



EXCHANGE

THE EXCHANGE CLUB OF CARLISLE, PA

Carlisle Exchangite October 2021

Exchange Club of Carlisle

Club Officers

President

Terry Young

President-Elect

Vacant

Secretary

John Murray

Treasurer

Bob Beard

Immediate

Past President

Bob Taylor

Directors

Ken Stoltz

Barrie Zais

Russ Sutton

Dennis Nielsen

Vacant

Communications Director

Susan Murray

jdmi@pa.net

Webmaster

John Murray

Photographers

Anne Wood

Bill Yufer



Find us on Facebook:

Exchange Club of Carlisle, Pennsylvania

www.ExchangeClubofCarlisle.org

www.NationalExchangeClub.org



Daisy Knaub, Russ Sutton, and Bob Taylor holding award

Russel Sutton was presented the Exchange Club of Carlisle's Exchangite of the Decade award at the 9/28/2021 meeting for his service from 2010-2020. Mid-Atlantic District Exchange Clubs President Kara Wright attended the event. Russ has been the president of the club and the Mid-Atlantic District, served on the Board of Directors and worked tirelessly at the club activities. However, it was his devotion to the youth programs, especially running the Children's Christmas party and the A.C.E. Award program for too many years to count, that cemented his nomination for this award. Russ epitomizes what this award stands for.



Bill Yufer, John Wain, Lee DeVenney, Russ Sutton and John Murray



Miseno's II Ristro Pub - 598 W. High St. Carlisle, PA

An important change to the meeting is that members are to order their drinks and a meal if desired on their way into the meeting. We will be in the private room on the right side of the building. After the 6:00 speaker, the meals will be served about 6:30 prior to the short business meeting. The menu is attach to this newsletter.

Russel Sutton Recognized

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served on the Board of Directors and worked tirelessly at the club activities.

However, it was his devotion to the youth programs, especially running the Children's Christmas party and the A.C.E. Award program for too many years to count, that cemented his nomination for this award. Russ epitomizes what this award stands for.

Inside Meetings

The club meetings are moving indoors starting October 12, 2021, because the weather is getting cooler and the sun is setting earlier. Miseno's II Ristro Pub was selected because it has parking, a private room to accommodate a speaker, and the ability to order an excellent meal.



District President Kara Wright with Jean Yufer



Barrie Zais with Kara Wright

President Visit

On September 18, 2021, Mid-Atlantic District Exchange Clubs President Kara Wright attended the club's Exchange of the Decade Awards ceremony. It was wonderful to meet her and hear about what is happening beyond the Carlisle club. President Kara presented a flag to Russ Sutton in honor of his accomplishments.

Holly Festival Day

On September 18, 2021, the Exchange Club of Carlisle ran a free children's craft station at the Holly Festival Day event. About 70 kids made beautiful orange jack o'lantern faces. A thank you goes out to John, Susan & Jessie Murray, and Bill & Jean Yufer for making this event possible.



Jean Yufer with John and Jessie Murray helping



John Murray helping with craft at the Holly Festival Day



Kids making jack o'lantern faces at the Holly Festival Day

National Day of Service Project for 2021

For our National Day of Service Project for 2021, the club will be cleaning up the Housing Authority playground area (located across from the Carlisle Expo Center) where we also park cars. The project will run from 9:00 am to 12:00 pm, Saturday, October 23, 2021. The rain date is October 30, 2021.

The goals our National Day of Service Project will be to:

- Cleanup trash
- Trim trees and other vegetation
- Rake the playground area
- Repair any damage from Fall Car Parking

If you have any questions about our National Day of Service Project, contact John Murray ((717) 243-7026 / Murrayjd@pa.net).



Children's Christmas Party

We are going to invite campers from the Summer Program for Youth (SPY) 2021 to our Children's Christmas Party on Sunday, December 5, 2021. SPY has increased from 70 campers in 2019 to 157 campers in 2021. So, our party will be split into two sessions: 1:00-2:30 and 3:30-5:00 to handle the number of people.

The party sessions will start with games and crafts followed by a meal and conclude with a visit from Santa. Volunteers will be able to register to help at either or both of the sessions. We will also need a few people to help by making a few dozen Christmas Cookies each to be the dessert for the meal.



Meetings



John Murray's Census 2020 presentation

Jun 8 - Meeting (Census 2020 Detailed Results)

Based on his experience working on the Census and reviewing the detailed results of the Census 2020, Secretary John Murray provided an overview of the results for Pennsylvania and Cumberland County.

