

# Army War College & Carlisle Barracks Banner News & Events



## Carlisle Barracks ends housing era

A crisp wind on a snowy January morning bites at any exposed skin as demolition equipment rips, crunches and flattens a simple, white, split-level, Mayberry-like house that was home to generations of Army War College families since the 1950s. This is the beginning of the end for the homes, better known as “Smurf” houses than by their official Carlisle Barracks name.

Balfour Beatty is demolishing 69 houses, built more than 60 years ago and replacing them with 56 modern homes. New homes will be more energy efficient, more practical for modern needs, and cheaper than remodeling, said **Ty McPhillips**, project director for Balfour Beatty Communities.

“It’s not cost effective by any means to remodel,” said McPhillips. “You would end up with a lesser product that’s not desirable and you’d spend a whole lot of money to do it.”

Once Balfour Beatty completes demolition in early March, it will build houses that are more efficient and larger, with conveniences that Smurf housing lacked, like a two-car garage and updated kitchen, elaborated McPhillips.

Carlisle area real-estate broker **William Hooke** and his associates built the Smurf houses in 1950. His son, **William Hooke, Jr.** remembered that the houses were progressive then. “They were considered very state-of-the-art at the time in the ‘50s,” said Hooke. “The insulation is sub-standard compared to today.”

Smurf demolition started in the College Arms area of Carlisle Barracks in 2008 as part of the Residential Communities Initiative. Now, Balfour Beatty is working on the rest of the Smurf homes on post.

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## New tools maximize performance



A pebble in your shoe would slow you down, but high-tech pebbles will spur senior leaders to move from good to great. The FitLinxx Pebble available through The Army War College Senior Leader Development and Resiliency Program can guide fitness to optimum levels.

***A FitLinxx “Pebble” allows users to track steps, calories, distance and amount of activity time. The Senior Leadership Development and Resiliency office will sign out the “Pebble” to eligible participants.***

The Pebble is an activity tracker the size of a quarter that clips to a shoe, pocket or waistband and records steps taken, calories burned, distance traveled and total active time. This is merely part of Carlisle Barracks’ new Comprehensive Fitness Campus that became available January 14.

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The comprehensive fitness campus at Carlisle Barracks integrates new educational classes, agility lanes, workout stations and a performance movement analysis integration center. The campus can be a model for senior leaders for managing their fitness, according to **Dr. Thomas Williams**, SLDR Director.

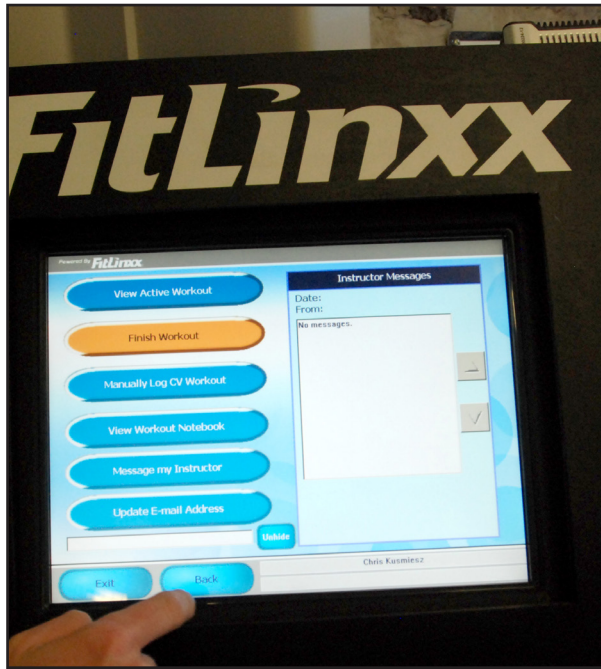
### Fitness fits into bigger picture of senior leader development.

The fitness campus is designed to complement the academic part of senior leader education, said Williams. "Just like with the educational curriculum they get at the War College, this is intended to help senior leaders understand how their level of fitness is critical to their development and can be improved during their academic year.

