



# SOUTH POTOMAC PILOT

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



## NSASP welcomes a new chaplain

By Jeron Hayes

When military members rotate and take a new set of orders, it's almost impossible not to refer to their replacement as "new." In the case of Lt. Michael Geoghegan, it would probably be more appropriate to refer to him as "brand spanking new."

See **Chaplain**, page 3

## Increased safety, lower cost ownership earn top awards for senior engineer

By Jonathan McDonald

Senior continuous processing technologist Richard S. Muscato was named one of the 2009 Navy Top Scientists and Engineers of the Year on Nov. 23.

Muscato, an employee of Naval Surface Warfare Center, Indian Head Division (NSWC IHDIV), made key contributions in developing and implementing high nitrogen propellants in multiple configurations, explosives and pyrotechnics for naval manufacturing, specifically on the Twin Screw Extruder (TSE).

Muscato's primary contribution was the development of the QC Diagnostic System, which provides a thermal image of energetic materials during the mixing and extrusion process, thereby ensuring the temperature remains at safe levels. Muscato added, "The system also allows engineers to monitor the quality of material exiting the extruder."

Producing energetic materials requires mixing, then casting or extruding the ma-



U.S. Navy photo by Jonathan McDonald

**Senior continuous processing technologist Richard Muscato's work with NSWC Indian Head Division's Twin Screw Extruder (TSE) improves efficiency and safety.**

terial. According to Muscato, traditional batch mixing operations take place in multiple facilities, which often requires moving the materials. Muscato and his team are

working on combining the processes in one location. Using the TSE reduces costs and improves safety by eliminating the need to move energetic materials

and reducing the number of personnel handling it.

The TSE mixes and extrudes small amount of material in one location, Muscato said, "There's risk mitigation (because) mixing a smaller amount lessens the potential for damage if something goes wrong."

Muscato's team is also studying adding casting to the overall process. Muscato believes cast operations are the next logical step to save money and increase the facility's capacity from research and process development into manufacturing. He said, "The warfighter wants better performance (and) less sensitivity. This technology can get us there, where batch mixing has more limitations."

Muscato credits the success of the TSE and the QC Diagnostic System to his team for their dedication to reduce costs and improve safety. He is honored to receive the award, but is quick to point out the importance of each member of his team.

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PERMIT #1

## NSASP Joins the Facebook Nation

By Jeron Hayes

Naval Support Activity South Potomac (NSASP) is now part of the largest social network in the world – you can "friend" the command on Facebook. Those with a Facebook account can search for the command and click "like" to see NSASP posts on their wall.

The command's hope is to reach military members, employees and community members with information of interest. This will include news and feature story items, base status updates and quality of life program opportunities.

"We view Facebook as another means of communicating with employees at Dahlgren and Indian Head. It's an effective medium for reaching a wide audience with timely information or announcements that pertain to events or activities on base that will be of interest to them," said



NSASP Public Affairs Officer Gary Wagner.

"Another important feature of Facebook is the opportunity it provides for feedback. Users can pose questions, ask for information or be part of a discussion on a particular topic," said Wagner.

In addition to strictly following Navy guidance pertaining to social networking,

NSASP will keep a close eye on account activity. "Any information that is posted on NSASP's Facebook page will be reviewed and approved for public release before it goes live. As well, the command's Public Affairs office will monitor the page for any inappropriate comments that a user might post in violation of the guidelines that are published," said Wagner.

Being a friend of NSASP can have its advantages! Since those who use Facebook as an app with their smart phones receive pop-up notifications, information can be received instantly.

"Employees who "friend" the NSASP Facebook page will receive notice of any new posting by NSASP as it occurs. Especially in the event of critical information alerts, such as a severe weather warning or road closure announcement, this could be a very easy way to receive breaking news," said Wagner

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**Excellence award, pg. 2**



**Social networking privacy, pg. 3**



# Number cruncher is a real caricature

by Jonathan McDonald

Working with numbers, and more importantly getting them to balance, takes talent. The men and women in Naval Surface Warfare Center, Indian Head Division's (NSWC IHD) Comptroller Office are very talented when it comes to crunching the division's numbers.

But, one employee in the office has another talent he likes to share.

Financial analyst Van DePeiza, a contractor employee of Future Technologies Incorporated who supports IHD's Comptroller Office, has unusual talent; he's also an aspiring artist who specializes in uncommon art.

Van says, "I do more caricatures than anything else." Caricatures are exaggerations of people and often include elements of the subject's personality. "I like when (it) people really recognize themselves in my drawings," he adds.

