



# 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

## Math in Real Life launches Fall 2010-2011 Challenge program

By Jonathan McDonald  
NSWC IHD Public Affairs

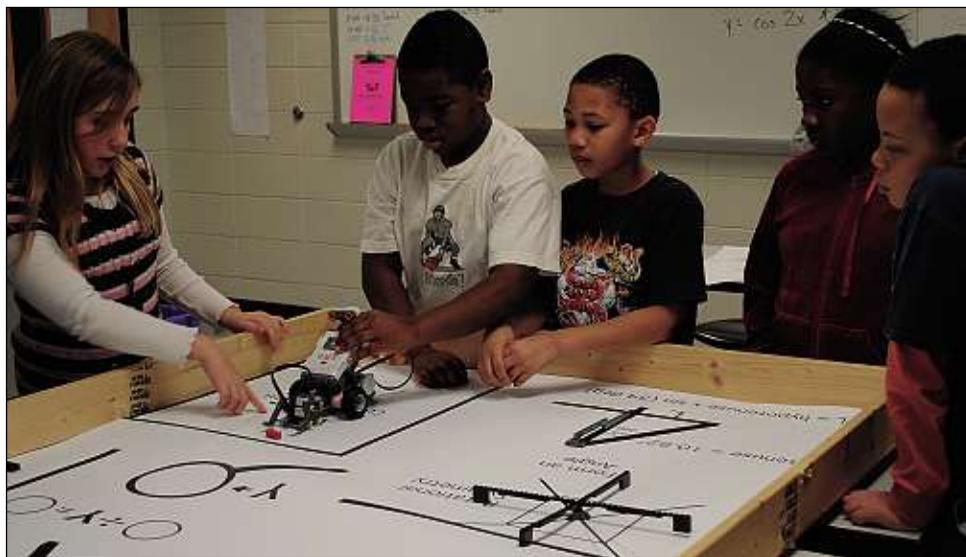
More than 300 fifth to seventh grade students from the Washington, D.C. and southern Maryland gathered at North Point High School in Waldorf, Md., for the 2010-2011 Naval Warfare Center and National Defense Education Program (NDEP) in-school robotics challenge on Dec. 18, 2010.

This kick-off was the first of several activities for the Fall 2010-2011 Robotics Challenge program. The program challenges students to recognize the importance of mathematics in everyday life and possibly inspire them to become future Navy scientists and engineers.

The budding scientists build and program Lego kit robots to perform up to eight different robotic challenges. The teams also conduct research projects focused on energy efficiency and green principles. Fifth graders build model homes that are environmentally friendly or energy efficient, while seventh-grade groups design a new product or method that is environmentally friendly.

The students develop a five-minute Power-Point presentation to demonstrate their research projects to the program judges before subsequent interviews on those activities. The judges evaluate the teams' ability to work together solving complicated math problems and answering questions about their robotics skills.

When asked what challenges his team faced, 10 year-old Skyler Wells said, "Sometimes time is



**J.P. Ryon student Skyler Wells explains the programming requirements to get her team's robot to move Legos from one location to another.**

the enemy in programming."

The competition is part of the "Math in Real Life" program sponsored by Naval Surface Warfare Center, Indian Head Division (NSWC IHD) and NDEP as part of the science, technology, engineering and mathematics (STEM) outreach program. These programs aim to build students' interest in the STEM disciplines and hopefully develop future scientists and engineers.

Volunteers from NSWC IHD as well as the

community help organize and judge the competitions. Chris Josephsen was a first time volunteer for the program. Even though she doesn't have children, she sees the benefits of this and other STEM programs. She said, "I think it's fantastic that kids as early as fifth grade can get involved and they seem knowledgeable."

STEM events will continue throughout the school year, and conclude with camps during summer break. The next competition is May 14.

## Fleet and Family Support Center has new director

By Jeron Hayes

There is a new face at the Naval Support Activity South Potomac (NSASP) Fleet and Family Support Center (FFSC). Frank Furtado, formerly of Patuxent River Naval Air Station's FFSC, is now the FFSC Director for NSASP.

