In this Issue:

- Holiday Coloring Contest Winners
- Golf Course Announces Fee Changes for 2018
- What’s Happening in Lebanon Valley
- Exploring Cumberland Valley
- Blended Retirement System
Disney’s Armed Forces Salute 2018

4-Day Park Hopper Tickets $222.00 • 4-Day Park Hopper Plus Tickets $261.00
5-Day Park Hopper Tickets $242.00 • 5-Day Park Hopper Plus Tickets $281.00

Tickets may be used January 1, 2018, through December 19, 2018. All tickets and options are non-transferable and must be used by December 19, 2018.

Eligibility Requirements

• Active Duty, Retired personnel only.
• The military person or the spouse of that person with current military ID must be present and activating a ticket for themselves for family and friends to utilize the tickets.
• A limit of 6 tickets per eligible military person will be allowed for the length of the program.
• All tickets and options are NON TRANSFERABLE and must be used by December 19, 2018

Other restrictions may apply.

Call for Availability & to Place Your Order*

Leisure Travel Services
Carlisle Barracks • 717-245-4048 • 842 Sumner Rd • Carlisle, Pa
Fort Indiantown Gap • 717-861-3994 • 9-65 Fisher Ave • Annville, Pa

Please plan to purchase your tickets 3-4 full weeks prior to the date they are needed to activate them with your “my Disney experience” program. Linked tickets are considered “used” and are NON refundable/NON transferable. If tickets are NOT in stock it can take up to 4 weeks to get them into our offices.

*All LTS prices are subject to change and availability

SPECIAL Disney Parks Ticket Offer
Available Now!
Happy New Year! We are ringing in the New Year at MWR and it is time to make those resolutions for 2018. Did you enjoy all of those wonderful holiday meals? Is your resolution to establish a fitness routine? MWR is offering many different options to help meet your goals and lifestyle. Check out all of the opportunities available to you on page 15. It’s our goal to help you find classes and a schedule that meets your needs. Keep in mind that there is more than one way to get active. We offer dance classes at the Letort View Community Center, bowling at the Strike Zone Bowling Center and multiple trips throughout the year with Outdoor Recreation. Enjoy all these activities while having fun with your entire family.

Don’t let the winter blues get your family down. Sign up for one of our many day trips through Leisure Travel Services (LTS) or check out one of the many activities available to our military youth via our Child and Youth Program. The CYS has monthly socials and trips for our Middle School and Teen kids and the highly popular Friday Night Dodgeball. We offer many discounted opportunities to local attractions, as well as LTS bus trips your whole family can enjoy. Sign up today and start your new lifestyle!

Whatever your resolution, MWR wishes you all the best for a healthy and prosperous New Year!
On the Cover
There are so many things you can do during the winter in Central PA. Enjoy many of the local Ski Resorts or visit downtown Carlisle’s Ice Festival. Movie time is great as well at Reynolds theater on the Carlisle Barracks. Winter can be a great time of the year to spend with family and enjoy the cold.

