In this issue:
Spring Activities
Survivor Benefits
Letter from the Director

Elizabeth Knouse - Director

March is a season of change. We change our clocks, the temperature starts to change (hopefully) and we start to look for outdoor activities. Many will join in the many fitness challenges and classes in an effort to improve themselves and their lifestyle. Are we helping you reach your goals to lose weight and get in shape, or just make healthy changes in your life? I would encourage you to share your fitness journey with us on our Facebook page (www.facebook.com/CarlisleFMWR)! You never know who you might inspire.

There is always something happening in the Andrew H. McConnell Youth Center. From cooking classes to dodgeball, ballet to fitness classes stop by and see everything we have to offer for your children. Later in the month, the annual Easter Egg Hunt will be held---lots of special eggs and a visit from the Easter Bunny himself will make the event complete! Keep your eyes open for the 2nd Annual Army Community Services’, Family Fun Fest scheduled for the 18th of April.

At MWR we are always striving to provide activities, programs, classes and events that support the whole family. We want to be your “First Choice” when it comes to child care, fitness, entertainment and fun! We have new menus in our pubs with a variety of music scheduled from central PA’s live music circuit. We welcome your suggestions and opportunities to offer our MWR family even more activities. You can always send us a suggestion by e-mail to marketing@carlislebarracks.com.

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.

Employee Spotlight

Lauren Snyder
Carlisle MWR Management Assistant

Lauren, a self-proclaimed “Army Brat” all her life, loves being associated with the military. For the past 8 years she has served the military community, starting as a cashier at the Defense Commissary Agency in high school, serving her Internship and working part time for Family and MWR Marketing during college. Now, recently engaged and a graduate with a marketing degree from Indiana University of PA, she is back with MWR as a management assistant and couldn’t be more happy.
On the Cover

Spring is coming and there’s nothing Mother Nature can do to stop it. Thank goodness. The constant near-zero temperatures forced most of us to retreat into our cozy abodes all winter long. Now is the time to get ready to get out there and enjoy the sun again. We can’t wait!

Regulars

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5 Carlisle Barracks Directory
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Warm weather or cold, drivers still need to think about their vehicle’s air conditioning. Most people don’t service their air conditioning until after it fails.

Maintaining your air conditioning system means that you always have enough refrigerant to properly do the job. Small leaks in the vehicle’s air conditioning system allow the refrigerant to escape and the system can’t cool the air as well.

The refrigerant also contains special oil that lubricates air conditioning components, and keeps the seals resilient. Low refrigerant and lubricating oil means that the air conditioning parts will wear out prematurely, and air conditioning repairs can be costly. To minimize possible issues you should run the air conditioner regularly, even during winter months, to keep the parts and seals lubricated.

Corrosion is what leads to many air conditioning system failures for motorists. The small leaks mentioned earlier also mean that air and water can leak into the air conditioning system. This can lead to rust and dirt in the internal workings of the air conditioning components. This greatly accelerates wear and, ultimately, failure.

Air conditioning service starts with a visual inspection of the components for signs of damage or leaks. The compressor is driven by a belt from the engine, most often the serpentine belt, so it’s inspected for cracks or wear. The air conditioning compressor and other components are checked for proper operation. Then comes the leak test. If a leak is detected, often in a hose or connection, it’s repaired and the system is retested.

Then the old refrigerant is evacuated and the system is recharged with clean, fresh refrigerant. A final test insures that the sedan’s air conditioner is working, and you’re on your way.

How often this should be done varies from vehicle to vehicle. Your vehicle owner’s manual will have the manufacturer’s recommendation but it’s typically every two years.

If you’re not getting enough cool air you know something’s wrong. Also, if you hear strange sounds when you turn the air on, there might be a problem with the compressor and you should get it checked out. Replacing a bad A/C clutch in a vehicle is cheaper than waiting for it to ruin the compressor.

Drivers need to be aware that there’s one more thing that isn’t directly related to air conditioning service, but does impact the quality of the air in your vehicle. And that’s your cabin air filter. This filter cleans dust, pollen, pollution and other impurities in the air that comes from the heater and air conditioner. The cabin air filter needs to be replaced when it’s dirty. If you don’t it will start to smell. Not all vehicles have one, so ask your service advisor to check your cabin air filter at the same time they’re doing your air conditioning service.
# Family and Morale, Welfare & Recreation

## MWR Programs

**Directorate of Family & MWR**
46 Ashburn Dr.
Carlisle, PA 17013
Mon-Fri 7:30 am-4:30 pm  
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 10 am-5 pm
Thurs 10 am-8 pm
Sat 9 am-4 pm
Closed Sat prior to a Monday Holiday

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

**Auto Self Service**
717-245-3156
Mon-Fri 8 am-5 pm
Thurs 8 am-8 pm
Sat 9 am-4 pm

**Frame & Engraving**
717-245-3319

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

**Strike Zone Bowling Center**
686 Letort Lane
Carlisle, PA 17013
Mon-Fri 8:30 am-9 pm
Sat 1-9 pm; Sun 1-8 pm  
717-245-4109