Furtado replaces long-time director Marilyn Henry, who retired late in 2010. He left Patuxent River Naval Air Station as their Transition Assistance Manager, where he'd been since 2008.

Furtado is a retired U.S. Air Force veteran who was born and raised in the Philippines to parents that included a career U.S. Navy father. With the exception of four years in Japan, his childhood was spent in the Philippines. His first steps on American soil were when he checked into Air Force boot camp.

He made the most of his career, starting out as an ordnanceman and enjoying duty in Germany, Turkey, South Korea, Tyndall Air Force Base,



U.S. Navy photo by Gary Wagner

**New FFSC director Frank Furtado confers with FFSC staff member Carol Sparbel.**

Fla., Shaw Air Force Base, S.C. and Clovis, N.M. His last duty station was at Andrews Air Force Base, Md., where he received training in military transition.

"I wanted to make myself more marketable, so I learned more about the family support center and went

through transition assistance training," said Furtado.

The married father of two enjoys family time. "My son and I are huge Washington Capitals fans," he said. "My son can quote all their statistics."

As director of NSASP FFSC, Fur-

tado has a great appreciation of the experience and knowledge of his fellow employees. "They are doing a great job," he said. "It's my job to keep them happy so they can continue to do a great job."

He also cited what he sees as "cradle to grave" service for military members' families. "We have programs that help military members and their families regardless of service affiliation from the day they conceive to programs for the day a veteran passes, with lots of programs in between," said Furtado.

His goal for the NSASP FFSC is for "outreach, to make a bigger footprint and keep the program growing. This is a big challenge because we have a small military population, but we want to help military retirees and veterans as well," said Furtado, adding that base employees "should learn about our services so you know what's available."

# JWAC Presents First Quarter Awards

By Steve Moore  
JWAC Public Affairs

The Joint Warfare Analysis Center (JWAC) at Naval Support Facility Dahlgren held its quarterly awards ceremony for the first quarter of fiscal year 2011 on Jan. 20, honoring more than 30 employees for their service.

"We're dedicated to saving American lives and making life difficult for our enemies," Marine Corps Col. Michael R. Orr, JWAC's commander, said in his remarks to employees. "That's at the heart of what we do at the Joint Warfare Analysis Center."

## Medals & Other Awards

Navy ITC Gregory T. Dobson received the Navy and Marine Corps Achievement Medal (6th Award) for professional achievement as an information assurance (IA) divisional Leading Chief Petty Officer on USS George H.W. Bush (CVN 77) from October 2007 to December 2010. In this role, he led a team of 12 Sailors who built and maintained the ship's IA governing policies that supported network procedures. In addition, as the departmental maintenance and material management assistant, he managed 35 work centers during the implementation of six force revisions and the completion of more than 6,000 preventive maintenance checks, 1,000 spot-checks, 250 validations and 200 feedback reports.

Navy petty officers IS1 Seth L. Phelps and IS2 Nathaniel L. Wilson, Jr. each received the Department of the Navy Good Conduct Award for faithful, zealous and obedient naval service.

Lawrence C. Melton received the Global War on Terrorism Civilian Service Medal, which recognizes accomplishments of DoD civilians who directly support the military in a combat theater of operations. Melton spent more than four months in Afghanistan last year.

Jeffrey D. Binggeli received the National Intelligence Meritorious Unit Citation for meritorious service in Afghanistan last year.

## Employees of the Quarter

Navy IS1 Matthew G. Reed was selected the Military Member of the Quarter for the 4th quarter of 2010 for his exceptional quality assurance oversight of hundreds of products, superior managerial leadership of multi-disciplined intelligence professionals, participation on two high-priority projects, and professional presentation of a brief to command senior leadership and visiting digni-



ITC Dobson



IS1 Phelps



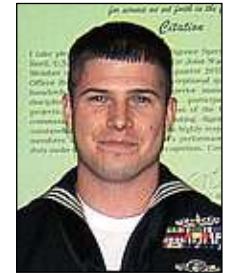
IS2 Wilson



Melton



Binggeli



IS1 Reed



Anderson



Gilroy



Mason



Ouellet



Spangler



Ridgway



Sackett



Wilkerson



Bickerstaff



Childers



Hammersley



Rayna

ties. Reed is a singularly outstanding sailor and mentor who is highly respected by civilian and military members alike.

