



USAWC



Community Leader Information Forum

January 9, 2013





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AGENDA

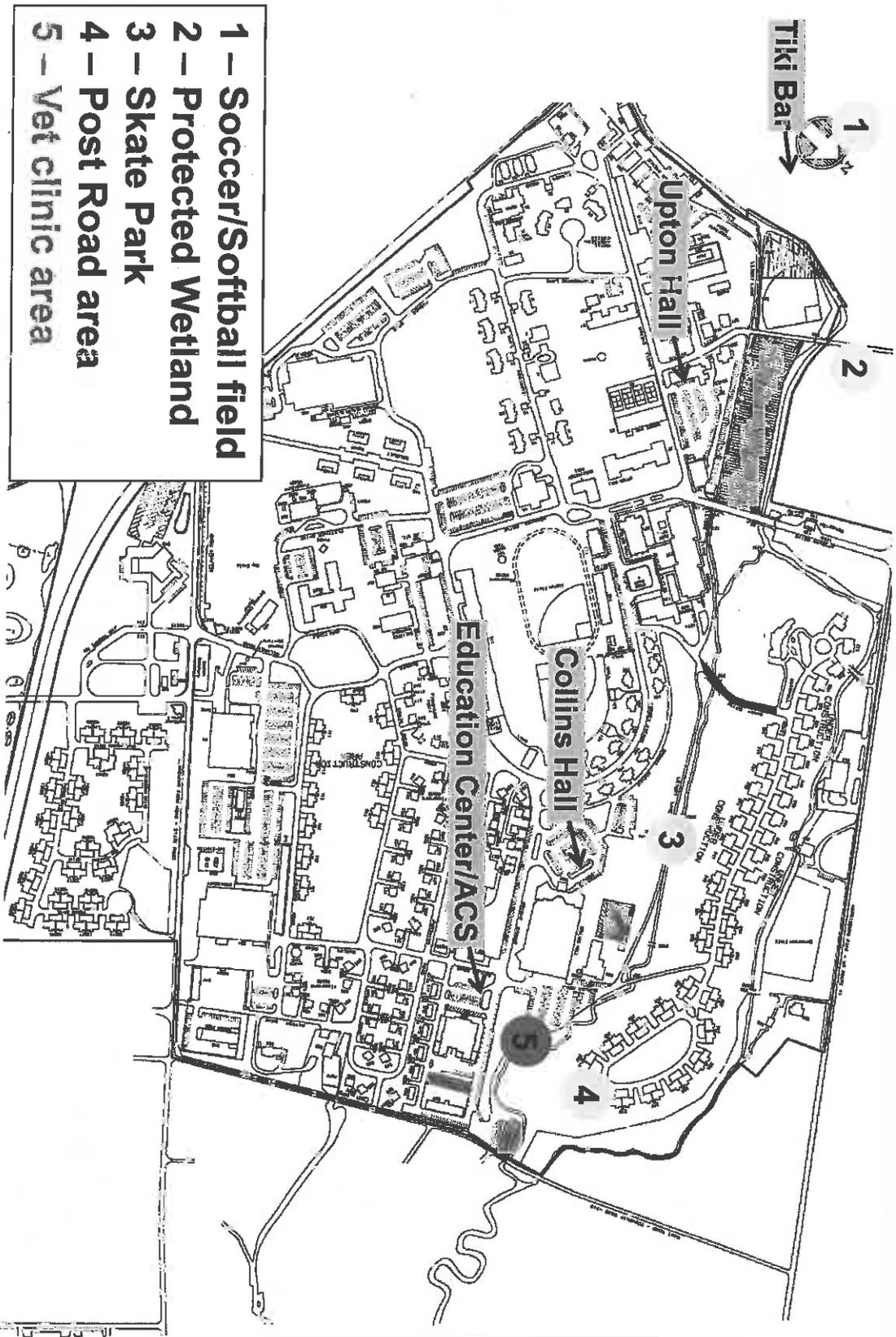


- **3X5 Card Feedback (CMDT)**
- **SLD Visit (CMDT)**
- **Dog Park Update (Garrison)**
- **On-Post Housing Nameplate policy (Garrison)**
- **“One Stop” Relocation (Garrison)**
- **Campus Fitness Update (SLDR)**
- **FLAGS Workshops (MFP)**
- **The “Purple Book” (MWR)**
- **Chili Cook off (MWR)**
- **6 Week Calendar Review**