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

**Golf Course**
717-243-3262

**19th Hole Snack Bar**
717-245-3267

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

## CYS Division Chief
717-245-4283

## CYS Central Registration
717-245-3801

## School Liaison Officer
717-245-4638

## Youth Center
717-245-4555

## Youth Sports
717-245-4519

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

## Letort View Community Center
313 Lovell Avenue
Carlisle, PA 17013  
717-245-4329

## Letort View Catering
Tue-Thu 9 am-5 pm  
717-245-3960/4049

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

## USAHEC Catering
717-243-3099

## Café Cumberland
950 Soldiers Drive
Carlisle, PA 17013
Mon-Sat 10 am-2 pm  
717-245-3577

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

## Army Heritage Center LTS Desk
Fri-Sat 11 am-2 pm
Sun Noon-2 pm  
717-245-3883

## Fort Indiantown Gap Community Club
Bldg. 9-65 Fisher Avenue
Annville, PA
Fri-Sat 9am-1pm  
717-861-3994

## Outdoor Recreation (ODR)
717-245-4616
Tue-Fri: 9am-5pm
Closed from 1-1:30pm
Sat, Sun and Mon: Closed
860 Sumner Road
Carlisle, PA 17013

## Sports Director
717-245-4343/3906/4029

## Thorpe Hall Fitness
Mon-Fri 5 am-8:30 pm
Sat 7 am-5 pm
Sun 8 am-5 pm
Holidays 10 am-3 pm  
717-245-3418

## Root Hall Gymnasium
Mon-Fri 5:30 am-8:30 pm
Sat, Sun & Holidays Closed  
717-245-4343/3906/4029

## Indian Field Fitness Center
Mon-Fri 5 am-8:30 pm
Sat 7 am-5 pm
Sun 8 am-5 pm
Holidays 10 am-3 pm  
717-245-3535

## Tiki Bar
Near Splash Zone pool.  
717-245-4352

## Joint Pub is open when Tiki Bar is closed due to inclement weather.

## Army Community Service
632 Wright Ave, Carlisle, PA 17013
Mon-Fri 8 am-4:30 pm
Thur 8 am-1 pm

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

## Consumer Affairs
Financial Asst./AFTB/Army Emergency Relief
717-245-4720

## Employment Readiness/Volunteer Manager/Transition Assistance Program/Army Family Action Plan
717-245-3684

## Relocation, Mobilization & Deployment
717-245-3685

## Key Post Numbers

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<thead>
<tr>
<th>Service</th>
<th>Number</th>
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<tbody>
<tr>
<td>Emergency</td>
<td>911</td>
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<tr>
<td>Post Operator</td>
<td>717-245-3131</td>
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<tr>
<td>Chapel</td>
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<tr>
<td>Civilian Personnel/Jobs</td>
<td>717-245-3923</td>
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<tr>
<td>Commissary</td>
<td>717-245-3105</td>
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<tr>
<td>Members 1st Credit Union</td>
<td>717-245-3900</td>
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<td>Dental Clinic</td>
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<td>Dunham Health Clinic</td>
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<td>Education Center</td>
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<td>ID Card Center, Military</td>
<td>717-245-3533</td>
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<tr>
<td>Legal Office</td>
<td>717-245-4940</td>
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<tr>
<td>Movie Theater, Reynolds</td>
<td>717-245-4108</td>
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<tr>
<td>Optical Shop, PX</td>
<td>717-249-5150</td>
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<tr>
<td>Police Desk</td>
<td>717-245-4115</td>
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<tr>
<td>Post Exchange/Class VI</td>
<td>717-243-2463</td>
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<tr>
<td>Post Lodging</td>
<td>717-245-4245</td>
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<tr>
<td>Post Office, USPS</td>
<td>717-258-1930</td>
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<tr>
<td>Sexual Assault Hotline</td>
<td>717-961-2045</td>
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<tr>
<td>Motorcycle Registration</td>
<td>717-245-4115</td>
</tr>
<tr>
<td>Cleaning, Tailoring, Shoe Repair</td>
<td>717-258-1857</td>
</tr>
<tr>
<td>Vet Clinic</td>
<td>717-245-4168</td>
</tr>
</tbody>
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**LETORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC)**

**MORALE, WELFARE & RECREATION**

**HAPPENINGS**

- **Easter Sunday Buffet:** Apr 5 from 11am-2pm. Menu: HotBuffet Selections: Pan-fried Hunter Style Chicken, Grilled Bacon wrapped Pork Filet w/Pepper Bacon Gravy, Fillet of Salmon Provencaal, Baked Vegetable Lasagna, Scalloped Potatoes, Mashed Potatoes and Fondant Potatoes, Creamed Corn O’Brian, Buttered Peas and Carrots. Seafood Chowder & Chicken Corn Noodle Soup. Caesar Salad. Fresh Mixed Greens, Pasta Salad & Fresh Fruit Salad. Fresh Baked Sweet Rolls, Corn Muffins, Garlic Bread & Artisan Bread Loaves. Assorted Dessert Table and Beverage Station. $24.95 adults, $10.95 Children (5-12) & 4 and under Free (does not include gratuity). Cash Bar available. Reservations are required by Mar 31.

- **Dinner and a Movie:** Apr 21. U.S. Army Heritage and Education Center. Dr. Strangelove Facilitated by COL Mike Current. $35 p/p. Dinner at 5:30pm & Movie at 6:30pm. Dinner served by MWR Catering. Menu: Side Salad, Top Butt Steak Filet Style, Shrimp Scampi over baked Rice & Swiss Chard, Dessert. Drink special to accompany meal. Coffee Service and Cash Bar will be Available. Please call for reservations and to arrange for ticket purchase at (717) 245-3099/4329. Must RSVP by Apr 14.

- **INSANITY Live Classes!** You’ve seen it on TV, now do it live. Tues & Thurs at 3pm. High intensity cardio & plyometrics.

