



EXCHANGE

THE EXCHANGE CLUB OF CARLISLE, PA

Carlisle Exchangite February 2016

Exchange Club of Carlisle

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Find us on Facebook:
Exchange Club of Carlisle, Pennsylvania

www.ExchangeClubofCarlisle.org

www.NationalExchangeClub.org



Kim Sweger of Alternate Behavior Consultants (ABC) Speaks to XC

Kim explained what it is like to teach good parenting techniques in a home-like atmosphere. Families can come to the ABC facility at 224 S. Hanover Street, Carlisle, and prepare dinner together, sit around the dinner table to eat and discuss the day's events and take pleasure in each other's company. Some folks

take this daily event for granted, but some have never experienced it. This is just one bonding experience that families at-risk may need to be taught.

From the ABC website:

Alternative Behavior Consultants provides Mental Health Counseling, Parenting and Educational Support Services for families and Behavioral Change Programs for individuals and groups. ABC is committed to offering opportunities to strengthen families and facilitate behavior change through psycho-educational groups, outpatient therapy, parent education and behavioral support services. We provide these services in all venues including traditional office visits, in clients' homes, community programs, schools, and our own family Skills Center. We very much believe in the philosophy:

***“Tell them and they will listen,
Show them and they will learn,
Involve them and they will understand.”***





Carlisle Rotary

President John Murray gave his best Exchange Club pitch to the Carlisle Sunrise Rotary in January. John also passed out our Exchange Club trifold to all who were in

attendance. At present, we have no converts, but John did receive a round of applause and a glass emblazoned with the Rotary Club logo. We do hope that John has hidden his token gift away in the back of a cupboard somewhere. *Editor's note: You know, John, it is breakable!* 😊



At our second meeting in January we were all given a healthy dose of wanderlust by our guest speakers Travel Specialists Christy Smiley (left) and Sandy Walker. Either of these lovely ladies can help you with your travel questions. Their office is located at Minerva Mills, 401 E. Louther Street, Suite 201. Phone 717-462-4806. Website www.TravelByJournease.com.



Fe**b**r**u**a**r**y 9
Va**l**e**n**t**i**n**e** **D**i**n**n**e**r
an**d** **f**u**n** **a**n**d** **g**a**m**e**s**

Perry Heath

Molly Pitcher Award winner 2015

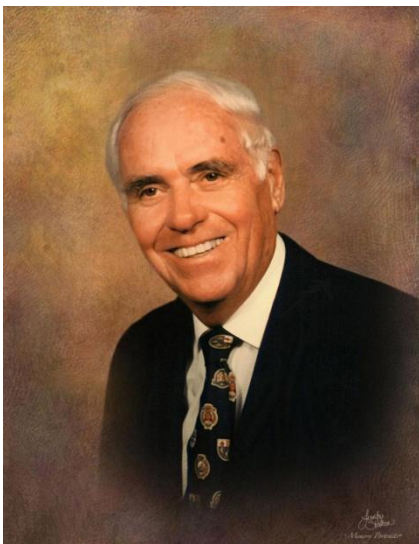
Perry Heath was first elected to Borough Council in 2005 and was re-elected to a second term in 2009 and his third term in 2014. He is employed as the Director of Business Development for R. S. Mowery & Sons, Inc. He was elected President of Council in January 2014. Mr. Heath is a past chairman of the Board of Trustees of the Carlisle Area Health and Wellness Foundation (2007 – 2009), immediate past chairman of the Board of Directors of the Greater Carlisle Area Chamber of Commerce 2010 – 2012, a member of the Advisory Board of The Salvation Army and the Carlisle Sunrise Rotary Club. His current Council term will expire on December 31, 2017.



William Frederick Martson

President of Carlisle Exchange Club 1954 – 1955

Bill Martson, age 89, passed away on Monday, January 25, 2016, at Chapel Pointe in Carlisle. Celebration of Life services will be held at 11:00 AM on Friday, February 5, 2016, at Hoffman Funeral Home & Crematory, 2020 W. Trindle Road, Carlisle. To sign the guestbook visit www.HoffmanFH.com.



Mark Your Calendars

- Tuesday, February 9 - **Meeting** 6:00 PM Cumberland Crossings – **Valentine Dinner Party with fun & games**
- Tuesday, February 16 - 6:00 PM **Board meeting** at Minerva Mills
- Tuesday, February 22 - **Meeting** 6:00 PM Cumberland Crossings – Speaker Civil War Re-Enactor Chaplain **Paul Herring** of the 149th PA Volunteer Infantry. Paul is a resident of Cumberland Crossings and was our Santa Claus at the Children's Christmas Party. In real life he is a retired pastor.
- Tuesday, March 8 – **NO MEETING**
- Friday, March 11 – **Molly Pitcher Banquet** at the HUB (Holland Union Building, Dickinson College)
- Tuesday March 15 - 6:00 PM **Board meeting** at Minerva Mills
- Tuesday March 22 - **Meeting** 6:00 PM Cumberland Crossings
- Tuesday, April 12 - **Meeting** 6:00 PM Cumberland Crossings **Youth of the Year Banquet**
- Saturday, April 16 – **Walmart** Child Abuse Prevention Fundraising Event
- Tuesday, April 19 – **Car Parking Set-up** Breakfast 9 AM at Fairground Diner - 10 AM "K" St. Lot set-up
- Tuesday, April 19 - 6:00 PM **Board meeting** at Minerva Mills

- **Thursday, Friday, Saturday, April 21, 22, 23 - CAR PARKING** – sign-up list attached or call to volunteer **486-8069** or wawood@pa.net
- Monday, April 25 **Car Parking Tear-down** Breakfast 9 AM at Fairground Diner – 10 AM “K” St. Lot tear-down
- Tuesday, April 26 - **Meeting** 6:00 PM Cumberland Crossings – **A.C.E. Banquet**
- Saturday, April 30 - **Walmart** Child Abuse Prevention Fundraising Event



A FEW WORDS FROM THE PRESIDENT . . .

Fellow Exchangites,

Well the year is off to an interesting start. Despite very little help from the weather, we held both our meetings in January and a great presentation was given at each one. Hopefully, the **weather challenges** are behind us now, and we can get back to our normal schedule.

The first meeting in February will be our club’s annual **Valentine’s Dinner**, and I hope that all of you will attend and bring your valentine with you. At the meeting, I will provide a program similar to last year, but I hope to make it a little more challenging.

As you look forward, please review the schedule Anne has put in this newsletter. Over the next three months there is the **Molly Pitcher Award Dinner**, the **Walmart Fundraisers for ParentWorks** and the **Spring Car Show Parking Fundraiser**. It will be a very busy time for the club and volunteers will be needed to make these events successful. So please review the signup sheets as they are sent out and sign up to support these events.

In closing, I must again remind you that the club is still looking for its **next president**. I know many of you have served in that position before, but **it might be time to consider serving as president again to help ensure the club moves forward into next year.**

I hope to see all of you at the next club meeting.

Yours in Exchange,

JOHN