optimize your strength and performance by using constantly varied functional movements at a high intensity. Class utilizes fitness equipment on the gym floor (barbells, kettlebells, plyoboxes, etc.) Led by Brian Sarjeant, Certified CrossFit Instructor.

Massage Therapy: Thorpe Fitness Center. Appointments available Mon-Sat. Call 717-701-3040

2016 Open Softball Tournament: Aug 20 from 8am-4pm on Indian Field. 5 Team Limit. Rain Date: Aug 21 at 1pm. Roster due at registration. Must register by Aug 12. Traveling Trophy will be awarded to tournament winner.

BARRACKS CROSSING FRAME STUDIO – ☎ 245-3319
Beginner Framing Classes: Call for dates and times. Learn to frame your artwork (max. four per class). Cost: $50 (all supplies included).

Adult Pastel Portrait Class: 4 classes being offered on Thu from 5-7pm. Cost: $150 (all supplies included in price).

BARRACKS CROSSING AUTO SHOP – ☎ 245-3156
Automotive Detailing: Stop by and try your auto detailing service with three packages to choose from. Call for an appointment.

ARMY COMMUNITY SERVICE ☎ 245-4357
Soldier for Life: Transition Assistance Program: Aug 1-5 from 8 am – 4:30 pm. Building 632 Wright Avenue. Service members and Spouses who are retiring or separating from the Military. Congressionally mandated pre-separation briefing. This is a 5 day workshop to create a draft resume/interview preparation and VA benefits entitlements.

Resume Class: Aug 18 from 9 am – 3:30 pm. Building 632 Wright Avenue. Learn how to structure your resume in the Federal and civilian format. Guidelines in writing your resume for employment.

LEISURE TRAVEL SERVICES ☎ 245-4048/3309
GET YOUR TICKETS AT THESE GREAT LOCATIONS:

Carlisle Barracks - 842 Summer Road (located beside Commissary) Fort Indiantown Gap Community Club - 9-65 Fisher Ave

Tickets available: Baltimore Aquarium, Disney Military Salute, Universal Military Promo buy 1 day get 2nd day FREE tickets, Legoland buy 1 day get 2nd day FREE, Busch Gardens, Seaworld and lots more all over the US available.

Baltimore Aquarium Discount Tickets: $27.95 Active Duty Military, $33.95 Adults, $20.95 Children (3-11) and $29.95 Senior (65+).

Hersheypark Summer Discount Tickets: $39 Adults (ages 9-54), $36.25 Junior (ages 3-8) and $36.25 Seniors (ages 55-69).

Statue of Liberty & Ellis Island: Sep 10. Ages 5+ only. Adult $56, Senior (62+) $52 and Youth (5-12) $47. Reservations by Aug 25.


New York City “Day on Your Own”: Oct 1. $58 per person Ages 5+. Must register by Sep 15.

Disney on Ice-Follow your Heart: Discount Tickets Available. Oct 15, 7pm show with 100 level seating and Oct 16, 2pm show with 100 level seating. $25 per seat Ages 2+ (save $15+ on ticket, fees, service charges).


Ground Zero Memorial Park and Museum:
Nov 5. Adults: $102; Veterans/Seniors 65+ / College: $96; Youth 7-17: $93; Child 3-6: $58 and 2 and under free (must be on lap). If a seat is required, cost is $58. Must register by Oct 1. Price includes: Transportation, admission to Ground Zero Memorial Museum and 60 minute tour and bus leader.

BOWLING — ☎️ 245-4109

Birthday Parties: Celebrate your birthday with us! Enjoy bowling, food and friendship while leaving the set-up and cleaning to us. Enjoy FREE WiFi while visiting us!

Cosmic Bowling: Every Saturday from 7-9pm. $9 per person. Top 40 Hits — Bowling - Cosmic Lights! Call to reserve your lane(s).


Thursday Night Fun League: Sep 8 – 14 weeks. 3 games, fun competition and music. League meeting Sep 1 at 7pm.

Monday Night Mixed League: Sep 19-Dec 19 from 6:30-9pm. 3 games semi-competitive. League meeting on Sep 12 at 6:30pm.