- **SPORTS –**
  - **INSANITY Live Classes!** You’ve seen it on TV, now do it live. Tues & Thurs at 3pm.
  - **Strength for Wisdom 5K Fun Run:** Mar 21 at 9am on Indian Field. Must register by COB Mar 20. $12 Registration + shirt. No prizes will be awarded, points will be added to overall strength for wisdom challenge scores.

- **Exercise Class Schedule:**
  - **Hap p enings •**
    - **Moral e Wel Fare & R eCra tio n**
  - **S P O R T S – 245-4029**
    - **Strength for Wisdom:** U.S. Army War College and Carlisle Barracks
      - **Upcoming Events:**
        - INSANITY Live Classes! You’ve seen it on TV, now do it live. Tues & Thurs at 3pm. High intensity cardio & plyometrics.
        - Strength for Wisdom 5K Fun Run – Mar 21 at 9am on Indian Field. Must register by COB Mar 20. $12 Registration + shirt. No prizes will be awarded, points will be added to overall strength for wisdom challenge scores.

- **Fitness Classes:**
  - **Thorpe Fitness Center:**
    - **TRX, TRX (for adults over 40), Zumba, spinning and Lablast.**
    - **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

- **Vinyasa Flow Yoga:** 60 minute class (see fitness schedule for dates and time)

- **Yoga Foundations:** Fri at 9am. Explore the basics of yoga in this entry-level class.

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**LETORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC)**

**Family and Morale, Welfare & Recreation**

**Joint Pub:** Hours of operation Thu & Fri 4-10pm. Pub menu available 5-8pm.

**FREE Shuttle bus service available every Thu - call (717) 226-3985 for pick up.**

- **Areas available:**
  - **Keystone Arms** - West Point Drive & Patton Drive Intersection
  - **Keystone Arms** - Taylor Avenue & MacArthur Drive Intersection
  - **Carlwynn 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)
  - **The Meadows** - Chickamauga Drive (west Corner)
  - **Exchange** (corner of Sumner & Delaney near stop sign)
  - **Marshall Ridge 2 stops East End and West End
  - **Root Hall Gym** Corner of Forbes & Barry Drive – LVCC

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**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 Thursdays from 5-7pm. $150 (all supplies included in price).

**Beginner’s Wheel Throwing Pottery Class:** Four classes will be offered each month. $20 per class. Learn to hand build and throw clay on a wheel. Limited seating available – 4 seats per class. Call for class times and dates.

**AUTO SHOP – 245-3156**

**Automotive Detailing:** Stop by and try our new auto detailing service with three packages to choose from. Call for an appointment.

**ARMY COMMUNITY SERVICE – 245-4357**

**Boots to Business**
Mar 17 – 18 from 8:30 am – 4pm The Two-day Self-Employment Intensive Training Workshop is offered in collaboration with the U.S. Small Business Administration (SBA), the Institute for Veterans and Military Families at Syracuse University (IVMF), the Department of Defense and the Department of Veterans Affairs. We are recruiting 25 interested transitioning service members, military spouses, and veterans to participate in the workshop. You will learn if starting a business is right for you, if your business idea is feasible and much more! Start time is 0800 in the Education Room in Building 632, Wright Avenue.

**Sponsorship Training**
Mar 18 from 1:30 pm – 2:30 pm Army Community Service Classroom, Building 632, Wright Avenue. Learn how to sponsor new arrivals to Carlisle Barracks.

**SRP Brief**
Mar 22 from 2 pm – 3 pm Soldiers will learn what support and services are available to them during deployment/separation.

**Relocation One Stop**
Mar 24 from 11 am – 2 pm Root Hall Gym The Relocation One Stop is designed to assist Service members and Family members with upcoming permanent change of station (PCS) moves. The event provides subject matter experts in one location who can assist Families with the various details involved in relocating to a CONUS or OCONUS assignment.

**Educational Tract**
Mar 25 from 8 am – 4 pm Education Center, Bldg 632 Wright Avenue Are you transitioning from the military and considering continuing your education? This trac will help you navigate the educational resources and programs out there for you.

**Resume Class**
Mar 25 from 9 am – 3 pm ACS Classroom, Bldg 632 Wright Avenue Learn how to structure your resume in the Federal and civilian format. Guidelines in writing your resume for employment.

**Interview Workshop**
Mar 26 from 9 am – 11 am ACS Classroom, Bldg 632 Wright Avenue Learn interview skills and techniques for your next interview.

**LEISURE TRAVEL SERVICES – 245-4048/3309**

**GET YOUR TICKETS AT THREE GREAT LOCATIONS:**

**Carlisle Barracks** - 842 Sumner Road (located beside the Commissary),

**U.S. Army Heritage & Education Center** - 950 Soldiers Drive & Fort Indiantown Gap Community Club - 9-65 Fisher Ave

**Discount Ski Tickets:** Roundtop Mountain Resort, Liberty Mountain and Whitetail Resort. Call or stop by LTS for availability and pricing.

**Harlem Globetrotters Discount Tickets:** Mar 15 $30 per ticket (section 104). Giant Center, Hershey, PA at 2pm. Save $9 + service charges.

Mar 18 at Giant Center, Hershey, PA. $42 per person (3 and up). Save $14.85 (ticket + svc charge). Show: 7pm/Section 104 Row L Seating.

**Disney on Ice “Passport to Adventure”:** Apr 10/7pm show, Apr 11/7pm show & Apr 12/4:30pm show. Giant Center, Hershey, PA $24/ticket (ages 2+ must have ticket) (save $14.85 per seat). Discount tickets available until Mar 25.

