



CLIF

Community Leader Information Forum

7 JAN 2015

1100 - 1200

1200 - 1300 (SSR Meeting)



7 January Agenda

- **Opening Comments by the Commandant**
- **Opening Comments by Commandant's Spouse**
 - 3x5 Card Feedback (CMDT)
- **Special Topic Briefs**
 - G3: National Security Staff Ride (NYC) Brief
- **Calendar Review by the G3**
- **Command and Staff Updates (by exception)**
 - Garrison
 - DFMWR (CYSS, Food and Beverage, Sports)
 - ACS
 - Balfour Beatty
 - Chaplain
 - The Exchange
 - Commissary
 - Dunham Clinic/Army Wellness Center
 - Schools/Centers/Institutes (by exception)
- **G Staff (1-9)**
- **SLDR**
- **PA/LL**
- **CBSC**
- **Military Family Program**
- **Open Forum (SSRs, other Community Spouse Reps)**
- **Closing Comments from Commandant/Command Group**
-
- ******* Seminar Spouse Representative Meeting *******
- **Meeting and Introductions**
- **New Business**
- **SSR Comments (by Seminar)**
- **Closing Comments**
- ***Next CLIF will be held on 4 FEB 2015, 1100, LOCATION: AHEC**



3x5 Card Roll up from DEC CLIF (1)

- ***Question/Comment #1: "Could Balfour Beatty explain the deficiencies in yard maintenance in regards to the lease agreement? It is my understanding that the mowing/yard maintenance is included in "rent" yet it has not happened regularly."***

USAG CDR RESPONSE: Balfour Beatty contracts landscaping with a 3rd party. Landscaping includes 26 mows per year, one spring clean-up, one fall clean-up, one mulching treatment, weed whacking, leaf removal and weed control. It does not include flower beds. To date, the contractor has met all contractual requirements.

We have had challenges with Heritage Heights Phase II, as the landscaping is still not mature. Issues reported include the mowing of the new grass, weeding of the new grass, and leaf pick up that BBC is working to address.

If you have any individual concerns, please contact the BBC manager. If you are still not satisfied, please forward the issue to the USAG Housing representative, Bif Coyle.



3x5 Card Roll up from DEC CLIF (2)

- ***Question/Comment #2: "Could Balfour Beatty explain the utility billing process? Some of the older home occupants are receiving bills. What are they based on? Newer home residents are not receiving utility bills. When can they expect them?"***

USAG CDR RESPONSE: Carlisle Barracks is contracted with YES Energy for the ARMY LIVE billing program. Bills are based on a baseline average of 10 like units. Currently the new construction homes have not been metered into the program. New home residents can expect billing to begin in January, however the technicians are still making system adjustments. The first bill will include a \$3 admin fee as well as either a credit or bill based on actual usage compared against the average.

I can confirm that Residents will not be back billed for usage. BBC is available at any time to discuss this program if you have any additional questions.



3x5 Card Roll up from DEC CLIF (3)

- ***Question/Comment #3: "There is no street sign at Liggett. Could a street sign be put up at Liggett and Forbes?"***
- ***USAG CDR RESPONSE :*** We are installing a street sign at Liggett and Forbes. This was our oversight. Thank you!



3x5 Card Roll up from DEC CLIF (4)

- **Question/Comment #4: "Would it be possible to add Lean Sigma Six or PMP certificates to the electives?"**
- **SLDR/Dean RESPONSE:** The Project Management Professional (PMP) and the Lean Six Sigma are certification programs more appropriately focused on project management and efficiencies within industry. While the types of training and education associated with these programs do offer some benefit in learning about managing projects, the over 4,000 hours of experience, educational requirements, and additional 23-35 hours of project management education are not aligned with our military education level-1 (MEL-1)/Joint Professional Military Education (JPME)/Masters of Strategic Studies (MSS) curriculum. Therefore, these types of program offerings are not currently offered and would be very difficult to justify as related to senior leader education for students and/or their Spouses in a resource constrained environment.



The U.S. Army War College
National Security Staff Ride
(NYC)

Class of 2015
10-14 March 2015

CLIF Information Brief

COL Robert Wade-G3



NSSR(NYC) Briefing Timeline

- 15 Jan: Brief to Student Body/Spouses
- 22-23 Jan: PJA and DES Available
- 29 Jan: NYC Roster on Portal to be completed
- 4 Feb: CLIF Brief Detail NYC Review slides
- 11-14 Mar: NSSR (NYC) Trip



Trip Schedule – AY 2015

	Tues 10 Mar	Wed 11 Mar	Thurs 12 Mar	Fri 13 Mar	Sat 14 Mar
MORNING	Advance Party and Faculty Depart	Student and Spouses Travel	Small Group Visits	USUN visit (72 students) IF Mission Visits	Travel to Carlisle
AFTERNOON	ASAP and Faculty Depart	Personal Visits & Tours	Small Group Visits	IF Mission Visits	Travel to Carlisle