Youth League 2016-2017: Saturday mornings beginning Nov 6 from 10am-Noon! Sign-ups will be held Oct 29 from 10am-Noon. Open to all youth ages 6-18. USBC sanctioned league. Sign-up fee $35 (includes USBC sanctioning fee for awards) and cost per week $9.

GOLF — ☎️ 243-3262

Play & Ride/Weekday Special: Mon-Thu, 12-4 pm. $24 p/p. 18 Holes. Must call for tee time.

Open Golf and Driving Range: Open Mon-Fri, 7am-dusk and Sat-Sun 6am-dusk.

Golf Lessons: Lessons conducted by LPGA Teaching Professional Kathy Chambers and PGA Pro Terry Myers.

OUTDOOR REC — ☎️ 245-4616

MUST REGISTER ONE WEEK PRIOR FOR ALL EVENTS

Bike Maintenance Clinic: Aug 4 & 30 from 6-7pm at ODR. $20 per person.

Family Friendly Kayaking: Aug 1, 6, 7, 9, 11, 13 & 27 and Sep 7, 10 & 24 from 10am-2pm. $30 per person.

Training Hikes: Aug 2, 8, 10, 15 & 25 and Sep 14 & 19 from 5-8pm. $10 per person or $45 Monthly Hiking Club Pass.

Hike & Lunch: Aug 17; Sep 21 and 25 from 10am-2pm. $25 per person.

Dinner and Kayak: Aug 20 from 2-7pm. $40 per person.

Bike Riding Trips: Aug 28 and Sep 30 from 10am-2pm. $25 per person.

SPLASH ZONE SWIMMING POOL ☎️ 245-3560

Aqua Zumba: Aug 1-31 on Mondays & Wednesdays from 6:40-7:30pm. $5 per class.

Swimming Lessons: Session 5: Aug 1-5 and Session 6: Aug 8-12. $25 per session/per student. Lessons are Mon-Fri. Youth Age Lessons (Ages 6-14) 9:00am-9:45am; Pre-School Lessons (ages 3-5) 9:55am-10:25am and Tadpoles (session 6) (Ages 6 months-36 months) 10:30am-11:00am.

CHILD YOUTH AND SCHOOL SERVICES

McConnell Youth Services — ☎️ 245-4555
Moore CDC — ☎️ 245-3701
School Liaison Office — ☎️ 245-4638

Babysitter Course: Aug 8-9 & 16-17, 8am-3:30pm, Ages 13-18, Post Chapel. Must attend both days to be certified

School Age Care Programs — ☎️ 245-4555

Elementary Ice Cream Social — August 4, 6-8pm, K-5th Grade, FREE. Welcome back to school, there will be information sessions on Tutor.com and PA Elementary Schools.

Summer Camp: Register Now. Must register one week in advance of requested week of care, by appointment only please. Camp runs June 6 – Aug 19, K-5th Grade. All activities, field trips, meals and snacks are included in the price.

Middle School & Teen Programs ☎️ 245-4642

High School Welcome Jam, August 2, 6-9pm, Meet @ Outdoor Pool Pavilion, 6pm - End @ McConnell Youth Center, 9pm FREE Food, Drinks, Ice Breakers, Scavenger Hunt, More Games, Open to ALL Students entering grades 9-12

Middle School Welcome Jam, August 3, 6-9pm Meet @ McConnell Youth Center, 6-9pm, FREE Food, Drinks, Ice Breakers, More Games, Open to ALL Students entering grades 6-8

Open Recreation: Saturdays—12-4pm

Youth Sports & Fitness — ☎️ 245-3354

Friday Night Dodgeball: Every Friday night, 7-8:45pm, McConnell Youth Center. FREE open to youth in grades 1 - 12.

UPCOMING EVENTS

Welcome Picnic & Boatyard Wars: Aug 12
Doggie Dip & Yappy Hour: Sep 10
Fall Yard Sale: Sep 10 from 7am-2pm on Indian Field

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New Apps keep Military Families Safe and Connected

The Army Disaster Personnel Accountability and Assessment System (ADPAAS) can now be accessed using your mobile phone’s browser to log onto https://adpaas.army.mil... no need to download an App. Sponsors and personnel affected by an event can account, update location and contact information, and complete an assessment (if needed) directly from their mobile device without logging onto a computer.

