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Cold Weather Running
Giving Back
Everyone Should Have ‘One Warm Coat’
Strike Zone!
Happy Holidays to your family from MWR Carlisle, Letterkenny, & Fort Indiantown Gap! When we sat down this year to enjoy our office Thanksgiving feast (the MWR’s version of a “Friendsgiving”) our conversations began to sound like that of a cooking show. I sat back and listened as each person spoke about their family traditions and favorite holiday dishes. We talked about all the work we had to do this week just to get ready for the upcoming feasts. We all have our own special ways we enrich traditions and create memories for our families. Spending some time together as a work family around a table filled with the sensational smells of our dinner got me in the holiday spirit.

As the festive time of year begins, we turn our thoughts to how our traditions have evolved as we grew up, moved away and for some of us, travelled around the globe. Thinking of our first Christmas as a family in Fairbanks, Alaska always brings a smile to my face – we were so poor but my husband, Joe, an Airman, invited his entire office over for the holiday meal. I learned a lot that Christmas about cooking, missing our family, and creating our own traditions. I made the traditional feast complete with a turkey, Ham and all the trimmings. What a look of surprise when Joe carved the bird in front of everyone to include his Commander and noticed that there was something plastic in the turkey cavity that I didn’t remove before cooking! While I may have grown into a better family chef over the years, I wouldn’t trade those memories or even that experience for anything!

Feeling that holiday spirit and creating family memories is what MWR is all about! As you look through this month’s issue of First Choice, you will find terrific ways to spend your time with your family throughout the Cumberland Valley. Looking for that perfect gift? Stop by our very own Christkindlemarkt on December 5th at the National Guard Armory on Cavalry Road in Carlisle. You will find unique, handmade treasures for all ages. Don’t forget the family tradition of Breakfast with Santa on December 19th at the Letort View Community Center. If you are looking for New Year’s Eve plans, the LVCC has a dinner dance in store for you to ring in the 2016.

This year I’ll be hosting the holidays at home with our family in Boiling Springs. Our thoughts turn to those of us who cannot be home for the holidays while working to keep this great Nation safe. Happy Holidays to your family from our MWR family.

Enjoy your holidays,
Liz

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
At last year’s Carlisle Barracks Annual Tree Lighting Celebration, the children pictured not only enjoyed the event, they participated in it as well! They sang Christmas carols for everyone’s entertainment and as they sang the last song, to the delight of everyone in attendance, Santa Claus arrived riding on a fire truck. This year’s celebration will be held on Thursday, December 3rd at 4:30 at the Post Chapel.

Regulars

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4 FIRST CHOICE MAGAZINE

Find us on FaCeBook: Mwr First CHoiCe

we love our cars. And nothing goes with cars better than the road trip. Freedom from daily schedules, new sights and the open road – it’s great! But there’s nothing like car trouble to bring the fun to a grinding halt.

Now you can’t always avoid problems, but you can take steps to reduce the probability of getting sidelined on your trip. The first step is to look at your trip plan from your vehicle’s perspective. What kind of roads will you be traveling – winding byways or super-highways? Mountains or plains? What weather conditions are you likely to encounter? How many miles will you travel?

Armed with the answers to these questions, you can start a trip inspection to help you prepare your vehicle for your big adventure. A lot of our vehicle owners prefer to go through this exercise with an automotive service center performing a trip inspection to get their input and make sure they haven’t left anything out.

A great place to start is the tires. Inspect them for tread wear and proper inflation. Is it time to rotate your tires? Replace them? Are they up to the job – you wouldn’t want to drive regular highway tires on a muddy off-road adventure.

Shocks and struts play a major role in both driving comfort and safety. If they need to be replaced, you’ll really be glad you did once you hit the road. Is it time for a wheel alignment? Fighting a car that’s pulling to one side all day can be tiring and dangerous.

And don’t forget your brakes. Any strange noises, grabbing, soft or hard pedal feel? If there is any doubt, get a brake inspection before you leave.

Moving under the hood, have your belts and hoses inspected. If something is excessively worn or near failure, the stress of a long road trip might just be the straw that breaks the camel’s back.

Your engine air filter will be important. For every gallon of gas you burn, your car will filter and use 12,000 gallons of air. If the filter needs to be changed, you’ll notice the fuel savings on your trip.

How close are you to your next oil change? Will you be able to complete your trip before it’s due? If not, just get it taken care of before you go so that you don’t need to interrupt your trip. In fact, a full service oil change is a great idea because they will top off all your fluids and check to see if any other maintenance items are due, such as transmission or cooling system service.

Do you notice any unusual odors in your vehicle? If so, it could be as harmless as a dirty cabin air filter. But if it’s an exhaust leak it could be fatal on a long trip. Of course you’ll want to be comfortable, so get an air conditioning service if you aren’t getting the cold air you’re used to.