THE UNITED STATES ARMY WAR COLLEGE

NEW YORK CITY



United States Army Garrison

Garrison Operations

Room 112, Bldg. 22 (Upton Hall)
245-4717



USAG Support to NSSR(NYC)

- ***Enhanced Child & Youth Program support***
 - Hourly Care availability
 - Extended Youth Center hours & programming
- ***Heightened Security***
 - Increased patrols in housing areas
 - Individual Quarters check upon request
- ***Facilitated Installation Access for Care Givers***
 - Temporary Access Passes issued by Dir, Emergency Svcs
- ***Accessible Legal Assistance***
 - Power of Attorney (POA) & Notary Services available NOW
 - POAs required for medical/dental care of dependents staying with other than parent or legal guardian



January 2015 Events

1 of 2

- 05-09** **Soldier for Life: Transition Assistance Program** (United States Army Garrison (USAG); 0800-1630; National Guard Armory)
- 09-10** **Middle School/Teen (MST) NFL Lock-In** (Child, Youth & School Services (CYSS); 1800-0700 *RD 7 Jan; McConnell Youth Center)
- 12** **Newcomers' Brief** (USAG; 1300-1400; Anne Ely Hall room 202)
- 13** **Income Tax Strategies** (Military Families Program (MFP); 1145-1245; Wil Washcoe Auditorium (WWA))
- 15** **National Security Staff Ride (NSSR #2) NYC Students/Spouses** (School of Strategic Landpower (SSL); 1145-1215; Bliss Hall)
- 15** **NSSR #2 NYC Students/Spouses** (SSL; 1800-1900; Bliss Hall)
- 16** **Carlisle Barracks Spouses Club (CBSC) Tourista Trip – Yuengling Brewery** (CBSC; 0830 - ~1600; Departs PX Parking Lot)
- 16** **Martin Luther King's Day Training Holiday / Reading Writing Reflection (RWR) Day**
- 19** **Martin Luther King's Day Holiday**
- 20** **College Preparation for Military Families** (USAG; 1900-2100; Bliss Hall)
- 21** **Boots to Suits** (MFP/Senior Leader Development & Resiliency (SLDR); 1145-1245; WWA)
- 21** **CBSC – Mock Dining In** (CBSC; 1730-2100; Letort View Community Center (LVCC))



January 2015 Events

2 of 2

- 22** **Resume Class** (Army Community Service (ACS); 0900-1500; ACS classroom in Bldg. 632)
- 22-23** **NSSR #2 Judge Advocate General and Directorate of Emergency Services** (USAG; 1100-1300; Mary Walker Room)
- 23** **Civilian Social and Chili Cook Off** (SSL; 1800-2100; LVCC)
- 23** **Parent's Night Out** (CYSS; 1730-2230 *RD 16 Jan; Moore Child Development Center (CDC) & McConnell Youth Center)
- 24** **MST Winter Wonderland Social** (CYSS; 1200-1600; McConnell Youth Center)
- 26-30** **Facilitating, Leadership, And Group Skills (FLAGS) Session #1** (SLDR; 0830-1530; Collins Hall)
- 29** **RWR Day**



February 2015 Events

- 01 MST Super Bowl Party** (CYSS; 1800 – 2200; McConnell Youth Center)
- 01 School Age Care-Elementary (SAC) Super Bowl Party** (CYSS; 1800 – 2200; McConnell Youth Center)
- 04 Community Leader Information Forum (CLIF)** (1100-1300; Army Heritage and Education Center (AHEC))
- 04 RWR**
- 06-07 MST Tropical Lock-In** (CYSS; 1900-0700 *RD 5 February; McConnell Youth Center)
- 13 President's Day Training Holiday / RWR Day**
- 13 SAC Valentine Luncheon** (CYSS; 1100 – 1300; McConnell Youth Center)
- 16 President's Day Holiday**
- 18 Mardi Gras Bingo** (CBSC; 1030-1300; LVCC)
- 21 MST Sky Zone Trip** (CYSS; 1300 – 1800 *RD 19 February; TBD)
- 23-27 FLAGS Session #2** (SLDR; 0830-1530; Collins Hall)
- 25 Black History Month Observance** (CSLD; 1100-1300; Bliss Hall)
- 26 National Prayer Breakfast** (USAG; 0630-0830; Chapel)
- 28 SAC Cupcake Wars Social** (CYSS; 1100 – 1300; McConnell Youth Center)



