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Exploring Cumberland Valley
Training Leadership Visits Carlisle Barracks
What’s Happening in Lebanon Valley?
Employee of the Month - Chadwick Johnson
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geico.com | 1-800-MILITARY | local office
March is a season of change. We change our clocks (March 12th), the temperature starts to change (or maybe even remain the same as we have had recently) and we start to look for outdoor activities. Many will join in various 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 Saturday open recreation to dodgeball, stop and see everything we have to offer for your children. There are numerous opportunities for hiking and biking adventures through our Outdoor Recreation! March 17th is our 2nd Annual St. Patrick’s Day celebration at the Pershing Tavern with shuttle service availability. Backyard Gardening will take place on March 22nd at The Letort View Community Center and the tavern will be open.

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 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.
On the Cover

Celebrate Spring with MWR! See the beautiful cherry blossom trees given to the city of Washington, DC. The annual celebration honor the lasting friendship between the United States and Japan and the continued close relationship between the two countries. Leisure Travel Services is accepting trip reservations now.

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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
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
USAG CARLISLE BARRACKS MORALE WELFARE & RECREATION DIRECTORY
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
CYS Division Chief
☎ 717-245-4283
CYS Central Registration
☎ 717-245-3801
School Liaison Officer
☎ 717-245-4555/4638
Youth Center
☎ 717-245-4519
Youth Sports
☎ 717-245-4555
Child Development Center
455 Fletcher Road
Carlisle, PA 17013
Mon-Fri 6:30am-5:30pm
☎ 717-245-3701
Letort View Community Center
313 Lovell Avenue
Carlisle, PA 17013
Tue-Fri 9am-4pm
☎ 717-245-3960/4049
Pershing Tavern
Wed-Thu 4-10pm
☎ 717-245-4450
Letort View Catering
Tue-Fri 9am-4pm
☎ 717-245-3960/4049
Joint Deli (Army War College)
Mon-Fri 7am-2pm
☎ 717-245-4883
USAHEC Catering
☎ 717-243-3099
Café Cumberland
950 Soldiers Drive
Carlisle, PA 17013
Mon-Sat 10am-2pm
☎ 717-245-3377
Leisure Travel Services
842 Sumner Road
Carlisle, PA 17013
Mon-Fri 9am-4:30pm
☎ 717-245-4048
Bldg. 9-65 Fisher Avenue
Annville, PA 17003
Thu & Fri 9am -1pm
☎ 717-861-3994
Outdoor Recreation (ODR)
860 Sumner Road
Carlisle, PA 17013
Hours
Nov 1 - May 1
Tue-Fri 9am-5pm
☎ 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 5:30am-8:30pm
Sat, Sun & Holidays Closed
☎ 717-245-3433/3906
Indian Field Fitness Center
Mon-Fri 5am-8:30pm
Sat 7am-5pm
Sun 8am-5pm
Holidays Closed
☎ 717-245-3535
Army Community Service
632 Wright Avenue
Carlisle, PA 17013
Mon-Fri 8am-4:30pm
☎ 717-245-4357
Family Advocacy Manager/ Exceptional Family Member
☎ 717-245-3775
Consumer Affairs
Financial Asst. /AFTB/Army Emergency Relief
☎ 717-245-4720
Employee Readiness/Transition Assistance Program
☎ 717-245-3684
Army Family Action Plan/Volunteer Manager
☎ 717-245-3685
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
☎ 717-245-4998
Motorcycle Registration
☎ 717-245-4115
Cleaning, Tailoring, Shoe Repair
☎ 717-258-1857
Vet Clinic
☎ 717-245-4168
www.chasemilitary.com/army
SPORTS – ☎️ 245-3906
Strength for Wisdom. U.S. Army War College and Carlisle Barracks
Upcoming Events:
Basketball Tournament: Mar 25 from 9am-3:30pm at Root Hall Gymnasium. Bring the family and Team Spirit and Cheer on these installations: Carlisle Barracks, Letterkenny Army Depot, Naval Support Activity Mechanicsburg, New Cumberland Army Depot and Fort Indiantown Gap.
Strength Challenge: Mar 11 at 9am. Jim Thorpe Fitness Center.
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. Ages 13-Adult (11-12 w/ parent) $15 a month per person. Instructor John Cerifko, 7th Degree Black Belt.
Cardiovascular Workout with some Insanity: Tue & Thu from 6-7pm. $5 per person. Instructor John Cerifko, 7th Degree Black Belt.
Fitness Classes: Thorpe Fitness Center. TRX, TRX (for Adults over 40), Zumba and Spinning. All classes are FREE except Tae Kwon Do: Tue and Thu from 4:30-6pm at Thorpe Fitness Center. $15 per month.
Performance Fitness: Mon/Wed/Fri at 6am. Optimize your strength and performance by using 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
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
Automotive Detailing: Stop by and try our auto detailing service with three packages to choose from. Call for an appointment.