Quarterly awards for the first quarter fiscal year 2011 were also presented.

Bradley E. Anderson was chosen the Employee of the Quarter for developing a proof of concept theory that was beyond his normal duties. In applying his unique perspective and technical proficiency, he created a product that provided an innovative approach to understanding a complex solution. His work was the subject of combatant command contingency planning.

Krissie E. Gilroy was chosen the Employee of the Quarter for her exceptional customer service, outstanding leadership skills and innovative process streamlining as JWAC's recruiting manager. She provided inspirational leadership of the command's Recruiting Advisory Board, ensuring the implementation of an applicant tracking system and the establishment of accounts with 26 colleges and universities during the fall recruiting season. Her work greatly improved



Employees who volunteered as keyworkers for the Combined Federal Campaign received a Special Service Certificate

the flow of information between managers and job applicants.

Jeffrey P. Mason received the Employee of the Quarter for his significant contributions to the successful installation of the command's new Voice-Over-Internet phone system. He was involved in every phase of this new technology from evaluation to installation and worked across organizational boundaries within and outside the command to ensure the final product provided a

stable and secure phone system. Mason's work saved the command \$240,000 annually.

Julian J. Ouellet was chosen Employee of the Quarter for leading several national experts in a developmental effort to identify and map cultural effects on population attitudes that improved information fidelity and confidence. In addition, he also led a team of researchers in developing quantitative meth-

See **Awards**, page 3



NSA South Potomac • Office: 540-653-8153 • 540-653-7555

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

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Editorial content is edited, prepared, and provided by the Public Affairs Office, NSA South Potomac. News copy should be submitted by noon on Friday to be considered for the following week's edition. All material is edited for accuracy, brevity, clarity, and conformity to regulations. To inquire about news copy, call 540-653-7555 or fax The South Potomac Pilot at 540-653-4269. Commercial advertising may be placed with the publisher by calling 301-645-9480.

**Capt. Catie Hanft**

Commanding Officer, NSA South Potomac

**Gary R. Wagner**

Public Affairs Officer, NSA South Potomac

**Jeron Hayes**

NSA South Potomac  
Managing Editor

**Deirdre Parry, Breton Helsel and**

**Kimberly Bamber**

Copy/layout editors, The Gazette/  
Comprint Military Publications

# Dahlgren Employee's Photography on Exhibit

By Jeron Hayes

Taking a vacation for a wedding anniversary is a great way to create memories. If the scenery is good, there may even be extra photos. If you're Dennis and Rachael Carroll and you celebrated your 8th anniversary with a vacation through California, you may have more than 2800 photos to choose from.

The very best of those photos opened for display on Monday at the Fredericksburg Center for Creative Arts (FC-CA). "Terra Incognita" documents the Carrolls' trip that took to Pebble Beach's 17-Mile Drive, Big Sur, Carmel Valley, Sequoia National Park, Yosemite National Park, and Death Valley National Park. The display is open to the public during the entire month of February; and you can meet the artists during tomorrow night's "First Friday", a monthly event in Old Town Fredericksburg that celebrates local art.

"When we first began planning a vacation to California, our intention was to celebrate our anniversary somewhere neither of us had visited before," said Rachael, a System Safety Engineer and Group Leader within the Combat Systems Safety Branch (G72) at Naval Surface Warfare Center Dahlgren Division. "We quickly settled on a whirlwind road trip that would start in San Francisco, end in Las Vegas, and pass through as many state and national parks as possible - all within one week in October," said Rachael.

The scenery was beyond inspirational. "Everything that we saw was simply amazing. The Redwoods, Sequoias, Pacific Ocean waves, rock cliffs, mountains and desert were all HUGE in size! The landscapes were unlike anything we've experienced on the East Coast. We were impacted by it all, as evidenced by the 2800+ photos that we brought home," said Rachael.