Are your wiper blades still working well? If not, that is quick and inexpensive to fix. Headlamps are often overlooked when planning for a trip. You should make sure all your lights are working.

All the items mentioned are part of any good vehicle maintenance plan. These are things that you want to take care of anyway, but they all come into focus as you plan for your trip.

CARLISLE AUTOCARE CENTER
We Keep America Running

473 E North Street Carlisle, PA 17013
☎ 717-243-4573 • www.carlisleautocare.com

Tip of the Month

Carlisle Autocare Service
Tip of the Month

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473 E North Street Carlisle, PA 17013
☎ 717-243-4573 • www.carlisleautocare.com
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
Tue, Wed & Fri 10am-5pm
Thu 10am-8pm
Sat 9am-4pm
Closed Sat prior to a Mon Holiday

Auto Crafts
Mon-Fri 8am-5pm
☎ 717-245-3156

Auto Self Service
Mon-Wed, Fri 8am-5pm
Thu 8am-8pm
Sat 9am-4pm
☎ 717-245-3156

Frame & Engraving
☎ 717-245-3319

Frame Studio - Self Help
Thu 1pm-8pm
Fri 10am-4pm
Sat 9am-4pm
☎ 717-245-3319

Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Mon-Thur 8:30am-9pm
Fri 8:30am-9pm
Sat 1-9pm
Sun (During Youth Bowling) 9am-9pm
Sun 1-8pm
☎ 717-245-4109

Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8am-4pm
☎ 717-243-3462

Outdoor Recreation (ODR)
860 Summer Road
Carlisle, PA 17013
Tue-Fri 9am-5pm
Sat, Sun, and Mon 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

Indian Field Fitness Center
Mon-Fri 5am-8:30pm
Sat 7am-5pm
Sun 8am-5pm
Holidays 10am-5pm
☎ 717-245-3535

Main Bar
Open Thu-Fri 4-10pm

Army Community Service
632 Wright Avenue
Carlisle, PA 17013
Mon-Fri 8am-4:30pm
☎ 717-245-3457

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

Consumer Affairs
☎ 717-245-3775

Financial Asst./AFTB/Army Emergency Relief
☎ 717-245-4720

Employee Readiness/Transition Assistance Program
☎ 717-245-3684

Army Family Action Plan/Volunteer Manager
☎ 717-245-4557

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

STUDENTS CAN TELL US WHAT THEY THINK ABOUT USAG CARLISLE BARRACKS
DIRECUNRITY
**LETORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC)**  
☎️ 245-4329

**Main Bar**  
Hours of operation: Thu & Fri 4–10pm. Bar menu available 5-8pm. Open to the Public.

-- **Keystone Arms** - West Point Drive & Patton Drive Intersection
-- **Keystone Arms** - Taylor Avenue & MacArthur Drive Intersection
-- **Carlwynne Apartments**
-- **On the Square** - Corner of Hanover & High Streets near 1st Presbyterian Church
-- **Seven Gables** - Corner of Rush Drive & Veterans Way
-- **The Meadows** - Thomas Drive & Chickamauga Drive Corner (east Corner)

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**SPORTS – ☎️ 245-3906**

**Strength for Wisdom. U.S. Army War College and Carlisle Barracks**

Upcoming Events:

- **Tae Kwon Do**: Tue & Thu from 4:30-6pm. Ages 13-Adult (11-12 w/ parent) $15 per person a month. Instructor John Cerifko, 5th Degree Black Belt.

- **Cardiovascular Workout with some Insanity**: Tue & Thu from 6-7pm. $5 per person. Instructor John Cerifko, 5th 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 upcoming 10 mile run!

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**Performance Fitness**: Mon/Wed/Fri at 6am. Optimize your strength and performance by using constantly varied functional movements at a high intensity. Classes utilize 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

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**BARRACKS CROSSING FRAME STUDIO – ☎️ 245-3319**

Open Drawing Class: Classes will be held bi-weekly on the 1st and 3rd Thu of each month from 5:30-7:30pm. $20 per class. The objective of this class is to develop the observational skills and drawing techniques of the student. This class is designed to encourage and allow the student to progress in their drawing ability at their own pace. No prior experience is required or expected.

**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).

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**BARRACKS CROSSING AUTO SHOP – ☎️ 245-3156**

Preventive Maintenance Classes: FREE classes will be held now through Jun 2016 on the 2nd Thu of each month from 5:30-7:30pm. Must RSVP. A max of 4 students per class. Children over 14 are welcome with parental supervision.

Automotive Detailing: Stop by and try our new auto detailing service with three packages to choose from. Call for an appointment.
Army Navy Football Game: Sat, Dec 12. Lincoln Financial Field, Philadelphia, PA. $93 tickets only. $125 tickets & transportation. $32 transportation only.