Features

5  Carlisle Barracks Directory
6  Carlisle MWR Happenings
8  Exploring Cumberland Valley
9  What’s Happening in Lebanon Valley
9  Letterkenny Army Depot Directory
10 MWR Holiday Coloring Contest Winners
12 Golf Course Announces Fee Changes for 2018
14 Blended Retirement System
15 Thorpe Fitness Center Schedule
16 Fort Indiantown Gap Directory
17 Fort Indiantown Gap MWR Happenings
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
First Sat of each month 8am-Noon
(except 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
☎️ 717-245-3156 First Sat of each month 8am-Noon
(except prior to a Mon Holiday)
Frame & Engraving
☎️ 717-245-3319
Frame Studio - Self Help
Thu 1pm-8pm
Fri 10am-4pm
☎️ 717-245-3319
Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Bowling Hours of Operation:
(Winter Hours)
Sep 6, 2016-May 30, 2017
Mon-Fri 8:30am-9pm
Sat 1-9pm (except during Youth
Bowling Nov-Mar 9am-9pm)
Sun 1-8pm
☎️ 717-245-4109
Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8am-4pm
☎️ 717-243-3262
19th Hole Snack Bar
Closes for Winter Nov 23rd
Mon-Fri 10am-2pm
☎️ 717-245-3267
Child, Youth & School Age Services
459 Bouquet Road
Carlisle, PA 17013
Mon-Fri 6:30am-6pm
Root Hall Gymnasium
Mon-Fri 5:00am-7:30pm
Sat, Sun & Holidays Closed
☎️ 717-245-4343/3906
Indian Field Fitness Center
Mon-Fri 5am-7:30pm
Sat, Sun & Holidays Closed
☎️ 717-245-3535
Army Community Service
632 Wright Avenue
Carlisle, PA 17013
Mon-Fri 7:30am-4pm
☎️ 717-245-4357
Family Advocacy Manager/
Exceptional Family Member
☎️ 717-245-3775
Consumer Affairs
☎️ 717-245-4720
Employee Readiness/Transition
Assistance Program
☎️ 717-245-3684
Army Family Action Plan/
Volunteer Manager
☎️ 717-245-4357
KEY POST NUMBERS
Emergency
☎️ 911
Post Operator
☎️ 717-245-3131
Chapel
☎️ 717-245-3318
Civilian Personnel / Jobs
☎️ 717-245-3923
Commissary
☎️ 717-245-3105
Navy Federal Credit Union
☎️ 888-842-6328
Dental Clinic
☎️ 717-245-4542
Dunham Health Clinic
☎️ 717-245-3400
Education Center
☎️ 717-245-4135
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
☎️ 717-245-4998
Motorcycle Registration
☎️ 717-245-4115
Cleaning, Tailoring, Shoe Repair
☎️ 717-258-1857
Vet Clinic
☎️ 717-245-4168
SPORTS – 245-3906
Strength for Wisdom. U.S. Army
Strength for Wisdom. U.S. Army
War College and Carlisle Barracks
Upcoming Events:
Yoga Tune Up: Monday and
Wednesday at 10:15am and
5:30pm with Certified Instructor
Linda Arcuri.

WELLBEATS: Now available at the
Thorpe Fitness Center! Wellbeats
provides a personalized approach
to group fitness – giving people
the right tools they need to reach
their goals, regardless of their
schedule, fitness ability or workout
preferences.

Tae Kwon Do: Tue & Thu from
4:30-6pm (Sep thru May). 13-Adult
(11-12 w/parent) $15 a month per
person. Instructor William Beidel,
6th Degree Black Belt.

Cardiovascular Workout
with some Insanity: Tue & Thu from
6-7pm (Sep thru May). $5 per
person. Instructor William Beidel,
6th Degree Black Belt.

Fitness Classes: Thorpe Fitness
Center. TRX, TRX (for Adults over
40), Zumba and Spinning. There is
a Fee for all classes.

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

Massage Therapy: Thorpe Fitness
Center. Appointments available
Mon-Sat. 717-701-3040 (Text
Only).

Personal Training: Thorpe Fitness
Center. Contact Sheila Goddard
816-616-7671.

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)

BARRACKS CROSSING
AUTO SHOP – 245-3156

Oil Drop Off Location: Drop your
oil off during normal business
hours. FREE & GREEN

LEISURE TRAVEL SERVICES
245-4048/3309

GET YOUR TICKETS AT THESE
GREAT LOCATIONS:
Carlisle Barracks - 842 Sumner
Road (located beside Commissary)
Fort Indiantown Gap Community
Club - 9-65 Fisher Ave
Disney 2018 Military Salute tickets
available now!

Baltimore Aquarium Discount
Tickets: $28.25 Active Duty Military,
$34.75 Adults, $21.75 Children (3-
11) and $30.25 Senior (65+).

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

BOWLING – 245-4109

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

Thursday Night “Happy Hour”
Winter Fun League: Jan 11-Apr
12 from 5:30-7:30pm. $8.25
per person. 2 Games – Fun
Competition – Music. Brief
organizational meeting on Jan 4 at 5:30pm.

**Monday Night Winter Mixed League:** Jan 15–April 16 from 6:30-9pm. 3 Games semi-competitive. $8.25 per person. Organizational meeting on Jan 8 at 6:30pm.