The graphs made it easy to compare the different PA counties, as well as understanding some specific data about our county. Although 44 Pennsylvania counties lost population, Cumberland was the fastest growing counties in Pennsylvania from 2010-2020 with an increase of +10.2%. Most of the counties which grew in population were in the southeast part of the state, while those that lost population are in western PA.

Participation Opportunities

Sep 30 - Oct 2 (Thur - Sat) Car Show Parking

- Sep 27 (Mon) - 9:00 am Breakfast at Fairgrounds Diner, 10:00 set-up
- Sep 30 - Oct 2 (Thu-Sat) - Car Show Parking from 7:00 am - 4:00 pm
- Oct 4 (Mon) - 9:00 am Breakfast at Fairgrounds Diner, 10:00 tear down
- POC: Dennis Nielsen (profdvn@yahoo.com, 413-887-8877)



Jean Yufer is examining the tree that fell in our car parking area just before our set-up.

Oct 12 (Tue) Meeting at Misenos II Ristro Pub (598 W High St, Carlisle)

- 5:30 pm - Social Time and order your meal before speaker if you want to eat
- 6:00 pm - Speaker: The Army War College International Fellow from Malawi
- 6:30 pm - Dinner served if ordered before the meeting
- 7:00 pm - Short Business Meeting

Oct 26 (Tue) Meeting at Misenos II Ristro Pub (598 W High St, Carlisle, PA 17013)

- 5:30 pm - Social Time and order your meal before speaker if you want to eat
- 6:00 pm - Speaker: Kimmie Murray - Cell Phone and Computer SPAM protection
- 6:30 pm - Dinner served if ordered before the meeting
- 7:00 pm - Short Business Meeting

Oct 23 (Sat) 9:00 am - National Day of Service 2021

- Housing Authority playground area (located across from the Carlisle Expo Center)
- Plan is to keep the area safe for the kids

Nov 11 (Wed) 5:00 pm - Flags on the Square retrieval for Veteran's Day



- 4:30 pm - 5:00 pm - Susan Murray will be teaching the girls about flags before the retrieval
- 5:00 pm - Meet across from Market Cross Pub
- 5:00 pm - Elementary school-aged Girl Scouts will be assisting us with the flags
- Girls will be paired up with each of the flag carts groups



Mark Your Calendars

Sep 30 - Oct 2 (Thu - Sat) - Car Show Parking

Oct 12 (Tue) 6:00 pm - Meeting at Misenos II Ristro Pub

Presentation: The Army War College International Fellow from Malawi

Oct 19 (Tue) 6:00 pm - Board meeting at Minerva Mills

Oct 23 (Sat) 9:00 am - National Day of Service Project for 2021 at playground across from Expo Center

Oct 26 (Tue) 6:00 pm - Meeting at Misenos II Ristro Pub

Presentation: Kimmie Murray – Cell Phone and Computer SPAM protection

Nov 2 (Tue) 7:00 am - Election Day

Nov 7 (Sun) 2:00 am - Daylight Savings Time ends – Turn back your clock

Nov 9 (Tue) 6:00 pm - Meeting at Misenos II Ristro Pub

Presentation: TBD

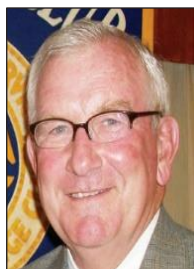
Nov 11 (Thu) 5:00 pm - Flags on the Square retrieval for Veteran's Day **with Girl Scouts**

Nov 16 (Tue) 6:00 pm - Board meeting at Minerva Mills

Nov 23 (Tue) - Meeting cancelled because too close to Thanksgiving

Dec 5 (Sun) 1:00 pm - 2:30 pm - Children's Christmas Party (First Group)

Dec 5 (Sun) 3:30 pm - 5:00 pm - Children's Christmas Party (Second Group)



A Few Words from the President . . .

We recognized a truly remarkable individual as our Exchangite of the Decade, Russ Sutton. I would like to thank him again for all his efforts over the years. I am happy to report I am up and moving, albeit very slowly. Looking forward to seeing everyone at our next meeting. Thanks to all who helped make our fall car parking a success and to Dennis Nielsen for his leadership of this event. Be safe.

