



Community Listening & Information Forum



6 December 2017

Welcome/Administrative Notes

COL Kenneth Harrison

Dates to Remember Highlights

Ms. Donna Orvis

Directorate/Agency Updates

Guest Speaker/Presentation

Holiday Services Schedule

CH Frederick

Army Wellness Center

Mr. Chris Ramey

Fire Safety: Holiday and Winter Season

Mr. Michael Martin

Educational Services: Family Members

Ms. Ceara Tapin

#MountainofThanks

Ms. Michelle Roden

Closing Remarks

COL Kenneth Harrison



Dates to Remember- December

DECEMBER

| | | |
|-------------------|---|---|
| 12/1-13 | Reservations for Unit Holiday Parties | Monti Physical Fitness Center |
| 12/6 | FSH/CLIF | 9:00 – 11:00 am The Commons |
| 12/9 | Army/Navy Football Game | 3:00 pm CBS/BOSS Building |
| 12/9 | Lights on the Lake Tour | 5:00 pm Outdoor Recreation |
| TBA | Holiday Buffet | 11:00 am – 1:00 pm Winner Circle |
| 12/12-3/22 | Indoor Playground Tues/Thurs. | 9:30 – 11:30 am YC P-10788 |
| 12/14-21 | Division Half-Day Schedule | |
| 12/16-1/2 | Division Block Leave | |
| 12/16 | All-Army Hockey Team vs. Canadian Army Hockey Team | 3:30 p.m. (puck drop) |
| | Watertown Hockey Arena | |
| 12/22 | DONSA | |
| 12/25-1/1 | Local Holiday School Breaks | |
| | (exceptions; Gouverneur, Harrisville, Sandy Creek, South Lewis, St. James start 12/22) | |
| 12/25 | Christmas Day/Federal Holiday | |
| 12/30–1/1 | New York City Trip | ODR/New York City |
| 12/31 | New Year’s Eve at the Commons | 5:00 – 10:00 PM The Commons |



Dates to Remember- January

JANUARY 2018

| | | |
|-------------------------------------|---|--|
| Free Ski Days – Fridays at Dry Hill | 12:00– 4:00 pm | Dry Hill, Watertown |
| 1/1 | Federal Holiday New Year's | |
| 1/3 | Family Support Huddle/CLIF | No Meeting Paper Copy only |
| 1/6 & 20 | Snowmobile Safety Class | 9:00 am – 5:00 pm Outdoor Recreation |
| TBA | MLK Lunch Buffett | 11:30 – 1:30 pm Winter Circle |
| 1/13 | MLK Basketball Tournament | 9:00 am Magrath Gym |
| 1/13 | Outdoor Recreation Guided | |
| | Snowmobile Rides 8:00 am | Location TBD |
| 1/10 | MLK Special Observance Ceremony | 3:00 – 4:00 pm The Commons |
| 1/12 | DONSA | |
| 1/15 | Federal Holiday Martin Luther King Day | |
| 1/18 | Volunteer of the Month Ceremony | 11:00 am The Commons |
| 1/20 | NRA Gun Safety Class | 8:00 am – 4:00 pm Rec Shooting Range Classroom |
| 1/25 | Civilian of the Quarter Luncheon | 11:30 am–1:00 pm The Commons |
| 1/26 | Retirement Ceremony | 3:00 pm MPAS |
| 1/26 | Right Arm Night | 4:00 pm – 7:00 pm The Commons |
| 1/27 | Ice Fishing Trip | 8:00 am Location TBD |



FEBRUARY 2018

Free Ski Days – Fridays at Dry Hill (except 2/23) 12:00– 4:00 pm Dry Hill, Watertown

| | | | |
|-------------|---|--------------------|----------------------|
| 2/3 | Snowmobile Safety Class | 9:00 am – 5:00 pm | Outdoor Rec. |
| 2/4 | SuperBowl Sunday | Doors @ 4:00 pm | Winner Circle |
| 2/7 | Family Support Huddle/CLIF | 9:00/10 am | The Commons |
| 2/10 | Ice Fishing Trip | 8:00 am | Location TBD |
| 2/14 | Valentine's Day | | |
| 2/15 | Volunteer of the Month Ceremony | 11:00 am | The Commons |
| 2/16 | DONSA | | |
| 2/17 | Outdoor Recreation Guided | | |
| | Snowmobile Rides | 8:00 am | Location TBD |
| | ACS/Monti Family Swim | 9:00 – 11:00 am | Monti Pool |
| 2/19 | Federal Holiday Presidents Day | | |
| 2/19-23 | School Winter Break | | |
| 2/23 | African American/Black History Mth. Obs. | 11:30 am – 1:30 pm | The Commons |
| 2/23 | 10th MTN Div HQ's Casing Ceremony | 2:00 pm | Memorial Park |
| 2/23 | Retirement Ceremony | 3:00 pm | The Commons |
| 2/23 | Right Arm Night | 4:00 pm – 7:00 pm | The Commons |