**Friday and Saturday Cosmic Quartermania:** Jan 5–Apr 28, 2018 from 7-9pm. Bowl for $.25 per game/person. $5 cover charge.

**Pizza – Pins – Pop:** Every Sunday from 2-5pm. Special Runs from Jan 7 – Mar 25, 2018. 2 Hours of bowling for 4 people, shoe rental, one plain pizza and one pitcher of soda for ONLY $28.95 per lane. $5 each additional person. No reservations allowed.

**GOLF – ☏ 243-3262**

**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 Matt Hoffman.

**OUTDOOR REC – ☏ 245-4616**

**CLOSED for the Season**

**MUST REGISTER ONE WEEK PRIOR FOR ALL EVENTS**

**CHILD & YOUTH SERVICES**
McConnell Youth Services ☏ 245-4555
Moore Child Development Center ☏ 245-3701

**School Liaison Office** ☏ 245-4638
**School Age Care Programs** ☏ 245-4555
**Middle School & Teen Programs** ☏ 245-4642

**Youth Sports & Fitness** ☏ 245-3354

**Friday Night Dodgeball:** 1st-12th grade. 7-8:45pm

**Winter Youth Basketball League:** Basketball is currently OPEN for registration! Practices and Games begin the first week of January.

Cost is $45 per player, with a multi-sibling discount available if you’re looking to register additional children. Open to those 1st grade through 12th grade; specific divisions for each

**Spring Youth Soccer:** Soccer registration is currently OPEN for the Mar 12-May 19 season! Register by March 1. Cost is $45 per player, Ages 5-18 & $25 for Start Smart Ages 3-4yrs. Multi-sibling discount available.

**Volunteer Youth Sports Coaches Needed:** Head coaches will receive a FREE LEAGUE FEE.

**GET A JOB WITH US USAJOBS.GOV**

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**PERSONAL TRAINING RESULTS**

**JIM THORPE FITNESS CENTER**

**SESSIONS**
30 Min $25
60 Min $40

**PACKAGES**
30 Min Sessions (10) $225
60 Min Sessions (10) $380

**PERSONALIZED PROGRAM**
8 Weeks of 3 Workouts per week based on goals.
(Includes initial consultation and 2 follow up 30 min sessions at week 4 and 9)

$300

Ready to make the commitment?

**CONTACT**
Sheila Goddard
816-616-7671  inhelppingyougethealthy@gmail.com
Please call, text or email to make arrangements for a session.

www.carislemwr.com  ☏ 245-3262

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**WANT RESULTS?**

**SCHEDULE YOUR FREE PERSONAL TRAINING TRIAL TODAY!**

**FREE TRIAL**

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WWW.1STCHOICEMAG.COM | JANUARY 2018 7
The New Year is filled with live performances, weekend getaways and winter celebrations. Check out the Top January Events below! Find more details at VisitCumberlandValley.com.

Sacred Energy Circle, Yoga at Simply Well, Jan 5
Every New Day/Year is an opportunity to mentally clear and open to the infinite realm of possibility, enabling each to break free of limiting patterns that have kept a stranglehold on one’s journey. Opting for joy as a conscious focus ensures a shift in the entire earthly paradigm, not only broadening one’s personal horizon, and absolutely contributing to the collective awakening.

Pennsylvania Farm Show, PA Farm Show Complex, Jan 6-13
Take part in the annual week-long celebration of all things Pennsylvania agriculture. Enjoy the famous Farm Show food, check out hundreds of agricultural exhibits, see the sculpture carved from over 1,000 pounds of butter, learn about the wonders of nature, and explore everything that makes agriculture Pennsylvania’s leading industry.

First Sat. Afternoon Tea, The Rosemary House, Jan 6
Celebrate the New Year with stars and glitz and all that’s new again. A complete Afternoon Tea will feature salad followed by the three tiered tray complete with tea sandwiches, two varieties of scones, fresh fruit, and tasty desserts. Steaming hot pots of tea of course.

