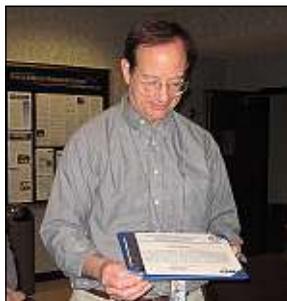




# SOUTH POTOMAC PILOT

NEWS AND INFORMATION FOR THE NAVAL SUPPORT ACTIVITY SOUTH POTOMAC DEFENSE COMMUNITY

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PRESORT STD  
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NEWSPAPERS  
PERMIT #1

## Professional Development Council opened last year for its 38th term

By Mark Cavolowsky

Late last year, the Professional Development Council (PDC) for Naval Surface Warfare Center, Indian Head Division (NSWC IHD) kicked-off its 38th term with its annual teambuilding summit. The PDC is a group of Indian Head employees whose primary goal is to grow professionally and personally in the hopes of furthering NSWC IHD's mission.

Traditionally, the council begins its term with a retreat where the team is formally introduced and embarks on the process of forming a team. The team held the teambuilding event at the "For Love of Children" (FLOC) Outdoor Education Center near Harpers Ferry, W.Va., on Nov. 14-19.

The teambuilding was a multi-faceted event led by an experienced corporate mentor, Dan Sacks. He led the team in various "ropes course" exercises designed to enlighten the members to the structure of a good team as well as allowing each person to explore their personal boundaries.

"With the guidance, counsel and training of Dan, [our] strengths, weaknesses and personal inventory were enlightened," said Laurie Strickland, a first-year PDC member. "It was definitely a time

of personal and professional growth and discovery as well as a time of developing a complete, equipped and empowered PDC team."

The PDC selects the focus of each term by electing whether to do a corporate project. This year the members spent a significant time during the teambuilding analyzing the many corporate project submissions. The PDC solicited submissions from the command, and after the week-long deliberation process, the council selected a single project for moving forward.

The team has continued meeting post-teambuilding to begin work on the corporate project. The PDC leadership has formulated a corporate project plan and begun setting up collaboration tools to increase the functionality of the team. NSWC IHD's new interim technical director, Dennis McLaughlin, was briefed on the project concept and fully supports moving it forward.

During a meet and greet luncheon at the Mix House on Jan. 13, the PDC members formally introduced the project concept and goals to the command's workforce.

According to Strickland, the team believes the project chosen is "powerful, challenging, eye-opening, and will make a positive difference and impact at NSWC IHD."



**PDC Co-Chair Liz Chalusant learns what it means to put your faith in fellow teammates during a trust fall exercise at the PDC teambuilding summit in November.**

## ATRC 2010 Officer Instructor of the Year

by Kimberly M. Lansdale,  
Center for Surface Combat  
Systems

Capt. Russ Haas, commanding officer, Aegis Training and Readiness Center (ATRC) announced his 2010 Officer Instructor of the Year (IOY) during ATRC's annual holiday party Dec 10.

Lt. Benjamin "Todd" Shaw was named ATRC's 2010 Officer Instructor of the Year.

Unable to attend the holiday party because he was away on travel, Shaw was informed when he returned to the command.

"I was surprised when I was informed," Shaw said. "I work with a really good team at ATRC."

According to Haas, Shaw is the ideal instructor.

"Using his vast Fleet experience in Air Warfare and his knowledge of the AEGIS Combat System, Todd provides quality training in the classroom and our laboratories to prospective Commanding Officers, Executive Officers, and Department Heads," Haas said. "Todd has personally led in the development and piloting of our new Force Air Defense Operations (FADO) course, which



**Lt. Todd Shaw addresses students at a recent class at ATRC. Shaw was selected as 2010 Officer Instructor of the Year.**

is to bring Air Warfare shipboard training back to the Fleet. This is critical Air Warfare training that the Fleet requested and needs."

Shaw is the Command, Con-

rol, Communications and Intelligence (C3I) Division Officer and Officer Training Instructor.

"I enjoy instructing students, especially in the tactical labs here

at ATRC," Shaw said. "It's a good feeling when you have helped a student gain confidence in a position they will have on a warship. I think it is important to have instructors who have experienced the challenges our students will face when they get to their ships. It gives them a chance to ask questions and for us to relate our experiences when we are instructing."

Shaw joined the Navy from his hometown of Pensacola, Fla. He has served in the Navy since 1989, including tours aboard the nuclear aircraft carriers USS D. Eisenhower (CVN 69) and USS Abraham Lincoln (CVN 72), the Arleigh Burke-class destroyer USS Howard (DDG 83), and the Ticonderoga class guided-missile cruiser USS Mobile Bay (CG 53).

"I was looking for new opportunities and desired to experience the world," explained Shaw. "My grandfather was in the Navy for almost forty years and fought in World War II and the Korean War. I grew up listening to stories about the Navy on fishing trips with my grandfather in Pensacola."

For information on the Aegis Training and Readiness Center, visit [www.netc.navy.mil/centers/cscs/atrc/Default.aspx](http://www.netc.navy.mil/centers/cscs/atrc/Default.aspx)



## Armed Services Blood Program honors participants for continued participation

Armed Services Blood Program honored two 3-gallon donors at the blood drive in Bldg. 1470 on Jan. 13. Beth Peed and John Lundberg both received a certificate, coin and pin for their continued participation. Blood drives are held the second Thursday of every month at Dahlgren. The next drive will be held Thursday, Feb. 10 at ATRC/Bldg. 1520. To make an appointment, visit [www.militaryblood.dod.mil/](http://www.militaryblood.dod.mil/).

# Navy's Senior Joint Interface Control officer Talbert retires

Cmdr. Anthony H. "Tony" Talbert, the Navy's senior Joint Interface Control Officer (JICO), retired in December after 31 years of service. He most recently served as Director of Training and Assessment for Navy Air and Missile Defense Command (NAMDC) in Dahlgren, Va.

