



Community Listening & Information Forum

CLIF December 2019

Version Number 1
As of 25 Nov 2019



Community Listening & information Forum

✓ Welcome/Administrative Notes

COL Lucas

✓ Dates to Remember Highlights

Michelle Winter

✓ AFAP Issues – nothing to report

✓ Directorate/Agency Updates

✓ Guest Speaker/Presentation

- What is coming up?
- Trees for Troops
- All Army Hockey
- Slim The Mountain

Michelle Winter
Jennifer Berry
Al Janssen
Aly Thibodeaux

Thank You to The 10th Mountain Band for opening the Town Hall





Dates to Remember December

- ✓ Pine Plains Bowling Center **CLOSED** for bowling until January. Snack bar **OPEN** Wednesday–Saturday 11 am–2 pm
NFL Sunday Ticket: Every Sunday at Pine Plains Bowling Center, 11am-6 pm
- ✓ 12/4 Town Hall/CLIF 10 am
 The Commons
- ✓ 12/7 10th MTN Division Band Holiday Concert 6 pm
 Watertown High School
- ✓ 12/7 BOSS Pool Tournament 3 pm
 BOSS Center
- ✓ 12/10 10th MTN Division Band Holiday Concert 6 pm
 Main Post Chapel
- ✓ 12/12 10th MTN Division Band Holiday Concert 7 pm
 Clayton Opera House
- ✓ 12/13 10th MTN Division Band Holiday Concert 7 pm
 Indian River High School
- ✓ 12/14 Disney on Ice Trip 8:45 am departure
 ODR/Oncenter, Syracuse
- ✓ 12/14 Army vs. Navy Football Game Doors open at 2 pm
 Pine Plains Bowling Center





SATURDAY, DECEMBER 14
2 PM DOORS OPEN
3 PM GAME STARTS
PINE PLAINS BOWLING CENTER
FREE FOOD - DOOR PRIZE - LARGE TVS
HALFTIME COMPETITION - CHANCE TO WIN \$100



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SERVING
HEROES



Dates to Remember December

- ✓12/14 Winter Reading Program Begins
12/14/2019–2/21/2020 McEwen Library
- ✓12/15 10th MTN Division Band Holiday Concert 2 pm
Carthage High School
- ✓12/20–1/5 Division Block Leave
- ✓12/20 Lights on the Lake Trip 5 pm
departure ODR/Syracuse
- ✓12/23, 26, 27, 30 Division Half-Day Schedule
- ✓12/23–1/1 or 3 Local Schools Holiday Break
- ✓12/23 Chanukah Service 5:30 pm
Main Post Chapel
- ✓12/24 DONSA
- ✓12/24 Lessons and Carols Candlelight 7 pm
Riva Ridge Chapel
- ✓12/24 Catholic Midnight Mass 10 pm
Main Post Chapel





AFAP Issues & Directorate/Agency Updates

AFAP Issues Update

Nothing to Report

Directorate/Agency Updates



What is coming up?

Coming to Fort Drum
Ice Rink



HOLIDAY HOURS



Atkins Functional Fitness Center is open 24/7





Toy Giveaway



Tuesday, December 17
Noon – 1 p.m.

Robert C. McEwen
Library

Toys are new and
educational, intended for
ages 2 to 10.

Available to first come
first serve.

One gift per person,
while supplies last.



Starting January 2020
Winner's Circle will be
under construction
through June 2020

Have you heard the
HYPE?



Hyperbowling

- ✓ <https://youtu.be/GygFC824guA>
- ✓ <https://www.bing.com/videos/search?q=hyperbowling&&view=detail&mid=455564DDD9AADAA6AF7F455564DDD9AADAA6AF7F&&FORM=VRDGAR> < Caution-
<https://www.bing.com/videos/search?q=hyperbowling&&view=detail&mid=455564DDD9AADAA6AF7F455564DDD9AADAA6AF7F&&FORM=VRDGAR>
- ✓ Grand Opening in January 2020



Super Bowl Sunday Party

February 2, 2019

Pine Plains Bowling Center

Kickoff at 6:30 pm

Doors open at 5 pm



Outdoor Recreation

SKI & SNOWBOARD SERVICES

Ski:

Complete Tune **\$40.00**

(Wax, sharpen, binding adjustment & torque test)

Binding Adjustment w/ Torque Test **\$25.00**

Hot Wax **\$15.00**

Epoxy Repair **\$8.00+**

(Price varies by size and number of patches)

P-Tex Base Repair **\$8.00+**

(Price varies by size and number of patches)