Be safe,

Terry



Holly Festival Days Pictures



SERVING LUNCH & DINNER



EVERYDAY SPECIAL

2 Large 1-Topping Pizzas

\$18.99

SUNDAY SPECIAL

Large Cheese Pizza

\$7.99

598 West High Street, Carlisle, PA 17013

(717) 240-0133

Sunday-Thursday 9:30am-11:30pm, Friday & Saturday 9:30am-Midnight

PIZZA

Any one topping add .40

Round Slice 1.80

	Sm 12"	Med 14"	Lg 16"
Round Pizza	9.00	10.00	11.00
White Pizza	13.50	14.50	16.50
Ricotta, broccoli, fresh garlic, fresh tomatoes			
Special Pizza	15.00	16.00	17.00
Pepperoni, sausage, ham, bacon, ground beef, green peppers, mushrooms, onions, and olives.			
Stuffed Pizza	15.50	16.50	18.00
Ham, salami, pepperoni, ricotta & mozzarella			
Sicilian Pizza 16" Plain 11.50 • 16" Special 18.00			

Toppings:

Extra Cheese, Pepperoni, Mushrooms, Ham, Sausage, Peppers, Ground Beef, Salami, Onions, Anchovies, Meatballs, Black Olives

Small 12" 1.50 • Medium 14" 1.60 • Large 16" 1.80

BAMBINOS

Bambino	5.75	Bambino Cappella	8.25
Add 1.00 per topping		Mozzarella cheese, hot dog, French fries	
Bambino White	8.25	Jalapeno, Beef, Tomato, Onions	8.25
Bambino Stuffed	8.25	Cheese Steak Pizza	8.25
Bambino Veggie	8.25	Mushrooms, onions, green peppers	
Bambino Special	8.25	BBQ Chicken	8.25
Bambino Buffalo Chicken .	8.25	Chicken, BBQ sauce, mozzarella	
Bambino Bacon Chicken Ranch	8.25	Edgar's Pizza	8.25
Bambino Hawaiian	8.25	Sausage with tomato sauce, mozzarella cheese, baked then covered with lettuce, tomatoes & sour cream	
Bambino La Greca	8.25	Chicken Cheese Steak Pizza	8.25
Feta, green peppers, Kalamata olives		With mushrooms, onions & green peppers	
Bambino Napoli	8.25	Spinach & Artichoke	8.25
Fresh Mozzarella, fresh basil		Fresh basil, garlic sauce, spinach, marinated artichoke, mozzarella	
Bambino Seafood	10.99	Chicken Pesto	8.25
Crabmeat, shrimp, mussels, clams			

STROMBOLIS & CALZONES

	Medium	Large	Medium	Large
Regular Boll	7.75	13.25	Chicken Boll	8.25 13.99
Ham, pepperoni, mozzarella		Chicken, mozzarella		
Steak Boll	8.25	13.99	Calzone	8.25 13.99
Steak, mozzarella		Ham, ricotta, mozzarella		
Veggie Boll	8.25	13.99	Veggie Calzone	8.25 13.99
Broccoli, peppers, tomatoes, onions, mushrooms and mozzarella cheese		Broccoli, peppers, tomatoes, onions, mushrooms, ricotta & mozzarella		

APPETIZERS

French Fries	2.75	Fried Chicken Fingers & French Fries (6)	7.75
Cheese Fries	4.25	Rosanna's Garlic Cheese Bread	3.95
Beer Battered Onion Rings	4.50	Appetizer Sampler	15.25
Fried Calamari	8.95	4 Buffalo wings, 4 bruschetta, 4 mozzarella sticks & 4 jalapeno poppers	
Fried Mozzarella Sticks (6)	6.50	Bruschetta	7.95
Jalapeno Poppers (6)	6.50	Tomatoes, basil, fresh mozzarella, garlic & olive oil	
Breaded Mushrooms	6.50		
Shrimp & Fries	7.75		

WINGS

All wings are served with bleu cheese & celery
Flavors: Hot, BBQ, Plain, Spicy Garlic

12 Wings 9.95

12 Wings Boneless 9.95



SOUP OF THE DAY

Bowl 3.99

Ask your server for soup choices

SALADS

Served with Bread

Garden Salad	4.99	Antipasto Salad	8.50
Romaine lettuce, sweet peppers, tomatoes, red onions, feta & olives		Romaine lettuce, ham, salami, pepperoncini, tomato, sweet peppers, fresh mozzarella & provolone, onions, capicola & olives	
Chef Salad	7.95	Greek Salad	7.95
Romaine lettuce, turkey, ham, tomatoes, red onions, salami, sweet peppers, capicola, olives & provolone		Romaine lettuce, pepperoncini, red onions, sweet peppers, tomatoes, red onions, Kalamata olives & feta	
Grilled Chicken Salad	7.95	Shrimp Salad	8.50
Romaine lettuce, grilled chicken breast, tomatoes, sweet peppers, onions, & black olives		Romaine lettuce, fresh shrimp, tomatoes & red onions	
Tuna Salad	7.95	Buffalo Chicken Salad	7.95
Romaine lettuce, homemade tuna salad, sweet peppers, tomatoes, provolone, onions and olives		Romaine lettuce, Buffalo chicken, tomatoes and cheese	
Tilde's Tequila Lime Chicken Caesar	7.95	Greek Chicken Salad	8.95
A twist on a traditional favorite: romaine lettuce, grilled marinated chicken breast & provolone		Romaine lettuce, chicken, pepperoncini, sweet peppers, tomatoes, onions, olives & feta	
Steak Salad	7.95	Dressings: Caesar, French, Bleu Cheese, Oil & Vinegar, Ranch, Creamy Italian, Greek, Italian, Thousand Island, House	
Romaine lettuce, steak, provolone cheese, mushrooms & grilled onions		Extra dressing .50 • \$1.00 SPLIT CHARGE	