"Commander Talbert is a dedicated and talented Sailor who spent an exemplary career streamlining equipment interoperability and investing in the readiness of Navy Warfighters," said Rear Adm. M.

Stewart O'Bryan, Commander for NAMDC, who officiated at Talbert's retirement ceremony.

"He is a natural mentor and problem-solver, who used his extensive knowledge of Navy and Joint air and missile defense, Aegis combat systems, and joint interface control operations to analyze and address interface issues. He also helped define and reshape Navy integrated air and missile defense equipment interface and mission-critical training needs," O'Bryan said.

For his contributions to the Navy and to the nation, Talbert was awarded the Legion of Merit for exceptionally meritorious conduct in the performance of outstanding services and achievements. His award citation commended his "tremendous leadership, vision and unmatched knowledge of Navy Training and Air and Missile Defense, which ensured the successful standup of the Navy Air and Missile Defense Command and directly increased Integrated Air and Missile Defense performance across the Fleet.

"His unique ability to identify and resolve Fleet Combat Systems interoperability issues led to numerous successful Navy wide initiatives, including the restoration of critical training on the waterfront," the citation read.



U.S. Navy Photo by Terry Ingram

**Cmdr. Anthony H. "Tony" Talbert, the Navy's Senior Joint Interface Control Officer, receives his certificate of retirement from Rear Adm. M. Stewart O'Bryan, Commander, Navy Air and Missile Defense Command in Dahlgren, Va.**

Talbert was commissioned through the Limited Duty Officer program in 1982, rising to the rank of Commander in 2005. During his career, he served in USS Paul Foster (DD 964), USS Vincennes (CG 49), USS Arleigh Burke (DG 51) and USS Curtis Wilbus (DDG 54). He spent two tours as an instructor at the Fleet Combat Training Center Pacific, where in 1996 he was named Navy-wide Instructor of the Year. While there, CDR Talbert served as Director of Tactical Warfare Training, before being deployed to Commander Carrier Group One as Air Defense Officer, executing and evaluating air defense exercises for six deploying carrier strike groups.

In 2000, he was assigned to the Aegis Training Readiness Center Detachment San Diego as Officer in Charge. Following attacks on the World Trade Center and the Pentagon, he supported design and implementation of the joint service data link architecture for Homeland Defense.

Talbert then served as

Tactical Flag Command Center Officer and Joint Interface Control Officer at Commander Cruiser Destroyer Group Five, deploying with NIMITZ Carrier Strike Group in support of Operation Iraqi Freedom as Battle Watch Captain and Joint Interface Control Officer for Commander Task Force 50.

He next joined the Center for Surface Combat Systems in Dahlgren, where he served as N3 and N7 Department Head and acting Executive Officer. Following Hurricane Katrina, he was selected Deputy Program Manager for the Career Management System, Skills Management System and served in direct support to the Sea Warrior Execution Program Management Office.

Prior to joining NAMDC in June 2009, Talbert served at Commander, Strike Force Training Atlantic, as integrated air and missile defense officer and COMSECONDFLT lead for BMD training and readiness.



**SOUTH POTOMAC PILOT**

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[www.dcmilitary.com/dahlgren.shtml](http://www.dcmilitary.com/dahlgren.shtml)

**COMMUTER****CLEARINGHOUSE****CARPPOOL/VANPOOL WANTED**

**Riders wanted for van pool. Leaves from Richmond at Home Depot on Atlee-Elmont Rd. (exit #86B off I-95) to Dahlgren. Call David at (540) 653-9203.**

**Clinton, Md., to Dahlgren.** Hours are flexible (0600 - 1700). Call Miranda at 703-692-9590.

**Carpool/vanpool wanted from Montross area to Dahlgren.** Can also take up to 3 or 4 riders from here if they would prefer me to drive. Call Doc at 252-670-6686. Early risers only.

**Riders wanted for vanpool from Home Depot on Rt. 3 near Central Park, Fredericksburg, stops at main gate and B gate. Departs 0640, return 4 p.m. M-Th and 3 p.m. Fridays. If interested, call Mike at 540-903-4225 or e-mail to mcdonald7204@gmail.com**

**Riders wanted to start a vanpool or carpool from Fredericksburg/Rt. 208 lot or Massaponax area to Dahlgren mainside.** Ideally arriving at Dahlgren between 6-7 a.m. and leaving Dahlgren between 2:30-3 p.m. Call Nicole, 540-653-7038.

**Ferry Farm/Falmouth/Stafford Chatham Heights commuter lot to Dahlgren. Depart at 0620. Work hours 0700-1600. Accepting riders for A-gate only van and B-gate only van. Please call Le at 540-653-3184**

**From Fredericksburg Rt. 17 near Geico to Dahlgren Bldg. 1470. call Nasir, 540-653-9426.**

**Fredericksburg Massaponax or Rt. 208 to Dahlgren mainside.** Current work schedule 0700-1530. Call Karen, 540-653-9429.

**Spotsylvania/Fredericksburg to Dahlgren.** Call Karen 540-653-9429.

**Riders wanted to start vanpool leaving from Gordon Road commuter lot and dropping off on the main gate side of the Dahlgren base.** The van would leave Gordon Road at 0630 M-F, leave Dahlgren at 1615 M-Th and 1530 on Friday. Call Jan, 540-653-3024.

**RIDERS WANTED**

**Rt 234 & US 1 Dumfries Commuter Lot to Dahlgren.** Depart at 0630. Stops at the Target parking lot off exit 133 (Warrenton). Leave Dahlgren at 1620. Call Lin at 540-653-1266.

**Spotsylvania Rt. 208 commuter lot to Dahlgren.** Depart at 0555. Work hours 0645-1545. Accepting riders. Call Vickie at 540-653-7927.

**Claiborne Run at Chatham (Next to Steamers and CVS and across from Wawa on Butler Rd.) to Dahlgren.** M-Th 0640 departure from Fredericksburg, leave Dahlgren at 1600; Fridays from 0640 to 1530. Call Maria, 540-653-3094.

