



# Army War College & Carlisle Barracks Banner News & Events



## Military Family Life Counselor Program is here to help you

Need to talk to someone? The Carlisle Barracks Military and Family Life Consultants can help.

The Military and Family Life Counselor (MFLC) Program is designed to provide support and assistance to active duty Soldiers, National Guard & Reserves, military Family Members and civilian personnel. Military and Family Life Consultants can help people who are having trouble coping with concerns and issues of daily life.

MFLC is available Monday to Friday from 8 a.m. to 8 p.m., and is located at 632 Wright Ave, in the ACS area. To reach the MFLC, call 717-205-9048.

All counselors are masters and PhD clinical counselors that are trained to offer help in many areas:

- Children and adolescents
- Couples and families
- Grief and loss
- Veterans or Veteran Affairs
- Military personnel and families
- School systems
- Work in various environments
- Rapid assessment and problem resolution

### How the MFLC Program Helps

The MFLC program provides counseling services to military families for the following reasons:

- Relationships
- Crisis intervention

- Stress management
- Occupational
- Other individual and family issues

The program also offers psycho-educational presentations to units on many different topics such as:

- Deployments
- Grief/Loss
- Reunion/Reintegration
- Stress and Coping

### How Consultants Help

Services provided by MFLC are short-term and non-medical. If it is determined that the patient needs more than 12 sessions, the consultant will then refer them to long-term counseling. All information is confidential, no records are made and information is not shared, unless there is a legal duty to warn.

Counseling is informal and guide individuals through the effects of military life and provide support through the many tribulations. They do not diagnose mental disorders or provide psychological treatment.

Some of the main ways counselors help are:

- Use techniques to improve problem solving process
- Provide insight to increase individual and family competency
- Empower with information and coping skills to increase confidence in handling military life stressors
- Ensure that personal issues do not hamper operational readiness

## Barracks offers fun, activates for all this month

Now that we've all dug out from over 30 inches of snow that blanketed Carlisle Barracks last month, it's time to get out and enjoy some of the great programs and opportunities this month.



**Lt. Col. Greg Ank**  
Garrison Commander

If you haven't already, now is the time to check out our Sports and Fitness Program. MWR provides year-round athletics, fitness classes and instruction for the entire community, ranging from volleyball, basketball and flag football to Zumba, TRX and Army Combatives. There's something for everyone. Check out the full schedule for classes at <http://www.carlisle.mwr.com/images/sports/feb2016.pdf>

### Thorpe Hall Fitness Center

Whether you are looking for the latest equipment, personal trainers, or a variety of exercise classes, Jim Thorpe Fitness Center has it all for you. You'll find all the amenities you need in an environment that makes you feel at home, regardless of your fitness level.

### Root Hall Gym

Located adjacent to the Root Hall academic building, is the sports and intramurals office. The gym has a full size basketball and volleyball court, regulation-size racquetball court, men's and women's locker rooms with saunas. Seminar groups also conduct basketball and volleyball programs here.

### Indian Field Fitness Center

Located across the street from Root Hall, the center features cardio equipment, a free weight area, treadmills, stationary bikes and a women's only area from 9-11 a.m. daily.

Being stuck inside a gym not your thing? Get out and enjoy the weather in Central PA with our Outdoor Recreation department. ODR has multiple trips planned over the next few months including cross country skiing, sled and show shoe rentals and bike maintenance classes. Leisure Travel Services also has trips coming up including the Harlem Globetrotters in March, the Hands-On House in Lancaster, Baltimore Inner Harbor, discount tickets to the National Aquarium and more.

At the LVCC, we're officially opening the Pershing Tavern, the brand-new pub at the Letort View Community Center on from Feb. 10, 4- 10 p.m. Food and drink specials will be available, come out and see the newest addition to the post.

The post chapel is also hosting some great activities this month including a Valentine's Day Dinner Dance on Feb. 20 and the National Prayer Breakfast on Feb. 25. For more information on both call 245-3318.

These are just a few of the great opportunities coming up in the next few weeks and I hope you take advantage of them before it's too late. You can always find out the latest on events and activities by visiting [www.carlisle.mwr.com](http://www.carlisle.mwr.com) and the Banner Online at [www.carlisle.army.mil/banner](http://www.carlisle.army.mil/banner).

Lastly, February is the last time we are producing The Banner in hard copy. As of 1 March, we will be completely online, which allows us to improve our social media reach and readership. We are excited about this opportunity as you will receive the same great stories and community information you've come to expect, but we'll also be improving our web views and links to additional community events and activities. Please continue to join us at the Banner Online at [www.carlisle.army.mil/banner](http://www.carlisle.army.mil/banner).

