

Inside facts to help newcomers fit in fast

Inside facts to help newcomers fit in fast

An Army post that honors its military tradition, Carlisle Barracks has the beauty, charm and convenience of a college campus. The small post features the chapel; a retail area (Commissary, Exchange/ Class VI, Exchange vendors like laundry/dry cleaners, more); a youth area (anchored by the Delaney Clubhouse on one end, the new McConnell Youth Center on the other, with the Moore Child Development Center and youth sports field in between); the medical/dental 'corner;' a campus-wide set of fitness opportunities; and recreational venues scattered throughout the post and adjoining (bowling, golf, movie theater, and LVCC's Pershing's Tavern, Tiki Bar, dance classes, etc).

- The Commissary is open six days a week (closed on Mondays) and features a bakery, custom photo cakes, deli, fresh sandwiches to go, party cakes, rotisserie chickens and sushi.
- The Exchange complex here features a Subway, GNC, barbershop, optical center, pharmacy pick-up and LIMITED clothing sales. There are more uniform options (Army only) available at Ft. Indiantown Gap.
- The Class VI is located inside of the Exchange and is open 9 a.m. to 6 p.m. Mon-Sat and Sunday 11 a.m. - 5 p.m.
- Reynolds Theater shows first run movies on Friday and Saturday evenings, with shows starting at 7:30 p.m. There are also special children's movie matinees scheduled during the year.
- Barracks Crossings is home to the frame shop and auto center.
 - The Barracks Crossing Engraving Studio offers a variety of personalized gift items, trophies, custom designed and scanned images, logos, branch or insignia souvenirs and memorabilia all laser engraved on coated metals and plastics.<http://carlisle.mwr.com/recreation-fitness/barracks-crossing/framing>
 - The Barracks Crossing Automotive Center at Carlisle Barracks offers do-it-yourself and full-service car repair services including state inspections, oil changes and more.<http://carlisle.mwr.com/recreation-fitness/barracks-crossing/barracks-crossing-auto-center>

Post information line, Facebook official sources for closures, delays

Wondering where to go for information about post closures, delays?

The best place to check for all official post operations is the information line at 245-3700. Updated at least daily, this number always has the latest on post operations.

You can also register for AtHoc, the posts official mass notification tool. Find out how at <http://www.carlisle.army.mil/banner/article.cfm?id=24037>

Also check the USAWC Facebook page at www.facebook.com/usawc and the Banner at www.carlisle.army.mil/banner

Key post policies

- Dogs are required to be under control on leashes at all times, unless they are in the two on-post dog parks. All waste needs to be picked up by owners as well.
- Speed limit is 15 miles per hour
- Fishing on the post is permitted. Persons 16 years of age and over are required to possess a valid Pennsylvania fishing license. Military personnel become eligible to purchase a resident hunting or fishing license after 60 days residence in Pennsylvania.
- Boats and trailers are not to be parked near quarters or in vehicle parking areas for more than 48 hours. Refer to the BBC Resident Guide for more information. See MWR for storage area usage/availability.
- The use of fireworks on the installation is prohibited.
- Due to liability and safety issues, swimming pools and trampolines are NOT permitted in family housing. All basketball hoops and other recreational items must be removed from street and sidewalks when not in use.
- For safety purposes, no swimming or wading is allowed in streams.

Chapel Services

The Post Chapel supports Catholic and Protestant congregations and services, and can guide all to religious services throughout the region. For more information visit <http://carlislebarracks.carlisle.army.mil/chapel>.

- Vacation Bible School will be offered Aug. 1-5 – you can register by calling 717-245-4330.
- An ice cream social will be held within the first month of the school year to welcome both the Catholic and Protestant congregations.
- A variety of couples retreats and marriages classes are also offered throughout the year.

Fun, fitness for all ages

? The Splash Zone Swimming Pool for cool summertime fun. Located behind the Letort View Community Center, it offers a large slide, separate baby pool and splash pad. A sand volleyball court is available on a first-come, first-served basis during pool hours of operation. Volleyballs are available at the snack bar or you may bring your own.

? The Carlisle Barracks Golf Course is one of the finest in Cumberland Valley. It measures more than 6,300 yards, has a par 72, and is fully irrigated, with a normal golfing season from April - November. It also features a recently constructed practice facility that includes a driving range, practice putting green, and a green with a bunker. The golf course running/walking track is popular and beautiful and connects to the Army Heritage and Education Trail for added interest.