**Fredericksburg Rt. 208 commuter lot and Ferry Farm Wal-Mart to Dahlgren; accepting riders or drivers; call Gina at 540-653-2281.**

**Want to start a carpool? Need riders?**

"Commuter Clearinghouse" is a source for information on carpools or vanpools that already exist and need passengers, as well as a place for employees to advertise to start a carpool or vanpool. Whether you already operate a carpool or vanpool and are open to accepting new riders or need drivers, or if you are looking for a carpool or vanpool, provide us with information that might help you find or start a commuter opportunity, such as, where you will need to commute from and to, preferred schedule and contact information.

You can send your information via e-mail to nsasp\_pao\_dlg@navy.mil or contact our office toll free at 866-359-5540, or DSN 249-8153, or 540-653-8153.

# Let the Rappahannock Region Earned Income Tax Credit Coalition help you

## File Your Taxes for Free This Tax Season!

Last year, 24-year old Molly McFadden had tax returns from different states and was uneasy about filing her taxes for the first time—until she learned that there are programs available to help. Molly, a self-employed single mother, learned about the Rappahannock Region Earned Income Tax Credit (EITC) Coalition, in which community members volunteer to provide others with free tax return preparation and asset building information. "The man who helped me found money that I didn't know I was going to get back." She added, "I wouldn't have found it if he hadn't helped me the first time." With tax season just around the corner, Molly is planning on utilizing EITC again this year—with much less worry.

Others who work but don't earn a lot of money may be eligible for the Earned Income Tax Credit, as well as free help preparing their tax return.

The Rappahannock Region Earned Income Tax Credit Coalition will be holding several free tax sites open to low income working families in the Fredericksburg area. Taxpayers with a household earning less than \$49,000 per year are eligible to have their taxes prepared free of charge by an IRS certified volunteer tax preparer.

Tax sites this year are: Thurman Brisben Center; Virginia Employment Commission; Central Rappahannock Regional Library (Main, Porter, and England Run Branches); and Rappahannock United Way. Tax sites opened January 17, 2011 and will remain open through April 18, 2011.

Additional sites at Garrison Woods, Stafford County Head Start, the Bragg Hill Family Life Center, Smoot Memorial Library, Bowling Green Baptist Church, and the University of Mary Washington will be held throughout tax season as well.

The dates and times that the tax sites are open vary from site to site, so people are encouraged to call Rappahannock United Way (540) 373-0041 x316 to check hours of operation and get information on what documents they need to bring with them.

This tax season the Rappahannock Region Earned Income Tax Credit Coalition has recruited almost double the

number of volunteers it has had in the past in order to meet the increased demand for free tax preparation services. All volunteers are IRS certified; several volunteer tax preparers also speak Spanish.

The IRS estimates that up to 25% of eligible taxpayers fail to claim the credit that could put as much as \$5,666 into the pockets of a family with three children, send as much as \$3,050 to a family with one child, or up to \$457 for a worker with no children.

"The extra dollars eligible taxpayers can get by claiming the Earned Income Credit can make their lives a little easier," said Sarah Walsh, Director of Community Investment at United Way, "but they must file tax returns, even if they aren't required to file, and claim the credit to receive it."

Walsh said some individuals and families may qualify for the credit for the first time because of unemployment or other changes in their financial, marital or parental status during the past year.

Taxpayers with the earnings of or below: \$43,352 (\$48,362 if married, filing jointly) for families with three or more children; \$40,363 (\$45,373 married, filing jointly) for families with two children; \$35,535 (\$40,545 married, filing jointly) for families with one child or \$13,460 (\$18,470 married, filing jointly) if there are no children should check to see if they qualify for valuable credits that can put more money in their pockets.

**2011 Tax Site Schedule:**

**Monday:** Rappahannock United Way, 5-8pm, 3310 Shannon Park Drive, Fredericksburg

**Tuesday:** Central Rappahannock Regional Library, Main Branch, 5-8pm, 1201 Caroline Street, Fredericksburg

**Wednesday:** Rappahannock United Way, 10am - 4pm, 3310 Shannon Park Drive, Fredericksburg

**Wednesday:** Central Rappahannock Regional Library, Porter Branch, 5-8pm, 2001 Parkway Boulevard, Stafford

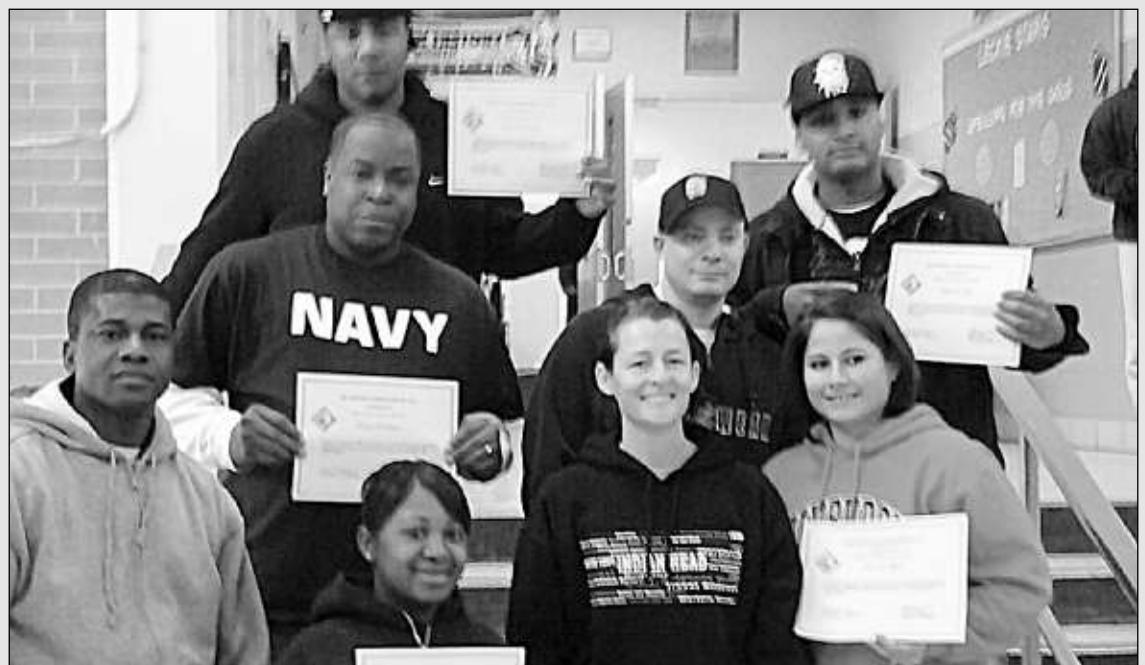
**Thursday:** Thurman Brisben Center, 5-8pm, 471 Central Road, Fredericksburg

