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Employee Spotlight

Randy Williams - Sponsorship Coordinator

Family is the new Sponsorship Coordinator at Family and MWR. He lives in Carlisle with his wife Heather and two wonderful boys, Colin and Granger. He has two dogs, a German shepherd and a labrador mix - his American bulldog. He's originally from Williamsport, PA and a USAF veteran. He enjoys golf, basketball, and pretty much any sporting activity. He's extremely excited to be here and looks forward to helping where he's needed.

Letters from the Director

Elizabeth Knouse - Director

Falling leaves in central Pennsylvania can only mean one thing --- the holidays are coming quickly! The leaves this season were a spectacular array of colors. I am certain winter will be just as beautiful! As we approach the holiday season, our attention increasingly turns toward connecting with our family and friends. As always, Family and MWR provides exciting ways to celebrate the holidays and the winter season in Central Pennsylvania.

Knowing you will probably enjoy a harvest of the summer’s bounty, why not stay fit with one of our holiday themed events like the CYS Gobble Gallop and the Drumstick Dash? Participants are encouraged to bring a non-perishable holiday food item that will go to a needy family in our military community.

Could you do without one more giant holiday meal to prepare? Why not let Letort View Community Center treat you and your family to a Traditional Pennsylvania Thanksgiving Feast and leave all the worry (and dishes) to us? Please call 717-245-3960 or 717-245-4329 to reserve your family’s table today! Don’t forget about our elegant catering services over the holidays. We can provide on-site or delivery for these holiday trays, cookies, and even full dinners for both those large office or small festivities.

While we are talking about the holidays, mark your calendars for the Annual Old Fashioned Christmas Tree Lighting on Post. December 3rd marks the day Santa comes to Carlisle as we sing Christmas Carols, enjoy hot chocolate and riding in our lamp-lit, horse drawn carriage rides throughout Post. It is a magical evening every family should plan to attend!

Lastly, our Christkindlemarkt on December 5th provides local, quality artists an opportunity to sell their wares with holiday flare. This much anticipated event has become an annual tradition for those looking to buy something special only a local artisan can create. Come by the PA National Guard Armory from 9am-2pm and get a taste of holiday spirit!

Thank you for your patronage to MWR and all our programs. I wish you a very Happy Thanksgiving filled with family and friends.

Liz

What is Family and Morale, Welfare & Recreation?

In 1940 a branch within the Army was established known as the Morale Division which later became known as “Special Services.” Family and MWR is a group of men and women who provide support and leisure activities to our Soldiers (active duty, Reserve, and Guard) their Families, military retirees, and civilian employees. Currently working in Family and MWR are approximately 37,000 employees worldwide and their mission is to deliver quality programs to Soldiers and their Families.
Our cars have to operate in a wide range of Central Pennsylvania temperatures and our engine coolant must be able to perform "no matter what." Think for a moment about the environment where the coolant works. Very hot, high pressure, corrosive. Coolant needs to protect the components of the cooling system from corrosion. These components are made from steel, aluminum, plastics and rubber. It has to be formulated to protect against corrosion for all of these materials, which is why different manufacturers recommend different types of anti-freeze.

There are several different kinds of anti-freeze; your owner’s manual will tell you which kind to use. It’s important to stay on top of this because coolant system failure is the most common problem people have with their vehicles. Regular service needs to be done to avoid failures and keep your warranty in place.

While the specifics of the service required may vary from vehicle to vehicle, your service consultant will know what to do. You’ll be advised to replace the coolant at specified intervals.

Those spring and winter inspections really come in handy when they head off a coolant system problem. Don’t forget that server service driving conditions, like towing or hot, dusty driving, mean that you’ll need to service your coolant more frequently. Of course, overheating is a serious problem and you need to get it fixed right away. Our team can make sure the coolant is right before you drive home.
Letort View Community Center (Open to the Public)

• Happenings •

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BARRACKS CROSSING AUTO SHOP – 245-3156

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

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

ARMY COMMUNITY SERVICE – 245-1577

Resume Class for Federal and Civilian Format
Overseas Brief: Nov 20 11am – 1pm ACS Classroom, Bldg 632 Overseas resource material will be provided to personnel traveling. $15 per class. Children over 14 are welcome. Must register by Nov 18.