March 2015 Events

- 02** **Newcomers' Brief** (USAG; 1300-1400; Anne Ely)
- 04** **CLIF** (1100-1300; AHEC)
- 06** **SAC Lock-In** (CYSS; 1900-0000; McConnell Youth Center)
- 07** **MST St. Patrick's Day Social** (CYSS; 1200-1600; McConnell Youth Center)
- 09** **SKIES Golf** (CYSS; 1500-1645 Saturdays thru 11 May; Golf Course)
- 11-14** **National Security Staff Ride (NSSR #2) to New York City** (SSL; 0800; Collins Hall)
- 11-14** **McConnell Youth Center Support for NSSR #2** (CYSS; 1700; McConnell Youth Center)
- 14** **MST Archery TAG** (CYSS; 1030-1530; TBD)
- 17** **Family Advocacy Training** (USAG; 1330-1430; Dunham Army Health Clinic Conference Room (DAHC CR))
- 19** **Raising Resilient Kids in the Military Family** (MFP; 1900-2100; Bliss Hall)
- 20-21** **MST March Madness Lock-In** (CYSS; 1900-0700 *RD 19 March; McConnell Youth Center)
- 28** **SAC Spring Fling Dance** (CYSS; 1200-1600; McConnell Youth Center)
- 28** **CDC Easter Egg Hunt** (CYSS; 0900; CDC)
- 30** **Running Club** (CYSS; 1630 *RD 27 March; TBD)
- 30** **Spring Soccer** (CYSS; 1630 *RD 27 March; TBD)
- 31** **T-Ball** (CYSS; 1630 *RD 27 March; TBD)



April 2015 Events

- 01** **CLIF** (1100-1300; AHEC)
- 01** **Month of the Military Child CDC Kick Off Parade** (CYSS; TBD; Moore CDC)
- 02-06** **Spring Recess** (SSL; 1100)
- 03** **Month of the Military Child SAC Celebration** (CYSS; 1600-1800; McConnell Youth Center)
- 10** **SAC Month of the Military Child Game Night** (CYSS; 1600-1800; McConnell Youth Center)
- 11** **MST Sock Hop Social** (CYSS; 1600-1800; McConnell Youth Center)
- 14** **Family Advisory Board Meeting (FAB)** (CYSS; 1100-1200; Delaney Field House)
- 14-17** **Senior Spouse Leadership Seminar** (MFP; TBD; Collins Hall)
- 17** **Month of the Military Child SAC Craft Night** (CYSS; TBD; McConnell Youth Center)
- 17** **SAC Lock In** (CYSS; 1900-0000; McConnell Youth Center)
- 18** **MST Paintball Trip** (CYSS; 1230-1600 *RD 16 March; TBD)
- 22** **Army Reserve Birthday** (RC Liaison; 1145-1215; Bliss Hall Foyer)



April 2015 Events

- 22** **Jim Thorpe Sports Days Pep Rally** (SSL; 1215-1245; Bliss Hall)
- 23-25** **Jim Thorpe Sports Days** (SSL; 1100; Indian Field)
- 24** **Month of the Military Child SAC Craft Night** (CYSS; 1600-1800; McConnell Youth Center)
- 30** **ACS Volunteer Recognition Ceremony** (USAG; 1330-1500; Bldg 632)
- 30** **Ice Cream Social** (CYSS; TBD; Moore CDC)