**Thursday:** Central Rappahannock Regional Library, England Run Branch, 5-8pm, 806 Lyons Blvd, Stafford

**Friday:** Virginia Employment Commission, 1-4pm, 10304 Spotsylvania Avenue, Suite 100, Spotsylvania

**Saturday:** Central Rappahannock Regional Library,

See **Taxes**, page 6



## NSASP Sailors Volunteer for MLK Day

Sailors from Naval Support Activity South Potomac participated in a Dr. Martin Luther King Day community service project at the Leckie Elementary School in southwest Washington D.C. The project was led and organized by Naval District Washington and NDW's regional Community Service Program. NSA South Potomac Sailors CS1 Bryant Anderson, ABH1 Christopher Ahart, CS1 Cory Mills, MA1 Sarah Wood, CS2 Stephen Amoahnyarko, CS3 David Rodriguez, CS3 Vladimir Mejia, CS3 Krishina McCray and CSSN Amber Malizia volunteered to paint classrooms, halls and to organize a storage room. The Sailors had a great time sharing their time for a project that will provide a brighter learning environment for the children who attend Leckie Elementary School.

# COMMUNITY NOTES

## Dahlgren

### Amateur Radio Club to Meet

Rappahannock Valley Amateur Radio Club would like to announce it will be providing a free beginner Amateur Radio Technician License class starting at 7 p.m. on Jan. 20 at the Fredericksburg American Red Cross offices in Massaponax behind the Cracker Barrel Restaurant. The class will cover the FCC required technical material necessary to become a licensed amateur radio operator. Morse Code is no longer required for any amateur radio license and there is no age restriction.

The club meets monthly at 7 p.m. on the fourth Tuesday at the American Red Cross offices. Please feel free to join us at our next meeting on Jan. 25. For more information, call (540) 842-1153.

### King George Bark For Life to be Held Apr. 17

King George Bark For Life will be held Sun., Apr. 17 from 1 – 5 p.m. at Sealston Elementary School. You may register a team or just your dog for this event, which honors our canine companions. Is your dog a calendar dog? Register today at [www.relayforlife.org/barkkinggeorge](http://www.relayforlife.org/barkkinggeorge) and start raising money for the American Cancer Society. If your dog is in the top 12 fundraisers, he/she will be featured in the 2012 King George Bark For Life calendar! Enjoy a great day out with your dog and help the American Cancer Society find a cure!

### King George Animal Rescue League Supply Drive

King George Animal Rescue League is in need of supplies to support homeless animals. Needed items include kitty litter made of recycled newspaper, Pedigree dog food, soft dog treats, puppy and kitten food, cat treats and Frontline, K-9 Advantage, Capstar and Revolution flea and tick protection. Drop boxes for donations are located at the NSWC Federal Credit Union locations at NSF Dahlgren and on Rt. 301 in King George, and at the King George YMCA.

### Project Management Certification Preparation Course

The University of Mary Washington, in partnership with the Project Management Institute, is offering the Project Management Certification Preparation Course.

This 35-hour course is designed for individuals who are preparing for the PMP® and CAPM® certification examinations and current practicing PMPs® who are seeking to increase their knowledge of PMBOK® (Fourth Edition), project management concepts, principles, practices and terminology.

The course will be offered on Tuesdays from Feb. 8 through April 12 at the Comfort Inn in Dahlgren from 5:30 to 9 p.m. Tuition is \$1,300; for PMI members \$1,200; for three or more enrolled from the same organization \$1,200; and for enrolled UMW students \$700.

For more information or to register, contact Lynn Hamilton at [lhamilto@umw.edu](mailto:lhamilto@umw.edu) or (540) 286-8011.

### Combat Support Group Meetings in Fredericksburg

The Virginia Wounded Warrior Program Combat Support Group meets every Tuesday night from 6 – 8 p.m. at Fredericksburg Baptist Church on Princess Anne Street in Fredericksburg. All combat veterans are invited to attend. For more information, contact Claude Boushey, (540) 373-3223 ext. 3085.

## Indian Head

### Charles County Diversity Forum Set for January 22

The Charles County Commissioners, College of Southern Maryland, Blue Ribbon Commission on Diversity and Inter-Group Relations, and partnering organizations are pleased to announce the 2011 Charles County Unity in OUR Community Diversity Forum has been scheduled for Saturday, January 22 from 8 a.m. - 2 p.m. at the College of Southern Maryland's La Plata Campus in the Center for Business and Industry, Room BI 113.

The theme for the 2011 Diversity Forum is "Engaging Generation neXt." The open forum will include a panel discussion of young adults, and interactive small-group breakout sessions, to invite the community to consider and discuss issues confronting Charles County. The goal of the forum is to encourage citizens to explore creative solutions on how to build a healthier, more tolerant community that appreciates and celebrates diversity.

The forum is free, but space is limited. Lunch will be provided by Chick-Fil-A. Registration is required. To register, or for more information, contact Amy Calvin by phone

at 301-885-1342 or by e-mail at [CalvinA@CharlesCounty.org](mailto:CalvinA@CharlesCounty.org).