Art has played a role in their lives for some time. The couple, who went to Courtland High School and Virginia Tech together, "have always enjoyed photography. Dennis was in his high school's photography club and has continued with the hobby as an adult," said Rachael. "I've had a camera since receiving one as a Christmas gift in second grade. Our first magazine subscription as a young married couple was "National Geographic" because of our common interests in travel and photography," said Rachael.

She took her interest in art a step further when, at the beginning of 2009, she made a New Year's resolution. She resolved "to learn about painting. It was something that I had never attempted, but had an increasing desire to try. I spent the entire year reading about painting techniques, experimenting with different media, and creating abstract paintings as small as 4" x 4" to as large as 26" x 52". Needless to say, I ran out of room in my house and started giving my artwork away to family and friends," said Rachael.

"My independent art studies proved to be therapeutic



**Dennis and Rachael Carroll's photos of Northern California are on exhibit at the Fredericksburg Center for Creative Arts**

and led to my January 2010 resolution: learn how to take better photos. Initially I aspired to create professional-looking photos to boost my scrapbooking hobby, but I quickly abandoned my scrapbooks to focus on the art of photography. The more I learned, the more I wanted to learn. Photography is so rewarding to me because it provides the mechanism for me to be fully present in my experiences and capture moments of my life as tangible memories," said Rachael.

The Carrolls have immersed themselves in the FCCA community and are working to help educate local residents on the many wonderful artists in the area. Rachael currently serves as Vice President on the Board of Trustees as well as Facebook administrator for FCCA. Dennis volunteers his time conducting maintenance projects to support the upkeep of the Historic Silversmith House where FCCA is located.

The FCCA is the only non-profit art center in the greater Fredericksburg area, and hosts two art galleries, art classes, and various special events. The FCCA is also the only Fredericksburg art gallery that offers monthly juried regional and national art exhibits," said Rachael. "I began entering the competitions in January 2010, and my work was selected for exhibit among regional and nationally recognized artists each month from March - October 2010. Most recently I had two photographs and a painting selected for show in the February 2011 Regional Art Exhibit," said Rachael.

This month's First Friday Opening Reception at FCCA will be held on Friday, February 4 from 6-8:30 pm. The exhibition is free and open to the public. FCCA is located at 813 Sophia Street in Old Town Fredericksburg. New art exhibits are located in galleries throughout Old Town.

mented customizations and worked with many customers and technical groups to ensure the smooth transition.

## Length of Service

The following employees received length of service awards:

- Linda E. Ridgway, 30 years.
- Lucy C. Reynolds, Wendy P. Sackett and Emma M. Wilkerson, 25 years each.
- Megan L. Bickerstaff, Donald E. Childers, Brenda L. Hammersley and Peter J. Rayna, 20 years each.

## CFC Certificate

Employees who volunteered as keyworkers for the Combined Federal Campaign received a Special Service

Certificate from Navy Capt. Katie T. Hanft, commanding officer for Naval Support Activity South Potomac.

Recipients included Elaine Baldyga, Annette H. Bell, John F. Cormier, David L. Greenhalgh, JoAnn J. Hamlet, Rhonda L. Hardesty-Sipe, Judith A. James, CTR2 Robert J. Lloyd, Wendy L. Luttrell, Shelia K. Massey, Carolyn M. Matherly, Bonita E. Simpson, Lisa M. Smith, Emma M. Wilkerson, and Navy IS2 Nathaniel L. Wilson, Jr.

During the CFC, JWAC raised \$78,000, surpassing the command's goal of \$75,000, which Col. Orr credited to the initiative of the keyworkers.

## 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.

## AWARDS

Continued from 2

ods to evaluate and recommend the most effective options for our military customers.

Robert C. Spangler was chosen the Employee of the Quarter for leading the transition for a software upgrade of Remedy, a highly complex and customized application critical to information technology, logistics, asset and configuration management services within the command. Displaying exceptional technical and leadership skills, Spangler configured hardware and software modules, converted datasets, defined new processes, imple-

# COMMUNITY NOTES

## Dahlgren

### Library Fundraiser in King George

The Smoot Library is holding a chili dinner and gift basket raffle to raise funds for the library expansion building. The event is on Friday, February 4, 5-8 p.m., at the Citizen's Center. Tickets are available at the library for \$10/adult, \$5/children 4-12, free for children 3 and under. Raffle basket on display at the library now!