Van also likes to inspire his six-year-old daughter Nia. Describing his oldest

daughter, he says, "She's interested in it (drawing) and seems to be creative." Younger daughter Christian is only three, so she hasn't expressed an interest, yet, but Van's wife Lisa is sure Christian will also be creative.

Van started drawing when he was seven, and his favorite subject to draw is people. He describes his method as original because he likes to model activities like running himself. He explained that experiencing the action makes it easier to draw it.

Van says his goal as an artist is to get his work in the Porcelain Press. As a financial analyst, he said, "I'd like to produce good accounting work in preparation of ERP."

Van is quick to add, "A lot of people don't know about ERP, but it's going to help the way we do business." For his part, Van continues to develop both his talent as a financial analyst and as an artist.

# Aegis BMD security group receives Excellence Award

The Aegis Ballistic Missile Defense security group, COGAR, was recently awarded its corporate headquarters' highest award for exceptional service for 2010.

The COGAR Center of Excellence Award is presently annually to a security operations center or installation that is contracted by COGAR in the national capital region. It is awarded for providing customers with outstanding security services by demonstrating high standards of achievement and meeting expectations for efficiency and service, based on customer feedback.

Selection of the COGAR award is based upon a multi-phased process, according to COGAR requirements, that is performed over the course of a year. The process involves evaluation, audit of performance in the area of client satisfaction, security officer training, leadership and work environment feedback.

COGAR's director of operations Louis Fuertes pre-



Louis Fuertes (l.), director of security operations for The COGAR Group Ltd. presented the excellence award to Aegis BMD's security team, pictured (l. to r.) Terry Lanham, Doris King, Albert Taylor, Pamela Hall, Denise Shepherd, Wilbur Dargan, and Jacob Wilkins, MDA/AB deputy director for security.

sented the award to the ABMD security team during an informal ceremony at Dahlgren on Dec. 23.

COGAR employees attending the ceremony included Wilbur Dargan, Albert Taylor, Terry Lanham, Doris King, Pamela Hall and Denise Shepherd, accompanied by MDA/AB deputy director for security Jacob Wilkins.

COGAR security officers not present for the event include Byron Bailey, Brian Brown, Randall Creed, Clauvenda Fenwick, Brian Flanagan, Donna Fraysee, Kermit Lee, Cleveland Lewis, Anthony Norwood, Gary Palmer, Renee Parker, Angelita Saunders, James Sharon, Louis Thomas, Eric Walker and Jason Zitzelberger.



## FFSC Graduates Command Financial Specialists

The Fleet and Family Support Center at NSF Dahlgren marked the completion of a weeklong financial training class on Jan. 7 for 24 motivated and savvy new Command Financial Specialists (CFS) from ATRC. CFS are peer financial counselors/educators within the command ready to provide financial assistance and referrals.



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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## 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

**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.

**Fredericksburg/Ferry Farm Wal-Mart** to Dahlgren. Stops are Bldgs. 1580, 183, 121, and 221. Departure is at 0620 from Ferry Farm with working hours 0700-1530; Call Tom at 540-653-6933.

### 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.

# Safeguard your privacy while social networking

Social networking will always be a tradeoff between safeguarding your privacy and enjoying the benefits of socializing online. Most information used by social networking providers & advertisers is intended to provide you value. But when information about us or associated with us is shared publicly, it can foster spam or even malicious behavior. Risks associated with sharing too much information can include identity theft, unwanted solicitors or "spam," email virus attacks, home break-ins or theft, and for military and government personnel, a risk can be related to violations of operational security.

Social networking sites, such as Facebook, MySpace and Twitter are all about sharing - with friends, family members, shipmates and the general public. Some information we want to spread as far and wide as possible. Some information we only want to share with our friends and family. And some information, particularly anything that could compromise operational security, should not be shared anywhere on an unsecured social networking site, regardless of privacy settings.

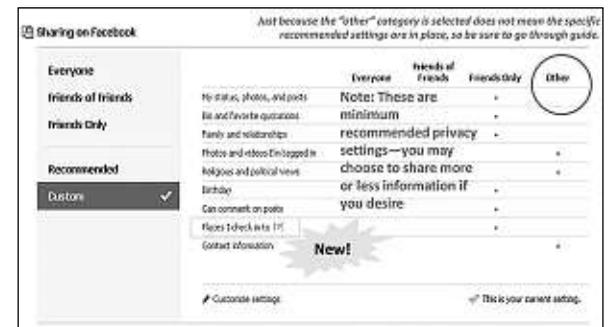
Even though you should assume that all information you share on a social networking site could be made public, there are some precautions you can take to keep the information you want to stay just between friends from being shared publicly.