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Dog Park Considered Locations



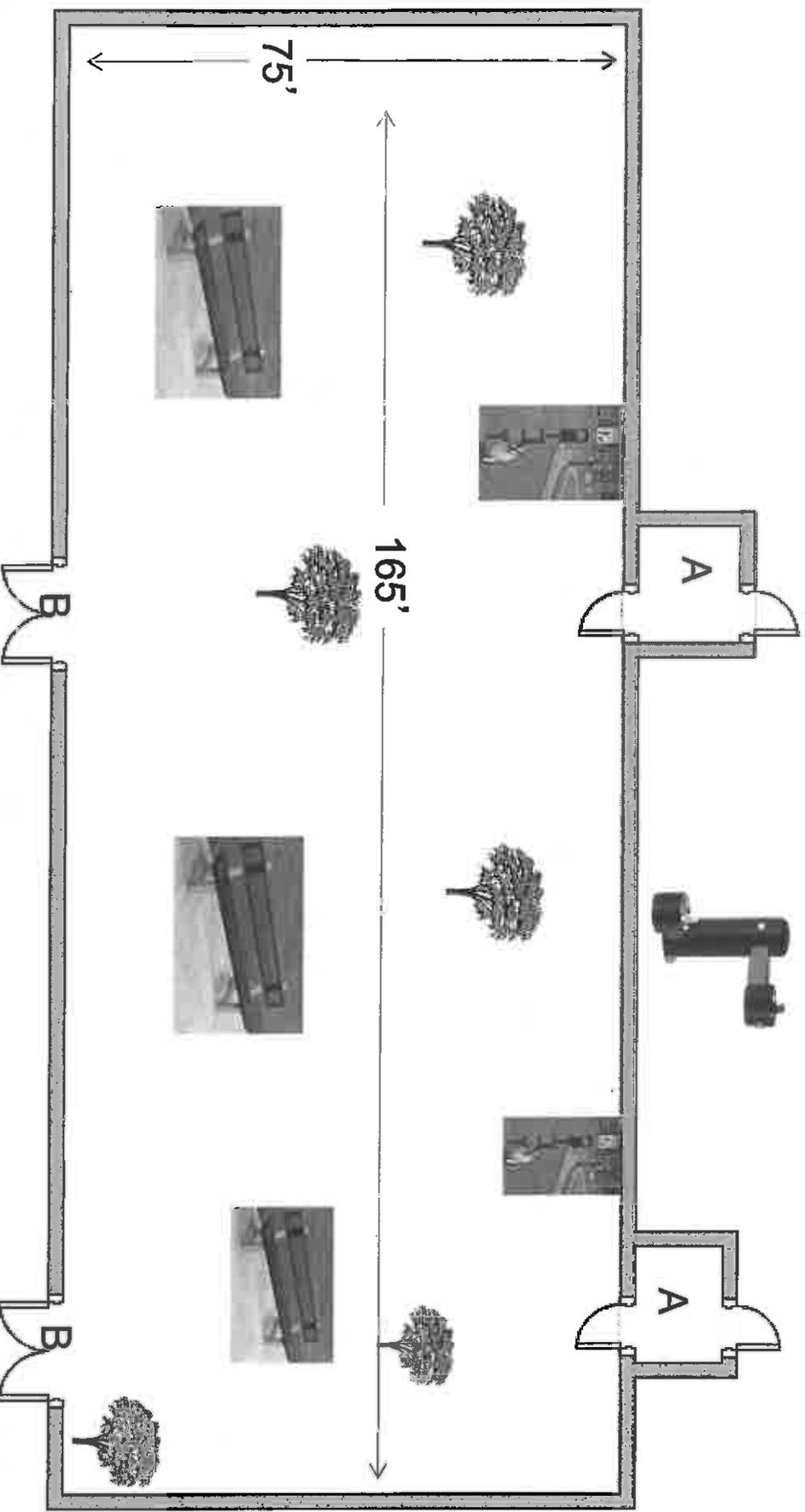


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Dog Park Concept



BLDG 627 (Vet Clinic)



- A = holding area to prevent dogs escaping as other owner's enter park
- B = double gate 6' wide for mower access