Bowling – 📞245-4109
New Years Eve: Family Party from 7-9pm. 2 hours, cosmic bowling, shoes, chips, pretzels and party favors. 9pm mock countdown with sparkling cider and/or champagne toast for ONLY $16 p/p. Late Party from 10pm-1am. 3 hours, cosmic bowling, shoes, hors d’oeuvres buffet, chips, pretzels, and party favors. Midnight toast with sparkling cider and/or champagne toast. Watch the ball drop at NYC on the big screens for ONLY $24.95 p/p. Make your reservations now!

Open Bowl: $1 bowling per game per person & $1 shoe rental per pair. Every Thu from Oct-Dec.

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!

Monday Night Mixed League: Jan 11-Apr 25, 2016 from 6:30-9:00pm. $3 Games Semi-Competitive. $11. League meeting Jan 4 at 6:30pm.

Bowling Pizza Pins Pop: Every Sunday from 6-8pm. Jan 10-May 27, 2016. Only $28.95 per lane. $10 each additional person. 2 hours of bowling for 4 people, shoe rental, 1 plain pizza and 1 pitcher of soda.

Friday & Saturday Cosmic Quartermania: Jan 8-Mar 26, 2016 from 7-9pm. $5 cover charge.

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Golf – 📞243-3262
Play & Ride/Weekday Special: Mon-Thu from 12-4 pm. $24 p/p. 18 Holes. Must call for a 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
Hershey Sweet Lights: A winter wonderland awaits at Hershey Sweet Lights, A Holiday Drive-Thru Spectacular. Enjoy nearly 600 illuminated, animated displays from the comfort of our vehicle as we drive through two miles of wooded trails. Date: Dec 18 Time: 6-9pm Cost: $10 p/p or $20 per family (transportation provided)

Day Hiking Trips with Lunch Included: Dec 3 & 8 from 10am-2pm. Come explore scenic Pennsylvania with Outdoor Recreation. $25 p/p. Lunch will consist of a wrap, fruit and trail snacks. Must register one week prior to event.

Outdoor Gear Maintenance Clinics: Dec 16. Held at Outdoor Recreation from 6-8pm. If you’re an outdoor enthusiast this class is for you. Learn how to extend the life of your outdoor gear and how to store, clean and repair valuable outdoor clothing and equipment. $20 p/p. Must register one week prior to event.

Outdoor Activity Schedule

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Ultralight Backpacking Clinic: Dec 9, Held at Outdoor Recreation from 6-8pm. $20 p/p. Learn how to choose and pack gear that lets you go fast and light. Must register one week prior to clinic.

Winter Camping Clinic: Dec 12, Held at Outdoor Recreation from 9-11am. $20 P/P.

Geocaching: Treasure hunting game where you use a GPS to hide and seek containers, called geocaches, with other participants in the activity. All abilities welcome. Dates: Dec 12 & 15, Time: 10am-12pm Cost: $10 p/p (transportation and GPS included) Must register one week prior to event.

Geocaching: Dec 12 and 15, 10am-12pm. $10 p/p

CHILD YOUTH AND SCHOOL SERVICES
Phone: 245-4555
School Liaison Office
Phone: 245-4638

Annual Tree Lighting Celebration: Dec 3, 4:30pm, Tree Lighting, Santa arrive by fire truck, free carriage rides, cookies, punch & hot chocolate, FREE for all ages at the Post Chapel.

School Age Care Programs
Phone: 245-4555

4H Programs: Clover Buds, Gardening, Drama, Art, Photography, Electricity, Cooking, Astronomy, 4:40-5:15pm, M, Tu, W, F - Join anytime!

Winter Lock-in: Dec 5, 6-10pm, Register by Dec 3, 6pm. FREE

SKIES Programs – Phone: 245-4519
Register for all SKIES classes online https://webtrac.mwr.army.mil/webtrac/carlislecyms.html or call CYSS 245-4555

Middle School & Teen Programs (245-4642)

Indoor Ice Skating Field Trip: Dec 5, Noon-4:30pm, Stopping at Chick-fil-A on the way home, $10 refundable registration, Registration Deadline December 4, 7pm.

Army Navy Football Game Viewing Party: Dec 12, 2:30-6pm, Hang out and watch the Army Navy Football Game with us! Wings, Mac & Cheese & Soda will be served, FREE

Ugly Sweater Lock-in: Dec 18-19, 7pm-7am, wear your favorite Awards for the ugliest & most creative sweater. FREE

After School Programs: Bored?, Nothing to do? Join us for activities, gym time, chill zone, creative arts, cooking, computers, video games, pinball, dodgeball/basketball league teams, GREAT snack choices and much more! M-Th, 2:45-7pm, Fr, 2:45-9pm, FREE

Keystone Club: A teen program geared towards teaching youth through three fundamental topics of Academic Success, Career Preparation and Community Service.