### Casseroles For A Cure

The King George Bark For Life "Dream Team" will be providing "Casseroles For A Cure" every Wednesday in March. A casserole dinner may be pre-ordered the Friday before. All casserole dinners include bread (donated by Panera Bread) and dessert. A \$20 donation benefits the American Cancer Society. Five types of casseroles will be available for order. For more information, call (540) 846-3382 or send an email to [kgbarkforlife@yahoo.com](mailto:kgbarkforlife@yahoo.com).

### 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/barkkingeorge](http://www.relayforlife.org/barkkingeorge) 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!

### 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 [lhamilton@umw.edu](mailto:lhamilton@umw.edu) or (540) 286-8011.

## Indian Head

### Animal Shelter Announces Valentine Adoption Event

Forget flowers and boxes of candy ... come to the Tri-County Animal Shelter in Hughesville to pick out your very own "furry valentine." The Tri-County Animal Shelter will be holding the "My Furry Valentine" adoption event from now through Valentine's Day, February 14. Come adopt a new pet for a sweetheart of a deal! Cats will be available for adoption for a reduced fee of \$25 and adoption fees for dogs are reduced to \$45.

During this event you can check out the grand opening of the free roaming cat room. The cats would love for

you to play with them, pet them, or just sit back and watch them play.

The Tri-County Animal Shelter is located at 6707 Animal Shelter Road in Hughesville. The shelter staff can be reached at 301-932-1713 or 800-903-1992. Our adoption hours are Monday thru Friday, 12 p.m. - 5 p.m., and Saturday 10 a.m. - 3 p.m. If you would like to view the animals available for adoption, visit our website at [www.CharlesCounty.org/es/animal\\_control](http://www.CharlesCounty.org/es/animal_control) or [www.petfinder.com/shelters/MD112.html](http://www.petfinder.com/shelters/MD112.html) to find your "furry" pet.

Hurry, the "My Furry Valentine" offer expires on February 14!

### Nonprofit Organization Hosts Bingo Event to Benefit Senior Centers

Senior Services of Charles County, Inc., invites the public to spend a fun afternoon at the American Legion Hall, located at 6330 Crain Highway in La Plata, on Sunday, February 27. Doors open at 1 p.m. and games begin at 2 p.m. The fee is \$20 at the door. The fun will include cash games, cash specials, door prizes, and a 50-50 raffle. American Legion will provide food for purchase. For more information please visit [www.seniorservicescharlescounty.org](http://www.seniorservicescharlescounty.org) <<http://www.seniorservicescharlescounty.org/>> or call Jerry at 301-643-6304 or Kathy at 301-934-0117.

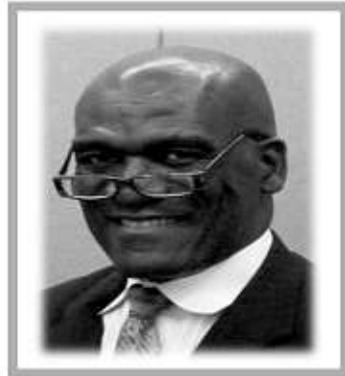
To have information about your event or meeting announced in "Community Notes," call or email the Naval Support Activity South Potomac Public Affairs Office at (540) 284-0129 or [jeron.hayes@navy.mil](mailto:jeron.hayes@navy.mil).