Winter Blues Party, Castlerigg Wine Shop, Jan 27
Chase those winter blues away with the annual Winter Blues Party. Wear blue and donate canned goods for Project Share. The more blue and the more canned goods the better chance to win prizes!

Mile Twelve Performance, Holly Inn, Jan 27
Mile Twelve is a fresh, hard driving young band beautifully walking the line between original and traditional bluegrass. Fast gaining recognition for their outstanding performances in bluegrass and folk circles, Evan Murphy, Bronwyn Keith-Hynes, Nate Sabat, BB Bowness and David Benedict write captivating songs and daring instrumental pieces from diverse influences.

Research 101: Photographs USAHEC, Jan 20
Learn from USAHEC’s Reference Historian, Mr. Rodney Foytik, as he gives a presentation about how to research photographs in the USAHEC Collection. Mr. Foytik will assist participants with learning how to find captivating and expressive photographs in the USAHEC Collection to support personal research or a specific topic.

Drink to the LeTort, Molly Pitcher Brewing Co., Jan 20
Join Central PA Conservancy (CPC), Friends of the Letort, & Molly Pitcher Brewing Co. in support of CPC’s acquisition and natural restoration of the former watercress farm surrounding this famous stream’s headwaters. Help protect and restore the Letort headwaters – purchase a Letort Brew, a Crowler, or a Growler, and a portion will be donated to the project.

Exploring Cumberland Valley
BY: KRISTEN ROWE

The Bad Seed, Little Theatre of Mechanicsburg, Jan 12-13, 19-21, 26-28
Bad Seed by Maxwell Anderson, is the fourth show in the 67th Season. The scene is a small Southern town where Col. & Christine Penmark live with their daughter, Rhoda. When one of Rhoda’s schoolmates is mysteriously drowned at a picnic, Mrs. Penmark is alarmed. For the boy who was drowned was the one who had won the penmanship medal that Rhoda felt she deserved.

Regency Yule Ball @ Dill’s Tavern & Plantation, Jan 13
Pull on your best white gloves and fanciest petticoats for the Dill’s Tavern Regency Yule Ball on Jan 13. Step back in time to 1812 with raging hearths, English Country Dancing, fine food, and live 19th-century music. Historical dress is encouraged, but not required.

Murder Mystery Weekends, The Allenberry Resort, Jan 19-21, 26-28, Feb 2-4, 9-11
Your culinary caper includes overnight accommodations for two nights, and a cocktail party and dinner on Fri. evening. On Sat. enjoy a continental breakfast, lunch and dinner, followed by a costumed cocktail party, live music and dancing. The event will finish with a delightful brunch on Sunday. All rooms are double occupancy and the price is $499.50 per person.
WHAT’S HAPPENING IN LEBANON VALLEY?

BY MARY WEGLEY

WE LOVE SHOWING OFF ALL THINGS LEBANON VALLEY! TAG US #VISITLEBANONVALLEY TO SHARE WHAT IT IS YOU LOVE ABOUT OUR COMMUNITY. VISITLEBANONVALLEY.COM

NEW YEAR’S DAY HIKE ‘N’ KRAUT, GOV. DICK PARK, MT. GREATNA, JAN 1, 11AM

IT’S A TRADITION! BRING IN THE NEW YEAR ON THE RIGHT FOOT (AND LEFT FOOT) WITH A HIKE IN THE BEAUTIFUL WOODLANDS OF THE PARK. THE HIKE WILL BE FOLLOWED BY A PORK & SAUERKRAUT LUNCH, $3/PER. OR YOU CAN BRING A DISH TO SHARE. MAKE SURE YOU REGISTER!

PALETTE PARTY, PAINT & WINE CLASS, BRUSHSTROKES ON CANVAS, JAN 7, 1-3:30PM

CREATE YOUR OWN WOODEN ARTWORK FROM START TO FINISH, WE’LL INSTRUCT YOU EVERY STEP OF THE WAY. CHOOSE FROM OUR SELECTION OF PHRASES TO PLACE ON YOUR PALETTE. NO ART OR WOODWORKING SKILLS NEEDED. SEATING IS LIMITED SO CALL 717-644-9980 TO PICK YOUR SIGN AFTER YOU HAVE RESERVED YOUR PLACE ON LINE.