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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.

DECEMBER 1.
0900 - Zumba (Regina)
1000 - TRX for Adults over 40 (Brian)
1200 - Spin (Brian)
1630 - Hybrid boot camp (Brian/Kelli)
1630 - Taekwon Do (John Cerifko)
1800 - Cardiovascular (John Cerifko)

DECEMBER 2.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
10:15 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
17:30 - Yoga Tune Up (Linda)
18:30 - Zumba Toning (Wendy)

DECEMBER 3.
0900 - Zumba (Regina)
1000 - TRX for Adults over 40 (Brian)
1200 - Spin (Brian)
1630 - Hybrid boot camp (Brian/Kelli)
1630 - Taekwon Do (John Cerifko)
1800 - Cardiovascular (John Cerifko)

DECEMBER 4.
10:15 - Yoga Tune Up (Linda)

DECEMBER 5.
10:00 - Zumba Toning (Wendy)

DECEMBER 7.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
10:15 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
17:30 - Zumba Toning (Wendy)

DECEMBER 8.
0900 - Zumba (Regina)
1000 - TRX for Adults over 40 (Brian)
1200 - Spin (Brian)
1630 - Hybrid boot camp (Brian)
1630 - Taekwon Do (John Cerifko)
1800 - Cardiovascular (John Cerifko)

DECEMBER 9.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
10:15 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
17:30 - Yoga Tune Up (Linda)
18:30 - Zumba Toning (Wendy)

DECEMBER 10.
0900 - Zumba (Regina)
1000 - TRX for Adults over 40 (Brian)
1200 - Spin (Brian)
1630 - Hybrid boot camp (Brian/Kelli)
1630 - Taekwon Do (John Cerifko)
1800 - Cardiovascular (John Cerifko)

DECEMBER 11.
10:15 - Yoga Tune Up (Linda)

DECEMBER 14.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
10:15 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
17:30 Zumba Toning (Wendy)

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

DECEMBER 16.
0600 - Performance Fitness (Brian)
0900 - Body Blast (Brian)
10:15 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1630 - Spin (Kelli)
17:30 - Yoga Tune Up (Linda)
18:30 - Zumba Toning (Wendy)

DECEMBER 17.
0900 - Zumba (Regina)
1000 - TRX for Adults over 40 (Brian)
1200 - Spin (Brian)
1630 - Hybrid boot camp (Brian/Kelli)
1630 - Taekwon Do (John Cerifko)
1800 - Cardiovascular (John Cerifko)

DECEMBER 18.
10:15 - Yoga Tune Up (Linda)

DECEMBER 19.
10:00 - Zumba Toning (Wendy)

DECEMBER 21.
CHRISTMAS BREAK NO CLASS

DECEMBER 22.
CHRISTMAS BREAK NO CLASS

DECEMBER 23.
CHRISTMAS BREAK NO CLASS

DECEMBER 24.
CLOSED

DECEMBER 25.
CLOSED

DECEMBER 26.
NO CLASS

DECEMBER 28.
CHRISTMAS BREAK NO CLASS

DECEMBER 29.
CHRISTMAS BREAK NO CLASS

DECEMBER 30.
CHRISTMAS BREAK NO CLASS

DECEMBER 31.
CLOSED
IGNITE SOMETHING

ONLY THE PERFECT CUT CAN UNLEASH A DIAMOND’S BRILLIANCE.

HEARTS ON FIRE STORES, AUTHORIZED RETAILERS, HEARTSONFIRE.COM

MOUNTZ JEWELERS

1160 Walnut Bottom Rd | Carlisle | 717.243.4936
3780 Trindle Rd | Camp Hill | 717.763.1199
4520 Jonestown Rd | Harrisburg | 717.545.7508
mountzjewlers.com

HEARTS ON FIRE®
THE WORLD’S MOST PERFECTLY CUT DIAMOND®
Don’t let the winter weather stop you from pounding the pavement. Below are some good reasons that running in cold weather is actually good for you.

First off, it’s the ideal weather for running. Believe it or not, cold weather is actually ideal for your run. The colder the weather, the less heat stress on the body, which makes it significantly easier to run. Running in hot and humid weather is extremely taxing on the body there is a reason why the majority of marathons are held in October and November. Also, running is a great tool for preventing winter weight gain. Getting yourself to the gym is a challenge in itself (especially during winter months), and a treadmill at home can become boring, which is why it’s enjoyable to run outdoors. It’s free, convenient, and never dull. We tend to move less and eat more in the colder months and running burns significant calories and is therefore a powerful tool in maintaining and even losing weight during winter.