"In a profession of arms, it is about maintaining a level of readiness and fitness, the physiological resiliency that incorporates both their physical and mental readiness," said Williams. "What the comprehensive fitness program does is gives us the tools that we can leverage to help leaders, military and civilian, understand how to make all of those work at a higher level."

SLDR spearheaded the project and worked with Sports Director **Don Watkins** and his staff to transform the three facilities into fitness centers designed for the unique senior leader population of Carlisle Barracks. The fitness campus is going to be outstanding, said Watkins.

### January introduced FitLinxx to the Indian Field Fitness Center and major transitions to Thorpe Hall.



*The various components of the FitLinxx system will track a user's exercise. It became available Jan. 14. All of the equipment communicates wirelessly and will automatically upload exercise data to a user's online FitLinxx account.*

The FitLinxx system went online with training completed in January at the Indian Field Fitness Center, which was newly opened in November.

The online FitLinxx system will track a user's exercise, including repetitions, amount of weight used, and rate of exercise. Monitoring equipment on the machines wirelessly communicates with a user's FitLinxx account. The "Pebble" activity tracker uploads information to a user's account as well.

The new technology will give people more feedback and awareness, said **Chris Kusmiesz**, SLDR exercise physiologist.

"They'll be able to track their progress and work towards those goals and it's all going to be captured now, so that they'll actually know where they are, where their goal is and how much more work they would need to do to reach that goal," said Kusmiesz.

Army War College students, staff and faculty can develop fitness plans to reach those goals with help from SLDR exercise physiologists. MWR fitness center staff will refer users to **Chris Kusmiesz** and **Rob Stanley**



for consultations. The Army Wellness Center can be another resource for fitness tips, planning and information.

Thorpe Hall Fitness Center's transformation is reflected in new agility lanes and workout stations, expected to be ready for users in February.

The rearrangement of the exercise facilities, addition of agility lanes and workout stations at Thorpe Center

has given users more room and equipment, said **Rob Stanley**, SLDR exercise physiologist. "They're going to have a lot more depth and variety that they can do," said Stanley. "They'll be able to do any exercise here that they could possibly want."

### New looks match new purposes for the Fitness Campus centers

Indian Field Fitness Center will maintain a "hard-core" edge, with weight lifting equipment and cardio machines. Soon, the center will offer the motivational inspiration of Medal of Honor recipients whose stories will be featured on wall posters.

The Indian Field Center will offer FitLinxx registration and orientation, educational handouts and classes about comprehensive fitness, offered individually or to groups.

Thorpe Hall Fitness Center will be for strength and conditioning. The Center's features include expert exercise instruction, feedback on training and group exercise

classes like combatives, TRX, Boot Camp and indoor cycle.

SLDR exercise physiologist experts will be available at the Senior Leader Development and Resiliency offices for consultation to maximize physical training effectiveness by analyzing a runner's gait, running motion and running shoes. Call 245-4511 to schedule formal consultations and group sessions. Thorpe Hall users can find inspiration from the new wall art showcasing the discipline and physical fitness of Army athletes and Carlisle Indian Industrial School athletes.

Root Hall Gym will retain its look and its focus on the team sports and teambuilding activities that complement the Comprehensive Fitness Campus here.

The SLDR program is an Army War College program focused on senior leader development and education. In contrast, the Carlisle Barracks Army Wellness Center is an extension of Dunham Army Health Clinic's Patient Centered Medical Home, offering primary prevention programs as part of a comprehensive medical care plan.

**ALL Carlisle Barracks Fitness Centers are open --**

Mon. - Fri. 5 a.m.-8:30 p.m.

Sat. 7 a.m.-5 p.m.

Sun. 8 a.m.-5 p.m.

Holidays: 8 a.m.-3 p.m.



*The first floor of Thorpe Hall Fitness Center transforms into the strength and conditioning area of the comprehensive fitness campus. New weight sleds, rowing machines, squat racks and more will allow users to have a comprehensive workout.*

## Programs help prevent disease, injury and disability

The Army Wellness Center is one of Dunham Army Health Clinic's medical programs. It's free and available to active military and families, Department of Defense civilians, retirees and spouses, Army Reservists and National Guard members. Those interested can call 717-245-4004 for an appointment or their provider can refer them to the facility.