FIVE LITTLE SNOWFLAKES, MT. GREATNA CRAFT BREWERY, JAN 9, 9:30 - 10:30AM

BRING YOUR LITTLE ONE (BABIES, TODDLERS AND PRESCHOOLERS) TO CELEBRATE THE WINTER SEASON! STORY READING, SONG SINGING & SNOW FLAKE CRAFT WITH CAROL ANNE FRIESEN, WELCOME LITTLE ONES LEARNING CENTER, PALMYRA. PRE-REGISTRATION REQUIRED: $10/CHILD & $3/ADDITIONAL SIBLINGS, CLASS SIZE LIMIT: 12

3RD ANNUAL DANCING WITH THE STARS, ALL ABOUT YOU CATERING, LEBANON, JAN 13, 6PM

BENEFITING DOMESTIC VIOLENCE INTERVENTION OF LEBANON CY, $40 COCKTAILS, DINNER, SHOW.

BOLOGNAFEST 2018, JAN 26-27, LEBANON VALLEY EXPO CENTER AND FAIRGROUNDS, ADMISSION $4 KIDS UNDER 12 FREE.

YOU’RE A GOOD MAN, CHARLIE BROWN, JAN 31-FEB 4, LEBANON COMMUNITY THEATRE, WED/THUR NIGHT ADULTS $20, STUDENTS $15, WEEKEND PERFORMANCES ADULTS $22, STUDENTS $18

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 or DSN 570-9693
CAC and Military ID Office
717-267-8751
EEO Office and Sexual Harassment Hotline
717-267-8324
Letterkenny Munitions Center
717-267-8400
US Army Occupational Health Clinic
717-267-8040

WHAT’S HAPPENING IN LEBANON VALLEY?

MARY WEGLEY

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CREATE YOUR OWN WOODEN ARTWORK FROM START TO FINISH, WE’LL INSTRUCT YOU EVERY STEP OF THE WAY. CHOOSE FROM OUR SELECTION OF PHRASES TO PLACE ON YOUR PALETTE. NO ART OR WOODWORKING SKILLS NEEDED. SEATING IS LIMITED SO CALL 717-644-9980 TO PICK YOUR SIGN AFTER YOU HAVE RESERVE...
WE’RE THE KEY TO YOUR NEXT ADVENTURE

> Easy application and fast approval process
> Low monthly payments
> Flexible payment options

Plus, if you didn’t finance your current auto loan at Navy Federal, now is your chance to save. **Refinance your auto loan from another lender with us and get $200.¹**

Easily apply with our mobile app,² online or at your local branch.

navyfederal.org  1.888.842.6328
Carlisle Barracks
842 Sumner Road

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Federally insured by NCUA. ¹Existing Navy Federal loans are not eligible for this offer. You must make your first scheduled payment in order to receive the offer. $200 will be credited to the primary applicant’s savings account between 61 and 65 days of the loan origination date. If the auto refinance loan is canceled or paid off in the first 60 days, the $200 offer will become invalid. Offer may end at any time. Recipient is solely responsible for any personal tax liability arising out of the acceptance of this incentive. ²Message and data rates may apply. Visit navyfederal.org for more information. © 2017 Navy Federal NFCU 10139-A_carlisle (11-17)
Holiday Coloring Contest Winners

We received so many fantastic entries for the Carlisle Barracks FMWR Holiday Coloring Contest! Thanks to everyone who participated! We loved seeing the creativity and coloring ability of all the entries. All five of our winners will be notified no later than Wednesday, January 3.

Congratulations to our winners!

Ages 4-6 Winner
Tyson Habhab

Ages 7-9 Winner
Natalie Jauga

Ages 10-12 Winner
Anthony Hartman

Ages 13-17 Winner
Jessica Kirk

Ages 18+ Winner
Suni Jauga
Golf Course Announces Fee Changes for 2018
BY: TOM ZIMMERMAN

In an effort to make the rate structure easier to understand and to help offset increased upkeep and maintenance costs, the Carlisle Barracks Golf Course will condense fee categories and raise some fees for the first time in nearly 7 years.