Running can help prevent Seasonal Affective Disorder. When the days get shorter and the temperature decreases, many people suffer from Seasonal Affective Disorder and running helps release powerful hormones that help combat this depression, increasing positive mood states during the cold weather months. And taking your run outdoors helps boost your mood even more. Running will keep your metabolism going strong. From one angle, our bodies are programmed to preserve our fat stores in the winter, slowing down our metabolisms in direct response to our decreased exercise levels. Running in the cold serves to ‘trick’ the body, preventing this seasonal slowdown of metabolism and helping to maintain a healthy weight.

Lastly, it’s never too early to get ready for swimsuit weather. Many people wait to run until the weather warms up, attempting to get beach-body ready when it’s too late. Maintaining your regular routine, no matter what the weather, keeps excuses at bay and helps you stay on track for weight loss (or maintenance) all year round.

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FORT INDIANTOWN GAP
MORALE WELFARE & RECREATION

MWR PROGRAMS
Marketing ☏ 717-245-4698
Corporate Sponsorship ☏ 717-245-3777
Community Club Bldg. 9-65 Fisher Avenue Annville, PA 17003 ☏ 717-861-2450
Community Club Catering ☏ 717-861-2450
Box Car Coffee Shop Mon-Fri 6-10 am Drill Weekends 6-9 am ☏ 717-861-2619 / 2450
Arrowheads Bar and Grill Sun-Thu 11 am-10 pm, Fri-Sat 11 am-midnight ☏ 717-861-9481
Community Club Cafeteria Mon-Fri 11 am-1 pm ☏ 717-861-9482
DMVA Cafe ☏ 717-861-2450
Recreation Center Bldg. 13-190 Annville, PA 17003 Fri-Sun 6-10 pm ☏ 717-861-2296
Leisure Travel Services Bldg. 9-65 Fisher Avenue Annville, PA 17003 Thu & Fri 9am - 1pm ☏ 717-861-3994
All-Army Sports Program ☏ 717-861-2647
Blue Mountain Sports Arena Call for classes available Bldg. 4-117 Annville, PA 17003 Winter Hours Start Oct 5: Mon-Fri 6 am-8 pm Sat-Sun 8:30 am-8 pm ☏ 717-861-2711
Warrior Fitness Center Bldg. 12-99 Annville, PA 17003 Open 24/7 with access key ☏ 717-861-9611
Sports/Racquetball Courts *Reservations required ☏ 717-861-2711
Outdoor Recreation ☏ 717-861-2711
Stumps Garage, Inc. ☏ 717-861-5440

KEY NUMBERS
Emergency ☏ 911
Chapel ☏ 717-861-2112
Credit Union ☏ 717-865-6641
Veterans Affairs ☏ 717-861-8902
Museum ☏ 717-861-2402
ID Card Center ☏ 717-861-8693
Judge Advocates ☏ 717-861-8891
HRO/Employment/Jobs Federal: ☏ 717-861-8709
HRO/Employment/Jobs State: ☏ 717-861-6993
SATO Travel 1-800-603-1993
Post Exchange ☏ 717-861-2058
Barber Shop ☏ 717-861-2058
Military Clothing ☏ 717-861-2976
Subway ☏ 717-865-1700
Tuition Assistance ☏ 717-861-9238
Public Affairs ☏ 717-861-8468
Police Department ☏ 717-861-2727
Fire Department ☏ 717-861-2111
Education Center ☏ 717-861-9341
Emergency Relief ☏ 717-861-8841
Medical Clinic ☏ 717-861-2091
Range Control Hunting & Fishing ☏ 717-861-2152

FAMILY AND MORALE, WELFARE & RECREATION

12 FIRST CHOICE MAGAZINE | FIND US ON FACEBOOK: MWR FIRST CHOICE
**HOURS**

Arrowheads Bar & Grill
Sun-Thu, 11am – 10pm
Fri & Sat, 11am – Midnight
OPEN TO THE PUBLIC
717-861-9481

**EVENTS**

**HOLIDAY TREE LIGHTING**
Dec 4
3:30pm – Tree Lighting @ C-130 Aircraft on Fisher & Wiley
4:00pm – Visit with Santa @ Ft. Indiantown Gap Community Club
Candy Canes for the Kids
Hot Chocolate, Warm Cider, Cookies
FREE and Open to the Public

**ARMY VS. NAVY GAME**
Dec 12,
Doors open 2pm. Game 3pm.

**RIGHT HAND MAN NIGHT**
Dec 23
4-6pm
Bring your Right Hand Man, Woman, Soldier or Co-Worker
And let them how important they are to you!
4-6pm
FREE Appetizers (while supplies last)
Beers tasting provided by Snitz Creek Brewery
WIN a $100 Best Buy Gift Card from First Command Financial Services
(must be present to win)

