

# People make Carlisle Barracks a special place

*Public Affairs staff report*

## People make Carlisle Barracks a special place to live, work



*Chaplain (Lt. Col.) James Carter recently came to the Carlisle Barracks Post Memorial Chapel from Fort Eustis, Va. The chapel is available for a multitude of religious needs. Photo by Greg Welker.*

July 27, 2009 -- While Carlisle Barracks may seem like a small installation in Army standards, the mission, quality employees and efficient organizations rival installations twice its size.

The Garrison Headquarters at Carlisle Barracks provides essential services and support to tenant units, employees, family members, residents, military retirees and regional Army Reserve and National Guard Soldiers.

Despite being only 454 acres, the post employs more than 1,200 civilian employees and is home to nearly 500 military personnel. The post also supports more than 107,000 military members, retirees, family members and contractors throughout the region.

Area military retirees use healthcare, commissary, Post Exchange and other retirement benefits on the post. The close relationships that Carlisle Barracks enjoys with the local school districts, area colleges and arts communities enrich the greater Carlisle community.

Below are just a few of the people and organizations that make Carlisle Barracks a special place to live and work.

## **DPW responsible for moving vans, roads, more**

One of the people charged with making sure your household goods get here when you do is Rodney Cook, chief of the post's Transportation Division.

The Transportation Division is responsible for the pick-up and delivery of personal property of all DoD service members within a 28-county area of responsibility within Central Pa. This includes the counseling, processing and booking all household goods shipments. The office also processes official passports for all DOD dependents and service members when required for traveling overseas.

Cook has been at Carlisle Barracks for 17 years after serving in the Army.

***Dr. Ines Roe, clinical psychologist, talks with Ann Walker, clinical social worker, in the Dunham Clinic Behavioral Health Office July 22. Photo by Greg Welker.***



"The best part of my job is interacting with people on a daily basis within and outside of the office," he said. "I enjoy dealing with the public and helping to solve issues that pertain to the delivery or pick up of their personal property, travel, passports and any other issues that may arise in the transportation arena."

Cook also oversees the motor pool which dispatches vehicles for TDY support and provides the war college and garrison driver and vehicle support for the multitude of conferences held here.

Once people arrive at Carlisle, they realize that the post is seeing the largest installation-wide transformation process since the 1940's. Since 2007 and extending over the following five years, the Army's second oldest post is transforming into a modern community with the goal of providing a better quality of life for its residents.

The most visible project is a partnership with Balfour Beatty Communities on a \$65 million, five-year project that will bring 128 new homes and will include renovation of the remaining historic homes on the Barracks. Carlisle Barracks and Picatinny Arsenal, N.J., are part of a combined project under the RCI, a partnership between the Department of the Army and the private sector to improve housing for military families.

Additional projects will benefit families, teens, employees, and visitors: a new vehicle inspection center at the Claremont Road Gate, additions to the Army Heritage and Education Center, and a new

Youth Center.

## **DES maintains safety for everyone**

Safety is of the utmost importance to the Army, and the Carlisle Barracks Department of Emergency Services is on top of making sure the servicemembers, civilians and families are safe.



*Security Guard Bob Regal is a part of the force that keeps Carlisle Barracks Soldiers, civilians and family members safe at all time. Photo by Spc. Jennifer Rick.*

DES includes the Carlisle Barracks Fire Department, Police Force and Guards.

Guard Bob Regal recently transferred from the Army Heritage and Education Center to

Root Hall, home of the Army War College.

After spending eight years in the Army, Regal transferred to the civilian workplace and eventually found his way to Carlisle Barracks.

"We are continually doing training because we are a big part of what keeps the future strategic leaders, Soldiers and all of the Carlisle Barracks civilians safe.

"We maintain the security of the buildings, where at any given time there could be any number of VIPs on the premises," Regal continued.

"We really do have an important job to do, and it's interesting. We are always meeting people from all over the world and famous authors."

## **Dunham Army Health Clinic**

One of the most important facilities on post is Dunham Army Health Clinic. The clinic offers routine and same-day acute care appointments to both Soldiers and their family members Monday through Friday from 7:30 a.m. to 4 p.m.