### CSM Theater Presentations

CSM's Cause Theatre Presents 'Laundry and Bourbon,' Jan. 27-29, Feb. 3-5, 10-12. The College of Southern Maryland's Cause Theatre will present a winter production of "Laundry and Bourbon," a comedy in one act by James McLure. Performances are Jan. 27-29 at the Prince Frederick Campus, Room 119, Feb. 3-5 at the Leonardtown Campus, Building A, Auditorium and Feb. 10-12 at the La Plata Campus, Black Box Theatre, Room FA-143, all showing at 8 p.m. Tickets are \$5. For information contact [bxoffc@csmd.edu](mailto:bxoffc@csmd.edu), 301-934-7828, or [www.csmd.edu/Arts](http://www.csmd.edu/Arts).

The theater will also present "A Raisin in the Sun." Performances are Feb. 17-19 and Feb. 24-26 at 8 p.m. Tickets are \$20 for adults and \$15 for youth/seniors. CSM staff and students may contact the Box Office for advance purchase discount. For information, contact [bxoffc@csmd.edu](mailto:bxoffc@csmd.edu), 301-934-7828, or [www.csmd.edu/Arts](http://www.csmd.edu/Arts).

### Maryland Emergency Management Association Announces 2011 Scholarships

The Maryland Emergency Management Association is offering five (5), \$1,000.00 scholarships for the school year 2011. One scholarship per Association Area will be awarded, including Area IV - Southern Maryland which consists of St. Mary's, Charles and Calvert Counties.

The Association's objective is to promote Emergency Management in the State of Maryland and to assist students pursuing a career in Emergency Management or in a related field. Applicants must be a senior enrolled in an accredited Maryland High School. Applications can be obtained from your local high school guidance office or from your local Emergency Management Office. Applications and Essay deadline is April 1.

For Charles County students, please contact Emergency Services at 301-609-3429. The inclement weather date for the forum will be Saturday, February 12.

To have information about your event or meeting announced in "Community Notes," call or email the Naval Support Activity South Potomac Public Affairs Office at (540) 284-0129 or [jeron.hayes@navy.mil](mailto:jeron.hayes@navy.mil).

## Commissary Fast Facts

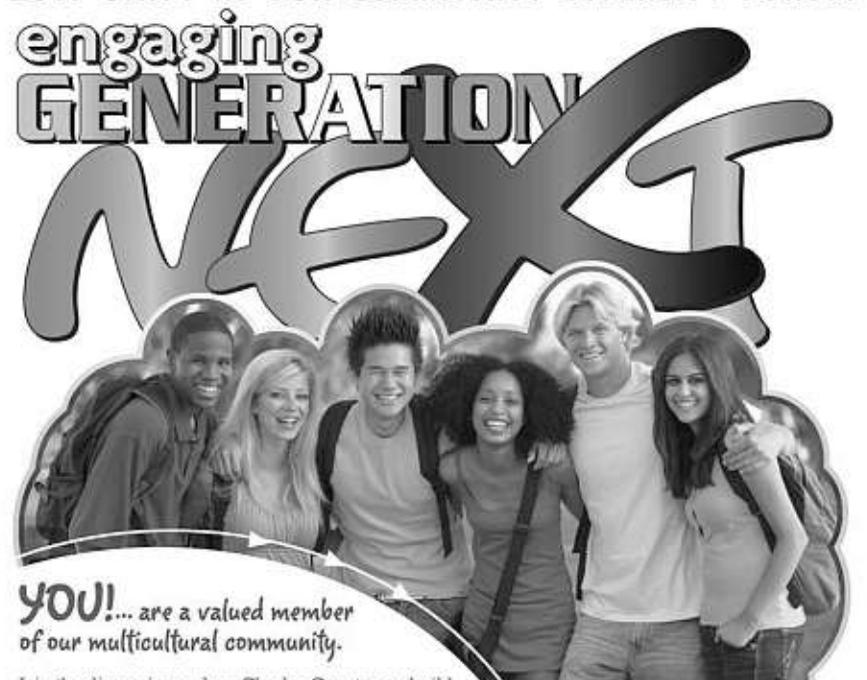
### Applications available for 2011 Scholarships for Military Children

Applications for the 2011 Scholarships for Military Children program are now available in commissaries worldwide and at <http://www.commissaries.com> – choose the "News & Info" tab and go to "Scholarship Info." You can also find applications for the \$1,500 scholarships at <http://www.militaryscholar.org>. Only dependent, unmarried children, younger than 21 (or 23 if enrolled as a full-time student at a college or university) of a service member on active duty, a reservist, guardsman or retiree, or child of a service member who died while on active duty or while receiving military retirement pay, may apply for a scholarship. Applicants should ensure that they, as well as their sponsor, have a current military ID card. The applicant must be planning to attend, or already be attending, an accredited college or university full time in the fall of 2011 or be enrolled in a program of studies designed to transfer directly into a four-year program. Applicants must submit an essay on the following topic: "Our nation has a goal of improving health and wellness. What are your ideas and, more importantly, how do you propose to put these ideas into action in your local community?" Applications must be turned in to a commissary by close of business Feb. 22, 2011. Direct any questions about the scholarship application to Scholarship Managers at 856-616-9311 or e-mail them at [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com).

Visit DeCA on the Web at:

<http://www.commissaries.com>  
<http://twitter.com/TheCommissary>  
<http://www.youtube.com/user/DefenseCommissary?feature=mhum>  
<http://www.facebook.com/YourCommissary>  
 and  
<http://www.flickr.com/photos/commissary/>

## 2011 UNITY IN OUR COMMUNITY DIVERSITY FORUM



**YOU!**... are a valued member of our multicultural community.

Join the discussion on how Charles County can build a healthier, more tolerant community that appreciates and celebrates diversity.

Featured Speaker . . . . . Joe Madison, Talk Show Host on Sirius/XM Satellite Radio and WOL-AM in Washington D.C.