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**AllBetterCare Urgent Care Center**

Better Care For A Better You

Walk-in • No Appointment Necessary • 7 Days a Week • 8am-8pm

**Carlisle**
1175 Walnut Bottom Rd
Carlisle, PA 17015
717-258-WELL (9355)

**Mechanicsburg**
6481 Carlisle Pike
Mechanicsburg, PA 17050
717-796-WELL (9355)

AllBetterCare.com
BOWLING – 🏇 245-4109
Pizza, Pins & Pop: Jan 4-Apr 26. 2 hours of bowling for 4 people, shoe rental, one plain pizza and one pitcher of soda for $24.95.

Friday & Saturday Cosmic Quartermania: Jan 2 – Apr 25. $25 per game/person (shoe rental not included). 7-9pm, $5 cover charge, first come first served and no reservations allowed.

$1.50 Game Night: Sat & Sun in May from 1-8pm! Open bowling for $1.50 per game per person. Shoe Rental $1 per pair.

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!

GOLF – 🏴 243-3262
Play & Ride/Weekday Special: Mon-Thur 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
Basic Bike Maintenance: The basic bicycle maintenance clinic is an information class to learn the basics of how to extend the life of your bike and keep it running smoothly. Topics include how to lube a chain, fix a flat tire in record time, do minor adjustments to your bicycle, and more. Informational session only. no bikes please.

Mar 1, 14 & 18, 6-7pm, $20 p/p must register one week prior to clinic

How to go Ultralight Backpacking Clinic: Learn how to choose and pack gear that lets you go fast and light.

Mar 11 & 21, 6-7pm, $20 p/p. Must register one week prior to clinic

Interpretive Prisoner War Camp Hiking: Come tour the remains of an interrogation camp used during World War II. All abilities welcome.

Mar 25, 10am-2pm, $20 p/p (transportation provided) must register one week prior to event

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.

Mar 7 and Mar 15, 10am-2pm, $20 p/p (transportation and GPS provided), must register one week prior to event

Day Hiking Trips: Outdoor Recreation offers the following section hikes on the Appalachian and Tuscarora trails. Learn the history of the trails, enjoy great company and nature nuggets. All abilities welcome.

Halfway point of the Appalachian Trail Mar 8, 10am-2pm, $20 p/p

Waterfall Hike – Ricketts Glen Mar 4 & 22, 7am-5pm, $20 p/p

PA High Point – Mount Davis A lofty height of 3000 ft., Mar 29, 7am-5pm, $20 p/p, must register one week prior to event

Bike Rides: Pennsylvania is home to countless rail trails. Come with Outdoor Recreation and explore more on two wheels. All abilities welcome.

Mar 28 & 31, 10am-3pm, $20 p/p (transportation and bikes provided). Must register one week prior to event

Kayaking: Apr 11, 19 & 28, May 17 & 31 and Jun 6, 20 & 25. Experience Pennsylvania’s beautiful scenery by kayak. Basic paddling instruction is provided then followed by a day of boating and nature watching! $25 p/p.

Location: Big Springs, Yellow Breeches & Conodoguinet. Must register one week prior to event

Eco Tour “The Pinnacle” Appalachian Trail: Apr 25 from 9am-5pm. $75 p/p. Equipment and food provided. Mandatory pre-trip meeting will be held on Apr 23 from 6-7pm at ODR. Must register one week prior to trip.

Dinner and a Kayak: May 9, Jun 27, Jul 25 & Aug 1. Kayak the Yellow Breeches and then enjoy a Western Style Dinner served at the end of the trip. Menu includes BBQ Chicken, Salad, Dinner Rolls & Beverage. $35 p/p. Must register one week prior to event.

CHILD YOUTH AND SCHOOL SERVICES – 🏷 245-4555
School Liaison Office – 🏷 245-4638
Support for Student NYC Trip: CYSS McConnell Youth Center will support the New York City Trip for AWC Students by offering open rec time, dinner, games and crafts for children K-6th grade who are being cared by relatives.

Mar 11-14, Call the CYSS for further details, FREE

Easter Egg Hunt: Mar 28, 9am start, FREE, Moore CDC Field

SCHOOL AGE CARE PROGRAMS – 🏷 245-4555
SAC Spring Fling: The SAC program is having a dance! Groove to the beat in the gym and/or make spring crafts in the art room, snack provided.

Mar 28, Noon-4pm, K-5th Grade, FREE

SKIES PROGRAMS – 🏷 245-4519
Register for all SKIES classes on line https://webtrac.mwr.army.mil/webtrac/carislelycms.html or call CYSS Pre-School Dance 3-4 years
Monthly, Tues, 5-5:30pm, $35

Pre-Ballet 5-6 years
Monthly, Tues, 5-45-6:30pm, $40

Beginner Hip Hop Dance 6-9 years
Monthly, Thurs, 5-5:45pm, $40

Hip Hop Dance 10-12 years0
Monthly, Thurs, 6-7pm, $45

Bricks4Kidz - Lego Bricks educational creation program
Monthly, Tues, $40(includes supplies)

MIDDLE SCHOOL & TEEN PROGRAMS – 🏷 245-4642
MST St. Patrick’s Day Social: Mar 7, Noon – 4pm, FREE

MST Mar Madness Lock-In: Enjoy bowling, dodgeball and 3 on 3 basketball tournament. Late dinner, snack and breakfast provided

Mar 20-21, 7pm-7am, FREE, Register by Mar 20, 7pm.

YOUTH SPORTS & FITNESS – 🏷 245-3354
Youth T-Ball-Ages 3-6 years
Registration: Feb 2 - Mar 27, Season: Mar 31 – May 9, Volunteer coaches receive free T-Ball registrations.