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
Ground Zero Memorial Museum: Sat, Mar 18. Adults $83; Active Duty/Retired Military/Students with ID $77 and Age 7-17 $73. Must register by Mar 1.
Cherry Blossom Festival/ Washington, DC (On-Your-Own): Sat, Apr 1. $27 per person ages 3 & up and 2 and under FREE. Children 2 and under may sit on an adults lap free of cost. If a seat is required, a ticket must be purchased for $27. Must register by Mar 17.

LEISURE TRAVEL SERVICES
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Disney on Ice "Passport to Adventure":
Discount tickets available! Apr 7 – 7pm show – Section 120; Apr 8 – 7pm Show – Section 120 and Apr 8 - 4:30pm show – Section 121. $25 per seat (save $17+ on ticket, fee, service charges).

Cherry Blossom Festival/Washington, DC (On-Your-Own): Sat, Apr 8. $27 per person ages 3 & up and under FREE. Children 2 and under may sit on an adults lap free of cost. If a seat is required, a ticket must be purchased for $27. Must register by Mar 24.

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.

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

BOWLING – 245-4109

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

Quartermania Bowling: Fri & Sat from Jan 6 – Apr 15. 7-9pm First-Come-First-Served. $5 Cover Charge .25 Cents per game/per person (shoe rental not included).

BOWLING – Pizza – Pins – Pop: Every Sunday from 1-6pm. Special runs from Jan 8 – Apr 16. Only $28.95 per lane. $10 each additional person. (2 hours of bowling for 4 people, Shoe Rental, One Plain Pizza and One Pitcher of Soda).

GOLD – 243-3262

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

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

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

OUTDOOR REC – 245-4616

MUST REGISTER ONE WEEK PRIOR FOR ALL EVENTS

Training Hikes: Mar 4, & 8 from 10am-2pm. $10 per trip or get a Hiking Club Membership for $45 per month.

Bike Maintenance Clinic: Mar 3 & 23, Apr 6 & 20 from 5-6pm at ODR. $20 per person.

Waterfall Hike and Lunch: Mar 11 from 10am-3pm. $25 per person (transportation and box lunch provided). Come experience the largest waterfall in Maryland.

Geocaching on Bikes: Mar 12 & 18 from 12am-2pm. $10 per person. Come learn how to find secret treasures with a GPS receiver. Great activity for the whole family. We will use bikes to ride between geocaches. Bikes and transportation provided.

Bike Touring 101: Mar 16 from 5:00-6:30pm. A local expert will be teaching you how to plan your next bike touring trip.

Bike Riding Trips: Mar 29, April 4 & 24 from 10am-2pm. $25 per person.

Ultra Light Hiking Clinic: Apr 13 from 5-6pm at ODR. $20 per person.

White Water Rafting Trip: Apr 1 from 11am-9pm. $105 per person. Must register by Mar 23. Pre-trip meeting on Mar 30 at 5:30pm at ODR.

Family Friendly Kayaking Trips: Apr 8, 9, 15, 16, 23, 28 & 30 from 10am-3pm. $30 per person.

CHILD & YOUTH SERVICES

McConnell Youth Services – 245-4555

Dr. Seuss Week: Mar 1-3

School Liaison Office – 245-4638

School Age Care Programs – 245-4555

Socials: Mar 4, Noon-4pm

Open Rec: Feb 11, Mar 11, Mar 18, Mar 25, Noon-4pm

Middle School & Teen Programs 245-4642

March Madness Social: Mar 25, 5-10pm

Open Rec: Mar 11, Mar 18, Noon-4pm

Youth Sports & Fitness – 245-3354

Spring Soccer Registration: Feb-Mar, Season: April – May, Ages 3-19, call for pricing

T-Ball Registration: Feb-Mar, Season: April – May, Ages 3-6, $20/child

UPCOMING/SPECIAL EVENTS:

NAF SALE Sealed Bid: Mar 22 at Carlisle Barracks Golf Course Barn from 7am-3pm.