Breakout Sessions . . . . . The forum facilitators will lead interactive, small group discussions as participants consider and discuss issues confronting our community.



THIS FORUM IS FREE TO PARTICIPANTS

For event details, please visit [www.charlescounty.org/unityinourcommunity](http://www.charlescounty.org/unityinourcommunity). Please join us for this important event; see reverse for a forum registration form.

**Saturday, January 22, 2011**  
8:00 am – 2:00 pm

College of Southern Maryland,  
La Plata Campus  
Center for Business & Industry, BI-113

In the event of inclement weather, the forum will be held February 12.

**UNITY**  
in our community



Find us on Facebook at...

CHARLES COUNTY UNITY IN OUR COMMUNITY

## USO Dahlgren USO Announcements

### Ladies Night

The USO is hosting their first "Ladies Night" on Jan. 15 from 7 - 9 p.m. We invite ladies serving in the military and active duty wives to come and enjoy a relaxing spa night at the USO. Door prizes will be given out and are courtesy of Mary Kay. We do ask that you RSVP at <http://ladiesnightspaparty.eventbrite.com> to attend the event.

### Sunday Football

Sunday football on Jan. 16 the 1 p.m. and 4:30 p.m. games will be hosted. On Sunday, Jan. 23, the 3 p.m. and 6:30 p.m. games will be hosted. Come to the USO and enjoy great football, snacks, and drinks with good friends.

### Family Feud

Family Feud on Jan. 22 from 2 - 5 p.m. - the USO will be hosting a family game afternoon at the Youth Activity Center. Teams should have 5-7 members and smaller families may ask friends or other relatives to join their team. Please RSVP at <http://usofamilyfeud.eventbrite.com>. When you RSVP, please include the names and ages of team members.

### Reoccurring USO Programs

#### Little Patriots Playgroup

Tuesdays, 10:30 - 11:30 a.m. Parent participation is required.

#### USO Card Night

Wednesdays, 6 - 8 p.m. Adults with base access are welcome.

#### Open Tutoring

Math, Physics, and English assistance every Tuesday 4 - 7 p.m.

#### Adult Cooking Class

Learn to cook or spice up the menu with new recipes. Every 2nd and 3rd Thursday of the month, 6 - 8 p.m. Please sign up for each class you plan to attend, <http://usocooking-class.eventbrite.com>

We are always looking for volunteers to assist in daily activities and to help run special events. If you are interested in volunteering at the USO, please stop by the center at 720 Sampson Road, or e-mail the coordinator, [mariellen@usometro.org](mailto:mariellen@usometro.org).

## Base Happenings

### Dahlgren

#### ASBP Blood Drive Scheduled for Feb. 10

The Armed Services Blood Program will hold a blood drive on Thurs., Feb. 10 from 7 a.m. - Noon at the ATRC Auditorium. All blood collected benefits military members and their families overseas, at home, in harm's way and recovering from injuries. Support our troop and give the gift of life - give blood! To make an appointment, register with <http://www.militaryblood.dod.mil/default.aspx>.

#### Weight Watchers at Work

Weight Watchers at Work is in session Wednesdays at Noon at the Chapel Annex. For more information, contact Jessica Tolson at (540) 653-6185 or [Jessica.tolson@navy.mil](mailto:Jessica.tolson@navy.mil).

### Indian Head

#### Indian Head Toastmasters Hold Bi-Weekly Meetings

Tired of doing the same thing for lunch? Why not visit Toastmasters? Our club offers a fun and relaxing way to spend your lunchtime. Meet new friends while improving your professional and social skills. We share funny stories and play challenging games such as "Are you smarter than a 5th grader?" We meet on the 1st and 3rd Wednesday of each month from 11:30 a.m. - 12:30 p.m. in the Ward Conference Room in building 20. Everyone is welcome to attend. See you at the next club meeting! For additional information, contact Darlene Exum, (301) 744-6359.

#### Religious Services at Indian Head Chapel

Religious services at the Indian Head Chapel are held every Sunday at 10 a.m. All with base access are invited to attend.

#### Weight Watchers at Work

Weight Watchers at Work is beginning at the Indian Head Branch Medical Clinic. Cost is \$186 for a 17-week session. To register or for more information, contact Alice Wheeler, (301) 744-4602 or [alice.wheeler@med.navy.mil](mailto:alice.wheeler@med.navy.mil).

To have information about your event or meeting announced in "Base Happenings," call or email the Naval Support Activity South Potomac Public Affairs Office at (540) 284-0129 or [jeron.hayes@navy.mil](mailto:jeron.hayes@navy.mil).

## Lifelong journey in education

Story by Kimberly M. Lansdale,  
Center for Surface Combat Systems



The Director of Security Assistance and International Programs at the Center for Surface Combat Systems (CSCS) received his doctorate degree after four years of strong, time management skills and support from family and CSCS on Nov 23. His lifelong educational journey began at sea as a young Sailor over thirty years ago.

Dr. Darrell Tatro served over twenty years in the Navy and retired as a Master Chief Petty Officer. The Navy taught him the importance of education and to take advantage of every learning opportunity. "I was taught early in my Navy career to not let an opportunity pass you by," Tatro said. He received both his Associate and Bachelor's degrees while in the Navy and commenced work upon a Master's degree in Education Leadership Technology at George Washington University.

No stranger to commitment and making life changes, Tatro was encouraged by a previous deputy director of training for Naval Education and Training Command (NETC), CSCS's parent command, and by his strong passion for education, to pursue his doctorate. But the journey to complete his doctorate would be a challenging one.

He first had to find a program compatible with his challenging work schedule involving frequent overseas travel and a strong interest in education technology. "I wanted to pursue a degree of interest that I could directly apply to my position at CSCS," Tatro explained.