The Federal Emergency Management Agency (FEMA) has launched a mobile app to help families prepare for a wide array of natural and man-made disasters and help affected Americans recover when a disaster occurs. The app provides: Severe weather alerts from the National Weather Service for up to five locations across the United States. It also provides information about how to stay safe. The Disaster Reporter allows users to view and contribute information on a publicly accessible map. Users can also share photos of damage and provide a short text description. A map to allow users to locate and receive driving directions to open shelters and disaster recovery centers.

Easy access to DisasterAssistance.gov to apply for federal disaster assistance. Tools to develop a custom list of items in the user’s family emergency kit, as well as the places the family will meet in case of an emergency. Safety tips and preparedness reminders on how to stay safe before, during, and after over 20 types of hazards, including floods, hurricanes, tornadoes and earthquakes.

If you have questions, contact Army Community Service 717-245-4357/3685

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If you have questions, contact Army Community Service 717-245-4357/3685
Thorpe Fitness Center Schedule  📞 717-245-3418

Thorpe Hall is available for use by active duty, retired military and their authorized family members, DA civilians, Reserve and National Guard personnel, DoD contracted employees, technical representatives, and employees of military banking facilities and credit unions. Classes subject to change without notice.

1. 0600 - Performance Fitness (Brian)
   0900 - Body Blast (Brian)
   1015 - Yoga Tune Up (Linda)
   1200 - Barbell 30 Min Workout (Brian)

2. 0900 - Zumba (Regina)
   1000 - TRX for Adults over 40 (Brian)
   1200 - Spin (Brian)
   1630 - Hybrid boot camp (Brian)
   1630 - Tae Kwon Do (John Cerifko)
   1800 - Cardiovascular (John Cerifko)

3. 0600 - Performance Fitness (Brian)
   0900 - Body Blast (Brian)
   1015 - Yoga Tune Up (Linda)
   1200 - Barbell 30 Min Workout (Brian)
   1730 - Yoga Tune Up (Linda)

4. 0900 - Zumba (Regina)
   1000 - TRX for Adults over 40 (Brian)
   1200 - Spin (Brian)
   1630 - Hybrid boot camp (Brian)
   1630 - Tae Kwon Do (John Cerifko)
   1800 - Cardiovascular (John Cerifko)

5. 0600 - Performance Fitness (Brian)
   0900 - Yoga Tune Up (Linda)
   1000 - Body Blast (Brian)

6. 0700 - Run CBKS (Brian)

7. 0600 - Performance Fitness (Brian)
   0900 - Body Blast (Brian)
   1015 - Yoga Tune Up (Linda)
   1200 - Barbell 30 Min Workout (Brian)

8. 0900 - Zumba (Regina)

9. NO CLASS

10. COUNTY FAIR

11. 0900 - Zumba (Regina)
    1000 - TRX for Adults over 40 (Brian)
    1200 - Spin (Brian)
    1630 - Hybrid boot camp (Brian)
    1630 - Tae Kwon Do (John Cerifko)
    1800 - Cardiovascular (John Cerifko)

12. 0600 - Performance Fitness (Brian)
    0900 - Yoga Tune Up (Linda)
    1000 - Body Blast (Brian)

13. 0700 - Run CBKS (Brian)

14. 0600 - Performance Fitness (Brian)
    0900 - Body Blast (Brian)
    1015 - Yoga Tune Up (Linda)
    1200 - Barbell 30 Min Workout (Brian)

15. 0900 - Zumba (Regina)
    1000 - TRX for Adults over 40 (Brian)
    1200 - Spin (Brian)
    1630 - Hybrid boot camp (Brian)
    1630 - Tae Kwon Do (John Cerifko)
    1800 - Cardiovascular (John Cerifko)

16. 0600 - Performance Fitness (Brian)
    0900 - Body Blast (Brian)
    1015 - Yoga Tune Up (Linda)
    1200 - Barbell 30 Min Workout (Brian)

17. 0600 - Performance Fitness (Brian)
    0900 - Body Blast (Brian)
    1015 - Yoga Tune Up (Linda)
    1200 - Barbell 30 Min Workout (Brian)
    1730 - Yoga Tune Up (Linda)