The Navy's Office of the Chief of Information (CHINFO) encourages Sailors, Navy personnel and their family members to use the following minimum recommended privacy settings on social networking sites. It is a personal decision to share more or less information, just make it an informed decision, emphasizes CHINFO.

Networks are a great way to find and connect with people from your organization or school. However, networks can include anyone who has associated themselves with that group or organization, so by opening your information up to a network, you may share information with people you do not know.

For Facebook users, to join or leave a network, go to "Account Settings" then select the "Networks" tab. Select "Leave Network" to remove that network, or type in your workplace or school to search for networks to join.

Facebook can use your information to target advertisements towards your friends. To disable: go to "Account Settings," select the Facebook Ads Tab, select "No one" option for



**Navy's Office of Information recommends Facebook users set these privacy settings on their personal accounts.**

allowing ads from third party applications, and select "No one" option for showing my social actions in Facebook Ads.

More information on privacy and OPSEC is available at the following websites:

\* Navy snapshot on OPSEC & social media:

<http://www.slideshare.net/USNavySocialMedia/opsec-snapshot>

\* Navy snapshot on safe and effective use of social media:

<http://www.slideshare.net/USNavySocialMedia/us-navy-safe-and-effective-use-of-social-media>

\* Navy guide to Facebook privacy:

<http://www.slideshare.net/USNavySocialMedia/navyprivacy-facebook-february-2010-newhomepage-application-settings>

\* Facebook guide to Facebook privacy:

<http://www.facebook.com/#!/privacy/explanation.php>

\* Facebook and Privacy page on Facebook:

<http://www.facebook.com/fbprivacy>

## Chaplain: Trained and ready to take on the latest challenge in his service to God

Continued from 1

Not only is Chaplain Geoghegan new to Dahlgren, he is new to the Navy - taking a commission in July of this year. After 12 weeks of school, he is trained and ready to take on the latest challenge in his service to God - ministering to the military.

He does not have the prototypical background of a minister. As a child, he grew up in a home with a veteran father who owned a ceramic business manned by him and Chaplain's mother. The focus was certainly on business - his father preferred that work be the priority and there wasn't much time for church. A childhood friend, however, continued to invite Chaplain Geoghegan to attend his church. He finally accepted the invitation in high school, and his world changed. When he was 17, he was "born again" and began his road to serve.

Geoghegan, a native Californian, has a great deal of time under his belt in civilian ministry. In the late 1980s, he began as a youth pastor and became a senior pastor in Happy Valley, Calif. by 1992. He then attended seminary in 1997 and earned a Master's Degree. Over the next several years, he was on staff in Vallejo, Calif., then served as senior pastor in Turlock and Colfax, Calif. Throughout, he kept speaking with parishioners who encouraged him to consider chaplain duty.

"There was a retired Chief and a retired Chief Warrant Officer in particular that encouraged me to serve," said Geoghegan, who had considered joining the U.S. Air Force straight out of high school but followed his father's advice and chose

college instead. In 2005, an Army National Guard chaplain continued to tell him that he would be "great as a chaplain."

His family certainly wasn't holding him back. They have all expressed interest in serving as missionaries and have welcomed opportunities to visit new places. When he and his wife Terri considered the military as an option, they consulted their five children and all agreed they were ready for the adventure.

The biggest question may be, why would a pastor who has established himself and is raising five children, including a college-aged daughter, up and join the U.S. Navy? "This is an opportunity for me to give back to those who have given me the freedom to do what I've been doing, worshiping as I choose," said Geoghegan.

This is simply the next step on his path, said Geoghegan. He and his family have big ideas for the Dahlgren Chapel.

"We want musicians to become part of the church," he said. "If you can play the guitar or an instrument, we want you to come. We want to add more music to our services." He also wants to start several programs for youth and children, such as AWANA. And, "we want more military members in our congregation. We want them and their families to come to the chapel," said Geoghegan.

He's also very aware that after a good turn at NSASP, his future may include duty in a war zone. He will call on the training and experiences he's had over the years to help him.

As for now, he and his family are settling in and getting to know Dahlgren. "We're very happy to be here," he said.