Directorate/Agency Updates



Holiday Services Schedule



2017

FORT DRUM

HOLIDAY SERVICE SCHEDULE

Main Post Chapel Bldg. 10785A

08 Dec 1200 Immaculate Conception Mass

08 Dec 1730 Immaculate Conception Mass

24 Dec 1700 Catholic Christmas Vigil

24 Dec 1900 Community Protestant Candlelight ***

24 Dec 2200 Catholic Christmas Vigil

25 Dec 0900 Catholic Christmas Day Mass

31 Dec 2230 Gospel Watch Night (at Po Valley Chapel)

Communion will be served***

For more information contact the Main Post Chapel at 315-772-5591

Have a wonderful Holiday Season!

חנוכה שמחה!
Happy Chanukah!



You're Invited

Giant Menorah Lighting Spectacular



**Traditional Potato Pancakes (Latkes)!
Warm Donuts Made to Order!
Fun Dreidel Games and Sing Along!**

**CH (CPT) Moshe Lans, Rabbi: moshelans@gmail.com
954-998-8288**

Lots of Chanukah Gelt (Chocolate Coins) & Dreidels for Everyone!!

**Fort Drum Main Post Chapel
Thursday, 14 December 2017
1730 (5:30 PM)**





FORT DRUM NEW YORK



Fort Drum

AWC

ARMY WELLNESS CENTER

“Army Wellness Centers provide integrated and standardized primary prevention programs and services that promote enhanced and sustained healthy lifestyles to improve the overall well-being of Soldiers and Family Members.” –AWC Mission



Fort Drum – Home of America’s Light Infantry Division

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As of 12/5/2017



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OVEREATING DURING THE HOLIDAYS



- **What is the Energy Balance Equation and why is it important?**
 - Energy In < Energy Out – Weight Loss
- **Sleep/Stress Connection**
- **Helpful Tips**
 - Eat often (No skipping meals)
 - Healthy portion sizes (If you overeat, go light the next meal)
 - Exercise
 - Substitute healthy options when possible
 - Pick your favorites and skip your least favorites



FORT DRUM NEW YORK

MAKING A RESOLUTION?



- **Common Resolutions**
 - I want to eat better and lose weight
 - I want to quit smoking
 - I want to be more physically active
- **Helpful Tips**
 - Focus on one behavior change at a time
 - Success breeds success
 - Don't get discouraged if you don't see results right away
- **Why wait until New Year's to start living healthier?!**



FORT DRUM NEW YORK



Address

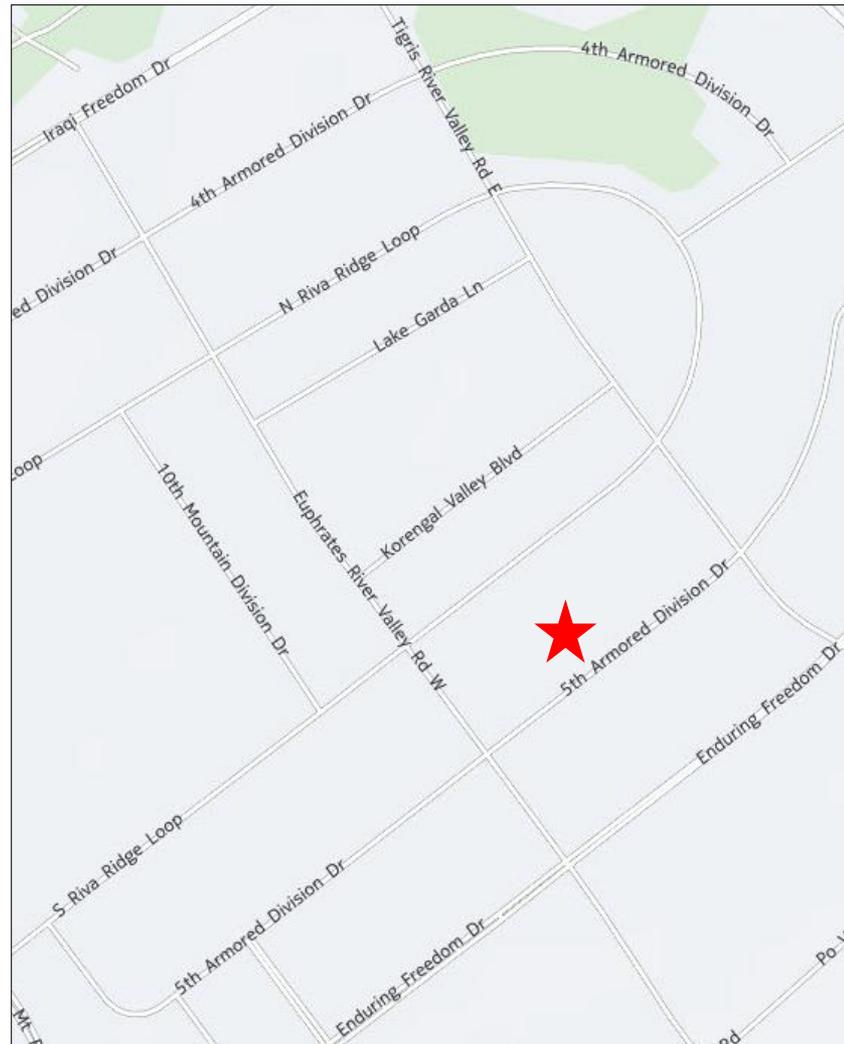
Building 10550
5th Armored Division
Drive