18. 0900 - Zumba (Regina)
    1000 - TRX for Adults over 40 (Brian)
    1200 - Spin (Brian)
    1630 - Hybrid boot camp (Brian)
    1630 - Tae Kwon Do (John Cerifko)
    1800 - Cardiovascular (John Cerifko)

19. 0600 - Performance Fitness (Brian)
    0900 - Yoga Tune Up (Linda)
    1000 - Body Blast (Brian)

20. 0700 - Run CBKS (Brian)

21. 0600 - Performance Fitness (Brian)
    0900 - Yoga Tune Up (Linda)
    1015 - Yoga Tune Up (Linda)
    1200 - Barbell 30 Min Workout (Brian)

22. 0900 - Zumba (Regina)
    1000 - TRX for Adults over 40 (Brian)

23. 0900 - Body Blast (Brian)
    1015 - Yoga Tune Up (Linda)

24. 0600 - Performance Fitness (Brian)
    0900 - Body Blast (Brian)
    1015 - Yoga Tune Up (Linda)

25. 0900 - Zumba (Regina)

26. 0600 - Performance Fitness (Brian)
    1000 - Body Blast (Brian)

27. 0700 - Run CBKS (Brian)

28. 0900 - Zumba (Regina)
    1000 - TRX for Adults over 40 (Brian)

29. 0900 - Body Blast (Brian)
    1200 - Barbell 30 Min Workout (Brian)

30. 0900 - Zumba (Regina)
    1000 - TRX for Adults over 40 (Brian)

31. 0600 - Performance Fitness (Brian)
    0900 - Body Blast (Brian)

32. 0900 - Yoga Tune Up (Linda)

33. 1200 - Barbell 30 Min Workout (Brian)
    1730 - Yoga Tune Up (Linda)
Abandoning cozy comforts, nine individuals of the Carlisle Barracks community recently backpacked a segment of Pennsylvania’s Appalachian Trail from Caledonia State Park to Pine Grove Furnace. Bruce Nielson and Sue Bower, of MWR’s Outdoor Recreation program, led the small group of hikers as they trekked through the woods for two days and nights.

The first evening consisted of a short trek to one of the best maintained and most beautiful shelters along the AT, The Quarry Gap Shelter.

“To get ready for this hike, I heard there was an ultralight backpacking class, so I went over to MWR ... and Bruce gave me instructions,” said 71 year-old Jerry Mock, who utilized the trip in order to train for the El Camino Frances in France.

The El Camino Frances or, “The French Way,” is the most popular route of the Camino de Santiago, or “Way of St. James,” which is a pilgrimage route to the shrine of the Apostle St. James. The Camino de Santiago was also the subject of the recent film, “The Way,” starring Martin Sheen.

Mock has her sights on hiking the El Camino during a pilgrimage in August and used the Outdoor Recreation camping and training hike to prepare her for the upcoming trek through Europe.

For the camping trip and training hike, the hikers trimmed down their gear and food to whatever they could fit in a 40 liter backpack. Items brought included: a sleeping bag, tent, rain gear, hats, a plastic ground sheet, a water filtration system and food. All of which had to snugly fit into the pack.

All of which had to snugly fit into the pack.

“Bruce has been so kind and nice... gone above and beyond what I could have expected, Even going as far to set up these kind of training hikes,” Mock said.

The second day the hikers set off to Birch Run shelter, which was an 8 mile hike northeast.

The forecast called for rain that afternoon, so there was a need for haste on the trail, in order to set up tents before the rain hit.

The route took the hikers over several steep inclines, which made more than a few of the hikers question, did I actually need to bring all this food?

All the hikers arrived at Birch Run shelter before a cooling rain hit the trail, which finally gave the group an opportunity to sit and talk while having dinner and looking out from the shelter’s deck.

The hikers awoke on the last day of the hike and camping trip to weather cool enough for a jacket.

They packed up their gear and trash, and after breakfast, started on their way to Pine Grove Furnace.