Tatro's responsibilities include managing multiple country programs focused on integrating international military students into the U.S. Navy Surface Combat System learning sites around the world, and development, coordination and execution of several Integrated Weapon System shipboard training programs for allied navies. Training is conducted in classrooms, onboard ships, here in the U.S., various countries, as well as distance learning via the Internet. Thus, completing a Doctorate of Education in Educational Leadership with a specialization in Educational Technology at the University of Phoenix, School of Advanced Studies, best suited his needs.

Furthermore, both his sons were focusing on their own academic careers. "I wanted to make sure my sons were through school before I started my program," Tatro said. As a result, in 2007, Tatro began the new program at the University of Phoenix.

"One does not realize how much a doctorate program impacts your life until you are into a program," Tatro explained. "I was very

active in leading missions to West Africa, but I had to take a sabbatical. I would leave work around 6:00 p.m., eat dinner, start my studies, complete my studies by 2:00 a.m., go to bed, and then go to work the next day."

When Tatro traveled, his books were packed with him and Internet connectivity was a must.

He believes the benefits, however, outweighed the long nights and stressful routine. "I was able to apply what I was learning with my staff and by doing so, it created new disciplines in our processes," Tatro explained. "I was in the first cohort to complete this new degree program at the University of Phoenix. At the beginning of the program, there were thirty-three of us but at the end, there were only nine working to complete dissertations."

Obtaining this doctorate, Tatro does not receive a promotion or special recognition. "I did not do this for a promotion," Tatro said. "I did this for the scholarly application, self-improvement and future opportunities. Educational technology is currently a challenging subject matter in the Navy. Some think that computer-based-training and online education cannot be successful in a military setting. My task now is to complete the research and provide leadership validated data to make training continuum resource decisions. This will be my contribution back to the Navy and a way of saying thanks."

Without the support of CSCS, his wife of thirty years and two sons, and the University of Phoenix, his dream of completing a doctorate degree would have not been realized. "CSCS continues to provide opportunities for me to expand my education," Tatro said.

The journey is not over. "I really enjoyed the research aspect conducting my dissertation and with the current needs of the Navy, I may pursue a Doctor of Philosophy in a different discipline," Tatro said. "I plan on continuing my lifelong journey in education."

## Diversity Forum keynote speaker announced

The Charles County Commissioners, College of Southern Maryland, Blue Ribbon Commission on Diversity and Inter-Group Relations, and partnering organizations are pleased to announce the keynote speaker for the 2011 Unity in OUR Community Diversity Forum is Mr. Joe Madison, famed human and civil rights activist, noted television commentator, radio personality, and columnist.

Mr. Madison is a man of strong opinions, but most importantly he is a man of action. "What are you going to do about it?" is a question that he asks his listeners who tune in every weekday morning coast-to-coast on Sirius/XM Satellite Radio channel 169, and WOL-AM in Washington D.C.

The event is scheduled for Saturday, January 22\*, from 8 a.m. - 2 p.m. at the College of Southern Maryland's La Plata Campus, in the Center for Business and Industry, Room BI 113. Lunch will be provided by Chick-fil-A. The forum is free, but space is limited and registration is required. The registration

deadline has been extended to Wednesday, January 19.

The theme of the Diversity Forum is "Engaging Generation neXt." An added feature this year will be a moderated panel of high school and college-age young adults engaged in discussion about their perspectives on diversity. Back by popular demand are interactive small-group breakout sessions for participants to consider and discuss issues confronting Charles County. The goal of the forum is to encourage citizens to explore creative solutions on how to build a healthier, more tolerant community that appreciates and celebrates diversity.

Find us on Facebook under "Charles County Unity in Our Community" or register online today at [www.CharlesCounty.org/UnityinOurCommunity](http://www.CharlesCounty.org/UnityinOurCommunity). For more information contact Amy Calvin at 301-885-1342 or at [CalvinA@CharlesCounty.org](mailto:CalvinA@CharlesCounty.org) \*The inclement weather date for the forum will be Saturday, February 12, 2011.



# MWR Highlights

## Indian Head Highlights

### Upcoming Indian Head Events

#### Polar Bear Party at the Tiki Bar

February 17

Join us on the Tiki Deck for hot drinks, door prizes, music and fun! Doors open at 3:30 p.m.

#### My Funny Valentine Contest

Tired of the same old sappy love poems for Valentine's Day? Feeling like a poet and wanting to show it? Enter your funniest love poem for Valentine's Day. Entries due by February 11th. All ages are eligible to enter. Winners will be announced on February 14 at 12 p.m. in the Library. Refreshments will be served.

#### Valentine's Day Balloon Delivery

February 14

Register at the ITT Office by February 12 to have delivery on Valentine's Day. Choose from a wide selection of balloons for as little as \$2.50.

## ITT Office

#### American Girl Tea - last chance to register!

January 22 at 2 p.m.

Join us at the Mix House. Kids will have tea, party sandwiches, fruit and pink lemonade. Kids can participate in making crafts and have their picture taken with their favorite American Girl doll. \$10 per adult, \$6 per child ages 2-11, free for children 1 and under. Register at the ITT Office.

#### Monster Jam at the Verizon Center

January 28 & 29

\$15.25 per ticket

#### Great Wolf Lodge Special

March 19

\$194.00 includes a family suite and 6 water park passes.

The ITT Office has discounted lift tickets and equipment rentals for skiing, discounted tubing and discount learning packages at Ski Liberty, Round Top, White Tail, Timberline, Massanutten and Wintergreen Resorts. Call for pricing details.

## Dahlgren Highlights

### Craftech Hobby Shop

540-653-1730

#### Café Au Lait Quatro Specialty Class

January 24 - February 28, 2011 Time 4:30 p.m.

In this 4 week class you will learn about The ART of Coffee. Create a coffee cafe and 4 mugs, while tasting good coffees and desserts. Cost \$100.00 includes all materials. Class size 10. For more information please contact the Craftech Hobby Shop at 540-643-1730.