Radio City “Rockettes” Christmas Show and NYC “Day on Your Own”:
Sat, Dec 12. Lincoln Financial Field, 245-4048/3309

Get your tickets at three tours for Carlisle Barracks!

OUTDOOR REC – 245-4616

Bike Rides (half-day): Nov 5-25 p/m 10am-2pm. Transportation and bikes provided. All abilities welcome. Must register one week prior to event.

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NOVEMBER 2015

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First Choice Magazine

First Choice Magzine

Family and Morale, Welfare & Recreation
Day Hiking Trips with Lunch Included: Nov 17 & 21 from 10am-2pm. Come explore scenic Pennsylvania with Outdoor Recreation. $25 p/p. Lunch will consist of a wrap, fruit and trail snacks. Must register one week prior to event.

Day Hikes: Nov 14 & 15 from 10am-2pm, $20 p/p.

Basic Bike Maintenance Clinic: Nov 19, 20 and Dec 1. Held at Outdoor Recreation from 6-7pm. If you ride a bicycle, then you need this class! Topics include how to lube a chain, fix a flat tire in record time, do minor adjustments to your bicycle and more.

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

Ultralight Backpacking Clinic: Nov 12 and Dec 9. Held at Outdoor Recreation from 6-8pm $20 p/p. Learn how to choose and pack gear that lets you go fast and light. Must register one week prior to clinic.

Sports & Fitness – 245-3354

Gobble Gallop – Kids Run: Nov 14, Race starts at 10am. Ages 4-13. 1/4 mile, 1/2 mile and 1 mile races. FREE. Open to the Public.

Basketball League: Register: Nov 9 – Jan 4. Season: Jan 11 – Mar 4. All Leagues are co-ed, k-2nd, 3-5th, 6-12th. Call the YS for times.

Floor Hockey: Register now until Nov 25. Season: Nov 30-Dec30. M,W,F 6-7pm, Ages 8-18, $40

Friday Night Dodgeball: Every Fri night, 7-8:45pm, McConnell Youth Center. FREE open to youth in grades 1-12. Please bring a clean pair of sneakers to wear.

UPCOMING EVENTS

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

Christkindlsmarkt/Holiday Crafts Bazaar: Dec 5 from 9am–2pm at the PA National Guard Armory.

www.carlisleymr.com

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Family, Morale & Welfare, & Recreation

4th Programs: Clover Buds, Gardening, Drama, Art, Photography, Electricity, Cooking, Astronomy. 4:40-5:15 pm, M, Tu, W, F

SKIES Programs – 245-4519

Register for all SKIES classes on line https://webapps.max.army.mil/webapps/carlisleymr.html or call CYSS 245-4555

Middle School & Teen Programs – 245-4642

Paintball Field Trip: Nov 7, 12-30-6pm. Middle School & Teen Members, includes everything you need to play. 2 hours of play & transportation, $20

Superheroes VS Supervillains Lock-In: Nov 13-14, 7pm-7am, wear your favorite Supervero/ Supervillain Shirt or costume. FREE

Mystery Murder Social: Nov 21, 4-8pm. Mystery Scenario played out at the youth center. Dinner Provided, FREE

After School Programs: Bored? Nothing to do? Join us for activities, gym time, chill zone, creative arts, cooking, computers, video games, pinball, dodgeball/basketball leagues, GREAT snack choices and much more! M-Th, 245-75, Fr, 2-4:55, FREE

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

Children’s Imaginative Play: Nov 4, 2-4:30pm. Family-friendly fun for all ages. $5 p/p. Registration Required. FREE

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

Christmas Lights truck, free carriage rides, cookies, punch & hot chocolate, FREE for all ages at the Post Chapel.

Thorpe Hall is available for use by active duty, retired military and their authorized family members. DT civilians, Reserve and National Guard personnel, DoD contracted employees and DoD sponsored family members. To make a reservation contact the Creative Arts Department at 245-4519. The Creative Arts Department is located in the Armory.

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

www.1stchoicemag.com  |  NOVEMBER 2015
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Fall in Love with Running

By: Chris Reitman

Take advantage of the fall season to get into running.