**ROARING 20’S NEW YEAR’S EVE GALA**
Dec 31
7pm-1am
Costumes encouraged
$25/couple, $15/person

**YUENGS & WINGS TUESDAYS**

Starts at 4pm
48 oz pitcher & 8 wings
Just $10

**ONGOING EVENTS**

**YUENGS & WINGS TUESDAYS**

Starts at 4pm
48 oz pitcher & 8 wings
Just $10

**Monday Night Football Specials**

**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**

$5 Pitchers
Angry Orchard, Shock Top, Blue Moon Coors, Coors Light, Miller, Miller Light

**LIVE BROADCASTS**

Shown on 13 HDTVs
NASCAR
NFL Sunday Ticket
Basketball

...and much more!

**UPCOMING HAPPENINGS**

“Big Game” Party: Feb 7
Mother’s Day Brunch: May 8
Father’s Day Brunch: June 19

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**FORT INDIANTOWN GAP**

**BLUE MOUNTAIN SPORTS ARENA**

Building 5-117
717-861-2711

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**FORT INDIANTOWN GAP**

**BLUE MOUNTAIN SPORTS ARENA**

Building 4-117
717-861-2711

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**BOXCAR COFFEE SHOP**

FORT INDIANTOWN GAP COMMUNITY CLUB

Building 5-65
717-861-2619
DAILY 6-10 A.M.

Seattle’s Best Coffee • Breakfast Sandwiches • Freshly Baked Goods
Free WiFi • HDTV

As always... Service with a smile...
When many of us reflect on the abundance that wraps our families in comfort while so many others may struggle to stay warm or feed their families, giving back to our community becomes especially meaningful. The generosity of our Soldiers, Family Members, Retirees and Civilians in the Greater Carlisle Area is impressive.

Charity begins at home. Army Community Service was built on the framework of the Army caring for its own. Programs such as Army Emergency Relief, the Army Family Advocacy Program, Survivor Outreach Services and Relocation and Deployment Readiness help Soldiers and Family members every day deal with the unique challenges of Army life. ACS is dedicated to helping the people who come through the door with any need. These endeavors are rewarding and ACS is there to help those in need.

So many volunteer because they have learned charity at home, following the example shown to them by their parents. Army Family Members volunteer on the installation and in the community, they are soccer coaches, classroom tutors and Girl Scout leaders. They serve at food pantries and homeless shelters, participate in charity run/walks, fund-raise to provide scholarships and to donate money to local organizations. They are a grassroots community who use social media to identify a need and fill it.

Our community is grateful for the commitment and sacrifice of our Military Families. Commissary vendors, a disabled veteran’s motorcycle club and other sources donate their time and money to fund the purchase of holiday food bags and turkeys for Service members and their Families. This year the ACS team shopped at the Commissary and brought everything back to their office where they divvied the items into bags to be distributed.

Carlisle Barracks Community member volunteers are amazing networkers and motivators. By putting out the call to the Spouse Share Facebook page, volunteers were recruited this past month to prime and refinish the floors at the newly renovated Project Share Farm Stand. One of the volunteers mentioned she would rally her friends for the work group telling them “we’ll get our work-out by helping Project Share!” Youth affiliated with Carlisle Barracks are active volunteers in their community through school, church and Scouts. If you drive along Liggett Avenue you will see the efforts of a recent Eagle Scout project that this spring will transform into a beautiful vegetable garden.

As the holiday season continues, the efforts of our volunteers will be seen at Project Share food distribution. Soldiers from the Dental Clinic and Better Opportunities for Single Soldiers will stand shoulder to shoulder with Civilian Employees and Spouse Club members to distribute food to over 1,000 households in the greater Carlisle area.

The need for volunteers actually increases once we celebrate the holidays and get back to our own hectic schedules. If you would like to volunteer for food distribution in the months of February, March and April, Project Share has opportunities for you and your family. During the summer months gleaning workgroups go into farmer’s fields and orchards to harvest fresh fruit and vegetables. This is labor intensive, hard work, but done among the scenic rolling hills of Central Pennsylvania. Giving back to your community is important. Studies show that those who volunteer live longer, are happier and feel a sense of belonging. Consider giving back this holiday season and make it part of your daily life. Contact Army Community Service at 717-245-4357 to discover volunteer opportunities in our community.
Everyone Should Have ‘One Warm Coat’

By: Ivy Blasser

Have you or your kids grown out of your old coat. Do you need more space in your closets?

The “One Warm Coat” drive is in full swing at the Moore CDC and now is the time to donate new or clean, gently used coats and jackets to those in need.