The end of the last day’s hike came quickly, and the Outdoor Recreation hikers voiced their wish to stay. Just one more day, one more day with Bruce and Sue, one more day in the cozy comforts of the beautiful forests of Pennsylvania.
Be entertained!
2016-2017 season

Scotty McCreery
THU | SEP 22, 2016 | 8 PM
The Purple Xperience
THU | SEP 29, 2016 | 8 PM
ABBA The Concert: A Tribute to ABBA
FRI | OCT 7, 2016 | 8 PM
Rodgers + Hammerstein's CINDERELLA
WED | OCT 12, 2016 | 7:30 PM
The Price Is Right Live!
FRI | OCT 14, 2016 | 8 PM
Diamond Rio
SAT | OCT 22, 2016 | 8 PM
Ballroom Dance Lessons
MON | OCT 24, 2016 | 8 PM
Survivor
WED | OCT 26, 2016 | 8 PM
The Monkees–Good Times: The 50th Anniversary Tour
SAT | OCT 29, 2016 | 8 PM
Martina McBride: Live in Concert
SUN | NOV 12, 2016 | 8 PM
Shippensburg University Community Orchestra Fall Concert
SUN | NOV 20, 2016 | 3 PM
Art Garfunkel: In Close-Up
SAT | DEC 3, 2016 | 8 PM
Melissa Etheridge’s Holiday Trio
WED | DEC 7, 2016 | 8 PM
The Hit Men Rock ‘n’ Roll + Christmas Classics
SAT | DEC 10, 2016 | 8 PM
The Lennon Sisters Christmas
TUE | DEC 13, 2016 | 8 PM
Cirque Dreams Holidaze
WED | DEC 21, 2016 | 7:30 PM
Seussical
SUN | JAN 22, 2017 | 1 & 4 PM
iLuminate
FRI | FEB 10, 2017 | 8 PM
Survivor
SAT | FEB 18, 2017 | 8 PM
Who’s Bad: The Ultimate Michael Jackson Tribute Band
THU | FEB 23, 2017 | 8 PM
The Doo Wop Project
THU | MAR 31, 2017 | 6-7:30 PM
H.O.P.E. Diversity Scholarship Program— BD Wong, Lecture: “All the World’s a Stage: From Exclusion to Inclusion”
FRI | MAR 31, 2017 | 8 PM
Luhrs Circle of Friends Gala
FRI | APR 6, 2017 | 8 PM
Kool & the Gang
SUN | APR 2, 2017 | 3 PM
Shippensburg University Spring Band Concert
THU | APR 6, 2017 | 8 PM
One Night of Queen
SUN | APR 23, 2017 | 3 PM
Shippensburg University Spring Community Orchestra
SAT | APR 29, 2017 | 7:30 PM
Jack Hanna’s Into the Wild Live!
WED | MAY 3, 2017 | 7:30 PM
PIPPIN
SAT | JUN 3, 2017 | 7:30 PM

Please hold the dates of July 13, 20 & 27, 2017 for the Shippensburg Symphony Festival Series. Details TBA.

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LEAGUE MEETING SEP 12TH @ 6:30PM
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14 WEEKS $12 $15-7:30 PM
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3 GAMES | FUN COMPETITION | MUSIC
LEAGUE MEETING SEP 18TH 7PM
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$25 per session/per student

Session 1: Jan 13-17
Session 2: Jan 20-27
Session 3: Jul 11-15
Session 4: Jul 18-22
Session 5: Aug 1-5
Session 6: Aug 8-12

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(Ages 6-14)
9:30am-9:45am
9:55am - 10:25am
10:30am - 11:00am

Pre-School Lessons
(Ages 3-5)
9:30am-9:45am
9:55am - 10:25am
10:30am - 11:00am

Toddlers Lessons (2-6)
(Ages 6 months-36 months)
9:30am-9:45am
9:55am - 10:25am
10:30am - 11:00am

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TAE KWON DO
MONTH OF AUGUST FREE
4:30 - 6:00 PM
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Ages 13-Adult
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$15 per person a month

CARDIOVASCULAR WORKOUT INSANITY
6:00 - 7:00 PM
TUESDAYS & THURSDAYS
$5 per person a month

JOHN CERIFKO
7TH DEGREE BLACK BELT

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**Welcome Picnic and Boatyard Wars**

**A Rain-or-Shine Family Event**

**August 12 | 5:30 - 9:30 P.M.**

**Event Location:**
Pavilions Behind the USAWC

**Early-Bird Tickets (August 1 - 11):**
- Adults $15
- Children (12 Years & Under) $10

**Day of Event Tickets (August 12):**
- Adults $20
- Children (12 Years & Under) $10
- Children (0 - 5 Years) Free

**Ticket Purchase Locations:**
Luna Room Ball Joint 101 Thompson System, 1st Floor, 1st Floor LC, and at the Post
(717) 245-4259

**For the Kids:**
- Kids Corner | 5:30 - 8:30 PM
- Float Your Boat Contest
- Bounce House
- Coloring Contest
- And Much More!

