



Recurrent Events:

Bowling Center, Building 412, 770-4825

Friday \$1/game Family Fun 5:00 – 8:00 pm; Club Bowl 8:00 – 11:00 pm special music, lights and lots of action;
Saturday Open Bowling and private parties
Leagues: Ladies – Tue; Fun – Thu (ends 01/12)

Family Advocacy Program, Building 351, 770-7066

FAP/CYDS Greet and Share, Jan 5, Building 255 lobby, 3:00 – 5:00 pm
FAP at the Table, Enhancing Your Relationship, Jan 12, Building 2001, employee entrance, 11:00 am - noon & 1:00 – 2:00 pm
Workshop: How To Say It Better, Jan 24, Building 2001, Room 236, 11:00 am - noon RSVP 770-7066
ParentWorks Playgroup every Thursday, 197A Village Road, 9:30 - 11:30 am

Fitness Center, Building 320, 770-6428

AfterBurner, Mon & Wed, 4:30 - 5:30 pm
Body Flow, Tue & Thu, 4:30 – 5:30 pm
Body Flow, Fri, Community Ctr, noon – 1:00 pm
Lunch Xpress, Mon - Fri, 11:30 am – 12:15 pm;
Sport Specific Indoor Cycling, Tue & Thu, 3:30 – 4:30 pm
Astanga Yoga, Mon & Wed, Community Ctr, noon – 1:00 pm

ITR Office, Building 286, 770-4671

- 01/01 Federal Holiday, New Year's Day
- 01/12 National Youth Day - give your kid a hug
- 01/16 Federal Holiday, Martin Luther King Day
- 01/18 Depot Women's Club Luncheon
11:30 am
RSVP 763-1714 Cost \$14
- 01/19 Chinese New Year Celebration
Mongolian BBQ
In-Flight Cafe & Midway Cafe
- 01/21 Youth Bowling League resumes
Bowling Center
11:30 am - 1:30 pm
Call 770-4825 to register.
Runs through 03/24. \$6.50/wk
- 01/25 Chinese New Year Celebration
Mongolian BBQ
Navy - Mechanicsburg
- 01/31 End of 150 Mile Fitness Challenge

Martin Luther King Federal Holiday Schedule January 16

Auto Hobby Shop 10:00 am - 2:00 pm
Fitness Center 8:00 am - 4:00 pm
All other activities are closed

A Year In Review

Wendy Keeseey, Marketing Specialist

Family, Morale, Welfare and Recreation (FMWR) had many things to choose from for everyone in the family. In December, Housing had a Holiday Party for military families. Prizes for the Christmas Party this past year were donated by NCFCU, Lowes, Home Depot, Hershey Entertainment Company and Giant Foods for the best decorated yard. The children were all excited when Santa received a police escort, including lights and sirens as Rudolph and the other reindeer had to stay at the gate. We won't tell who forgot his sleigh driver's license.



Fitness buffs had a choice of free classes at the Fitness Center – everything from Lunch Express, Cycling, Body Flow, AfterBurner and Astanga Yoga. The biggest event each year at the Fitness Center was a 10K Run in September.

Active families and employees participated in a variety of Leagues at the The Bowling Center. Leagues, parties and many other events were held throughout the year. Now is the time to sign-up youth for January leagues (Saturdays).

Other events for our school-age youth were held by the Before-and-After School Program and Youth Services. There were many activities for all. Youth Services had a Haunted Playground, a food and clothing drive, a bake sale, Track and Field Day and a variety of field trips (anyone for paintball?)

For all Department of Defense families with children under 5 years of age, we had a free Playgroup that met Thursdays from 9:30 – 11:30 am. The children got to play with other children under the parent's watchful eyes and parents got a chance to meet others and ask questions of Early



Childhood professionals.

FMWR, and Environmental Services hosted the Annual Kid's Trout Derby which continues to be popular with all ages. Children fish for trout at the pond on the back post. It is not clear who was more excited – the children or their families or all the volunteers who made the event happen. Fish caught were generally 15 – 22 inches long.

Environmental Services had two Adopt-a-Highway events to help keep America beautiful. These events were held in April and October. We had several families with their children who participated in this event.

In August, Emergency Services and FMWR (all of Installation Support) had National Night Out for all installation employees and their families. This seven-year nationally recognized installation event had something for everyone. Each year there are new things to do and see, a picnic and theme. It was so much fun for all ages! Check out the photos on the cover to see just some of the events.



Watch for these and other exciting events in 2012.



F A M I L Y A D V O C A C Y P R O G R A M

BULLYING – WHAT CAN PARENTS DO?