# COMMUNITY NOTES

## Dahlgren

### King George Relay For Life Kicks Off Jan. 19

King George Relay For Life will hold its kickoff event on Wed., Jan. 19 at 7 p.m. at St. Paul's Episcopal Church. All interested in participating in this year's Relay For Life event can register and get more information at the Kickoff. For more info, visit [www.relayforlife.org/kinggeorge](http://www.relayforlife.org/kinggeorge).

### 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. 24

King George Bark For Life will be held Sun., Apr. 24 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 Holds 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.

### 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.

### 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.

## 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 [bxoff@csmd.edu](mailto:bxoff@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 [bxoff@csmd.edu](mailto:bxoff@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).

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## Project Management Certification Preparation

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.



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

Course content includes: The PMP® and CAPM® examinations, quality management, project management framework, human resources management, integration management, risk management, scope management, procurement management, time management, communications management, cost management, and professional responsibility.

Participants also receive instruction and guidance related to documenting their project management related experience and fulfilling all PMI pre-examination requirements so that they are able to sit for the PMP® Certification Exam upon course completion.

**PMP® Course Location**  
Comfort Inn, Dahlgren  
February 8 - April 12, 2011  
5:30 to 9 p.m.

**Course Information**  
For current course schedules, please visit  
[www.umw.edu/cpd](http://www.umw.edu/cpd)

**Location:**  
4661 James Madison Parkway  
Dahlgren, VA 22448

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## 2011 UNITY IN OUR COMMUNITY DIVERSITY FORUM

# engaging GENERATION NEXT



**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.

**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.

THIS FORUM IS FREE TO PARTICIPANTS - LUNCH WILL BE PROVIDED

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.

  
**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://ladiesnightsparty.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

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

A legal representative will be at the NSF Dahlgren Fleet and Family Support Center on Jan. 20. 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

#### 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).

# DFAS Customers affected by new 2011 Tax Changes

DFAS customers may be affected by recent changes to the tax law, tax tables and other legislation. Some of the changes include:

- Reduction in Social Security tax withholding from 6.2% to 4.2% for 2011
- Expiration of the Making Work Pay credit, which may increase the amount of wages subject to income tax withholding
- 1.4% pay increase for Military service members

The amount of the changes in net pay will depend on several factors to include the following:

- Income level
- W-4 elections

Military Reservists and National Guard members will be the first to see potential changes in their pay as a result of the law. Any changes will be reflected in their January 5 paycheck. Active duty military personnel will see their pay changes in their January 14 paycheck and reflected in the January LES.

DOD civilian and other federal employees paid by DFAS will see social security withholding changes reflected in paychecks based on the pay period ending January 1 with pay dates on January 7, 11 or 13. The tax withholding changes for 2011 will be implemented for the pay period ending January 15th with pay dates on January 21, 25 or 28.

Military retirees and annuitants will see the changes reflected in their March 1 payment. Retirees can view the changes in myPay on February 1 and annuitants can view the changes in myPay on February 18. Account statements with the new net pay amounts reflected will be mailed to all retirees and annuitants affected by the change in February.

Please ensure you review your pay statement to see how these changes will potentially affect you. DFAS customers with questions on the changes should contact their financial advisors or tax consultants for more details. Tax information can be found at the IRS website [www.irs.gov](http://www.irs.gov).



## VITA Tax Preparation Training

**While others were shopping and enjoying holiday festivities, Dahlgren's Volunteer Income Tax Assistance preparers were hard at work training and preparing for the upcoming tax season. Appointments for tax preparation will begin in January at NSF Dahlgren and can be made by calling 540-653-1839.**

JANUARY 21, 2011  
MURDER IN THEM THAR' HILLS 6 - 8 p.m.

JANUARY 21, 2011  
6-8 p.m.  
**MURDER IN THEM THAR' HILLS**  
at the Dahlgren Library

There's Murder in Them Thar' Hills and it is happening at the library. Come enjoy an evening of sleuthing with your friends. Space is limited, so sign up early.

Tickets are \$5.00 per person and are available at the ITT Office 540-653-8785. Eligible Patrons: All adults with base access.

For more information contact Librarian Amy Cass at 540-653-7474 or [amy.cass@navy.mil](mailto:amy.cass@navy.mil)

This event is limited to adults only



# MWR Highlights

## Dahlgren MWR Announcements Aquatics Center

540-653-8088

### Kid-Fit Classes at the Pool

January 15, 1000 - 1100

Classes held the first & third Saturday of every month from 10 - 11 a.m. Children 7-14 will learn about the different muscles, as well as, the benefits of a proper warm-up & cool-down. (cost is \$4 per participant per class). Contact 540-653-8088 for more information.