Commandant's Roll Call

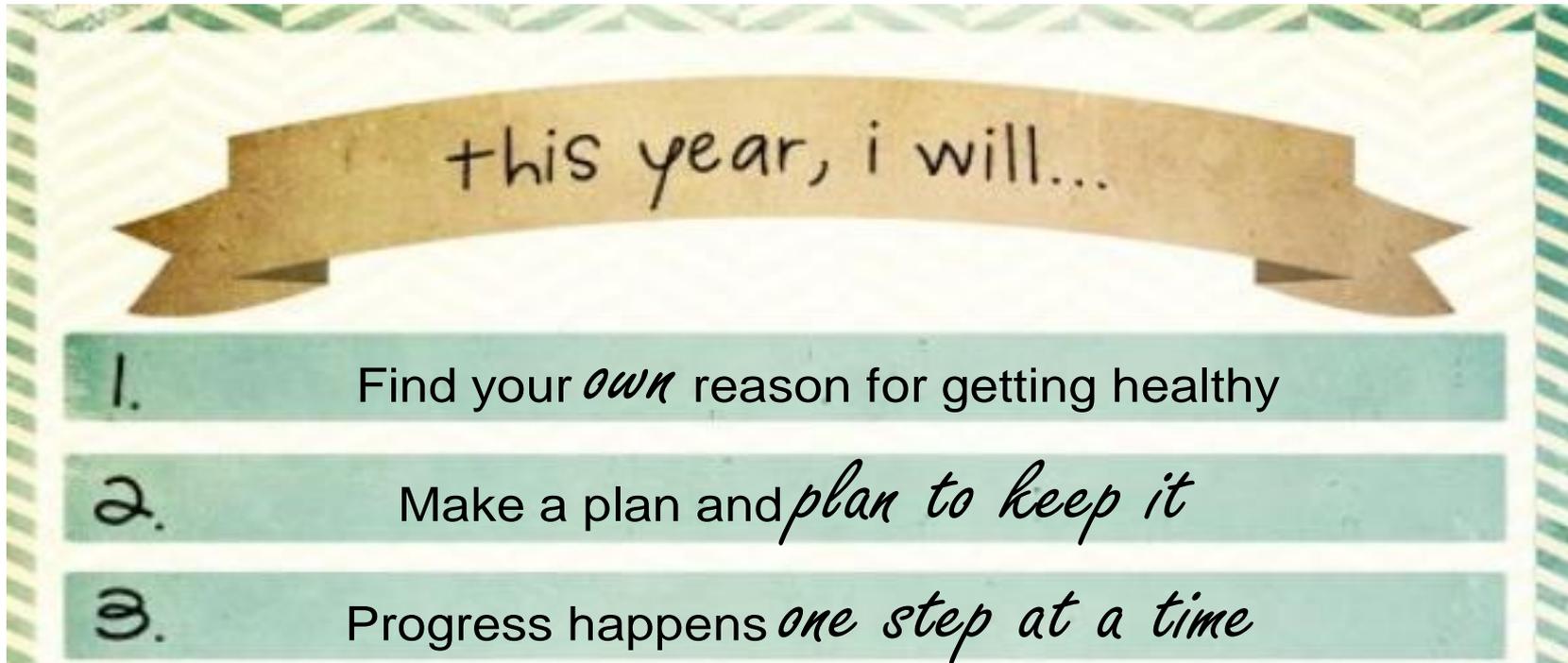
- ***Garrison***
 - DFMWR (ACS, CDC, CYS, LVCC, Thorpe Gym)
 - Housing (HSO, Balfour Beatty)
 - Chaplain
- ***The Exchange***
- ***Commissary***
- ***DAHC/Wellness Center***
- ***Schools, Centers, and Institutes (by exception)***
- ***G Staff (1-9)***
- ***SLDR***
- ***PA/LL***
- ***CBSC***
- ***Military Family Program***

4 FEB CLIF 1100 – 1200 LOCATION: AHEC



NEW YEAR, NEW CHOICES, NEW YOU!

Make the most of your health and well being every day



Call us for more information regarding our services: (717) 245-4004

Like us on Facebook for information to help you reach your goals.

Updates every Monday and Wednesday

UNCLASSIFIED



New Year, New Choices, New You!

this year, i will...

Changing your lifestyle is hard. It takes a solid plan and commitment to making it through the barriers to create a permanent, lifelong change.

Try working through the steps below to increase your success of reaching your goals. Stay focused on the real reason you want to improve your health.

1. Find **YOUR OWN** reason for getting healthy

Define what the value and benefit of health means to you
Reflect on the purpose of the plan, what's the point, what do I have to gain?
What will happen if I meet my goals? What will happen if I don't?

2. Make a plan and plan to keep it

Write it down with enough detail to keep you on track

Be accountable for your plan

Share it with a family member or friend who can support you

Make a chart/document and keep it visible every day

If it's not working, change it

Review the plan regularly (1-2 times each month)

Try exploring new ideas, get out of the box, and be creative

3. Make your goals **SMART (take one step at a time)**

Be **S**pecific

Make it **M**easurable

Is it **A**chievable

Is it **R**elevant

What is the **T**ime frame

4. Line up your resources, all of them

Technology

Family and Friends

Access to fitness centers, home equipment/DVD's, etc.

For more information on our services call us at (717) 245-4004

Like us on Facebook for information to help you reach your goals.

Updates Monday and Wednesday

Carlisle Barracks Army Wellness Center



Upcoming Fitness Opportunities

Running
Performance
Analysis

Senior Leader Development & Resiliency Running Analysis

- Provides feedback, corrective techniques and recommendations for improved running performance.
- Provides a list of recommended running shoes.
- Contact SLDR for an appointment (717) 245-4511

MWR Fitness
Classes

Visit Thorpe Hall Gym for a
schedule of specific class
dates and times

January Fitness Classes (Thorpe Hall Gym)

Performance Fitness	TRX
Tae Kwan Do	Spin
Tae Bo	Yoga
Zumba	Boot Camp
Run CBKS	Body Blast
Dumbbell 30 Min Workout	

Strength for Wisdom
Fitness Challenge

For more information or to sign-up, visit:
<http://www.carlisle.army.mil/orgs/SLDR/wisdom.htm>

January Events

- Resiliency Resolution Challenge
- Pull Up Challenge

February Events

- Squat and Push Up Challenge

March Events

- Strength Challenge