**Coats of all sizes are welcome!**

To donate bring coats and jackets now through December 7, between the hours of 6:30am-5:30pm to the Moore Child Development Center, 455 Fletcher Road, Carlisle, PA 17013

More information Contact: Carolyn Savastano - 717-228-9701

One Warm Coat is a national non-profit organization that supports and encourages coat drives. It helps individuals, groups, companies and organizations across the country collect coats and deliver them to local agencies that distribute the coats free to people in need.

More than one million coats have been provided to those in need at no cost since the program began in 1992.
Exploring Cumberland Valley

BY KRISTEN ROWE

December is a great time to catch a holiday performance in Cumberland Valley.

Each year Allenberry presents an original story (written just for Allenberry) filled with laughter, music and holiday cheer. Celebrate the season with Santa Claus, sticky buns, roaring fireplaces, caroling, music, family and friends. This year’s show will run November 04, 2015 to December 20, 2015 and is titled There’s No Place Like Home for the Holidays.

The state-of-the-art Luhrs Center at Shippensburg University hosts a variety of acts surrounding the holiday season. Top touring performers and old favorites have performed Christmas classics at the center. This year’s festive performances include Celtic Woman “Home for Christmas” The Symphony Tour on December 3rd and Mannheim Steamroller Christmas by Chip Davis on December 9th.

The Central PA Youth Ballet is located in Carlisle and is a nationally and internationally recognized school of classical ballet. Around the holidays, the CPYB performs George Balanchine’s The Nutcracker at the nearby Whitaker Center on December 12th and 13th and the Hershey Theatre on December 19th and 20th. They are the only pre-professional ballet school allowed to perform this version.

The Carlisle Theatre will host a Carlisle Theatre Holiday Celebration - White Christmas on December 5th.

If you’re looking for gift suggestions check out the Cumberland Valley Facebook page and Twitter pages for our 2015 gift guide countdown, running through December 12. Each day we will feature a gift for someone on your list from a local shop. You can enter to win the daily gift and help businesses by shopping local for the holidays!

This is also a great time of year to take in a local event. View a collection of seasonal events below and find a complete list of events and other things to see and do at VisitCumberlandValley.com.

Santa’s Workshop Exhibit @ Cumberland County Historical Society – Dec 4th–Jan 2nd
Come see what Santa’s elves have been up to! Cumberland County Historical Society is taking a peek into Santa’s workshop to see what the elves have been making over the past year for good girls and boys.

Market of Curiosities @ Carlisle Ribbon Mill – Dec 5th
Miss Ruth’s Time Bomb invites you to step-right-up to The Market of Curiosities, an odd market for everyone! Enjoy three-rings of shopping, beer tasting, and live music. Find unique holiday gifts from over 50 independent artists, vintage collectors, and DIY crafters. Savor the great taste of fine micro-brewed beers, delicious food, and experience outstanding live music. All these treats take place under the big top of the historic Carlisle Ribbon Mill. Add this event to your December calendar and be amazed!

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Pine Wreath Workshop & Luncheon @ Ashcombe Farm & Greenhouses – Dec 14th
Enjoy a delicious lunch of assorted salads, sandwiches, chips, macaroni salad, a bakery tray and drinks. Then, make a beautiful fresh wreath from assorted greens, pine cones, flowers, holiday embellishments, and a bow. Pre-registration and payment required.

First Night Carlisle in Downtown Carlisle – Dec 31st
First Night is a family-oriented, non-alcoholic celebration of the arts held on New Year’s Eve on the streets of downtown Carlisle. It is a major visual and performing arts festivity created by and for the community to welcome in the New Year. It is a public celebration that revives the ancient tradition of marking the passage of time with art, ritual, and festivity in a present-day context.

Santa’s Workshop Exhibit @ Cumberland County Historical Society – Dec 4th–Jan 2nd
Come see what Santa’s elves have been up to! Cumberland County Historical Society is taking a peek into Santa’s workshop to see what the elves have been making over the past year for good girls and boys.

Christkindlesmarkt @ Pennsylvania National Guard Armory – Dec 5th
Join us for this holiday crafts bazaar sponsored by the Carlisle Barracks MWR. There will be holiday entertainment, holiday music, quality artisans and great food. Admission and parking are free.
While things are getting cold in South Central Pennsylvania, things are just starting to heat up inside the Strike Zone Bowling Center for the month of December. Did you know the Strike Zone is the perfect place to have your holiday party? We have several catering options available from your basic pizza and wings get together up to a buffet dinner. You can book your party any time open play is available. Are you having a party at home and forgot to provide the spirits? It is okay, because you can get your favorite 6-pack of beer or malt drink already cold and ready to serve. We also stock cases of everyone’s favorite US Army War College brew for takeout. Do you need to find a gift for the finicky bowler on your shopping list? We have a large supply of items for every bowler from the novice to the advanced. If we don’t have it, we can order and have as soon as the next day. Last but definitely not least we are proud once again to hold our annual New Year’s Eve parties. We have an early “family” package for those with younger children that would like to enjoy the festive atmosphere. It runs from 7-9 pm and is just $16.00 per person. It includes all you can bowl, shoe rental, snacks and soda. It also includes a mock countdown with champagne or sparkling cider toast. We also have a traditional package that runs from 10pm-1am. For just $24.95 per person you can enjoy all you can bowl, shoe rental, hors d’oeuvre bar, soda, and a champagne toast at midnight. You can also watch the ball drop from New York City on our big screens over the lanes. We look forward to servicing your season needs this December at the Strike Zone.
Bariatric surgery changes lives. It can restore confidence, mobility and energy—and it can resolve or improve certain obesity-related medical problems like GERD, sleep apnea and asthma.