BLDG 632 Ed Center Parking Lot



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Additional Information



- **Dog park will be only on-post off leash area**
- **Current four recognized pet runs will end**
- **Pursuing sponsorship for enhancements**
- **Estimate completion Spring 2013**



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On Post Name Plates



- **New post policy for on post housing**
- **Name plates on all houses in order to enhance the Profession of Arms, good order and discipline, accountability, safety, and first responder response times**
- **Existing nameplates – retain current name plate**
- **No name plate on house**
 - **Option 1 – go to BBC and order, at no charge, standard name plate (Rank, last name, white background, black lettering)**
 - **Option 2 – purchase, at own cost, a nameplate; no restrictions EXCEPT:**
 - 1) must have last name of family**
 - 2) If rank is used, must be doctrinally correct for service**
 - 3) No “italics” lettering**



Relocation One Stop



- **New PCS centralized information station (Bring your orders)**
- **Monthly from Jan to Apr in Bldg 46 Anne Ely, Room 202**
- **Army Community Service (Relocation, EFMP, Employment)**
- **School Liaison**
- **Housing**
- **Balfour Beatty**
- **Tricare**
- **Transportation**
- **Next session – 24 Jan from 1200-1530**
- **Call for appointments at 245-3685 (ACS)**



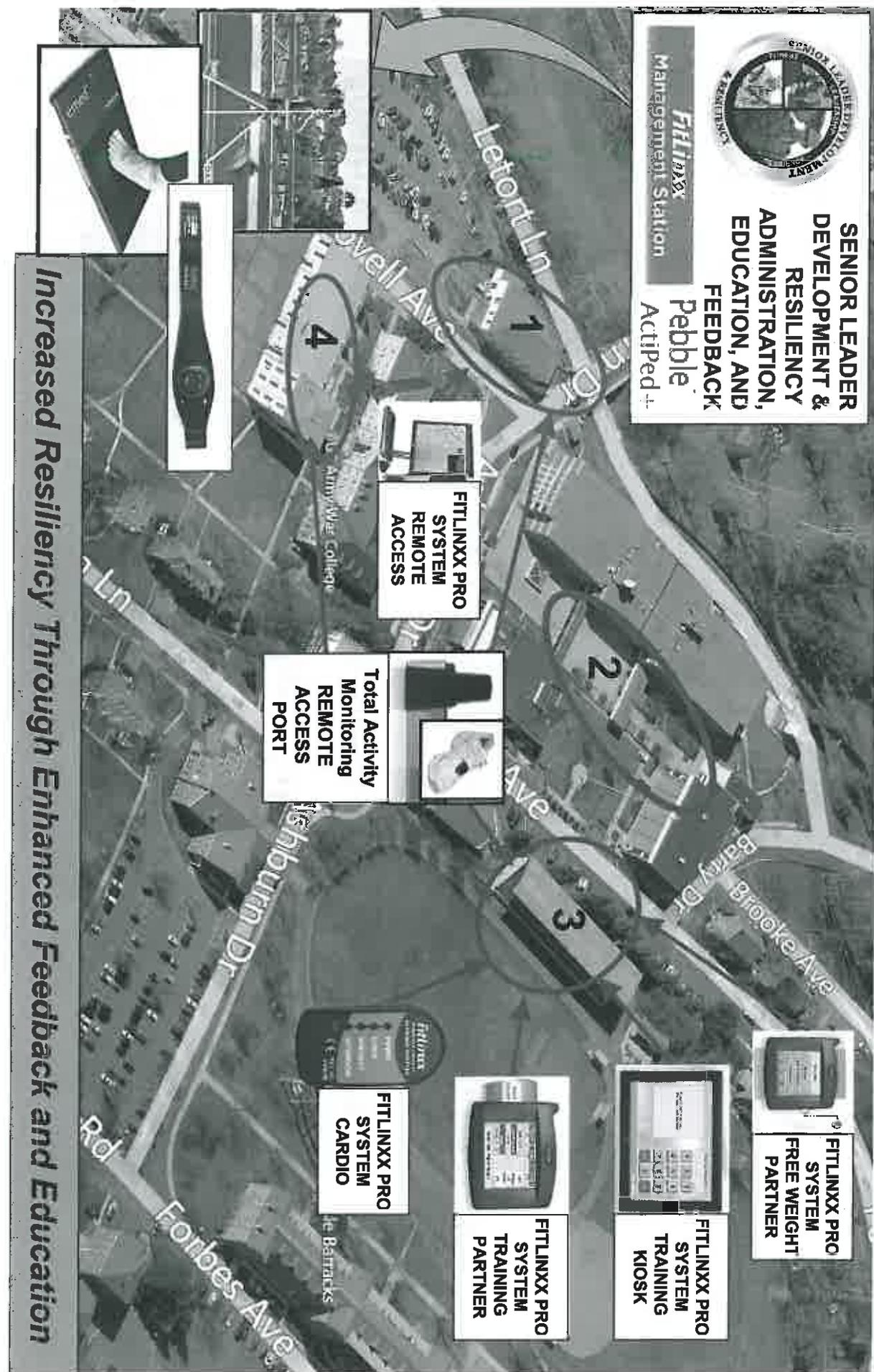
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Comprehensive Fitness Campus: Integrated Technology Systems