WRAPS 7.75

All Served With Choice Of Fries Or Salad

Chicken Caesar	Ham & Cheese	Cheese Steak
Buffalo Chicken	Tuna & Cheese	Chicken Cheese Steak
Turkey & Cheese	Bacon Chicken Ranch	Grilled Chicken

SUBS

All Subs Served With A Bag Of Chips

Cold Subs

Regular Italian	6.50
Ham & Cheese	6.25
Capicola & Cheese	6.50
Genoa Salami & Cheese	6.50
Roast Beef & Cheese	6.75
Roast Beef & Turkey	6.99
Turkey & Cheese	6.50
Tuna & Cheese	6.50
Provolone Sub	6.50
Alfredo Special	6.99
Turkey, ham, salami, capicola & cheese	

Chicken Subs

Chicken Steak	6.50
Chicken Steak Hoagie	6.75
Lettuce, tomato, onion & mayonnaise	
Chicken Steak Special	6.99
Green peppers, mushrooms, onions & sauce	

Hot Subs

Plain Steak	6.00
Cheese Steak	6.50
Cheese Steak & Peppers	6.25
Cheese Steak & Mushrooms	6.75
Pizza Burger Sub	6.75
Veal Parmesan	6.99
Cheese Steak Hoagie	6.75
Lettuce, tomatoes, mayo & onions	
Cheese Steak Special	6.99
Green peppers, mushrooms, onions & sauce	
Meatball Parmesan	6.75
Pizza Steak Parmesan	6.75
Chicken Parmesan	6.99
Eggplant Parmesan	6.99
Sausage Parmesan	6.75
Oscar's	6.99
Chicken, bacon, ranch sub	
Cheeseburger Sub	6.75
Lettuce, tomatoes, mayo & onions	
Veggie Melt	6.75
Leave It To Us	6.99
Turkey, ham, salami, capicola & cheese.	
Oven baked	

SANDWICHES

All sandwiches served on a homemade roll and served with chips

Cheeseburger	3.25	BBQ Burger	5.25
Sauteed onions, BBQ sauce & provolone cheese			
Cheeseburger Deluxe	4.25	Tuscany Turkey Sandwich	5.75
6oz all beef patty with American, lettuce, tomatoes, mayo & onions		Grilled turkey breast, provolone cheese, tomatoes & bacon	
Double Cheeseburger	6.25	Deep Fried Fish Sandwich	5.75
Lettuce, tomatoes, onions & mayo		Mild white fish served with lettuce & tomatoes	
Bacon Cheeseburger	5.50	Chicken Deluxe	
6oz all beef patty with bacon, American, lettuce, tomatoes, mayo & onions		Lettuce, tomato, onions & mayo	
Red Devil Burger	5.50	Grilled Chicken	6.75
Sauteed mushrooms, onions, bacon, provolone cheese, lettuce & tomatoes			
Mushroom Burger	5.50	Breaded Chicken	4.75
Sauteed mushrooms, provolone cheese & onions			

VITELLO (Veal)

Served with Salad and Bread
\$2.00 SPLIT CHARGE FOR ALL DINNERS

- Veal Alla Marsala**16.99
Sautéed veal with portabella mushrooms in a Marsala wine sauce served over spaghetti
- Veal Parmesan**16.99
Breaded veal cutlets served with spaghetti & topped with marinara sauce & mozzarella
- Veal Saltimbocca**16.99
Veal cutlets with ham, cherry tomatoes & mozzarella. Served with spaghetti

POLLO (Chicken)