Phone Number

315-772-4608

Hours

| | |
|------------------|------------------|
| Monday | 0700-1600 |
| Tuesday | 0700-1800 |
| Wednesday | 0700-1600 |
| Thursday | 0700-1430 |
| Friday | 0700-1600 |



Fort Drum – Home of America’s Light Infantry Division

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As of 12/5/2017



Home/Winter Safety

Fort Drum Fire and Emergency Services
Chief Michael Marks



Home Winter Safety



- Heating is the second leading cause of U.S. home fires, deaths and injuries. December, January and February are the peak months for heating fires. Space heaters are the type of equipment most often involved in home heating equipment fires, figuring in two of every five fires (40%).
- Carbon monoxide (CO) is an odorless, colorless gas created when fuels do not burn properly.
- Carbon Monoxide incidents are more common during the winter months, and in residential properties
- December is the peak time of year for home candle fires; the top four days for home candle fires are New Year's Day, Christmas, New Year's Eve and Christmas Eve.
- Each year between 2009 and 2013, an average of 25 home candle fires were reported each day.



Christmas Trees



- Fresh trees are less likely to catch fire, so look for a tree with vibrant green needles that are hard to pluck and don't break easily from its branches. The tree shouldn't be shedding its needles readily.
- Always place your tree away from heat sources like fireplaces, radiators, candles, heat vents or lights, and keep the tree base filled with water to avoid a dry out.
- Make sure all your indoor and outdoor Christmas lights have been tested in a lab by the UL or ETL/ITSNA for safety, and throw out any damaged lights.
- Any lights you use outdoors must be labeled suitable for exterior placement, and be sure to plug them into a ground-fault circuit interrupter protected receptacle.
- Keep all your holiday candles away from your Christmas tree, surrounding furniture and décor.



Wood Stoves

Wood stoves cause over 4,000 residential fires every year. Carefully follow the manufacturer's installation and maintenance instructions.



- Check for cracks and inspect legs, hinges and door seals for smooth joints and seams.
- Use only seasoned wood for fuel, not green wood, artificial logs, or trash.
- Inspect and clean your pipes and chimneys annually and check monthly for damage or obstructions.
- Be sure to keep combustible objects at least three feet away from your wood stove.

Fort Drum Education Services



Ms. Ceara E Tapin
Guidance Counselor
Education Services Division, DHR
4300 Camp Hale Road,
Fort Drum, NY 13602
315-772-2011

Services Available to Family Members:

- **General Academic Counseling**
- **Testing Services (CLEP/DSST, etc)**
- **Academic use computers (CSF)**
- **College Partners/Advising**
- **Evening Classes**
- **Grant/Scholarship Information**

General Hours of Operation:

Monday 9:00-16:00

Tuesday 9:00-16:00

Wednesday 12:45-16:00

Thursday 9:00-16:00

Friday 9:00-16:00

Financial Aid/Scholarships

FAFSA (Free Application for Federal Student Aid)

Apply online at: www.fafsa.ed.gov

Grants and Scholarships- (PELL, State)
Student Loans- Subsidized &
Unsubsidized

MyCAA-Money for military spouses to attend approved training/college programs (Military One Source)

Additional scholarship resources are available at the Education Center



FORT DRUM
EDUCATION SERVICES

CLIF

Robert C. McEwen
Education Center Complex
4300 Camp Hale Road
Fort Drum, NY 13602
(315) 772-6878

Counselor Support Facility (CSF)

Computers/Internet available for educational needs

Monday-Thursday— 9:00-21:00
Friday—9:00-16:30

Room 141
315-772-9993





#MountainOfThanks

Get involved!

Learn more at facebook.com/DrumFMWR







QUESTIONS?



**NO CLIFF IN JANUARY
PAPER COPY OF
DATES TO REMEMBER
CLIF NOTES
EMAILED**

NEXT CLIF FEBRUARY 7TH

Thank you for attending

All Presentations and Slides can be found at
www.drum.armymwr.com Community and Special Events/CLIF

If you would like to provide information for CLIF,
please email Donna W. Orvis, donna.w.orvis.civ@mail.mil