Army Wellness Centers employ nurses and health educators who deliver programs in primary prevention – before disease, injury or disability occurs.

Wellness Center staff members analyze a participant's health status, risk for disease and ability to safely increase physical activity during a **health assessment review**.

Nurses and health educators use state-of-the-art equipment to test and assess strength, flexibility, body mass, etc. to develop an individualized exercise program to improve **physical fitness**.

The Wellness Center will test a participant's resting metabolism and use that information and **healthy nutrition** education to design weight management strategies, to help individuals lose, gain or maintain weight.

Staff members will teach participants about **stress management** by giving stress relief techniques, developing positive coping skills and discussing good sleep habits.

The Wellness Center will teach **general wellness** education classes, including up-

ping metabolism and stress management, that will help increase resiliency and help prevent chronic disease.

Health educators and nurses will provide **tobacco education** and discuss ways to quit.

Call: 245-4004

Walk in: 315 Lovell Ave.



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# Carlisle Barracks Comprehensive Fitness Campus



Thorpe Hall includes a new strength and conditioning area with speed, agility and conditioning lanes, squat racks and free weights. Other fitness features are a running track, TRX and combatives area on the second floor and cardio equipment on the first floor.

## Get Fit Carlisle Barracks 90-day Challenge

Come to Thorpe Hall Fitness Center on Monday, Feb. 4 between the hours of 9 a.m.-3 p.m. to take part in a nutrition class, weigh in, blood pressure check and cholesterol reading and tour of the facility. You will be given a list of exercises and examples of workout programs and be scheduled for weigh-ins two times a month. This program is designed to help you keep the promise you made to get in shape or just make healthy changes in your life. The challenge is about setting achievable fitness goals with guidance to achieve them. For information call 717-245-4980 or visit: [www.carlisle.mwr.com](http://www.carlisle.mwr.com)





Chris Kusmiesz (left) and Rob Stanley, SLDR exercise physiologists, maximize training effectiveness through informational handouts, hands-on education, personal consultations and group instructional sessions. Participants can sign out the “Pebble” at SLDR.



Root Hall Gym will house basketball, volleyball and teambuilding activities.



Indian Field Fitness Center

Root Hall Gym



Indian Field Fitness Center features free weights, cardio equipment, weight machines and the FitLinxx System.

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New construction will start in March and homes are scheduled to be available in July 2014 for The War College students of academic year 2015, said McPhillips.

Former War College students who lived in the Smurf housing with their families remember their experiences fondly.

**Charles Allen**, USAWC Professor of Leadership and Cultural Studies, lived in Smurf housing from 2000-2001. "It's had its time, so renovations are a good idea. The new set of quarters are great," said Allen.

I think a lot of folks have some nostalgia about the time they were in Smurf Village," Allen said. "All the backyards in Smurf Village opened up to one another. If you had neighbors that you knew either from classroom assignments here or previous tours, you had a chance to share some of those old war stories."

This sense of community is a common theme among former residents.

**Dr. Christopher Fowler**, USAWC Registrar, has a picture in his office of the house in which he and his family lived while he attended the War College in 2002. "They weren't really wired for modern day electronics," said Fowler, who added, "The plumbing was old."

"It's more the people around you and the community feeling and the interactions with other people than the actual house because you just take it for granted that Army housing is what it is at any given post," said Fowler.

Past residents suggest that it's what they do outside of the homes that define the "Carlisle experience."



*Contractors for Balfour Beatty tear down Smurf houses on Carlisle Barracks Jan. 16. Demolition of the 60-year-old houses should be finished by March and construction will start on more effective and efficient homes.*



*Newer homes contrast starkly with their 60-year-old counterparts. At the end of the final phase of the BBC construction project in mid-2014, a total of 184 new homes will be available for military families at Carlisle Barracks.*

# Dunham shares expertise with Scouts

by Col. Dave Dworak

Medics and staff from Dunham Army Health Clinic donated personal time on Saturday, Jan. 12 to help 18 Boy Scouts learn first aid skills to help them earn the First Aid Merit Badge. Scouts must earn this badge to achieve Eagle Scout.