## Looking for family fun? Check out these Carlisle Barracks programs and services

Carlisle Barracks Golf Course  
245-3262

Child and Youth Services  
245-4555

Family, Morale, Welfare and Recreation  
245-4332

Jim Thorpe Fitness Center  
245-3418

Leisure Travel Services  
245-4048

Middle School & Teen Programs  
245-4555

Outdoor Recreation  
245-4616

School Age Care  
245-4555

School Liaison Services  
245-4555

Splash Zone Swimming Pool  
245-3560

Strike Zone Bowling Center  
245-3027

Volunteering Opportunities  
245-4357

Youth Sports and Fitness  
245-4555

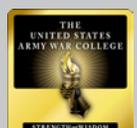
[www.carlisle.mwr.com](http://www.carlisle.mwr.com)



## Banner News & Events

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This Command Information newspaper is for employees and Carlisle Community Members. Submissions are due no later than the 20th of each month. Submissions may be edited for content. Contents are not necessarily the views of, or endorsed by the U.S. Government, the Department of Defense or Department of the Army.



## 'Great Decisions:' Join America's largest discussion program on world affairs

Great Decisions offers an interactive experience for anyone in the greater Carlisle area to listen and engage with Army War College experts on topics of interest to American citizens. The series kicks off Friday, Jan 15 and continues Friday afternoons, 1-3 p.m. through March 18, at the Army Heritage & Education Center. All lectures and parking is free. Each presentation will last 50 minutes ending with a 10 minute break which will be followed by audience interaction with the speaker. Café Cumberland will be open for lunch and snacks. Members of the community are invited to attend any or all of the free lectures. Below is the list of subjects and speakers.

If you missed any of the previous speakers, visit [www.youtube.com/usarmywarcollege](http://www.youtube.com/usarmywarcollege) for the full presentations.

### **Migration Feb. 5, 1 – 3 p.m.**

Speaker: Bama Anthreya

Dr. Anthreya is the Senior Specialist for Labor and Employment Rights at USAID. She formerly was the Executive Director of United to End Genocide which is a collaboration with the Save Darfur Coalition and the Genocide Intervention New York.

As a record number of migrants cross the Mediterranean Sea to find refuge in Europe, the continent is struggling. Today, with the number of displaced people is at an all-time high, a number of world powers find themselves facing a difficult question: How can they balance border security with humanitarian concerns? More importantly, what can they do to resolve these crises so as to limit the number of displaced persons?

### **Climate Change Friday, Feb. 12, 1 – 3 p.m.**

Speaker: Dr. Neil Leary

Dr. Leary is the founding director of the Center for Sustainability Education at Dickinson and for 20 years researched climate change vulnerability, adaptation and mitigation, and led international climate change projects in Africa, Asia and the Americas.

The American public has become more aware of the damage wrought by climate change. A rapidly changing climate has already made its footprint in the United States. What can the next president do to stymie this environmental crisis? And is it too late for these efforts to be effective?

### **The United Nations Friday, Feb. 19, 1 – 3 p.m.**

Speaker: William Flavin

Prof Flavin is the Assistant Director at the US Army Peacekeeping and Stability Operations Institute. Flavin was a senior foreign affairs analyst with Booz Allen and Hamilton. he has also served as the Deputy Director of Special Operations for the Supreme Allied Commander Europe at the Supreme Headquarters, Allied Powers Europe while on active duty.

This year marks a halfway point in the UN's effort to eradicate poverty, hunger and discrimination, as well as ensure justice and dignity for all peoples. But as the UN's 193 member states look back at the success of the millennium development goals, they also must assess their needs for its sustainable development goals — a new series of benchmarks, which are set to expire in 2030.

### **Shifting alliances in the Middle East Friday, March 11, 1 - 3 p.m.**

Speaker: Dr. Larry Goodson

Dr. Goodson is regularly consulted by senior government officials and has also worked on the staffs of Gen. David Petraeus and Gen John Abizaid as an advisor on Afghanistan and Pakistan policy.

Civil war in Syria, has shaken the traditional alliances in the Middle East to their core. The U.S. has found itself between a rock and a hard place. In a series of conflicts that are far from being black-and-white, what can the U.S. do to secure its interests in the region without causing further damage and disruption?

### **The Koreas Friday, March 18, 1 – 3 p.m.**

Speaker: Col. David DeTata

Col. DeTata is a U.S. Army Northeast Asia Foreign Area Officer and currently the Director East Asia-Pacific Studies in the Department of National Security and Strategy at the U.S. Army War College. He has served multiple assignments in the Republic of Korea and Japan.