Sharpen **\$15.00**

Snowboard:

Binding Mount **\$10.00**

Hot Wax **\$20.00**

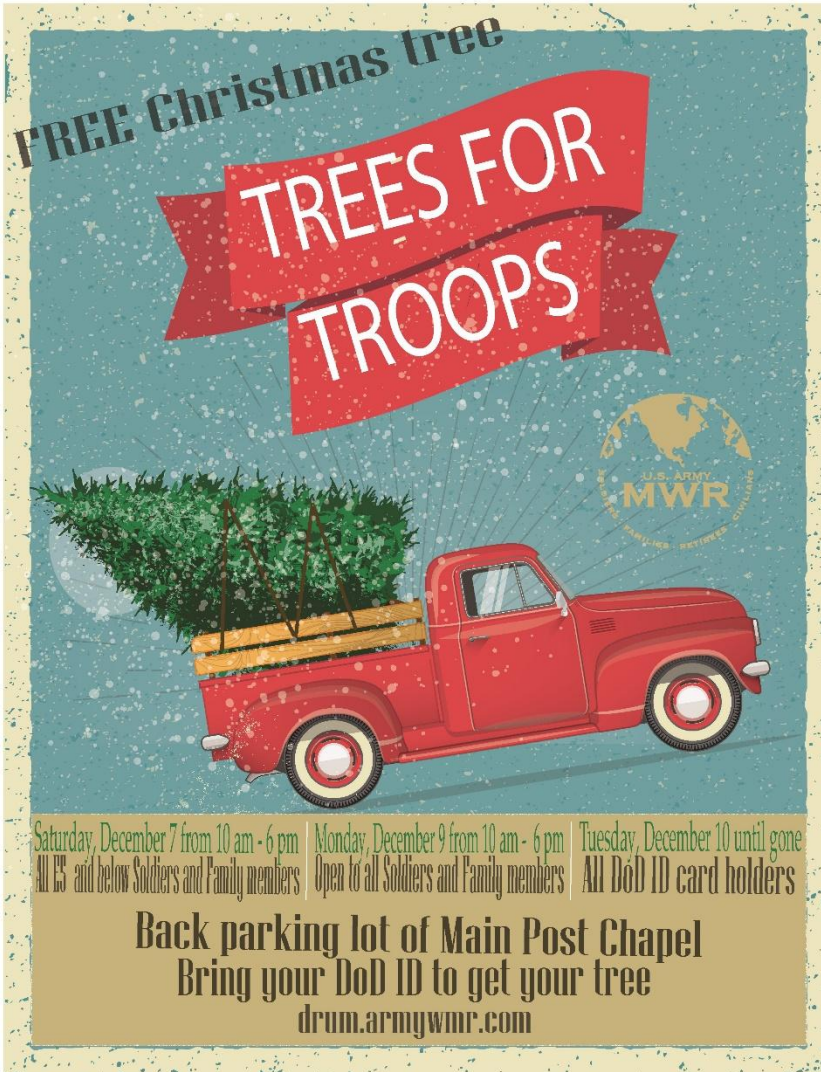
Rub-On Wax **\$8.00**

Sharpen **\$15.00**





Trees for Troops



7 December: E5 & below
Soldiers and Family members

9 December: All ranks &
Family members

10 December: Any remaining
trees available for all DoD ID
Card Holders

Assistance will be provided on
7 & 9 December.

****Bring your valid DoD ID****







All Army Hockey

Training Camp

The training camp is scheduled for 26 Dec 19-4 Jan 20.

The coaching staff and players will arrive 26-27 Dec 19.

Ice Breaker 28 Dec 19, 1830 hrs Pines Plane Bowling Center.

Community Outreach Program 31 Dec 19, located at the Watertown Municipal Building 1300-1400 hrs followed by scrimmage with the Watertown Wolves, the scrimmage is open to the public and free of charge.

5-6 Jan 2020 depart Fort Drum/travel day, location TBD.

7-11 Jan 2020, International Hockey tournament.

12 Jan 2020, return to home station.





Slim The Mountain





Slim The Mountain

Sports, Fitness and Aquatics

- Event runs 8 January – 18 March.
- \$5 entry fee
- Program is open to all DoD cardholders on Fort Drum.
- Registration packets will be available online and at all three fitness centers on post.
- “Weigh-ins” will be conducted bi-weekly at Atkins Functional Fitness Facility using their INBODY scanner.
- Program is designed to ensure anonymity to participants and provide them with all the necessary tools to succeed in this competition.