GET A JOB WITH US USAJOBS.GOV
Spring is almost here and it’s time to celebrate good times! Enjoy a musical performance, drama or comedy this month in the Valley. Check out the Top 10 events below.

1. **Kool & the Gang @ The Luhrs Center – March 31st**
   In 1964, Khaliis Bayyan (AKA Ronald Bell) and his brother, Robert “Kool” Bell, joined several Jersey City neighborhood friends to create a unique musical blend of jazz, soul and funk.

2. **ZZ Top: The Tonnage Tour @ The Luhrs Center – March 4th**
   More than four and a half decades after their formation in the Houston area, Rock and Roll Hall of Fame inductees, ZZ Top, are back on the road with “The Tonnage Tour.”

3. **Sister Act @ Carlisle Theatre – March 31st-April 2nd, April 7th-9th**
   Sister Act is Broadway’s habit-forming musical comedy smash that will make you jump for joy.

4. **Love from a Stranger @ Little Theatre of Mechanicsburg – March 3rd-5th & 10th-12th**
   Enjoy a performance at the Little Theatre of Mechanicsburg about Cecily Harrington, who wins a fortune and decides to travel rather than marry her fiancé.

5. **The Zombies: Odessey and Oracle 50th Anniversary Tour @ The Luhrs Center – March 24th**
   More than fifty years after they became one of the first British Invasion groups to top the U.S. singles charts, the Zombies continue their resurgence with a North American tour.

6. **Mommy & Me Chocolatier Class @ Brittle Bark – March 18th**
   In celebration of National OREO Cookie Day, children will learn how to use a dipping fork to cover OREO cookies in milk, dark and/or white chocolate.

7. **The Spitfire Grill @ Oyster Mill Playhouse – March 10th-11th, 16th-19th, 23rd-26th**
   This performance at Oyster Mill follows a feisty parolee to a small town in Wisconsin and her job at Hannah’s Spitfire Grill.

8. **Raymond the Amish Comic @ Shippensburg Comedy Club – March 11th**
   The first and only Amish Stand-Up Comedian in the world, Raymond is a high-energy ranting-storyteller.

9. **17th Annual Taste of Carlisle @ Carlisle Expo Center – March 12th**
   Taste of Carlisle brings together the best of the best from local restaurants, pubs, caterers, cafes, bakeries, and chocolatiers to offer taste samplings to attendees.

10. **The Holly Inn Presents FY5 – March 10th**
    Live music features the band’s recently released album titled Eat The Moon.

View a complete list of events and other things to see and do at VisitCumberlandValley.com.
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  
☎ 717-267-8017

Letterkenny Army Depot  
10% SERVICE & PARTS FOR ALL ACTIVE & RETIRED MILITARY
http://familyfordofpa.net | ☎ 249-2215

Thank you for your service!

Cannot be combined with any other offer, coupon or discount, must present ID at time of drop off, some restrictions apply.

MWR Garden Plots  
Show off your green thumb with your own FREE plot!  
Plus, free use of garden tools, water, & sunshine!

- 30 garden plots are available for DoD ID Card Holders and for on-post housing
- Plots are located between building 637 & 609 on Ligget Road
- 1 plot per household
- Register at Root Hall Gymnasium by March 1
- Lottery will be held on March 3
- Winners will be notified NLT March 8
- Non-winning households will be placed on a waiting list.

Register at Root Hall Gymnasium  
245-3906 • 120 Forbes Ave • Carlisle Barracks
Carlisle Outdoor Rec

WHEN: March 22  
WHERE: Letort View Community Center  
TIME: 6:30-8:30 pm

Join Kari Bowser from Burpee Seeds and Special Guest Horticulturist Sandy Castillo for backyard gardening tips: soil testing, planting from seeds, when and what to plant and insect control.