### Naval Surface Warfare Center, Indian Head Division and Explosive Ordnance Disposal Technology Division

## African American History Month Celebration

"African Americans and the Civil War"

### Guest Presenter



**Colonel William Saunders**  
Retired USAF

**Wednesday, February 9, 2011**  
**Indian Head Pavilion**

**11:30- 1300**

*All are Welcome. Come browse our African American/Black Photo Gallery of Diversity & Ethnic Integration while tasting FREE samples of various ethnic foods from the African American Diaspora. First Come, First Serve.*

- President, Managing Member, Motivational Speaker and Business/ Educational Training Consultant, The Saunders Executive Resources Group, LLC,
- Published Author "Are You Stuck in Traffic"
- Over 27 years USAF, Command Pilot Desert Storm Veteran, Colonel, Retired.
- Leadership/Management Expert
- Inspector General and Director of Readiness /Homeland Security for Warner Robins Air Logistics Center, Robins AFB, GA
- Assistant Professor, Howard University, Washington, DC
- Master of Science, National Resource Strategy
- Master of Business Administration, Business Mgmt
- Bachelor of Science, Mechanical Engineering
- Powerful motivator, communicator, counselor and teacher

**If you need an accommodation, you must contact the EEO/Diversity Office, x4550 NLT COB Tuesday, 1 Feb 2011 to allow sufficient coordination and response.**



### Center for Professional Development Spring 2011 Schedule

COURSE	SCHEDULE AND COST	DESCRIPTION
CompTIA's A+ (AP15 001)	Mondays, Feb. 28 to May 23 6 to 10 p.m. Stafford South Room 224	The <b>CompTIA A+</b> certifies the competency of entry-level service technicians in the information technology industry. Students must pass two exams. Prerequisite: Basic knowledge of personal computers. The course meets the DoD directive 8570.1 requirements. Tuition: Option 1 - \$1,890 Option 2 - \$2,350
CompTIA's Network+ (NP15 001)	Tuesdays, Mar 1 to May 24 6 to 10 p.m. Stafford South Room 224	The <b>CompTIA Network+</b> Certification is an international industry credential that validates the knowledge of networking professionals. Students must pass one exam. Prerequisite: Knowledge of PC hardware and software, and knowledge of operating systems, files, and directory concepts. The course meets the DoD directive 8570.1 requirements. Tuition: Option 1 - \$1,890 Option 2 - \$2,350
Certified Information Systems Security Professional (CISSP) (NAT 05R)	Tuesdays, Mar. 1 to May 17 6 to 10 p.m. Stafford South Room 308	The Certified Information Systems Security Professional (CISSP) course provides a comprehensive discussion of the 10 core subject areas fundamental to the understanding of security for CISOs, managers, and engineers. This course covers the 10 domains that are required knowledge for the CISSP certification exam. Prerequisites - The course assumes you have worked 17 experience. Please note that in order to be eligible to sit for the CISSP exam you must have either four years of experience in information or computer security or else a tertiary degree and three years of experience in information or computer security. The course meets the DoD directive 8570.1 requirements. Tuition: Option 1 - \$1,890
PMP - Project Management Prep (PMGT 05G)	Saturdays, Feb. 12 to Apr. 16 8:30 a.m. to noon Stafford South Room 106  Thursdays, Feb. 10 to Apr. 14 5:30 to 9 p.m. Stafford South Room 106  Tuesdays, Feb. 8 to Apr. 12 5:30 to 9 p.m. Dahlgren Comfort Inn	A 35-hour <b>Project Management Prep</b> course designed specifically for individuals preparing for the PMP® and CAPM® Certification Examinations. Current/practicing PMPs® seeking to increase their knowledge of PMBOK® (Fourth Edition) project management concepts, principles, practices, and terminology. Tuition: \$1,300, PMI Member: \$1,200, Three or more from the same organization: \$1,200 Currently enrolled UMW students: \$700
SHRM - Society for Human Resource Management (SHRM 05G)	Wednesdays, Feb. 16 to Apr. 20 5:30 to 9 p.m. Stafford South Room 308	The <b>SHRM</b> ® Essentials of Human Resource Management Certificate Program is an introductory course offering a comprehensive overview of the human resource function. This course is specifically designed to challenge you and provide the skill you need to confidently face today's complex HR situations and compliance issues within your organization. Tuition: \$1,270, SHRM Member: \$1,170, Three or more from the same organization: \$1,170, Currently enrolled UMW students: \$850