? Strike Zone Bowling Center offers 6 synthetic lanes, automatic scoring, bumper bowling, a pro shop and Strike Zone Pizza.

? Outdoor recreation offers easy access to skiing, indoor rock climbing, cycling, white water rafting, camping, or mountain climbing just to name a few. Call 717-245-4616 for more information.

? Jim Thorpe 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.

? Indian Field Fitness Center - Located across from Root Hall, the fitness center features cardio equipment, free weights, tread mills, elliptical machines and more. The center also has women-only area open from 9-11 a.m. daily.

? Root Hall Gym- Located adjacent to the Root Hall academic building, is home to a full size basketball and volleyball court, regulation-size racquetball/handball court, and men's and women's locker rooms with saunas. Seminar basketball and volleyball programs are also conducted here.

Health Care

Dunham U.S. Army Health Clinic is a member of the TRICARE Northeast Region and the Walter Reed Health Care System, which partners with HealthNet to provide care.

Dunham is a non-emergency clinic that offers family medicine, pediatrics, optometry, social work and behavioral health, occupational health, and industrial hygiene services. In addition, Dunham offers immunization, laboratory, radiology, and pharmacy support. A Soldier medical readiness center, which includes travel medicine information, is a recent addition to the offerings.

Appointments

Schedule appointments by calling the clinic information line at 245-3400 or toll free at 1-877-787-2569. Follow the prompts to reach the Appointments Section,

- 1st prompt – 1
- 2nd prompt – 1
- 3rd prompt - 2

Patients must wait for the prompt to begin before making selections. Active Duty calling from an office phone on Carlisle Barracks can dial 106 to schedule appointments for the service member. Cancellations can be made by calling 245-3325, please leave name of patient, sponsor's social security number, date of appointment, and name of provider. Please speak slowly and clearly when using this line.

Don't like waiting on hold to schedule an appointment? You can now schedule your appointments online with only a few clicks of the mouse. If you have questions regarding the TRICARE Program, benefits, or eligibility criteria, please call 1-800-538-9552.

To schedule an appointment online:

1. Go to www.tricareonline.com
2. Read the Online Privacy and Security Policy and click "I AGREE"
3. Log on by entering your Username and Password
4. Click "Appointments"
5. Select "Visit Reason", click "View Available Appointments"
6. Select appointment, or follow the directions to other options.

The Appointments Section schedules appointments for family medicine, pediatrics, immunizations, optometry, mammography, and gynecology. The Clinic has specialty providers on a limited basis. All appointments with specialty providers require a referral from the patient's PCM. Once a referral is acquired, the Appointments Section will schedule the appointments for specialists located at the Clinic.

Army Wellness Center

Carlisle Barracks is also home to an Army Wellness Center. Army Wellness Centers complement care of primary care physicians at installation medical treatment facilities, according to the U.S. Army Public Health Command. The centers provide health promotion services and education tailored to meet individual patient needs. Army Wellness Center programs and services are available to all Army personnel. This includes active-duty soldiers and retirees, their family members, DoD civilians, and Reserve/National Guard components.

For more information call (717) 245-4004.

See something, say something

Carlisle Barracks and the United States Army War College has an “ iWATCH ” Program; See Something – Say Something. In short, suspicious persons, packages, and vehicles that are seemingly out of place should be reported to the Carlisle Barracks Police Desk at, (717) 245-4115. Anything may be reported and it is important to report the Who, What, When, Where, and Why, to the best of your ability to aid in an investigation.

Another way to report to authorities anything out of the norm by filing a suspicious activity report. This is an

automated tool that lets reports be generated anonymously. This report can be accessed at <http://carlislebarracks.carlisle.army.mil/iWatch/SuspiciousActivityReport.cfm>

Calendar of Community Events

Located at <http://public.carlisle.army.mil/sites/communitycalendar/default.aspx>, the Carlisle Barracks Community calendar has everything from Youth Services events to special services or events held at the post chapel. Whether you're looking for something to do next week or next month the calendar has you covered.

The calendar is updated every day, so you'll always have the most up-to-date listings and events. There's also a handy print function if you want to print it out a month and hang it on your calendar.