Served with Salad and Bread
\$2.00 SPLIT CHARGE FOR ALL DINNERS

- Chicken Alla Marsala**15.99
Sautéed chicken breast with portabella mushrooms and a Marsala wine sauce over spaghetti
- Chicken with Vodka Sauce** . . .15.99
Chicken, ham, peas & bacon with pink sauce. Served with penne pasta
- Chicken & Broccoli**15.99
Sautéed chicken & broccoli in a creamy alfredo sauce served over ziti
- Chicken Alla Alfredo**15.99
Homemade alfredo sauce served on a bed of fettuccini pasta & grilled chicken breast
- Chicken Parmesan**15.99
Breaded chicken breast served with spaghetti & topped with our own tomato sauce & mozzarella
- Chicken Cacciatore**15.99
Grilled chicken, mushrooms, peppers & marinara. Served with penne pasta
- Chicken Lemon**15.99
Sautéed chicken with spaghetti in a lemon sauce

DEL MARE (Seafood)

Served with Salad and Bread \$2.00 SPLIT CHARGE FOR ALL DINNERS

- Shrimp Alfredo**14.25
Sautéed shrimp with alfredo sauce, served over fettuccini
- Pasta Alla Antonella**22.99
Lobster tail, fresh clams, shrimp & mussels in fresh marinara sauce served over linguini
- Shrimp & Broccoli**15.25
Sautéed shrimp & broccoli in a creamy alfredo sauce served over fettuccini
- Shrimp with Mussels**16.25
Sautéed shrimp with mussels in marinara sauce. Served over linguini
- Linguini w/Fresh Clam Sauce** .14.25
Our own clam sauce, your choice of red or white served over linguini
- Shrimp Scampi**15.25
Sautéed shrimp with spaghetti in a garlic lemon sauce
- Linguini with Shrimp Sauce** . . .14.25
Sautéed shrimp in marinara sauce
- Lobster Ravioli**16.25
Lobster ravioli in a pink sauce with crab meat & shrimp

DEL FORNO (Baked Pasta)

Served with Salad and Bread \$2.00 SPLIT CHARGE FOR ALL DINNERS

- Stuffed Shells**10.99
Ricotta, stuffed shells served with tomato sauce & mozzarella
- Eggplant Parmesan**14.99
Homemade eggplant parmesan, served with spaghetti & tomato sauce & mozzarella
- Manicotti**10.99
Ricotta stuffed pasta served with tomato sauce & mozzarella
- Baked Ziti**11.99
Oven baked pasta made with homemade sauce, mozzarella & ricotta
- Lasagna**11.99
Homemade lasagna filled with mozzarella, ricotta, hamburger
- Ravioli (Meat or Cheese)** . . .11.99
Served with tomato sauce & melted mozzarella

DINNERS

Served with Salad and Bread.
\$2.00 SPLIT CHARGE FOR ALL DINNERS.

- Spaghetti**10.95
Homemade tomato sauce with your choice of meatballs or sausage
- Penne Tomato**11.99
Fresh basil, cherry tomato sauce, tossed with penne pasta topped with fresh mozzarella
- Pasta Alla Michaela**15.95
Fresh basil, chicken, mushrooms, cherry tomato sauce, tossed with penne pasta topped with fresh mozzarella
- Fettuccini Alla Alfredo**11.95
Alfredo sauce
- Gnocchi**13.95
Home style potato dumplings served with cherry tomato or meat sauce
- Pasta Carbonara**13.95
Bacon, ham & peas, sautéed in a creamy alfredo sauce over penne pasta
- Tortellini**12.95
Alfredo sauce or tomato sauce
- Gnocchi Napoletana**13.99
Fresh mozzarella, basil, baked with cherry tomato sauce

CATERING MENU

Small (5-10 People) • Large (10-20 People)

- | | |
|-----------------|--------------------------|
| Tossed Salad | Baked Ziti |
| Lasagna | Pasta Michaela |
| Manicotti | Lobster Ravioli |
| Stuffed Shells | Chicken Parmesan |
| Chicken Marsala | Eggplant Parmesan |
| Chicken Alfredo | Pasta Antonella |
| Penne Tomato | Ravioli (cheese or meat) |

PARTY SUBS

- 2 Foot Sub 35.00
4 Foot Sub 48.99
6 Foot Sub 74.00

We at Miseno's Pizza value your patronage & ask for your patience while we prepare your meal. Most items are cooked to order & therefore take a little more time than usual. Thank you.

DESSERTS

- Cannoli 4.00
Tiramisu 4.50

BEVERAGES

- Coffee1.25
Soft Drinks1.95
Coca Cola Products - Cherry Coke, Fanta Orange, Barq's Root Beer, Hi-C Fruit Punch, Minute Maid Lemonade, Sprite, Coke, Iced Tea, Sweet Tea