Option 1 = Instructor led training only

Option 2 = Includes training, exam voucher(s) and textbook(s)

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Fredericksburg, VA 22406  
[lhamilton@umw.edu](mailto:lhamilton@umw.edu)  
<http://www.umw.edu/CPD/>

Phone: 540/286-8000  
Toll Free: 888/692-4965  
Fax: 540/286-8110



U.S. Navy photo by FCC James Daniels

**Aegis Training and Readiness Center's Sailors volunteer at the Dahlgren USO to remember a great activist and give back to their community.**

## ATRC Sailors volunteer and remember Martin Luther King, Jr.

by Kimberly M. Lansdale,  
Center for Surface Combat Systems

Instead of taking the day off, a group of AEGIS Training and Readiness Center's Sailors observed Martin Luther King, Jr. Day by volunteering at the Dahlgren United Services Organization (USO) 17 Jan.

Several Sailors volunteered over 5 ½ hours and their efforts included organizing and storing Holiday items, cleaning and organizing the Dahlgren's USO garage, painting, and transporting boxes.

"I wanted to help the Dahlgren USO," said Chief Oper-

ations Specialist Earl Timothy Harris Jr. "They always have great events that support our Sailors."

The group of Sailors stressed the importance of doing something positive for their community. "I wanted to give back to my community," said Operations Specialist 2nd Class Brandon Collins.

Most importantly, it was a day to remember a man who fought for equality. "It was a day to celebrate a tremendous human being and a day to remember all the things that Martin Luther King, Jr. accomplished for mankind," OSC Harris said.



## Grand send off for Dr. Robert Gates

Several Naval Surface Warfare Center, Indian Head Division (NSWC IHD) employees attended a farewell reception in honor of former Indian Head Division Technical Director, Dr. Robert Gates, at the Maryland Blue Crabs Regency Stadium on Jan. 7. Dr. Gates officially retired Jan. 3 after more than 40 years of government service. Dr. Gates was accompanied by his wife Beverly, son Sean and several other family members. In addition to family and NSWC IHD employees, several friends and professional associates of Dr. Gates attended, as well as representatives for local political leaders from Maryland and Virginia.

NSWC IHD Commander, Capt. Andy Buduo presented an Indian Head bust and a Meritorious Service Award. Dr. Gates came to NSWC IHD in 2007 after working with NSWC Dahlgren Division for close to 40 years. The Gates live in King George, Va. and Dr. Gates plans to continue his work on several college boards.

## Base Happenings

### Dahlgren

#### VITA Tax Preparation Program

The VITA tax preparation program provides tax services for military members. To make an appointment to have your taxes prepared, call (540) 653-1839.

#### 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>.

#### Fleet and Family Support Center Offers Legal Appointments

A legal representative will be at the NSF Dahlgren Fleet and Family Support Center on Feb. 17. Call today to make your appointment, (540) 653-1839 or (800) 500-4947.

#### Weight Watchers at Work

Weight Watchers at Work is in session Wednesdays at Noon at the Chapel Annex. Cost is \$186 for the session. For more information, contact Jessica Tolson at (540) 653-6185 or [Jessica.tolson@navy.mil](mailto:Jessica.tolson@navy.mil).

### Indian Head

#### Black History Month Observance

A Black History Month Observance will be held Wed., Feb. 9 from 11:30 a.m. - 1 p.m. at the Indian Head Pavilion. Guest speaker will be Col. William Saunders, US-AF Ret. Event will include displays and food tasting. All are invited to attend.

#### 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.

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).



# MWR Highlights

## Indian Head Highlights ITT Events

**Disney on Ice - Princess Wishes**  
February 18-21 at the Verizon Center  
\$18.75 per ticket, times vary

**Great Wolf Lodge Special**  
March 19  
\$194 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 .

## Indian Head Events

**Auto Hobby Shop Self Help Classes**  
Come by the Auto Hobby Shop on the second Monday of each month from 11 am to 1 pm for a FREE self help class.  
February 14 Oil Change Class  
March 14 Engine Diagnostics Checks  
April 11 Cleaning Tips  
Call the Auto Hobby Shop at 301-744-6314 for class details. Open to all eligible patrons.