FITLINXX
Management Station

**SENIOR LEADER
DEVELOPMENT &
RESILIENCY
ADMINISTRATION,
EDUCATION, AND
FEEDBACK
Pebble
ActiPee+**



**FITLINXX PRO
SYSTEM
REMOTE
ACCESS**

**Total Activity
Monitoring
REMOTE
ACCESS
PORT**

**FITLINXX PRO
SYSTEM
FREE WEIGHT
PARTNER**

**FITLINXX PRO
SYSTEM
TRAINING
KIOSK**

**FITLINXX PRO
SYSTEM
TRAINING
PARTNER**

**FITLINXX PRO
SYSTEM
CARDIO**

Increased Resiliency Through Enhanced Feedback and Education

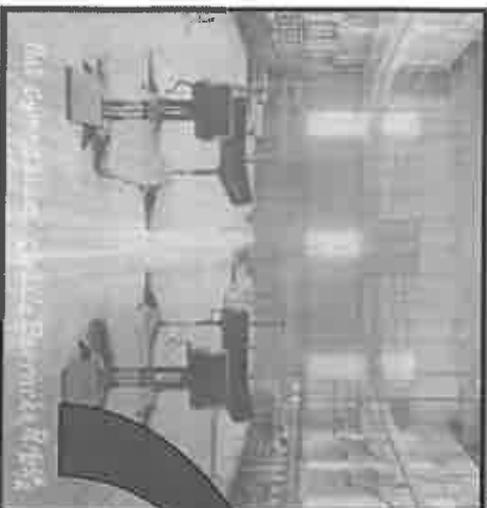


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Thorpe Center for Strength & Conditioning



Transform Thorpe gym floor and transition to a modern facility with history legacy



PRACTICAL



FUNCTIONAL



EDUCATIONAL



IMPACT: Environment conducive to fitness that optimally enhances resiliency, education, and feedback