Many people get into running in the fall. Who wouldn’t want to, with cooler temperatures, gorgeous views, and the camaraderie of likeminded friends preparing for races? Here are a couple tips to improve your run time during this wonderful season.

ADD A FEW MINUTES: Even if you normally start at zero dark thirty, head out an extra 10-minutes early. Start at a slower pace to ensure you are properly warmed up. With the extra run time and increased distance you will burn more calories and improve your fitness level.

PUSH THE PACE: Every week, after a few minutes of warm-up, run slightly faster for several steps, then jog slowly for the same. Repeat this five times, running slightly faster each time. Take a couple minute walk break. Then do five 90-second drills: walk for 30 seconds, jog for 30 seconds, run faster for 30 seconds and repeat. Continually add one or two additional drills per week.

EXTEND YOURSELF: Every other weekend, increase the distance of your long run to improve your endurance. Ease the pace (a couple minutes per mile slower than your other runs) and grow your distance each week. Increase the distance until you’re running your desired mileage. Take as many walk breaks as you need.
836
TACK ON A DAY: Facilitate an additional short-run day after your long run. Your fitness level will improve, and the light running will increase blood flow to your muscles and speed up your recovery time.

ENTER RUN EVENTS: Events like the Drumstick Dash (*hint* *hint*) give you added incentive to run. Many runners have so much fun they often schedule run events on weekends they don’t have a long run. At your next run, line up at the rear and take it easy for the first mile, then slightly increase your pace for the second mile. Give everything you have in the final stretch and finish strong.

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SAT, NOV 14
7:00 – 7:15 A.M. RACE START / POST RUN / AWARDS
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FAMILY AND MORALE, WELFARE & RECREATION

MOUNTZ JEWELERS

WWW.1STCHOICEMAG.COM | NOVEMBER 2015
The holiday season is a magical time in any community, but that is especially true for the Lebanon Valley. Take a drive down Cumberland Street in Lebanon on any given evening and you’ll be dazzled by the tree-lined street decked out in Christmas lights. Scenery aside, Lebanon Valley offers no shortage of opportunities to partake in the festivities that come with Christmas.

For the shopper in you, there are many ways to support small, local businesses. On November 28th, Palmyra, Annville, Lebanon and small towns across the nation offer special sales for Small Business Saturday. Connect with the sales and specials via Facebook - just type in “LEBANON VALLEY COMMUNITY OF LEBANON ORGANIZATION”.

The annual event will be held on December 5 from 9-4. This one day event is a festive, outdoor market run by various churches, organizations and residents. You’ll find unique gifts, handmade crafts and treats. Children will love the Elf School, where they can participate in crafts and receive a diploma! While you are there, enjoy the music and entertainment.

The Community of Lebanon Organization offers its annual Holiday Parade down Cumberland Street in Lebanon. After the parade ends, Santa will shimmy down the roof of the historic Lebanon Farmer’s Market where he will be available to greet children.

Another magical event is the Holiday Carriage Rides, offered on Friday December 4th and 11th. Come to the Visit Lebanon Valley office at 31 S. 8th Street in Lebanon to sign up for your carriage ride. While you wait, enjoy the adjacent Farmer’s Market, Christmas Music, and on the 11th - letter writing to Santa. While on the Carriage Ride, Santa’s Elves will greet the children to take the letter to Santa. You may just receive a reply by returning to the market on December 18th or 19th!

The ultimate draw of the Chamber’s Women in Business Committee’s Annual Holiday Luncheon is by far, its silent auction. Upwards of 60-70 premier items go up for bid every year, creating a friendly yet competitive bidding atmosphere. Proceeds from the silent auction benefit the committee’s Non-Traditional Student Scholarship. Highlights of the luncheon also include a special holiday performance by the Lebanon Community Theatre’s Traveling Troupe and delicious food. Donations for Toys for Tots, the Humane Society of Lebanon County, and Lebanon County Christian Ministries will likewise be collected. This year’s luncheon, sponsored by Northwest Savings Bank, will take place through 1:30 p.m. at the Lebanon Country Club (3375 Oak St., Lebanon).