**Menu:**
- BBQ Picnic Buffet | 5:30 - 7:30 PM
  - Grilled Hamburgers
  - Grilled Jumbo All-Beef Hot Dogs
  - Cole-Slaw
  - Macaroni Salad
  - Potato Chips
  - Assorted Deviled Eggs
  - Frozen Fish Pops and Shish Kabobs
  - Cigar Rolling Demonstration
  - Live Music from the Beer Truck

**Team Sign-Up:**
Boatyard Wars team sign-up forms available from sports office (717) 245-3968
Shuttle service will be available after Boatyard Wars
www.carlisle.mwr.com | @carlisle_mwr

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**Carlisle Barracks**

**Doggie Dip Yappy Hour**

Splash Zone Swimming Pool

**Thursday, Sept 8 • 5 - 7 P.M.**

**FREE! Rain or Shine!**

**Tiki Bar**
open 4 - 10 PM

**Salty Dog Cocktails**
Drink Specials

**The Chicken Truck**
will be available for food!

**FREE Ice Cream**
for your Fur Baby

See website for complete rules www.carlisle.mwr.com @carlisle_mwr 246-4065

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**County Fair**

**Aug 10 • 9 am - 2 pm**

Class of 2017 Students, Newcomers, & Family

**Businesses**
- Letort View Community Center & Tents along Lovell Avenue
- MWR
- Thorpe Fitness Center

**Community Support Activities**
- Thorpe Fitness Center & Tents along Lovell Avenue

This is an Information Fair and a one-time opportunity to learn about what services and area businesses have to offer during your stay at Carlisle. Food available for purchase.

For more information call (717) 245-4375 www.carlisle.mwr.com @carlisle_mwr

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**Carlisle Barracks**

**Letort View Community Center**

**2017 Mug Club**

Limited to only 250 members! All this for only $50! See your bartender & sign up today! (Memberships expire yearly and must be renewed each year. Current members can renew for only $40 and receive a new mug.)

www.carlisle.mwr.com www.lefortviewcatering.com Info: (717) 245-3660

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**EFMP Luau!**

Aug 15 • 4 - 6 P.M. • LVCC Pavilion

RSVP by Aug 12 to Kelly Villalobos at 245-3775 or email Kelly.J.Villalobos.civ@mail.mil
Enjoy some family fun this month before school starts and the schedules get busy. A great way to spend some time together is to take in an event in Cumberland Valley. The Events Calendar is full so you have a ton of options.

View a sampling of end of summer events below and find a complete list of events and other things to see and do at VisitCumberlandValley.com.

Carlisle Truck Nationals @ Carlisle Fairgrounds – Aug 5th-7th
The Carlisle Truck Nationals is one of the largest and most action-packed truck events in the world. The weekend is a must-attend event and has been the epicenter for all things truck since 1991. Come to Carlisle for a great array of lowered mini trucks, lifted 4x4s, chromed out big rigs, SUV’s, custom vans and the perfectly restored classics.

Butterfly Day @ Ashcombe Farm & Greenhouses – Aug 6th
Come for a day full of fun, butterfly-themed activities. At 1 pm, there will be a free seminar about Caring for Your Butterfly Bush. There will be Fairy Garden classes at 9:30 am, 10:30 am, and 1:00 pm. Pre-registration required. There will also be information displays on butterflies, caterpillars, moths, hummingbirds, and bees.

30th Annual Grand Sousa Concert @ Carlisle Theatre – Aug 7th
Every year the theatre decks the halls with patriotic bunting and displays a US flag that is large enough to cover the entire back wall of the stage behind the band. The Cumberland County Honor Guard (administered by the Carlisle Veterans’ Affairs Office) provides the Color Guard that “Posts the Colors” at the beginning of the concert prior to the playing of our National Anthem.