Youth Spring Soccer-Ages 3-18
Registration: Feb 2 - Mar 27, Season: Mar 30 to May 13 (all leagues are co-ed)
Preschool: Ages 3-5, not yet in kindergarten, Bantam: K-2nd grade, Elementary: 3rd-5th grade Middle School: 6th-8th grade, High School: 9th-12th grade

Youth Running Club- Co-Ed Ages 10-18Registration: Feb 2 - Mar 27, Season: Mar 30 to May 16
Learn warm-up, cool-down and running techniques / Improve overall health and wellness

Volunteer coaches needed to lead and supervise runs.
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 - Body Blast (Brian)
2. 0900 - Body Blast (Leigh)
3. 1000 - TRX for Adults over 40 (Nicole)
4. 1200 - Dumbbell 30 Min Workout (Prudence)
5. 1630 - TRX (Prudence)
6. 1700 - Zumba (Prudence)
7. 0900 - Zumba
8. 1000 - TRX for Adults over 40 (Nicole)
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10. 1630 - TRX (Prudence)
11. 0900 - Zumba
12. 1000 - TRX for Adults over 40 (Nicole)
13. 1200 - Dumbbell 30 Min Workout (Prudence)
14. 1630 - HYBRID boot camp (Brian)
15. 1700 - Zumba (Prudence)

2. 1630 - Hybrid boot camp (Brian)
3. 1630 - Tai Keen Do (John Cerifko)
4. 17:30 - Tai Bo (John Cerifko)
5. 1600 - performance Fitness (Brian)
6. 0900 - Spin (Nicole)
7. 0900 - Body Blast (Leigh)
8. 1200 - Dumbbell 30 Min Workout (Prudence)
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8. 1630 - TRX (Prudence)
9. 1700 - Zumba (Prudence)

2. 0600 - performance Fitness (Brian)
3. 0900 - Spin (Nicole)
4. 0900 - Body Blast (Leigh)
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Survivor Benefit Plans
by Anna Borro Hays

At last! Military personnel may name a special needs trust as the beneficiary of their Survivor Benefit Plan (SBP). Prior to the passage of the National Defense Authorization Act of 2015 (NDAA), military personnel could designate only an individual, not a trust, as an SBP beneficiary. This meant that military families lacked a key estate planning tool—a special needs trust—for their retirement benefits. Many years of advocacy by many organizations, including the National Military Family Association, led to the incorporation of the Disabled Child Military Protection Act into the NDAA.

Many “terms of art” such as “first party trusts,” “third party trusts” and “pooled trusts” inhabit the world of special needs. First party trusts are sometimes called “section (d)(4)(A) trusts”, which is a reference to the Federal law that created these trusts. The disabled child is the original owner of the funds in a first party trust. For example, a child injured in an automobile accident may use a litigation settlement to fund a first party trust. By contrast, a grandparent, parent, other relative or friend is usually the original owner of the funds used to establish a third party trust. There is one significant difference between a first party special needs trust and third party special needs trust. Federal law requires first party trusts to contain provisions to reimburse Medicaid for the care and services expended on behalf of the disabled individual. A third party trust does not need to contain a payback provision.

Pooled trust are what the title suggests. A corporate fiduciary, usually a non-profit, gathers numerous special needs trusts into a master pooled trust. Each trust has its own separate account, but the pooled trust manages and invests the funds in aggregate. Until 2012, Pennsylvania required pooled trusts to repay one half of the sums remaining in a separate trust to the Commonwealth after the beneficiary’s death. A federal appeals court struck down this limitation. Now, a pooled trust may retain the funds to benefit other disabled individuals who have their own trusts under the master trust’s umbrella.

Under the NDAA, service members may direct their SBP to a first party trust special needs trust for the sole benefit of a disabled beneficiary. Generally, an individual is disabled under the Social Security Act if she cannot support herself because of a mental or physical impairment. The NDAA also allows a first party trust funded by a SBP to become part of a pooled trust.

The importance of the NDAA cannot be understated. Without the protection afforded by a special needs trust, an inherited SBP could disqualify a disabled individual from Supplemental Security Income and Medicaid. Given a disabled individual’s health care needs, maintaining Medicaid eligibility is vital. An SBP placed into a special needs trust will allow continued eligibility for Medicaid and access to things not covered by Medicaid. Often, these goods and services, such as clothing, medical equipment, and computers, provide the stability and quality of life that everyone wishes for their family.

*The views expressed in this article are those of the author; this article in no way conveys any views of the U.S. Army or the Department of Defense. This article is for informational purposes and does not constitute legal advice.
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DIRECTORY

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Office of the Commander
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Tieman Child Development Center
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Parent Central Registration
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Public Affairs Office
☎ 717-267-9741

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☎ 911

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

Security Office
☎ 717-267-8800

DOIM Technical/Hardware Support
☎ 717-267-8000

LEAD Quality Hotline
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or DSN 570-9693

CAC and Military ID Office
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EEO office and Sexual Harassment Hotline
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Letterkenny Munitions Center
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US Army Occupational Health Clinic
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Washington DC
CHERRY BLOSSOM FESTIVAL

Saturday
April 11
$26 Adult/Child 5+
(includes transportation)
do not include driver tip

Leisure Travel Services www.carlislemwr.com
245-4048/3309 PAdiscount Tickets

BASIC BIKE
MAINTENANCE CLINICS
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Jan 21 | Feb 18 | Mar 1, 14, & 18 | 6-7 P.M. | $20

Register one week in advance
Informational only - no bikes, please!