At the end of World War II, Korea was divided in two. Today, North and South Korea couldn't be further apart. The North is underdeveloped, impoverished and ruled by a corrupt, authoritarian government, while the South advanced rapidly to become one of the most developed countries in the world. With such a wide gap, some are asking if unification is even desirable anymore.

## **Banner to transition to online-only March 1**

You may not realize it, but what you are holding in your hand marks the end of one era and the beginning of another for the Army War College Community Banner. Ever since the Banner began in its current format in 1995, we've been working to deliver readers the news in the most convenient way possible.

That's why beginning next month we will be transition all of our content to the Banner Online at [www.carlisle.army.mil/banner](http://www.carlisle.army.mil/banner) We've been using this site to provide readers information on Carlisle Barracks for more than a decade, and now it will serve as the main home for post information. You'll still find all of the same content, but faster and easier to share and updated almost daily.

# February Community Events

## 3 - Community Leaders Information Forum (CLIF) 11 a.m.

## 4 - Brooks E. Kleber Memorial Lecture 7:15 p.m., USAHEC

This lecture is free and open to the public. Dr. Jeffrey Sammons and Dr. John Morrow will present a lecture entitled, "The History of the Black Combat Soldier in World War I in Collective and Individual Context." For questions or more information, call: 717-245-3972.

## 7- Outdoor Recreation Sledding Trip 10 a.m. – 2p.m.

\$10 per person, transportation and sleds provided. Must register one week prior to event, for more information call 245-4616.

## 10- Pershing Tavern Grand Opening, 4 p.m.

The newest addition to Carlisle Barracks will officially open for business Feb. 10 with a special grand opening celebration from 4 to 10 p.m. The tavern is located in the LVCC.

## 10- Geo bachelor/bachelorette dinner 5:30 p.m., post chapel

## 13- LVCC Valentines' Dinner Dance, 5 p.m.

\$80 per couple, bar opens at 5 p.m., dinner at 5:30 with dancing to follow at 7 p.m. Reservations required, for more information call 245-4329.

## 17 - Perspectives in Military History Lecture, 7:15 p.m., USAHEC

This lecture is free and open to the public. Dr. Matthew Muehlbauer and Dr. David Ulbrich will give a presentation entitled, "Ways of War: American Military History from the Colonial Era to the 21st Century." For questions or more information, call: 717-245-3972.

## 20- Chapel Valentine's Dinner Dance, LVCC, 6:30 p.m.

Annual Valentine's Dinner and Dance sponsored by the Chapel. For more information call 245-3318.

## 20 - 5th Annual Reenactor Recruitment Day, 10 a.m., USAHEC

Re-enactors and those interested in living history are encouraged to visit the USAHEC to interact with living history organizations who are looking for new members or are just looking to get the word out about their organization. A range of historical periods will be represented, from the 17th Century to the 20th Century. For more information call 245-4491.

## 21, 27 – Outdoor Rec Cross Country Skiing, 7 a.m. – 5 p.m.

\$40 per person included transportation and equipment. Must register one week prior to event. For more information call 245-3657.

## 25 – National Prayer Breakfast, LVCC, 6:30 a.m.

## 26 - Black History Month Observance, Hallowed Grounds: Sites of African American Memory, Bliss Hall, 11 a.m.

## Tax Center open for business

The Volunteer Income Tax Assistance Center opened its doors for business February 1 and will close on April 18 for the 2015 tax filling season for all military and their Family Members as well as military retirees.

The Tax Center is located at 309 Engineer Ave and hours of operation are 8 a.m. to noon and 1 to 4 p.m. Monday - Friday. Call 717-245-3986 for appointments.

What to bring:

- Military ID card
- W-2 form (active duty will receive W-2s though "My Pay" no later than Jan. 24)
- W-2 forms for each family member who earned income
- Form 8332 or copy of divorce decree for non-custodial parent claiming a child
- Social Security card for taxpayer and every family member list-



**Carlisle Barracks Tax Center volunteers, staff and Army war College and Carlisle Barracks leadership celebrate the opening of the Volunteer Income Tax Assistance Center at 309 Engineer Ave. The center is open from Feb. 1 to April 18. Appointments are necessary and can be made by calling 245-3986.**

ed on your return

- 1099-INT for any taxable interest paid to you or credited to your account
- 1099-DIV for any income from stocks, mutual funds, investment companies or a real estate trust
- If you sold stocks, bonds or mutual funds during the tax year, you must know your cost basis. If you do not know, call your broker to obtain the information.
- Documentation verifying your 2014 real estate taxes paid on your primary residence
- If you are itemizing deductions, you will need to provide proof of deductions – this is a requirement for charitable contributions
- A voided check or deposit slip to ensure refund monies are dispersed properly
- A copy of last year's tax return