Friday Sunset Hike @ Kings Gap – Aug 12th
Enjoy the beautiful sunset on this free Friday Evening Hike. This approximately 2 hour hike is between 2 to 2.5 miles on uneven terrain.

Insinger Fuel Night @ Williams Grove Speedway – Aug 12th
Visit Williams Grove Speedway for some of the best 410 Sprint Car racing in the country. Aug 12th will feature 410 Sprints, 360 Sprints and Vintage Car Track Time. Gates open at 6:00 pm.

Color Vibe 5k @ Adams-Ricci Community Park – Aug 13th
Get ready for the most colorful, fun-filled day of your life! You’ll have more color on you than you can handle! The point of this event is not to race, but to literally become a canvas of color, to be active, and to share a life experience with friends and family.

Kayaking @ Long Pine Run Reservoir – Aug 14th
Novice and experienced paddlers are welcome to participate in a relaxed 1.5 hour exploration of this quiet reservoir located in Michaux State Forest near Caledonia State Park. Participants meet staff at the reservoir. Single kayaks, paddles and life vests are provided.

36th Annual Shippensburg Corn Festival @ Downtown Shippensburg – Aug 27th
Crafts, an antique car show, food booths, entertainment, and children’s activities offer something for the entire family. There are more than 250 crafts and antique vendors. Food booths feature corn in every available form.

58th Annual Steam Engine and Tractor Show @ Williams Grove Historical Steam Engine Association – Aug 29th-Sept 5th
This event will include steam traction engines, an old PRR steam train, antique tractors, working saw mill, model train exhibit, food, flea market stands, and live music.

Exploring Cumberland Valley
BY: KRISTEN ROWE

Kayaking @ Long Pine Run Reservoir – Aug 14th
Novice and experienced paddlers are welcome to participate in a relaxed 1.5 hour exploration of this quiet reservoir located in Michaux State Forest near Caledonia State Park. Participants meet staff at the reservoir. Single kayaks, paddles and life vests are provided.

Cumberland Ag Expo @ Newville Lions Fairgrounds – Aug 15th-20th
This annual agricultural fair, sponsored by the New Carlisle Fair Association, features plenty to do for the entire family. There are dairy and animal exhibitions, shows, 4H presentations, children’s activities, tractor pulls, food, music and more.

4th Annual Mysteries in Military History Day @ USAHEC – Aug 20th
The USAHEC invites you to bring in your mysterious and family items pertaining to Army history, on Saturday, August 8, 2015 from 10:30 AM to 2:30 PM. Let the professionals help you begin your research! Corvettes at Carlisle – Aug 25th-28th
Corvettes at Carlisle features more than 5,000 Corvettes representing all generations of America’s classic sports car. Corvette enthusiasm is contagious with participation in autocross, burnouts and the parade through historic downtown Carlisle.

4th Annual Mysteries in Military History Day @ USAHEC – Aug 20th
The USAHEC invites you to bring in your mysterious and family items pertaining to Army history, on Saturday, August 8, 2015 from 10:30 AM to 2:30 PM. Let the professionals help you begin your research! Corvettes at Carlisle – Aug 25th-28th
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Mark your calendar! On September 27-28 of 2016, The FIREBALL Run Adventurally television show will be stopping in the Lebanon Valley!

The FIREBALL Run Adventurally is an action packed 26-episode adventure travel series, which follows the drama of 40 driving teams as they take part in a legendary, 8-day, 2000 mile, life sized trivia game. Teams consist of national celebrities as well as big business owners, corporate executives, and elected officials.

Teams will complete missions at 5-10 confidential locations within our county on the afternoon of Tuesday, September 27, ending at a red-carpet finish line and community celebration at 3 p.m. on Cumberland Street, Lebanon. Our community will rally together to display our support and community pride. Spectators will have the opportunity to view the celebrities and exotic cars, enjoy a local car and motorcycle cruise, as well as live music, art show and food trucks. Local business will be open and ready for business with plenty of specials. Festivities will be live-streamed onto the FireballRun.com website.

On the morning of Wednesday, September 28, the community of Annville will send the teams off to their next destination. Start line festivities will begin at Lebanon Valley College.