**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 11. All ages are eligible to enter. Winners will be announced on February 14 at noon in the Library. Refreshments will be served.

## Dahlgren Highlights Youth Activities Center 540-653-8009

**YAC Valentine's Dance and Karaoke**  
February 4, 6 - 8:30 p.m.  
Celebrate Valentine's with your friends! For children ages 9-14. Location: Dahlgren School Gymnasium, must wear tennis shoes. Eligible Patrons: All with base access. Cost: \$4. Please call 540-653-8009 for more information.

**Parent and Child Pool Tournament**  
February 16, 6 p.m.  
Registration deadline: February 9. Location: Youth Activities Center. Kids must be in 4th grade or higher! For more information call the Youth Activities Center (YAC) at 540-653-8009.

## Cannonball Lanes Bowling Center 540-653-7327

**Sweetheart Bowl Scotch Doubles**  
February 12, 8 p.m.  
\$20 per team, prizes top 3.

Eligible Patrons: All with base access.  
For more information contact 540-653-7327.

**Valentine's Day Bowl**  
February 14 from 11 a.m. - 2 p.m.  
Mil \$3 / Civ \$3.50  
Wear RED, the color of love and bowl a game to get a game free!  
Eligible Patrons: All with base access.  
For more information contact 540-653-7327.

## Fitness Center 540-653-8580

**Rock the Bells - Dodge Ball Tournament**  
February 15 - starts at 4 p.m.  
Active Duty and Reservists can enter free, all others are \$5. A prize will be awarded to the first place team! Register at the Fitness Center by February 7th. For more information, contact the Fitness Center at 540-653-8580 or the Fitness Director at 540-653-2215.

**NSASP All-Star Basketball Game - NSF Dahlgren vs. NSF Indian Head**  
February 16 at 6 p.m. FREE  
Register at the Dahlgren or Indian Head Fitness Centers. The Three Point Shootout allows the 5 best long range shooters in the league to face off to determine the best three point shooter. Eligible Patrons: All with base access. Free admission. Free to participate. Ask about transportation. For more information call Ira Seth, Fitness Director at 540-653-2215

## Aquatics Center 540-653-8088

**Valentine's at the Pool**  
February 12 from 6-9 p.m.  
Bring your "Sweetie" or come out with your family! We're going to float in the pool and watch the movie "Grown Ups" (rated pg13) Location: Dahlgren Aquatics Center. Registration Deadline: February 9. Cost: \$3 per person and refreshments will be available



<b>Feb 4</b> <i>The Tourist</i>	<b>Friday 7 p.m.</b> PG-13 104 min
<b>Feb 5</b> <i>Chronicles Of Narnia: Voyage of the Dawn Treader</i>	<b>Saturday 2 p.m.</b> PG 113 min
<b>Feb 5</b> <i>How Do You Know</i>	<b>Saturday 7 p.m.</b> PG-13 121 min
<b>Feb 6</b> <i>Yogi Bear</i>	<b>Sunday 3 p.m.</b> PG 83 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.

for purchase. Eligible Patrons: All with base access. For more information contact the Aquatics Center at 540-653-8088.

**Family Fun & Float Night**  
February 18 from 7-9 p.m.  
Location: Dahlgren Aquatics Center  
Eligible Patrons: All with Base Access. Free Admission Fun for the Whole Family. Bring your float (a limited number will be available at the pool). Play games or just relax! Snacks will be available for purchase. Pre-register at the Dahlgren Aquatics Center. For info contact Liz Kwasniak: 540-653-6213.

**NSASP ALL Star Game & 3-Point Contest**

**NSF Dahlgren vs. NSF Indian Head**

**February 16, 2011 Starting at 1800**

Register at the Dahlgren or Indian Head Fitness Centers

Located at Naval Support Facility Indian Head

Eligible to all with base access

**Free to participate**

**Free admission**

To participate contact Henry Garrard at the Weight House Fitness Center, Indian Head at 301-744-6649.

Ask for information on transportation.