This is the second year that Dunham has volunteered to help the Scouts.

**Greg Cantwell**, Scoutmaster of Troop 173, noted that the level of support from Dunham Soldiers was tremendous. "By the end of the day the medics knew each of the boys by name, establishing a strong interpersonal connection," said Cantwell. "The health care professionals here on the installation really motivated the scouts to learn more about first aid."

Dunham staff trained the Scouts on assessing symptoms, first-aid procedures and possible prevention measures. Scouts also learned how to treat broken bones, severe cuts, heart attacks and patient transportation methods.

**Lt. Col. Patrick Morrow**, USAWC student, said he was impressed with the training. "When my son Joe left the house on Saturday morning for the first aid class, he said he felt like he was going to school on a

Saturday," said Morrow. "He came back very positive about the experience, said he learned a lot and enjoyed himself."

To earn the merit badge, Scouts must demonstrate competence across 25 requirements. Scouts from Carlisle Barracks Troop 173 and Troop 146 from Wellsville, Pa. participated in the training.



**Sgt. 1st Class Lawrence Romero, Dunham Clinic NCOIC, shows Boy Scouts how to tie an improvised tourniquet during merit badge training at Dunham Army Health Clinic, Jan. 12.**

## Carlisle area students compete in diverse essay contests

**Emily Bower**, an Army War College family member, won an essay contest about the National American Indian Heritage Month and received tickets to Hershey Park. Emily is the daughter of **Lt. Col. Frederick Bower**, USAWC Deputy G-3, who said the family used the tickets to show off Hershey Park to some friends from the United Kingdom. The Army Heritage and Education Center sponsored the essay contest.



**Emily Bower received tickets to Hershey Park for winning a November essay contest.**

Last month, writers competed in a Martin Luther King essay contest sponsored by Carlisle Barracks through the Morale, Welfare and Recreation office. Winners were **Zarifa Binte Alam, Dylan McHugh, Shelby Martin and Catilin Shekleton**.

This month, middle school kids from eight different schools throughout the greater Carlisle area will be penning essays in recognition of Black History Month. The top writers from 6th, 7th and 8th grades and their principles will attend a special event to honor their work at The War College from 11:30 a.m.-12:30 p.m., Feb. 21 in Bliss Hall. The Center for Strategic Leadership and Development is running the contest and event.

## Volunteers give free tax prep

Free tax preparation at the Carlisle Barracks tax center is available because of nine volunteers and the Volunteer Income Tax Assistance program. The center offers federal and state tax preparation services.

Call 717-245-3986 for appointments beginning Jan. 28, ending April 15, 2013. The last day to file electronically is April 11, 2013 and April 15, 2013 for paper filing. Eligible patrons of the VITA tax service include active duty military, reservists, military retirees and their dependents.

Carlisle Barracks Tax Center is located at 309 Engineers Ave. It is open 8 a.m.-4 p.m. and the last appointment will be at 2:30 p.m.

Volunteers make the VITA program work. The Staff Judge Advocate's office oversees the program and 1st Sgt. Sabrina Washington, Headquarters and Headquarters Company, is in charge of the tax center operations. This year's volunteers are **Nick Mineo, Dan Barney, Jerry Lewis, Pamela Murphy, Stephen Doyle, Ed Murdock, Tom McCormick, Jay Tisserand and Theresa Wesley**.

Call ahead to find out what documents you need to bring.

## Scholarships offered

### Army War College Foundation Alumni Scholarship:

The scholarship is open to the children of Lifetime Alumni members who are seniors in high school or in the first three years of undergraduate study. Applications must be postmarked or emailed by March 8, 2013. For further information, contact the Alumni office at 717-243-0884 or alumni@usawc.org.