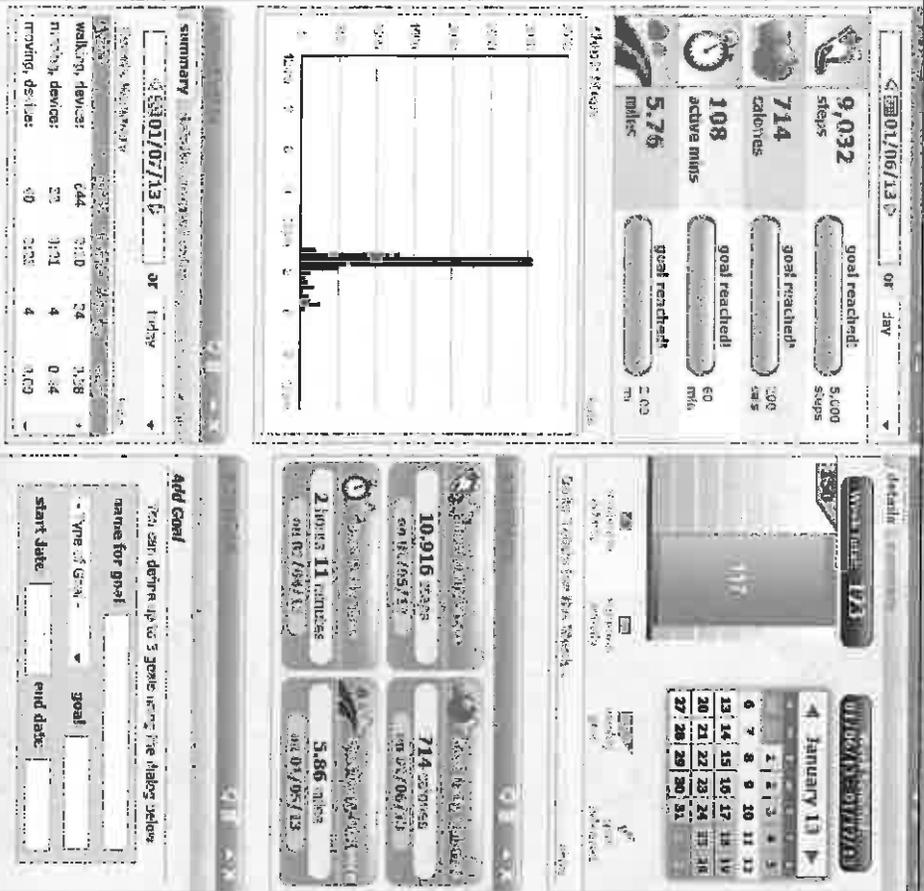


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Comprehensive Fitness Campus Army Performance and Feedback Monitoring System

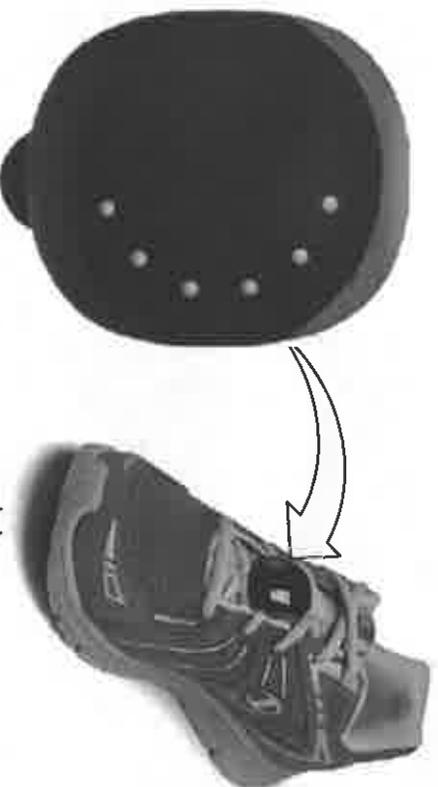


Enhanced feedback and awareness of individual activity and programming

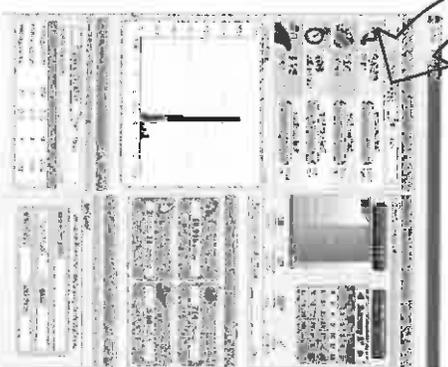


Available Jan 14th at BLDG 119
Indian Field Fitness Center
Please see front desk staff for sign-up.

PERFORMANCE MEASURED INSIDE or OUTSIDE



- Waterproof to 100ft
- Stores up to 21 days of activity
- Automatic, wireless data transfer
- Simple, discreet, and can be worn in a variety of locations





FLAGS Workshops



Session 1 28 JAN – 1 FEB Collins Hall

Session 2 11 – 15 MAR Root Hall

- Monday thru Friday, 0830-1500 hrs
- Call the MFP Coordinator at 717-245-4787 or email to reserve your spot!
- Priority to AY13 AWC Spouses but workshop is open to the AWC/Carlisle Barracks Community.
- Signup deadline for first session is JAN 18th



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FLAGS Workshops



- Assess your personal strengths and learn how to use them to enhance personal and professional relationships
- FLAGS...the Gift that keeps on giving.
- FLAGS...Just do it! You won't regret it!