## Cannonball Lanes Bowling Center

540-653-7327

### Cosmic Bowling Nights

Fridays & Saturdays in January, 7 p.m. - 12 a.m.

Enjoy music and lights while bowling.

Eligible Patrons: All with base access.

For more information, contact 540-653-7327.

## Fitness Center

540-653-8580

### Fitness Center OPEN HOUSE - FREE

January 19 - 21 - Guides will be available all day from January 19 - 21 for facility tours at Dahlgren's Fitness Center. Giveaways for attending patrons (while supplies last!). For more information contact the Fitness Center at 540-653-8580.

### NSASP NFL Bench Press Challenge - FREE

January 31 - February 4

Location: Fitness Center

Times: 6 - 8 a.m., 11 a.m.-1 p.m., 4 - 6 p.m.

Eligible Patrons: All with base access

Male athletes will lift 225 pounds as many times as possible and female athletes will lift 115 pounds as many times as possible. Participants may sign-up during the slotted times during the Super Bowl week (Jan. 31 - Feb. 4). Awards for first place male and female winners. For more information contact Ira Seth, Fitness Director at 540-653-2215.

## Library

540-653-7474

### Murder in Them Thar' Hills (Murder Mystery Production)

January 21, 6 - 7:30 p.m.

Location: Dahlgren General Library

Register by January 19.

Tickets \$5 per person are available at the ITT Office 540-653-8785.

There's murder in them thar' hills and it is happening at the library. Come enjoy an evening of sleuthing with your friends. Space is limited, so sign up early. Any one over the age of 21 can enjoy wine. IDs will be checked. Non-alcoholic beverages also available. Eligible patrons: All with base access.

## Craftech Hobby Shop

540-653-1730

### Café Au Lait Quatro Specialty Class

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

In this 4-week class you will learn about The ART of Coffee. Create a coffee carafe and 4 mugs, while tasting good coffees and desserts. Cost \$100 includes all materials. Class size - 10. For more information please stop by or contact the Craftech Hobby Shop at 540-643-1730.

## Indian Head MWR Announcements

### Upcoming ITT Events

#### American Girl Tea

January 22 at 2 pm

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

February 12

\$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 details.

## 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.

#### 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.



<b>Jan 14</b> <i>Morning Glory</i>	<b>Friday</b> PG13	<b>7 p.m.</b> 102 min
<b>Jan 15</b> <i>Skyline</i>	<b>Saturday 2 p.m.</b> PG13	100 min
<b>Jan 15</b> <i>Unstoppable</i>	<b>Saturday 7 p.m.</b> PG13	141 min
<b>Jan 16</b> <i>Unstoppable</i>	<b>Sunday</b> PG13	<b>3 p.m.</b> 141 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.

## Indian Head Branch Health Clinic welcomes TRICARE enrollees

Navy Branch Health Clinic (BHC) INDIAN HEAD is now open to enrollment for TRICARE Prime Retirees and their family members (under age 65 years). No waiver request is required. The clinic has been closed for several years to retiree and RETFM enrollment. This new enrollment policy will be subject to change based on clinic capacity and provider staffing changes. To enroll, please contact the BHC TRICARE Enrollment representative, Ms. Murphy, at (301)744-4601 or stop by Monday - Thursday from 0730 to 1600, Friday from 0730-1200, or call 1-877-TRICARE for instructions on how to enroll. TRICARE requires that applicants residing 30 minutes or more drive time from BHC Indian Head need to sign a drive-time waiver agreement on their enrollment form. For more information about BHC Indian Head's enrollment policy for newborns, active-duty family members, etc. please visit the clinic's internet site at: [www.med.navy.mil/sites/paxriver/Pages/indHead.htm](http://www.med.navy.mil/sites/paxriver/Pages/indHead.htm) or contact Ms. Murphy at (301)744-4601.

**Tropical Getaway! @ the Pool**  
January 22, 2011  
at the Dahlgren Aquatics Center  
Time: 1900-2100 • Cost: \$3.00/person

*Winter weather got you down??? Join us for some warm weather fun! Wear your best tropical attire and leave your cold cares at the door!! Snacks available.*

Register at the Aquatics Center by January 19, 2011  
Eligible Patrons: All with Base Access  
For more information contact the Aquatics Center at 540-653-8088 or Liz Kwasniak, 653-6213