INBODY Scanner

Sports, Fitness, and Aquatics

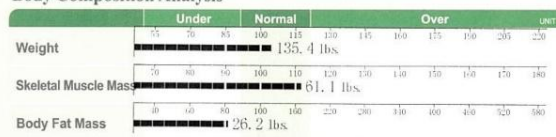
InBody230

Name(I.D.)	Gender	Age	Height	Date	Time
ATT	Female	28years	5ft. 5.0in.	26.11.2019	11:59:32

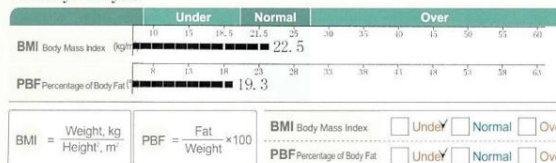
Body Composition

	Values	Lean Body Mass	Weight
Total Body Water	80.1 lbs.	109.2 lbs.	135.4 lbs.
Dry Lean Mass	29.1 lbs.		
Body Fat Mass	26.2 lbs.		

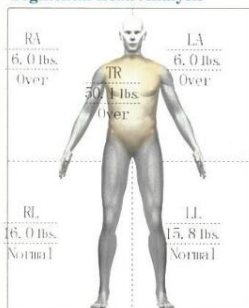
Body Composition Analysis



Obesity Analysis



Segmental Lean Analysis



Segmental Lean Analysis

Use this section to understand how your muscle mass is distributed throughout your body. Your segmental distribution could indicate that you have maintained or developed muscle mass proportionately. You may discover that you have a tendency toward a disproportionate amount of muscle in your legs or your trunk and arms. Genetically there are inherent tendencies toward more or less musculature in any of these areas. It's true that you can't "spot lose" fat but you can develop or maintain certain muscles by using them more.

Impedance

Z	RA	LA	TR	RL	LL(L)
20 kHz	356	353	22.8	315	321
100 kHz	313	312	18.6	276	281

Body Composition

Body composition testing is the process of measuring the components of your body, in short what you're made of. Weight alone is not a clear indication of good health because it does not distinguish how many pounds are fat and how many pounds are lean body mass. By regularly monitoring your Body Fat, and Muscle Mass or Muscular Development, you can understand how your diet, lifestyle and exercise regime are influencing your body composition. Knowing what's working for you can help you target and reach your wellness, appearance and longevity goals.

Body Composition Analysis

What we're made of impacts our health, appearance and our capabilities. Too much Body Fat increases our risk of developing diseases such as diabetes, heart disease and cancer. Carrying too much weight places undo strain on our joints, heart and vital organs. Ideally, the Skeletal Muscle Mass graph to the left should reach or surpass the normal range and the Body Fat Mass graph should be falling within the Normal Range.

Obesity Analysis

BMI isn't a measurement but a calculation based on your height and weight. A BMI over the normal range can indicate a weight problem, or a degree of obesity. Individuals with large amounts of muscle mass for their height may also have a BMI over the normal range; this is not indicative of obesity or a health risk. Percentage of Body Fat is a measured component of your actual body composition. PBF is the percentage of your total weight that isn't muscle, bone or excess fluid. PBF is a more accurate means of assessing degrees of obesity or degrees of fitness.

Body Fat & LBM

Body Fat	0.0 lbs.
LBM	0.0 lbs.
Fat:	+ (need more body fat mass) - (lose body fat mass)
LBM:	+ (need more lean body mass) 0.0 lbs. (maintain current LBM)

Basal Metabolic Rate

BMR	1440 kcal
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The BMR is the minimal number of calories needed to sustain life at a resting state. BMR is directly correlated with Lean Body Mass. With age muscle depletes and BMR steadily decrease.

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Upcoming 2020 Fitness Programs

Sports, Fitness and Aquatics

How Far Will You Go Cardio Challenge

Couch Potato Triathlon

Squat Workshop

Deadlift Workshop

Bench Press Workshop

Guide To Training Seminars

Q&A Seminars





Door Prize Time



Community Listening & Information Forum

E-CLIF for the next CLIF – January 1, 2019

Thank you for attending

All Presentations and Slides can be found at

drum.armymwr.com

**Navigate to the Community and Special Event Information page
and then Community Listening & Information Forum CLIF**

**If you would like to provide information for CLIF,
please email [Michelle Winter, michelle.m.winter3.naf@mail.mil](mailto:Michelle.Winter,michelle.m.winter3.naf@mail.mil)**