INTERPRETIVE P.O.W.
CAMP HIKING TRIP
Mar 25 | 10 A.M. - 2 P.M.
($20 p/p)
(transportation provided)

Come tour the remains of an interrogation camp used during World War II
*Must register one week prior to event

GeoCaching

Join us for an exciting treasure-hunting game! Use GPS to hide and seek
containers, called “GeoCaches,” with other participants.

March 7 & 15 - Must register one week in advance
10:00 A.M. - 2:00 P.M.
$20 per person - Transportation and GPS provided

For more information or to register, call Outdoor Rec: 245-4616
www.carlisleMWR.com • CarlisleOutdoorRec
NEW HOURS
Arrowheads Bar & Grill
Sun–Thu, 11am – 10pm
Fri & Sat, 11am – Midnight
OPEN TO THE PUBLIC
March Events
St Patty’s Day Party
Mar 17, 7-11pm, Music,
Drink Specials, Shenanigans,
Giveaways and so much more,
admission at the door. $20
cover
Air Force Band
Mar. 20, 1-2pm
Yuengs & Wings Tuesday
Nights
Pair your wings with a
pitcher of our yuengling draft
selections $10
Wednesday Trivia Nights
Mar. 4, 11, 18, 25, 7-9pm
No Cover, Prizes, Open to the
Public, Full Menu Available
Line Dancing
Every Tuesday & Every Other
Sunday
Mar. 8, 10, no line dancing on
the 17th, 22, 24, 31
$3 per person
6-7pm – Lesson
7-9pm – All Request Dance
Party

Open to the public & all ages
Dancing held in the
Community Club Ballroom

Upcoming Events
Elvis Tribute
April 4, 7-11pm, please call
717-861-2450 for reservations
and tickets
Mother’s Day Brunch
May 10, Noon-2pm, please call
717-861-2450 for reservations
Cigar Social
July 18, 2-4pm
Ongoing Events Shown on 13
HDTV’s
March Madness
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Community Club
Bldg. 9-65 Fisher Ave
Annville, PA 17003
☎ 717-861-2450

Community Club Catering
☎ 717-861-2450

Box Car Coffee Shop
☎ 717-861-2619 / 2450

Mon-Fri 6-10 am
Drill Weekends 6-9 am

Arrowheads Bar and Grill
☎ 717-861-9481

Mon-Thurs: 11 am-1 pm
4 pm-Midnight
Fri: 11 am-1 pm,
4 pm-2 am
Sat: 5 pm-2 am

Community Club Cafeteria
☎ 717-861-9482

Mon-Fri 11 am-1 pm

DMVA Cafe
☎ 717-861-2450

Recreation Center
Bldg. 13-190
Annville, PA 17003
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Annville, PA 17003
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Fri-Sat 9am - 1pm

All-Army Sports Program
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Call for classes available
Bldg. 4-117
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Summer Hours:
Mon-Fri: 6 am - 9 pm
Sat-Sun: 8:30 am - 8 pm

Warrior Fitness Center
Bldg. 12-99
Annville, PA 17003
Open 24/7 with access key
call 717-861-9611

Sports/Racquetball Courts
☎ 717-861-2711

*reservations req.

Outdoor Recreation
☎ 717-861-2711

Stumps Garage, Inc.
☎ 717-861-5440

KEY NUMBERS
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☎ 717-865-6641

Veterans Affairs
☎ 717-861-8902

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☎ 717-861-2402

ID Card Center
☎ 717-861-8891

Judge Advocates
☎ 717-861-8891

HRO/Employment/Jobs
Federal:
☎ 717-861-8709

HRO/Employment/Jobs
State:
☎ 717-861-6993

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☎ 717-861-9238

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☎ 717-861-2727

Fire Department
☎ 717-861-2111

Education Center
☎ 717-861-9341

Emergency Relief
☎ 717-861-2091

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As always... Service with a smile...

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Fort Indiantown Gap, Community Club
BUILDING 9-65 ☎ 717-861-2619 MON-FRI 6-10 A.M.

Happenings

Family and Morale, Welfare & Recreation

U.S. Army
MWR
Morale, Welfare & Recreation

NATIONAL GUARD TRAINING CENTER
FORT INDIANTOWN GAP
MORALE WELFARE & RECREATION DIRECTORY
YUENGS WINGS TUESDAYS

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

FORT INDIANTOWN GAP
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BLUE MOUNTAIN SPORTS ARENA
FORT INDIANTOWN GAP
Bldg. 7-31
717-861-5440

A PORTION OF ALL SALES FUNDS MWR AND ITS PROGRAMS

FORT INDIANTOWN GAP COMMUNITY CLUB
ARROWHEADS BAR & GRILL

Conveniently located off of Interstate 81 (exit 85R)
9-45 Fisher Avenue, Annville PA 17003
171-851-2450
Reservations required

FORT INDIANTOWN GAP COMMUNITY CLUB
ARROWHEADS BAR & GRILL

St. Patrick’s Parties
March 6, 6pm - Midnight

March 17, 7-11pm
Music. Corned Beef & Cabbage. Giveaways. & just plain fun. $20 cover charge

March MADness
Watch your favorite NCAA Teams all month
DRINK & MENU SPECIALS during the games

Monthly Events

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

Wednesday Trivia Nights
7:30pm
No Cover, Prizes

Yuengs & Wings Tuesday Nights
Dinner 5:45-8:45
Show 7:00-11 PM
$25
Includes
ELVIS’S FAVORITE FOODS BUFFET

OPEN TO THE PUBLIC

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FORT INDIANTOWN GAP COMMUNITY CLUB
www.gapmwr.com
9-45 Fisher Ave. Annville, PA - 717-861-9481

OPEN TO THE PUBLIC

NEW HOURS: Arrowheads Bar & Grill
Sun Thu. 11am - 10pm
Fri & Sat. 11am - Midnight

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A PORTION OF ALL SALES FUNDS MWR AND ITS PROGRAMS

FORT INDIANTOWN GAP COMMUNITY CLUB
www.gapmwr.com
9-45 Fisher Ave. Annville, PA - 717-861-9481
The month of March is when we begin to hope for warmer weather and can start planning to get back outdoors. Find a few fun Spring things to look forward to below. For even more things to see and do this upcoming season, visit www.visitcumberlandvalley.com/spring.