Effective Feb. 1, the rates listed below will be in effect and have been condensed from five categories to three.

“These fees will help up offset some of the costs in upkeep that we have absorbed for the last 6-7 years,” said Matthew Hoffman, Assistant Business Manager/Head Golf Professional Carlisle Barracks Golf Course. “We’ve seen increased costs in fertilizers, chemicals and more that we need to keep our facility among one of the best in the area.”

“These rates are still competitive with the rates you will see at many public and private courses in the area,” said Hoffman. The fee changes also bring the course into compliance with IMCOM guidance.

Also coming in the near future is a brand-new, state of the art golf clubhouse. Ground breaking for construction is scheduled to start later this year on the new 9,900 square foot facility that will feature a full bar and dining area and year-round golf simulator.

Just a reminder that the Carlisle Barracks Golf Course is open to the general public, not just DoD ID Card holders and retirees.
Marcello’s ristorante & pizzeria

900 Cavalry Road
Carlisle, PA 17013
717-258-1222
alfredomarcellos@gmail.com
marcelloscarlisle.com

$5 OFF purchase of $25 or more

Voted best of Carlisle!

COLDWELL BANKER

RESIDENTIAL BROKERAGE

I Listen…

- Buyers Agent: $53,000 - $380,000
- Listing Agent: $52,000 - $575,000
- Client Ages: 28 - 83

I Understand…

- 12 Years Active Duty
- 14 Moves
- 21 Years at Carlisle Barracks
- Homeowner, Tenant, and Landlord

I Care…

Peter “Pete” Collins
Realtor

pete@PeteCollinsHomes.com
PeteCollinsHomes.com

Office: 717.243.8080
Cell: 717.226.4589
52 West Pomfret Street
Carlisle, PA 17013

Marcello’s ristorante & pizzeria

900 Cavalry Road
Carlisle, PA 17013
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52 West Pomfret Street
Carlisle, PA 17013

All members serving as of December 31, 2017, are grandfathered under the legacy retirement system. No one currently-serving will be automatically switched to the Blended Retirement System.

Though they are grandfathered under the legacy retirement system, Active Component Service members with fewer than 12 years since their Pay Entry Base Date, and Reserve Component Service members who have accrued fewer than 4,320 retirement points as of December 31, 2017, will have the option to opt into the Blended Retirement System. The opt-in/election period for the Blended Retirement System begins January 1, 2018, and concludes on December 31, 2018.

All Service members who enter the military on or after January 1, 2018, will automatically be enrolled in BRS

The training will provide an overview of the TSP’s role in the Blended Retirement System, TSP contribution rules under the BRS, BRS opt-in eligibility, traditional vs Roth contributions, DoD contributions, auto-enrollment and auto-reenrollment, TSP lifecycle funds, and using the TSP financial calculators to project potential growth of TSP savings.

The Blended Retirement System allows members to earn government retirement benefits early in their career, noting members can take those benefits with them even if they don’t end up retiring from the military. “The goal of modernizing the retirement system was to go from a system that benefits about 20 percent of all service members to one that benefits about 85 percent of all service members,” Service members are encouraged to go over their options carefully before making decisions on their retirement.

Military personnel are encouraged to visit with a local personal financial counselor or personal financial manager at their installation or a financial counselor. “It’s a very personalized and individual decision.”

The opt-in BRS course is available with a common access card through Joint Knowledge Online or through a service’s learning management system. Military OneSource offers the course without a CAC.
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.