Welcometocarlisle.com

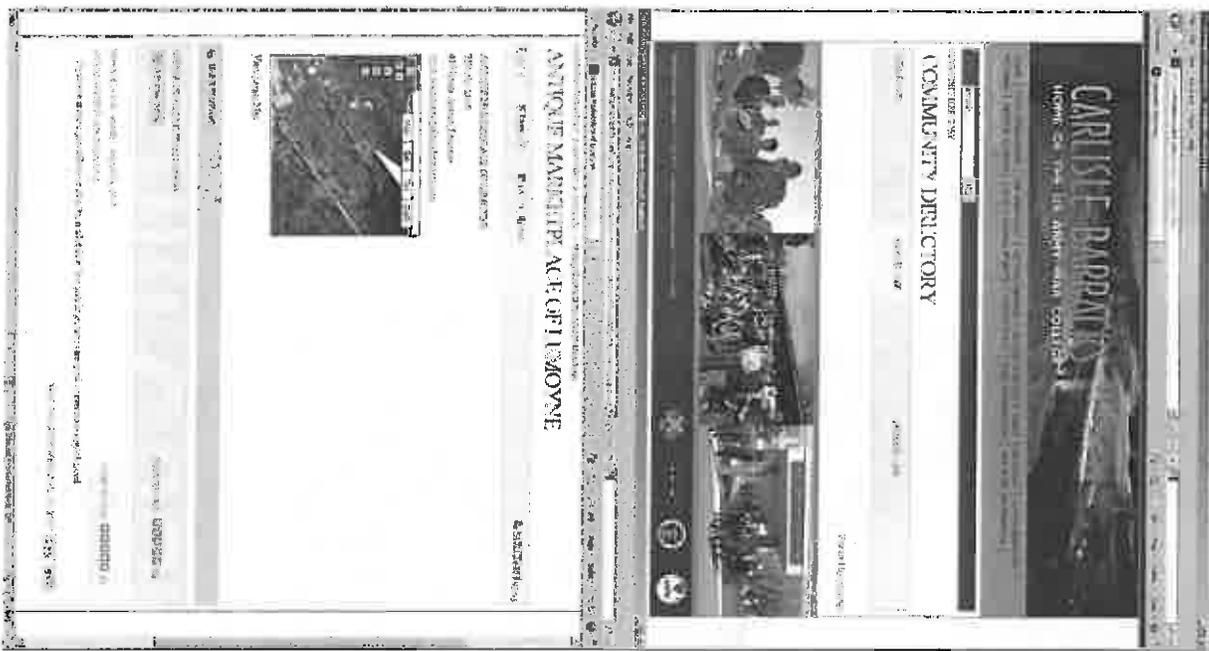


Community Directory

via your...
desktop
laptop
tablet
smartphone

Your voice is valued...research, comment and share your experiences with current and future families.

Don't see your favorite shop or eatery, or service? Send us an email at info@welcometocarlisle.com and we'll add it.



Use QR Codes from the printed version of the guide to access reviews and maps. You can also share your finds with family and friends via social media.

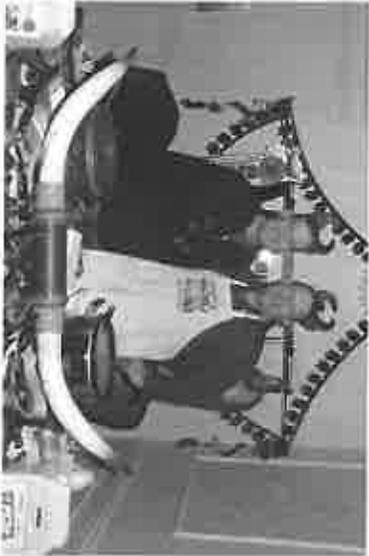




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Chili Cook-Off 2012





Chili Cook-Off 2012



25th Annual *Carlisle Barracks* Championship



*Chili Sampling, Complimentary Munichie Buffet
and Entertainment by Mr. B*

CHILI COMPETITORS

S10 ENTRY FEE includes
2 Chili Entry Limit and
6 ft Table

PRIZES FOR:

Best Chili
People's Choice
Runner-Up
Best Creative Theme & Presentation



ENTRY DEADLINE Jan 18 @ **LATE FEE:** \$20 between Jan 24-26
No entries after Noon on Jan 24 @ **SPACE:** 6' x 4' (includes 6' table)
Entry forms available at LVCC or upon request electronically
Entry forms and fee: Deliver to LVCC bldg. 313

NOT A SANCTIONED CHILI COOK-OFF

FOR MORE INFORMATION

PLEASE CALL 245-3991 • www.carlisleentwr.com