Children’s Lake in Boiling Springs is one of the best places to go when the weather starts to warm up. Enjoy a leisurely stroll around the lake or a picnic lunch with a beautiful backdrop. Just across the street from the lake is Caffe 101 where you can grab a quick lunch to enjoy an afternoon in this charming town.

For those looking to get a little more adventurous, spring is a great time to get out on the Appalachian Trail. There are various access points and parking spots throughout the Valley to make day hiking this famed trail easily accessible.

After a long winter of being stuck indoors, plan for a fun family day out at Roundtop Mountain Resort. Once the snow melts away, Roundtop gets out the zip lines, ropes courses, bumper boats and more for continued outdoor fun.

Another great spot to enjoy this spring is the 11-mile Cumberland Valley Rail Trail.

Connecting Shippensburg and Newville, this trail follows an abandoned railroad track for easy hiking, biking and horseback riding.

The month of March also hosts a collection of events perfect to enjoy with the whole family. View a sampling below and find other exciting things to see and do this month at visitcumberlandvalley.com/events-calendar.

The Spirit of the Sixties: Art as an Agent for Change @ Trout Gallery – Through April 11th
This exhibition features works created in response to the political, social, and cultural movements that shaped this turbulent period of American history.

Lawilowan American Indian Festival @ Shippensburg University – March 14th
Lawilowan American Indian Festivals would like to invite everyone to the end of winter Pow Wow to celebrate the Native American culture with singing, dancing and drumming. You will see drumming, singing, dancing, crafts and vendors, Native food and the Native American Flute Circle.

Rhythm in the Night: The Irish Dance Spectacular @ The Luhrs Center – March 17th
Celebrate your St. Patrick’s Day in true Irish style with an evening of exhilarating Irish Dance at the Luhrs Center. Rhythm in the Night is an epic journey derived from a tale of good versus evil, and love and salvation told through Irish step dancing with a world class troupe of 18 male and female dancers.

Gilded Easter Egg Workshop @ Caromal Colours – March 19th
Create 2 Emu and 4 Hen sized eggs using precious Italian leaf in a gorgeous variegated finish.
Be Healthy with Pinnacle Health

Wednesday, March 11, 7 p.m.

Weight Loss
Weight Loss Tips for Better Health
GIANT Super Food Store • 3301 Trindle Road • Camp Hill
Individuals looking to achieve a better weight have many questions. Should I use medication? What if I can’t work out? What types of surgery are there? What if I don’t want surgery? Learn from PinnacleHealth experts about the many options available and three things you can do to start achieving your best weight.

Presenters: Lisa Roscher, CRNP, and Sara Meloy, RD, LDN

Thursday, March 19, 7 p.m.

Advanced Wound Care
Hope and Healing
GIANT Super Food Store • 3301 Trindle Road • Camp Hill
Individuals who are looking for care of a wound can be faced with many questions. What kind of options are there for me? I have other health complications that make this wound difficult to heal. What should I do? Who in my family could be at risk for a wound? Learn from the PinnacleHealth Wound & Hyperbaric Centers expert on how to obtain advanced wound care to get you on the road to healing and good health again.

Presenter: Steven C. Wilbraham, MD, CWS

Thursday, March 26, 7 p.m.

Breast Cancer
Removal & Reconstructions
GIANT Super Food Store • 3301 Trindle Road • Camp Hill
Breast cancer treatment has had significant advancement in recent years. This talk discusses modern surgical techniques of breast cancer removal and options for breast reconstruction. Modern surgical techniques result in better cosmetic outcomes for the breast cancer patient than in years past. Come see how things have changed.

Presenters: Theodore Foley, MD, and Brynn Wolff, MD

Classes are FREE unless otherwise noted. Light refreshments will be served. Space is limited. Please register online or by calling PinnacleHealth oneLine (717) 231-8900 or toll-free (877) 499-3299.
Career Step and Army Wife Network have joined forces to support and strengthen the military community. In an effort to help military spouses find the resources they need, Career Step has partnered with Army Wife Network to present a military spouse scholarship program to provide the financial jump start a spouse may need to gain the education needed to improve their life. Career Step’s Army Wife Network scholarship offers one deserving military spouse $2,000 that can be used for higher education at the institute of their choice. Current spouses of service members who are active duty or veterans of the Army, Navy, Air Force, Marines, Coast Guard or National Guard are welcome to apply. There is no age requirement, but the student must be planning to start school in 2015 or 2016 if they are not already enrolled. To apply candidate must submit an 800-1000 word essay and/or video on how you plan to use your education to benefit your family and/or community. Competitive candidates will cite specific experiences that encouraged them to continue their education or specific situations where they can apply their skills. The essay should be submitted through the application form and the video should be submitted as a YouTube link. The application period opened February 6, 2015. The deadline for the 2015 application and essay submission is April 24, 2015. For more information please visit: http://www.careerstep.com/awn
**BOWLING PIZZA PINS POP**

Every Sunday from 6-8 P.M.
Special Runs Jan 4th - Apr 26th

INFO: 245-4109
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CarlisleBowling

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**Barracks Crossing Studio**

**Beginner’s Wheel Throwing Pottery Class**

Learn to hand build and throw clay on a wheel!