RSVP by March 17

Marcello’s ristorante & pizzeria  
$5 OFF purchase of $25 or more

Voted best of Carlisle!

900 Cavalry Road • Carlisle, PA 17013  
717-258-1222 • alfredomarcellos@gmail.com
marcelloscarlisle.com
Chad is from Louisiana and started working with the government in 1996 at Ft. Polk Louisiana. Chad then worked at Ft. Jackson South Carolina then Wurzburg Germany. For the past 13 years he’s been the Sports Specialist and Facility Manager for Indian Field Fitness Center. Chad has been a youth AAU Basketball Coach for 20 years. When he’s not enjoying work, he enjoys fishing and traveling.

**March Employee Spotlight**
CHADWICK JOHNSON

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**FAMILY AND MORALE, WELFARE & RECREATION**

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**5K Run & Expo**

- **fun, food, attractions**
- **open to the public**

**April 29, 2017**
8AM - 2PM

**5K Run**
**Fun Walk**

**U.S. Army Heritage & Education Center**

**Presented by Carlisle Barracks MWR and Department of Emergency Services**

**Sponsors:**
- K-9 Demonstrations
- PSP Mounted Horse Unit
- Cumberland Count SRT Team
- PA State Game Commission
- Bike for Bike Patrol
- New Police Vehicle Display
- Bounce Houses
- Giveaways and so much more!

**Registration Information**
- **Early Registration:** April 1
- **Late Registration:** April 15
- **Day of Registration:** April 29

**Register online at carlisleemwr.com/runs**

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**Disney World 2017 Armed Forces Salute**

Disney has announced the 2017 Armed Forces Salute program:

- 4-Day Park Hopper Tickets $206.00
- 4-Day Base Fun & More Tickets $206.00
- 5-Day Hopper Fun & More Tickets $242.00
- 5-Day Park Hopper Tickets $220.00
- 5-Day Base Fun & More Tickets $220.00
- 5-Day Hopper Fun & More Tickets $256.00

Tickets may be used January 1, 2017, through December 15, 2017, except that the tickets may not be used April 7 - 22, 2017. All tickets and options are non-transferable and must be used by December 15, 2017. 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 or 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. Other restrictions may apply.

**Call for Availability & to Place Your Order**
717-245-4048

Please plan to purchase your tickets 3-4 weeks prior to the date they are needed to activate them with your “My Disney Experience” program. If tickets are not in stock it can take up to 4 weeks to get them into our offices.

*All prices are subject to change*
We live such busy lives nowadays; work, social events, running the kids all over. Some days it's all we can do to keep track of everywhere we need to be. We use lists, smartphones and calendars to keep track of it all. Automotive services schedules are not always top priority and can be forgotten. Here is our list of 10 services that are often overlooked.

1. Power Steering Service- Be honest, have you ever thought of this on your own? Your power steering fluid gets dirty and builds up moisture over time. Cleaning out your power steering system means that dirt and gum are removed and your power steering parts are protected from corrosion.

2. Wheel Alignment- When your wheels are out of alignment your car pulls to one side. It is not only annoying, but dangerous and expensive because it causes your tires to wear out quickly. Most owners’ manuals suggest having alignment checked once or twice a year.

3. Differential Service- Did you know you had a differential? Well you have one, two or three in fact. Differentials are often called gear boxes and are part of the drive-train that transfers power from the engine to wheels. They don’t need service often, but they cannot be ignored.

4. Cabin Air Filter- These filter out dust and pollen in the area where you actually sit. When they are clogged they can smell. Changing the filter regularly can also help with allergies.

5. Timing Belt Replacement- If your car has a timing belt it cannot run without it - period. If it breaks while you are driving it can cause thousands of dollars in engine damage. Check your owners’ manual or talk to your technician just in case. If you are nearing 60,000 miles look into it right away.

6. Transmission Service- The transmission needs fluid from time to time to keep it running and avoid repairs. Keeping this up to date can also improve fuel economy.

7. Air Conditioning Service- Most people don’t think about their air conditioner until it doesn’t work. If you’re lucky a little refrigerant will do the trick. If not, some of the components may be ruined and it is not cheap. Regular service and refrigerant cools and lubricates the air conditioner and conditions the seals.