The Annual Breakfast brings together the membership to celebrate another great year with the Chamber. The Annual Breakfast is also the event where dedicated citizens are recognized for their significant contributions to the local community. Highlights of the breakfast include the presentation of various awards, remarks from the 2015 and 2016 board chairs, and the introduction of the outgoing and incoming officers, directors and committee chairs. In 2016, the Chamber will be turning 100, and will kick off its centennial celebration at the breakfast! This year’s Annual Breakfast, sponsored by Metro Bank, will be held on Thursday, Dec. 10, from 7:30 to 9:30 a.m. at StoneRidge Retirement Living (440 E. Lincoln Ave., Myerstown).

Anyone who wishes to attend any of these holiday celebrations can register online at lvchamber.org. Call 717-273-3727, or email info@lvchamber.org.

For more calendar of events and things to do in the Lebanon Valley, find us online at VisitLebanonValley.com, or connect with us on Twitter or Facebook.
Exploring Cumberland Valley

by KRISTEN ROWE

The holiday season is fast approaching. The Valley’s assortment of Made in Cumberland Valley items, downtown shopping districts and trip ideas to follow like the Cumberland Valley Antiques Trail make seasonal shopping easy for everyone on your list. Browse all your shopping opportunities at VisitCumberlandValley.com.

Looking for gift suggestions? Check out the Cumberland Valley Facebook page and Twitter account for our 2015 gift guide countdown, running November 21-December 11. Each day we will feature a gift for someone on your list from a local shop. You can enter to win the daily gift and help businesses by shopping local for the holidays!

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

Fall Fun @ Paulus Farm Market – Through Nov 18th
The fall fun fort is an enclosed farm play space for wee ones (ages 1 to 10) featuring corn and soybean boxes, bouncy horses, mini maze, slides, farm animals are here all the time. On the weekends, enjoy hayrides, corn maze, pumpkin picking and pumpkin chunking!

There’s No Place Like Home for the Holidays @ Allenberry Playhouse – Nov 4th-Dec 20th
Once again Allenberry offers an original Christmas Show sure to warm your heart and fill you with joy. Before the show, enjoy a hearty, holiday feast from the buffet. At the show, tap your feet, sing along, and be transported into the wonderful world of Christmas! It’s music and merriment for the whole family!

STYX @ The Luhrs Center – Nov 11th
The six talented men comprising Styx draw from over four decades of barn-burning chart hits, joyous sing-alongs, and hard-driving deep cuts. Like a symphony that builds to a satisfying crescendo, as Styx set covers a wide range of stylistic cornerstones.

Lee Ann Womack @ Carlisle Theatre – Nov 12th
American Country music singer/songwriter Lee Ann Womack has had many successful songs and albums, winning many CMA awards throughout her career. Perhaps her most successful album so far is “I Hope You Dance,” bringing her acclaim not only in the Country music genre but in contemporary music as well.

Camp Michaux Walking Tour @ Pine Grove Furnace State Park – Nov 14th
David Smith will lead the popular Camp Michaux walking tour of the old Bunker Hill Farm; Pine Grove Furnace CCC Camp; Pine Grove Furnace POW Interrogation Camp; and finally the United Church of Christ & United Presbyterian Church Camp.

Christmas Fun “Rudolf Rides the Rails” @ Mechanicsburg Museum – Nov 14-Jan 16
Free family fun for children of all ages. Visit our Lionel train layout with push-button operated buildings. See our new Rudolf Village layout. See vintage toys, dolls, and much more.

Eastern National Antiques Show & Sale @ Carlisle Expo Center – Nov 20-21
Founded in 1995 the Eastern National Antiques Show & Sale is celebrating its 60th year. The show hosts approximately 80 to 100 exhibitors from across the country who will be selling exceptional antiques with cutting-edge style. Known for its glass antiques, shoppers will also discover textiles & quilts, toys, fish, and sporting collectibles, postcards, maps, pottery, folk art, books, prints, and jewelry.

Camp Michaux Walking Tour @ Pine Grove Furnace State Park – Nov 14th
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*Surgical Review Corporation on behalf of the American Society for Metabolic and Bariatric Surgery.
Carlisle Barracks

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