### Carlisle Barracks Spouses' Club Scholarship:

The annual CBSC Scholarship Program offers scholarships to deserving students who have committed to continuing their education beyond high school in a full-time undergraduate program. Completed applications must be mailed and postmarked no later than Monday, April 1, 2013. Visit <http://www.cbspousesclub.org/> for eligibility requirements and more information.

# February Community Events

**1, 8, 15, 22 - Great Decisions 2013 Lecture Series:** free and open to the public each Friday in February, from 1 to 3 p.m. at the Army Heritage and Education Center; come early and enjoy lunch at AHEC's Café Cumberland.

**Friday, Feb. 1** - Professor Raymond A. Millen, Army War College, will address "NATO." How has NATO's agenda evolved since its inception during the Cold War? With its military commitment in Afghanistan winding down and a recent successful campaign in Libya, what are the Alliance's present-day security challenges?

**Friday, Feb. 8** - Retired Colonel Kevin E. Richards, Army War College, will address "Myanmar and Southeast Asia." The West has welcomed unprecedented democratic reforms made by Myanmar's government. What challenges must Myanmar overcome before it can fully join the international community? What role can it play in Southeast Asia?

**Friday, Feb. 15** - Professor Allen D. Raymond, Army War College, will address "Humanitarian Intervention." The responsibility to protect doctrine has become central to modern humanitarian intervention. When should the international community intervene? Why did the West rush to intervene in Libya but not Syria?

**Friday, Feb. 22** - Dr. Christopher J. Bolan, Army War College, will address "Iran." Suspicion and a troubled history have blighted U.S.-Iranian relations for three decades. How can the U.S. and Iran move forward? Is the existence of Iran's nuclear program an insurmountable obstacle?

## **2 - Chapel Valentine's Dinner Dance**

This dinner/dance event will be held on Saturday, Feb. 2 from 6:30 to 10:30 p.m. at the LVCC. Tickets are available at the Chapel. For information call 245-3318.

## **5, 12, 19, 26 - International Fellows' spouses Conversation and Culture Programs**

The programs are held in the Post Chapel from noon-2 p.m.

Tuesday, Feb. 5 - Country presentations: Malaysia and Germany

Tuesday, Feb. 12 - Country presentations: Thailand and Korea

Tuesday, Feb. 19 - Country presentation: Japan

Tuesday, Feb. 26 - Make-up day for presentations or alternate program

## **6 - CLIF Meeting**

The monthly Community Leader Information forum will be held on Wednesday, Feb. 6 at 11 a.m. at AHEC.

## **7 - AHEC presents: free, public Military History Reading**

Dr. Lien-Hang Nguyen, University of Kentucky Associate Professor of History, will present "Hanoi's War: An International History of the War for Peace in Vietnam." This Brooks E. Kleber Memorial Reading in Military History will be held on

Thursday, Feb. 7, 7:15 p.m. at the Army Heritage and Education Center. Call 717-245-3972 or visit: <http://www.carlisle.army.mil/ahec/events.cfm>

## **13 - AHEC presents free, public African-American/Black History Month Lecture**

Dr. Mark A. Huddle, Georgia College and State University assistant professor of history, will present "Roi Ottley's War: Racial Militancy and the Black Press during World War II," on Wednesday, Feb. 13, 7:15 p.m. at the Army Heritage and Education Center. The lecture will address rising racial and ethnic strife in the United States in the late 1930s and during World War II, and the on-going conflict between the U.S. government and the Black press, using the life and experiences of African American journalist Roi Ottley as a backdrop.

## **14 - Parent Education & Advisory Council**

Thursday, Feb. 14 from 11 a.m.-noon at the Delaney Field Clubhouse: an open forum for military-affiliated parents with all aged children to discuss what is working and what may need to be looked at in childcare programs and local schools. For information call the School Liaison Officer at 717-245-4638.