## ITT Office

540-653-8785

#### Wizards Military Night

January 25, 2011 vs. Denver

Tickets are special order in advance only. For tickets or more information please stop by or call the ITT Office 540-653-8785

#### American Girl Tea Party at Dahlgren

January 29, 2011 at 2 p.m.

Location: Dahlgren Community House

Kids will be able to have tea, party sandwiches, fruit and pink lemonade. Pictures will be taken with your favorite doll. Kids can participate in making crafts. Cost: \$10.00 Adults, \$6.00 Ages 2-11, Free 1 and Under. Registration required by one week prior to each date at the ITT Office. For more information call the ITT Office at 540-653-8785.

#### Disney On Ice "Princess Wishes"

1st Mariner Arena - February 12, 2011 (2:30 show)

Verizon Center - February 19, 2011 (2:30 show)

Tickets are \$18.75! For tickets or more information please stop by or call the ITT Office 540-653-8785.

## Cannonball Lanes

### Bowling Center

540-653-7327

#### Sundays in January: Football Jersey Sunday Bowling!

Wear your favorite jersey and get a game free!

Location: Cannonball Lanes

Eligible Patrons: All with base access.

Military \$3.00/game, Civilians \$3.50/game. Shoe Rental

Cost: Military \$1.25, Civilians \$1.75. For more information contact 540-653-7327.

## Fitness Center

540-653-8580

#### Winter Volleyball & Racquetball

Season starts February 2011

Eligible Patrons: All with Base Access.

Sports fees apply. Register at the NSF Dahlgren Fitness Center. For more information, contact the Fitness Center 540-653-8580 or the Fitness Director at 540-653-2215.

## Aquatics Center

540-653-8088

#### Red Cross Lifeguard and CPR pro Review

February - 23, 24 & 25 1600-2000

February - 26, 1000-1500

Cost - \$100.00 (LG & CPR)

\$40.00 (CPR only)

Contact 540-653-8088 for more information.



Jan 21, 2011	Friday	7 p.m.
<i>Harry Potter and The Deathly Hallows</i>	PG13	146 min
Jan 22, 2011	Saturday	2 p.m.
<i>The Next 3 Days</i>	PG13	122 min
Jan 22, 2011	Saturday	7 p.m.
<i>The Next 3 Days</i>	PG13	122 min
Jan 23, 2011	Sunday	3 p.m.
<i>Harry Potter and The Deathly Hallows</i>	PG13	146 min

### Admission

\$5 Civilian \$4 Active duty, Retired & Reserve Military E6 and above and their family members with ID

\$2.50 E1-E5 and below and their family members with ID \$2 Child (6-11) Free - Child (5 and younger)

For movie details and a listing of all the events at NSF Dahlgren, please subscribe to our Dahlgren Electronic Newsletter, delivered weekly to your e-mail. Contact: Dahlgrenmarketing@verizon.net or FFRPMarketing\_Dahlgren@navy.mil to subscribe. For more information please call 540-653-8785 or 540-653-7336.

## Taxes:

Continued from 3

Main Branch, 1-4pm, 1201 Caroline Street, Fredericksburg, VA 22401

If none of these events fit into your schedule, the AARP Tax-Aide program also provides free tax return services. See below for more details.

For more information about these events:

Call (540) 373-0041 x316 or Logon to [www.rappahannockunitedway.org](http://www.rappahannockunitedway.org)

About the Rappahannock Region Earned Income Tax Credit Coalition: The Rappahannock Earned Income Tax Credit Coalition, formed in 2004, works to educate low-income workers about tax credit eligibility, provides free tax preparation services, and provides information and education opportunities to improve financial literacy of taxpayers and community members. Through these activities, the Coalition increases the assets and financial literacy of low-income workers to enhance their ability to support themselves and their families. The Coalition is led by Rappahannock United Way and is made up of representatives from local businesses, banking institutions, nonprofit organizations, faith-based organizations, schools, and local governments.

About Rappahannock United Way: Founded in 1939, Rappahannock United Way is a local nonprofit organization serving the City of Fredericksburg, and the counties of Caroline, King George, Spotsylvania, and Stafford. Rappahannock United Way is working to advance the common good by focusing on Education, Income, and Health. These are the building blocks for a good life—a quality education that leads to a stable job, enough income to support a family through retirement, and good health. Our goal is to create long-lasting changes that prevent problems from happening in the first place.

We invite our community to be part of the change. Together, united, we can inspire hope and create opportunities for a better tomorrow. That's what it means to LIVE UNITED.

About AARP Tax-Aide: Since 1968, Tax-Aide volunteers have helped nearly 50 million low- to middle-income taxpayers, many of whom are aged 60 or older.

In the greater Fredericksburg area, there are over 60 active TaxAide Counselors that volunteer at 8 sites, including the libraries at Salem Church, Snow, England Run, Culpeper and Lady Smith, the Fredericksburg and the Caroline Community Center, Orange Extension Building and Lake of the Woods. One or more of these sites will be operating daily, except Sunday, generally from mid-morning to mid afternoon. many of the locations take appointments and most will handle walk-ins. For details regarding the sites nearest you, enter "Find tax aide site" into your search engine or call one of the above mentioned libraries.

## Weight House Fitness Center open house

The Indian Head MWR Weight House Fitness Center rang in the New Year with an open house celebration on Monday, January 10th. This year the WHFC featured a freshly painted facility with new state of the art equipment including treadmills, ellipticals, free motion selectorized machines, dumbbells and spin bikes. Patrons had fun spinning the wheel to win prizes or a chance to show off their fitness strength and endurance. Marking the biggest turn-out for the 10lb Challenge kickoff, 46 participants registered and were on their way to success by the end of the day. Participants received a water bottle and an informational packet to assistance with program goals and important dates. The WHFC also offered FREE



Open House Group Exercise Classes at 0600, 1200, 1600 and 1800 featuring 20 min kickboxing, 20 min disc gliding and 20 min yoga! Registration and weigh-in for the 10lb Challenge runs through January 19th, so there's still time if you would like to participate!