If you are a candidate for surgery, you can find your best weight and your best life with the help of PinnacleHealth’s experienced surgeons. They have completed more than 5,500 successful bariatric procedures since 1998, and our program is marked by exceptional weight loss surgery outcomes and very low infection and complication rates—earning the PinnacleHealth Weight Loss Center the prestigious Center of Excellence designation twice.*

Find out if surgery is the right option to help achieve your goals and reach your best weight. Visit pinnaclehealth.org/bariatric.

(717) 231-8900 | pinnaclehealth.org/bariatric

*Surgical Review Corporation on behalf of the American Society for Metabolic and Bariatric Surgery.
FaMily and Morale, welFare & reCreation

LETTERKENNY ARMY DEPOT

MORALE WELFARE & RECREATION

DIRECTORY

Letterkenny Army Depot Operator (Information)
☎ 717-267-8111

Driver Hotline Number
☎ 717-267-5220

Office of the Commander
☎ 717-267-8300

Tieman Child Development Center
☎ 717-267-5219

Parent Central Registration
☎ 717-245-3801

Public Affairs Office
☎ 717-267-9741

Police, Fire, Ambulance: Emergency
☎ 911

Police, Fire, Ambulance: Non-Emergency
☎ 717-267-9101

Security Office
☎ 717-267-8800

DOIM Technical/Hardware Support
☎ 717-267-8000

LEAD Quality Hotline
☎ 717-267-9693

CAC and Military ID Office
☎ 717-267-8751

EEO office and Sexual Harassment Hotline
☎ 717-267-8524

Letterkenny Munitions Center
☎ 717-267-8400

US Army Occupational Health Clinic
☎ 717-267-8017

OUTDOOR GEAR MAINTENANCE CLINICS

at Outdoor Recreation
May 27 | Jun 23 | Dec 16
6-8pm $20 p/p

245-4616 | www.carlislemwr.com | @CarlisleOutdoorRec

Sensitive Santa • December 5
We are welcoming EFMP Families and military friends to come meet Santa in a comfortable environment. Your child will receive a free digital photo and a chance to write a letter to Santa!

11:00 AM • 3:00 PM
ACS building 632
Call 245-4357 to schedule

www.carlisleMWR.com • @CarlisleMWR

Bored? Nowhere to go? Nothing to do?

Monday - Friday every week after school in the Middle School & Teen Lounge & Game Room!

JOIN US!

Ages 12-18

Hours: Mon. - Thurs. 2:45 - 7 PM • Fri. 2:45 - 9 PM

McConnell Youth Center • 717/CarlisleBarracksCYSS • www.carlisleMWR.com

LEONARDO DELL'ERNA

WINTER LICK-IN

Open to grades K - 5 • Register by Dec 3 at 6 PM

McConnell Youth Center • 459 Bouquet Rd • Carlisle Barracks
717/245-4555 • www.carlisleMWR.com
Ring in the New Year at LeTort View Community Center

The Ultimate Motown New Year's Eve Party!

6 PM - 12:30 A.M.

$30 dancing only (must pay when making reservation)
$50 per person $80 per couple

Limited Seating — Make your Reservation Today!
Deadline for reservations: December 29

Reservations (717) 245-4329
Shuttle Service will be available for Carlisle Barracks and Carlisle Area
OPEN TO THE PUBLIC • www.carlislemwr.com • CarlisleFMWR

NEW YEAR’S EVE

COSTUMES ENCOURAGED, DRESS IN YOUR FAVORITE 1920’S OUTFIT!

7PM - 1AM

717-861-2450

No federal endorsement intended.

FORT INDIANTOWN GAP COMMUNITY CLUB

Roaring 20’s New Year’s Eve Gala

NEW YEAR’S EVE

CALL FOR RESERVATIONS NO LATER THAN DECEMBER 29

$15/PERSON OR $25/COUPLEx

FTIGCommunityClub
Fort Indiantown Gap Community Club
9-65 Fisher Avenue, Fort Indiantown Gap

No federal endorsement intended.