- Limited seating available - only 4 seats per class.
- Four classes will be offered each month.
- The beginner’s class then qualifies each participant to use the pottery studio during the Barracks Crossing Studio’s Self-Help hours of operation.

Call 245-3310 for class times and dates.

www.carlislemwr.com | @carlislemwr

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**STARS ON ICE**

Featuring America’s most recent Olympic Champions!

March 18 | Giant Center, Hershey, PA
$42 p/p (age 3+) | Save $14.85 per ticket!

For tickets or information, call Leisure Travel Services
Carlisle Barracks 717-245-4048
842 Summer Road, Carlisle, PA
U.S. Army Heritage & Education Center 717-245-3883
950 Soldiers Drive, Carlisle, PA

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**The SAC program is having a dance!**

**SAC SPRING BLING**

March 28
2:00 - 4:00 P.M.
Open to children ages K-5th grade

**FREE!**

Groove to the beat in the gym and/or make spring crafts in the art room! Snack provided!

McConnell Youth Center
419 Bouquet, Carlisle, PA
717-245-4555
www.carlislemwr.com | @carlislemwr

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**HARLEM GLOBETROTTERS**

$30 per ticket
(save $9.00 + svc charge)
2PM
Giant Center
Hershey, PA
Section 104

SUNDAY, MARCH 15th
GET YOUR TICKETS NOW!

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Three beautiful locations. One perfect day.

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Community Club
and
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(717) 861-2450
catering@gapmwr.com

U.S. Army Heritage &
Education Center
950 Soldiers Drive ☏ Carlisle, PA
(717) 245-3099
catering@carlislemwr.com

Parents... we want to hear from you.
Enter 5 “Parent Participation Points” for completing the short survey. Look for the survey invasion in your email or stop by any C10 Services Facility.
Survey date is March 2-16
For info call CYSS
717-245-4555 • www.carlislemwr.com • CarlisleBarracksCYSS

U.S. SERVICE MEMBERS
GET 2 DAYS FREE
WITH A 1-DAY PARK-TO-PARK TICKET*
*Offer valid for purchase at participating U.S. military base ITT/LTS ticket offices or Shades of Green Resort in Orlando. Ticket must be purchased by June 7, 2015 and must be used on or before June 20, 2015. Any unused days shall be forfeited. Offer cannot be combined with any other offer, promotion or discount.
Limit six (6) tickets per purchase. Offer based on the purchase price of a 1 Day Park-to-Park ticket at U.S. military base ITT/LTS ticket office or the Shades of Green Resort in Orlando. Ticket is valid during regular theme park operating hours and entitles one (1) guest admission to BOTH Universal Orlando theme parks on the same day for any three (3) calendar days during a fourteen (14) consecutive calendar day period which includes the first day any portion of the ticket is used. Also includes fourteen (14) consecutive calendar days of admission to the paid entertainment venues of Universal CityWalk® which commences and includes the first day any portion of the ticket is used. Some CityWalk venues require 21 or older for admission. Ticket is not valid until activated at Universal Orlando theme park front gate ticket windows. Ticket specifically excludes admission to separately ticketed events at either of the theme parks and CityWalk, AMC Universal Cineplex 20 with IMAX, Blue Man Group, and Hollywood Drive-In Golf, discounts on food or merchandise, and parking. Ticket is non-transferable, non-refundable, must be used by the same person on all days, and may not be copied or resold. Additional restrictions may apply which are subject to change without notice.

U.S. SERVICE MEMBERS
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EXCLUSIVE SAVINGS.
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GET 2 DAYS FREE
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For info call CYSS
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Visit Participating Base ITT/LTS Offices for Details.
CYSS Presents

EASTER EGG HUNT

MARCH 28
BEGINNS PROMPTLY AT 9:00 A.M.
REGISTRATION AT 8:30 A.M.
INFANTS TO 12 YEARS
GAMES & PRIZES!

At Moore Child Development Center
455 Fletcher Road • Carlisle, PA

www.carlislemwr.com • 717-245-3701
EASTER SUNDAY BUFFET
CARLISLE BARRACKS
Letort View Community Center

April 5, 2015
11 A.M. - 2 P.M.

$24.95 Adults • $10.95 Kids (5-12)
4 & under Free • (prices do not include gratuity)

OPEN TO THE PUBLIC!

Menu

HOT BUFFET SELECTIONS
- Pan fried hunter-style chicken
- Grilled bacon wrapped pork tenderloin w/ pepper bacon gravy
- Fillet of salmon provençal
- Baked vegetable lasagna
- Scalloped potatoes
- Mashed potatoes
- Fondant potatoes
- Creamed corn O’Brien
- Buttered peas
- Carrots

SOUP, SALAD, & BREAD STATION
- Seafood chowder
- Chicken corn noodle soup
- Caesar salad
- Fresh mixed greens
- Pasta salad
- Fresh fruit salad
- Fresh baked sweet rolls
- Corn muffins
- Garlic bread
- Artisan bread loaves

ASSORTED DESSERT STATION

BEVERAGE STATION
Cash Bar Available

Reservations are required by March 31
(717) 245-4329 • www.carlisleMWR.com • Facebook.com/CarlisleMWR