## **14 - LVCC Valentine's Day Dinner Dance**

Open to the public - Doors open at 5:30 p.m. Dinner will be served until 7:30 p.m. and dancing from 7-10 p.m. The price is \$27.95 per person, with a long-stemmed red rose for all ladies. Reservations required by noon on Feb. 11 - call 717-245-4329 or visit [www.carlisle.mwr.com](http://www.carlisle.mwr.com)

## **15-17 - Protestant Youth of the Chapel Winter Retreat at White Sulphur Springs, Pa.**

For more details contact the Chapel at 245-3318.

## **16 - AHEC's Re-enactor and Living Historian Recruitment Day**

Re-enactor Recruiting Day on Saturday, Feb. 16 from 10 a.m.-4 p.m. at the Army Heritage and Education Center is a "meet and greet" for living historians to interact between their organizations and for the public to learn more about the periods each group represents. In addition, the Recruiting Day provides a great opportunity for re-enactors to recruit to fill their ranks with history buffs. Call 717-245-3972 or visit:

<http://www.carlisle.army.mil/ahec/events.cfm>

## **20 - Carlisle Barracks Spouses' Club Monthly Luncheon**

The theme for February's event is "Red Hot Bingo" to be held Wednesday, Feb. 20 from 10:30 a.m. to 1:30 p.m. at the LVCC. Reservations and cancellations by Friday, Feb. 15 to: [reservations@cbspousesclub.org](mailto:reservations@cbspousesclub.org)

## **20 - Geo-Bachelor/Bachelorette Dinner**

Wednesday, Feb. 20, 6-8 p.m. in the Chapel Assembly Hall, the dinner is sponsored by the combined Chapel community for single and geographically separated War College students and International Fellows.

## **20 - AHEC free, public Perspectives in Military History Lecture**

Dr. Eliot Cohen, Johns Hopkins University, Paul H. Nitze School of Advanced International Studies, will address "Conquered into Liberty: Two Centuries of Battles along the Great Warpath that made the American way of war," Wednesday, Feb. 20 at 7:15 p.m. at the Army Heritage and Education Center. Call 717-245-3972 or visit: <http://www.carlisle.army.mil/ahec/events.cfm>

## **20-21 - One-stop Out Processing**

Start making preparations for your next move and make your relocation PCS stress-free at the One-stop Out Processing on Feb. 20-21, noon-3:30 p.m., Anne Ely Hall, Room 202. The six stations will include Army Community Service, Transportation, Child, Youth and School Services, TRICARE, Military Housing and Balfour Beatty. For appointments call 717-245-3685/245-4357. Bring your PCS orders if you have them.

## **21 - African-American/Black History Month Essay Winners Recognition Ceremony**

The African-American/Black History Month middle school essay winners from eight area schools will be recognized at a ceremony on Thursday, Feb. 21 at 11:30 a.m. in Bliss Hall.

## **24 - Youth Services Daytona 500 Pizza Party**

Enjoy pizza, snacks and drinks at the Daytona 500 Pizza Party on Sunday, Feb. 24, 1-5 p.m. at Youth Services. Free for Youth Services' members in grades 1 through 12.

## **27 - Souper Bowl of Caring 2013**

It's time again for the Youth of the Chapel's annual campaign to support the "Souper Bowl of Caring 2013." This nation-wide, collective effort of church youth groups seeks to raise funds for local efforts to alleviate hunger in conjunction with the playing of the Super Bowl. The PYOC will be holding a Soup and Bake Sale, Sunday, Jan. 27, after worship in the Assembly Hall. Come hungry and offer a donation of your choosing for a great lunch. Also, PYOC and CYOC will be collecting separate donations after Mass (on Saturday, Feb. 2 and Sunday, Feb. 3) and Worship on Sunday, Feb. 3, as you exit the sanctuary, please consider giving to this effort.

## **Carlisle Barracks Security Guard positions available**

Any Veterans interested in a position as a Carlisle Barracks Security Guard contact the Captain of the Guard: Capt. Lee McLure at 717-245-3973 or email: [lee.b.mclure.civ@mail.mil](mailto:lee.b.mclure.civ@mail.mil)