8. Brake Service- Over time the fluid gets a lot of water into it. Because water compresses differently than brake fluid, the breaks won’t work as well. Water can also rust brake system components and they can fail altogether.

9. Coolant System- When you don’t change your antifreeze it becomes corrosive. Fresh coolant contains additives that maintain the pH balance in the coolant. If these additives wear out the fluid can actually eat holes in the radiator or hoses.

10. Fuel System Cleaning- When the gas price is up, fuel system cleaning is important. Fuel gums up parts as it moves from the gas tank through the engine. Fuel injectors also get dirty over time and need to be cleaned. Keeping the fuel system clear improves gas economy.

Did you know that 90% of vehicles on the road have at least one scheduled maintenance service that has not been performed? Based on our busy lives, we’re not surprised. Maintaining your vehicle saves money in the long run, but it also saves time. We could all use a little more time.
OUTDOOR RECREATION

BIKE TOURING 101
MARCH 16 | 5 P.M. - 6:30 P.M.
A local expert will be teaching you the how to plan your next bike touring trip.
ALL ABILITIES WELCOME. HELD AT OUTDOOR RECREATION.

$10 PER TRIP
(MUST REGISTER ONE WEEK PRIOR TO EVENT)

245-4616 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

OUTDOOR RECREATION

FAMILY FRIENDLY KAYAKING TRIPS
WITH OUTDOOR RECREATION | APRIL 8, 9, 15, 16, 23, 29 & 30
10AM - 3PM | $30 PER PERSON | ALL ABILITIES WELCOME
SIGN UP 1 WEEK PRIOR TO TRIP.
EXPERIENCE PENNSYLVANIA’S BEAUTIFUL SCENERY BY KAYAK.
BASIC PADDLING INSTRUCTION IS PROVIDED FOLLOWED BY A DAY OF BOATING AND NATURE WATCHING!

(717) 245-4616 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

OUTDOOR RECREATION

GEOCACHING ON BIKES
ALL ABILITIES WELCOME | MARCH 12 & 16 | 12 PM - 2 PM
$10 PER PERSON
*REGISTER AT LEAST ONE WEEK PRIOR TO EVENT* 245-4616 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

OUTDOOR RECREATION

WATERFALL HIKE AND LUNCH
ALL ABILITIES WELCOME
MARCH 11 | 10 A.M. - 3 P.M. $25 PER PERSON
Come experience the tallest waterfall in Maryland.
All abilities welcome. Transportation and box lunch provided.

MUST REGISTER ONE WEEK PRIOR TO TRIP
245-3567 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

OUTDOOR RECREATION

2017 BIKE RIDING TRIPS
ALL ABILITIES WELCOME
MAR 29 | APR 4 & 26
ALL TRIPS 10 A.M. - 2 P.M.
$25 P/P | TRANSPORTATION & BIKES INCLUDED
MUST REGISTER ONE WEEK PRIOR TO TRIP
245-3567 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

OUTDOOR RECREATION

TRAINING HIKES
MARCH 4, 8 | APRIL 2, 5, 11, 25 | 10 A.M. - 2 P.M.
HIKING IS A GREAT WAY TO STAY PHYSICALLY FIT AND MAKE NEW FRIENDS.
ALL ABILITIES WELCOME

$10 PER TRIP (TRANSPORTATION INCLUDED)
OR GET A HIKING CLUB MEMBERSHIP FOR $45 PER MONTH
MUST REGISTER ONE WEEK PRIOR TO TRIP
245-4616 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

OUTDOOR RECREATION

VALLEY FORGE BIKE TRIP
MARCH 19 | 8AM-5PM
$40 PER TRIP | TRANSPORTATION & BIKES INCLUDED
COME EXPERIENCE THE BREATH-TAKING BEAUTY OF VALLEY FORGE NATIONAL PARK.
WE WILL RIDE 27 MILES ON TRAILS THROUGH THE PARK.
ALL ABILITIES WELCOME
REGISTER BY MARCH 12
245-4616 | WWW.CARLISLEMWR.COM | CARLISLEOUTDOORREC

OUTDOOR RECREATION

WHITE WATER RAFTING TRIP
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Grewatz was accompanied on his visit by Command Sgt. Maj. Thomas Geddings, senior enlisted leader of IMCOM-Training, to see first-hand the successes and challenges of the Army’s second oldest active Army post. They made their first visit to the post as after IMCOM realigned its command structure away from regions to concentrate on different focus areas such as readiness, sustainment and training. The new “ID-T” is headquartered at Ft. Eustis, Va., to create synergy with the Training and Doctrine Command.