Bullying has become a pandemic in the country and it is becoming increasingly more serious. There is even a catchword as part of the growing trend: *bullycide*. It means suicide caused by bullying and depression. There is no place that is safe from bullying, and unfortunately Pennsylvania ranks among the highest states for school and cyber bullying in the country.

Examples of bullying include *verbal*: name calling, and teasing; *social*: spreading rumors, excluding and isolating intentionally, and breaking up friendships; *physical*: hitting, pushing, shoving, etc; *cyber bullying*: using the internet or other digital technologies to embarrass, humiliate, and/or threaten others. Cyber bullying is of particular concern among military families because it often continues even when a family relocates. Additionally, there does not tend to be a reprieve during the out of school months.

Signs that your child is being bullied include: Noticing that your child becomes upset after receiving a phone call or being on the internet; being unwilling to attend school and avoiding activities that used to be enjoyable; decreased academic performance; low self esteem as evidenced by making negative comments about one self; and stress related health complaints such as stomach aches, headaches, and sleeping problems.

As a parent, you can help by first observing the signs that child may have been bullied. Encourage your child to talk about it by being an active listener. Phrases such as, "What can I do to help?" are often comforting. Coach your child on how to react assertively. Bullies tend to pick on those of whom they believe they can get a reaction, or those who will not stick up for themselves.

You can even try role plays to help your child practice these potential interactions. Most schools are required to be proactive in the prevention of bullying. Consult with a trusted teacher or school administrator to help. Hold the school accountable if you are not offered appropriate assistance. Find something your child is good at doing and encourage this type of activity as a means of helping boost self esteem. Locating an activity outside of the arena where the child is being bullied can help lessen anxiety of participation. Resist the temptation to call the parents of the offending child. Contact law enforcement if you become aware that the bullying includes threats of violence, stalking, hate crimes, child pornography or sexual exploitation.

Websites used in writing this article include: StopBullyingNow.com, empowering-parents.com, and stopbullying.gov. These are excellent resources for obtaining additional information.

The Family Advocacy Program (717-770-7066) can provide additional resources and advise families on locating counseling services to help address this serious problem.

ParentWorks Playgroup
Jan 5, 12, 19, 26

FAP at the Table:
Jan 12

Enhancing Your
Relationship
In-Flight Cafe lobby
11:00 am - noon
1:00 - 2:00 pm

Workshop:
Jan 24
How to say it better
Building 2001
Room 236
11:00 am - noon
RSVP to 770-7066

FAP Manager
(717) 770-7066

FAP Assistant
(717) 770-3130



Youth Services January 2012



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Movies; Who's in them? Train like a stuntman.	3 National Fruit Cake Toss Day Cost: \$.50/Toss	4 Spaghetti Night	5 Research types of movies	6 Research types of multimedia & devices & storage units	7 Free Hot Cocoa & Cookies 1:00 PM Holiday Recovery Plan Box relays 3:00 PM
9 Movie Planning Project	10 Movie Planning Project	11 Movie Planning Project	12 Movie Planning Project	13 Movie Planning Project	14 Movie Planning Project 1:00 PM English Muffin Pizzas 5:00 PM
16 Closed Martin Luther King, Jr. Day	17 Youth Council Meeting Snacks will be provided	18 Movie Planning Project	19 Movie Planning Project	20 Nachos & Cheese	21 Movie Planning Project 1:00 PM Holiday Recovery Plan: Ball tag 3:00 PM
23 Make your own mini pie National Pie Day	24 Movie Planning Project	25 Movie Planning Project	26 Movie Planning Project	27 Movie Planning Project	28 Holiday Recovery Plan: Ladder runs 2:00 PM Film Festival Pizza Movie Night 3:00 PM
30 Lifting weights to the Beatles Beatles Last Concert - 1969	31 Tea and cookies to celebrate the end to National Tea Month.	<p>All activities are held in building 255.</p> <p>Operating hours Monday through Thursday: 5:15 – 7:15 PM Friday 5:15 – 8:15 PM Saturday 12:00 – 8:00 PM</p> <p>Annual Membership required (free) (ages 13 – 18) / Good Times Card (ages 6 – 12). For more information on Youth Services phone 770 – 6770 or 770 – 6768.</p>			



You're invited to
Valentine's Dinner
at the **Susquehanna Club**
on **Friday Feb 10, 2012**
Hors d'oeuvres & cash bar - 6:00 p.m.
Sit-down Dinner - 6:30 p.m.
Dancing with DJ "Wild Bill" - 7:30 p.m.

Menu
Garden Salad
Marinated Chicken Breast
Stuffed Shells
Green Beans Amandine
Fresh Baked Rolls
Dessert, Hot Tea & Coffee
\$45 per couple

**Call 770-3030 to make your reservation by
February 7th**

Seating is limited this year - make your reservations early!

Reservation and payment must be received by February 7, 2012.