One of the dedicated staff members at Dunham is Dr. Ines Roe, who has worked in the clinic's behavioral health department since 2000.

"My husband was a student here at the time I was attending graduate school at Shippensburg University in 1992," she said. "I was an intern here for about two years until my husband was reassigned. We moved a few more times before returning to Carlisle where my husband joined the faculty while I was going for my doctorate."

Roe concentrates on counseling and therapy.

"I see individuals and couples," she said. "I like to do marital counseling because I enjoy working with couples and I like the marital model."

Her office offers a variety of services for servicemembers and their families.

"We offer, but are not limited to, post-traumatic stress disorder, marital, and stress management counseling, to name a few," she said.

She went on to say that the team at Carlisle Barracks is what helps make it a great place to work.

"It's a nice place to work because our staff has a diversity of interests, fields, and specialties. We really complement each other," she said.

Roe wanted people to know that her office is there for them.

"There is no need for a referral, just call and make an appointment," she said. "Things happen and we're here for them. We offer a safe place to talk about your thoughts and feelings, and talking can be pretty helpful."

## **How to make an appointment at Dunham**

Active duty service members can pick up any on- post telephone line and dial 106 to put them in direct contact with the appointments desk for help them in scheduling a sick-call appointment.

Family members outside the local dialing area for Carlisle can access the clinic by using a toll free number 1-877-787-2569, which connect the caller with the clinic appointment line (717-245-3400) and provide you options to be transferred throughout the clinic, including the option of scheduling appointments. Dunham is closed on Thursday afternoons for mandatory training and administrative

requirements.

Dunham is essentially an outpatient, family practice clinic with no emergency services. Dial 911 for emergency medical care. If an ambulance is not needed, the Carlisle Regional Medical Center Emergency Room is open 24 hours a day, seven days a week. The hospital is located at 361 Alexander Spring Road in Carlisle and can be reached at (717)-249-1212.

Newcomers are reminded to enroll themselves and their family members and into this TRICARE region if new to it. This can be done at the clinic's Patient Service Center from 7:30 a.m. to 4:30 p.m., Monday – Friday. Health Benefits Advisors are also available to assist incoming families with any medically related relocation needs they may have.

For more information about clinic operations, call 245-3400. You can also stop by the clinic and pick up a handbook of services or visit our website at <http://www.carlisle.army.mil/dahc/dunhamhome.htm>.

### **New faces at Post Memorial Chapel**

Chaplain (Lt. Col.) James Carter, new installation chaplain, comes to Carlisle Barracks from Fort Hood, Texas.

The 21-year Army veteran chose to go into chaplaincy while in seminary school, and has been enjoying his time ever since.

"I love having the opportunity to serve in such a diverse setting and to share my faith and working to serve others," Carter said. "I'm thankful to have the opportunity to work and serve in such a historic location and minister to our leaders, Soldiers and community members."

Carter will be joined by Father (Col.) Gregory D'Emma in August, who is coming to Carlisle from Fort Eustis, Va. D'Emma is a graduate of the USAWC Class of 2000.

"I am anxious to come back to Carlisle," he said. "I'm excited work with the Soldiers and families there. I am thankful for the opportunity to come to such a historic place, especially one that is a 'strategic pulpit'."

The chapel provides a variety of programs and services to its community. Catholic Masses are Saturdays at 5:30 p.m., Sundays at 9:15 a.m., and Monday- Friday at noon. Confession is Saturdays from 4:30 to 5 p.m. and following the 5 p.m. Mass, and Choir Rehearsal is Wednesday at 7 p.m.

Protestant Services are also offered on Sundays at 11 a.m. The Junior Youth of the Chapel meets Sundays from 4 p.m. to 6 p.m., and the Senior Youth of the Chapel meets on Sundays from 6 p.m. to 8 p.m. More information can be found at [www.youthofthechapel.com](http://www.youthofthechapel.com). There is also Choir Rehearsal on Thursdays at 7 p.m.

For further chapel information visit <http://carlislebarracks.carlisle.army.mil/chapel/default.cfm>.

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