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

4.
0900 - Zumba (Sonoko)
1000 - TRX (Brian & Colton)
1200 - Kickboxing (Brian)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (Bill)
1800 - Cardiovascular (Bill)

5.
0600 - Performance Fitness (Brian & Colton)
0900 - Body Blast (Brian)
1200 - Barbell 30 Min (Brian)

6.
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1200 - Kickboxing (Bill)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (Bill)
1800 - Cardiovascular (Bill)

10.
0600 - Performance Fitness (Brian & Colton)
0900 - Body Blast (Brian & Colton)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1730 - Yoga Tune - up (Linda)

11.
0900 - Zumba (Sonoko)
1000 - TRX (Brian & Colton)
1200 - Kickboxing (Brian)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (Bill)
1800 - Cardiovascular (Bill)

12.
0600 - Performance Fitness (Brian & Colton)
0900 - Body Blast (Brian & Colton)
1200 - Barbell 30 Min (Brian)

13.
0600 - Performance Fitness (Brian & Colton)
0900 - Body Blast (Brian & Colton)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1730 - Yoga Tune - up (Linda)

14.
0900 - Zumba (Sonoko)
1000 - TRX (Brian & Colton)
1200 - Kickboxing (Brian)
1630 - Hybrid boot camp (Bill)
1630 - Tae Kwon Do (Bill)
1800 - Cardiovascular (Bill)

15.
0600 - Performance Fitness (Brian & Colton)
0900 - Body Blast (Brian & Colton)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1730 - Yoga Tune - up (Linda)

16.
0900 - Zumba (Sonoko)
1000 - TRX (Brian & Colton)
1200 - Kickboxing (Brian)
1630 - Hybrid boot camp (Bill)
1630 - Tae Kwon Do (Bill)
1800 - Cardiovascular (Bill)

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

18.
0900 - Zumba (Sonoko)
1000 - TRX (Brian & Colton)
1200 - Kickboxing (Brian)
1630 - Hybrid boot camp (Brian)
1800 - Cardiovascular (Bill)

19.
0900 - Performance Fitness (Brian & Colton)
0900 - Body Blast (Brian)
1200 - Barbell 30 Min (Brian)

20.
0600 - Performance Fitness (Brian & Colton)
0900 - Body Blast (Brian & Colton)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1730 - Yoga Tune - up (Linda)

21.
0900 - Zumba (Sonoko)
1000 - TRX (Brian & Colton)
1200 - Kickboxing (Bill)
1630 - Hybrid boot camp (Brian)
1630 - Tae Kwon Do (Bill)
1800 - Cardiovascular (Bill)

22.
0600 - Performance Fitness (Brian & Colton)
0900 - Body Blast (Brian & Colton)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1730 - Yoga Tune - up (Linda)

23.
0900 - Zumba (Sonoko)
1000 - TRX (Brian & Colton)
1200 - Kickboxing (Brian)
1630 - Hybrid boot camp (Brian)
1800 - Cardiovascular (Bill)

24.
0600 - Performance Fitness (Brian & Colton)
0900 - Body Blast (Brian & Colton)
1200 - Barbell 30 Min Workout (Brian)
1730 - Yoga Tune - up (Linda)

25.
0900 - Zumba (Sonoko)
1000 - TRX (Brian & Colton)
1200 - Kickboxing (Brian)
1630 - Hybrid boot camp (Bill)
1800 - Cardiovascular (Bill)

26.
0600 - Performance Fitness (Brian & Colton)
0900 - Body Blast (Brian)
1200 - Barbell 30 Min (Brian)

27.
0900 - Zumba (Sonoko)
1000 - TRX (Brian & Colton)
1200 - Kickboxing (Brian)
1630 - Hybrid boot camp (Brian)
1800 - Cardiovascular (Bill)

28.
0600 - Performance Fitness (Brian & Colton)
0900 - Body Blast (Brian & Colton)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1730 - Yoga Tune - up (Linda)

29.
0900 - Zumba (Sonoko)
1000 - TRX (Brian & Colton)
1200 - Kickboxing (Brian)
1630 - Hybrid boot camp (Bill)
1630 - Tae Kwon Do (Bill)
1800 - Cardiovascular (Bill)

30.
0600 - Performance Fitness (Brian & Colton)
0900 - Body Blast (Brian & Colton)
1200 - Barbell 30 Min Workout (Brian)
1730 - Yoga Tune - up (Linda)

31.
0600 - Performance Fitness (Brian & Colton)
0900 - Body Blast (Brian & Colton)
1015 - Yoga Tune Up (Linda)
1200 - Barbell 30 Min Workout (Brian)
1730 - Yoga Tune - up (Linda)
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