FIREBALL RUN is entertaining, educational, and above all, meaningful. While on this epic journey, teams also take part in the world’s largest active recovery effort for missing and exploited children. Representing the Lebanon Valley is Team 77 - local businessmen Marshall Kramer and Chris Barry. On their journey, Marshall and Chris will drive the locally branded Fireball Run car, compete in missions, and work to distribute 1,000 posters to aid in finding a missing child from the Central PA region. The Race to Recover America’s Missing Children awareness campaign has aided in unprecedented 42 child recoveries since 2007.

To best present our community to the world, this event requires a great deal of community support. Jointly hosted by Visit Lebanon Valley, the City of Lebanon, The Community of Lebanon Association, Lebanon Valley Economic Development Corporation, and The Chamber of Commerce -- this event is truly a community-sponsored production.

Please join with us to show the world our love and pride for our community. This is a once-in-a-lifetime chance to show the world what a hidden gem the greater Lebanon Valley truly is. The event will be live-streamed that day and the season will air in September of 2017.

Thanks to our presenting sponsors; The Foundry Craft Grillery, Brenda Miller, Re/Max Cornerstone, Fulton Bank, Lebanon County Career and Technology Center, and Klick-Lewis.
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We understand choice of venue is one of the most important decisions you will make in preparation for your event. Let the Fort Indiantown Gap Community Club provide the attention, service, flexibility, affordability, and individualism you deserve.

Call today to reserve your next function.  
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Fri, 11am-Midnight
Sat, 4pm-Midnight
Sun, 4-10pm
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OPEN TO THE PUBLIC

EVENTS Arrowheads Bar & Grill/FTIG Community Club

Yuengs & Wings Tuesday Nights
Pair your wings with a pitcher of our Yuengling draft selections $10

Pizza Buffet Wednesday’s
11am-1pm
$7.95

Wednesday Trivia Nights
7-9pm
No Cover, Prizes, Open to the Public, Full Menu Available

Draught Friday’s
$2 off a pitcher
Domestic and Imported Draft Beer

Line Dancing
Every Tuesday & Every Other Sunday
$4 per person
6-7pm – Lesson
7-9pm – All Request Dance Party
Open to the public & all ages
Dancing held in the Community Club Ballroom

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Shown on 13 HDTV’s
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Basketball
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...and much more!

UPCOMING EVENTS
Fort Indiantown Gap Community Club:
717-861-2450

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Fort Indiantown Gap
COMMUNITY POOL
June 3 - August 21, 2016
Monday - Sunday
11:30 AM – 7:30 PM

2016 RATES

MILITARY MEMBERS (National guard, active, reserve, retired military & military dependents)
Daily Rate: $4.00
Single Adult Pass: $8.00
Youth Aged 6-17 Pass: $5.00
Family Pack Sponsor $12.75 Each Additional Family Member $6.75

FEDERAL/STATE EMPLOYEES
Daily Rate: $2.00
Single Adult Pass $9.25
Youth Aged 6-17 Pass $6.00
Family Pass Sponsor $15.00 Each Additional Family Member $8.00 $15.00

CIVILIANS/PUBLIC
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Youth Aged 6-17 Pass: $9.00
Family Pass Sponsor $15.00 Each Additional Family Member $8.00 $15.00

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Tickets may be purchased through 12/16/16 and must be used by 12/19/16. Tickets valid 1/3–12/19/16. Block-out dates 3/20–4/1/16. No tax if ticket is purchased at the base ticket office or Shades of Green® Resort at Walt Disney World Resort. Tax is added if ticket is purchased at Theme Park ticket window. Each active or retired member of the U.S. military, including members of the U.S. Coast Guard, National Guard and Reservists, or his/her spouse may purchase up to six (6) 4-Day Disney Military Salute Tickets. Disney Military Salute Tickets can be purchased at participating military base ticket offices including Shades of Green® Resort at Walt Disney World Resort or at Walt Disney World Theme Park ticket windows. Valid military ID required for all ticket transactions and military member (or spouse) must accompany the persons using these tickets for Theme Park admission. May not be combined with other discounts or promotions. ©Disney  MIL-15-45372

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Oktoberfest
Carlisle Barracks
October 6th - 9th

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