While here Grewatz met with garrison directors, toured the post and held a working lunch to share his priorities as director, how the stand-up of the new directorates is going and find out what issues the garrison needs assistance with.

“This will be a good transformation, but it will be bumpy until we get there,” he said. “Do not assume this transformation will be like others you have been through. This is an opportunity to rest IMCOM.”

Grewatz discussed how the new structure should allow for better support to the garrisons.

“We have functional depth that can help you,” he said. “We should be more effective in helping you, help us grow into this role. Ask for help and over-communicate if you need to.”

He outlined his four priorities as director:

• Deliver services to standard.
• Build & move the IMCOM Training team.
• Know our installations: issues/challenges, strengths/weaknesses in order to provide value-added support in achieving solutions.
• Establish processes and procedures.

“Tomorrow is not the same as today,” he said. “Use this transition as an opportunity to see what needs to change.”

He thanked the staff for their hard work and dedication supporting the Army War College and the Army.

“You’ve got a lot to be proud of here,” he said. “To help us make this transition smooth it is critical that you all keep doing what you are doing. We need you to help us define what right looks like.”
**Thorpe Fitness Center Schedule**  
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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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>0600</td>
<td>Performance Fitness (Brian)</td>
</tr>
<tr>
<td>0900</td>
<td>Body Blast (Brian)</td>
</tr>
<tr>
<td>1015</td>
<td>Yoga Tune Up (Linda)</td>
</tr>
<tr>
<td>1200</td>
<td>Barbell 30 Min Workout (Brian)</td>
</tr>
<tr>
<td>1630</td>
<td>Spin (Kelli)</td>
</tr>
<tr>
<td>0600</td>
<td>Intro to Performance Fitness (Jess)</td>
</tr>
<tr>
<td>0830</td>
<td>Intro to Performance Fitness (Jess)</td>
</tr>
<tr>
<td>0900</td>
<td>Zumba (Regina)</td>
</tr>
<tr>
<td>1000</td>
<td>TRX for Adults over 40 (Brian)</td>
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<tr>
<td>1200</td>
<td>Spin (Brian)</td>
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<tr>
<td>1630</td>
<td>Hybrid boot camp (Brian)</td>
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<tr>
<td>1630</td>
<td>Tae Kwon Do (John Cerifko)</td>
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<tr>
<td>1800</td>
<td>Cardiovascular (John Cerifko)</td>
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<tr>
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<td>1800</td>
<td>Cardiovascular (John Cerifko)</td>
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**CHILD ABUSE AND NEGLECT**

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March 4th Books to Bricks Lego Event  
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Call for info. 717-866-4939

March 4th Open House and Summer Camp Reveal  
10 am to 3 pm  
Splat Studio, Annville holds an open house with a variety of activities and reveals what summer camp participants will be making. splatstudio@comcast.net

March 12th Charter Day Noon to 4 pm  
Free admission to Cornwall Iron Furnace. 717-272-9711

March 18th Kid’s Fish Painting Glub Glub  
9:30 am to 12 (Noon)  
Paint a brightly colored fish at Brushstrokes on Canvas, Lebanon.  
info@brushstrokesoncanvas.com

March 19th Swatara State Park Field Trip 7 pm  
Join the Quittapahilla Audubon Society on a field trip to observe the “sky dance” of the woodcock. For info call Gary Kinkley 503-4027

March 25th Pennsylvania German Zammelaaf  
9 am to 4 pm  
Festival celebrating all things Pennsylvania German. Held at Lebanon High School.

March 25th Backyard Biologists 1 to 2:30 pm  
New monthly family program at Governor Dick Park, Mt. Gretna. For children ages 6 to 10. governordick@hotmail.com

March 26th Daily and Vincent Dinner and Concert  
3 to 7:30 pm  
Dinner at 3:00 and concert at 4:30 pm. Held at Lebanon Expo Center. www.lebexpo.org

March 28th Spring Theatre Art Revue 2 to 5 pm  
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