



# SOUTH POTOMAC PILOT

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

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NEWSPAPERS  
PERMIT #1

## CFC in the Books at Dahlgren

By Jeron Hayes

The Combined Federal Campaign (CFC) at Dahlgren came to an end in grand style last Thursday when the final check was presented to the fiscal agent - Rappahannock United Way (Principal Combined Fund Organization or PCFO). Naval Support Facility (NSF) Dahlgren, shooting to raise \$400,000, obliterated that goal and delivered a whopping \$528,348, an all-time base high, to aid hundreds of charities locally and around the world.

Potomac CFC, a campaign that encompasses numerous federal agencies including NSF Dahlgren, Marine Corps Base Quantico, Ft. A.P. Hill and local offices of the National Park Service, USPS, USDA and Social Security Administration raised \$1,260,735, over its goal of \$1.1 million.

The year also found the highest number of volunteers that each installation has seen, with robust events highlighting the CFC to employees. MCB Quantico held a field event in September to promote the CFC within their ranks. NSF Dahlgren expanded their events this year to include a 5K run and karaoke competition. Larger events allowed even more charities to come and personally meet thousands of employees and advertise their services.

Though record amounts were collected at each installation, the number of donors was down at all three bases.

"It will be my goal to recruit new, young donors for the 2011 campaign," said Culinary Specialist First Class James Jennings, NSF Dahlgren CFC Chairman for 2011. "We want to educate all employees about the CFC and make donating a yearly tradition. Our veteran employees look for the CFC each year and have a plan to help out their favorite charities, but we want new, younger employees to also treat the CFC as a yearly tradition," said Jennings.

Though the campaign won't begin again until Sept. 1, volunteers are needed to help with the Dahlgren CFC planning committee. The committee will begin meeting in April, and meet for 90



U.S. Navy photo by Gary Wagner

**Cmdr. Dennis Quick, Executive Officer, Naval Support Activity South Potomac (far right) and Col. Michael Orr, Commander, Joint Warfare Analysis Center present a check for 2010 CFC donations at NSF Dahlgren to Kathleen Smith, Campaign Coordinator, Rappahannock United Way (left). Also pictured is Culinary Specialist First Class James Jennings (far left), who will serve as campaign chairman for the 2011 CFC.**

minutes each month until December. Volunteers are also needed March 21 and 22 for the Charity Eligibility Committee. An hour of training is provided both days from 11 a.m. – Noon, followed by charity review. All volunteers are asked to give a two-hour minimum commitment. Those interested in volunteering should contact Jeron Hayes at 540-284-0129 or Jeron.hayes@navy.mil.

The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all. The CFC is the

world's largest and most successful annual workplace charity campaign, with more than 200 CFC campaigns throughout the country and internationally to help to raise millions of dollars each year. Pledges made by Federal civilian, postal and military donors during the campaign season (September 1st to December 15th) support eligible non-profit organizations that provide health and human benefits throughout the world. The Director of OPM has designated responsibility for day-to-day management of the CFC to its CFC Operations office.

## Dahlgren School crowns 2011 Spelling Bee champ

By Jeron Hayes

U.S. Navy photo by Gary Wagner

**Right: Dahlgren School fourth grader Tajh Ransom was the champion in this year's spelling bee.**

Dahlgren School's finest spellers took the stage of the school auditorium on Feb. 2 and faced a challenge that most wouldn't even consider – they competed in the 2011 Spelling Bee.

When the dust cleared and the 13 competitors had been narrowed to two - only Tajh Ransom, a fourth grader, and Genielyn Wild, a sixth grader, were left standing. Wild was tripped up by the word "variegated." Ransom then got the word "malleable" – and finds himself headed to the Regional Spelling Bee. He will gather with the region's best spellers on March 12 at Muvico/Splitsville in Fredericksburg, where the winner will travel on to the National Spelling Bee in Washington, D.C.

Tammy Bonaime, sponsor of the

Spelling Bee, enjoyed every minute. "The spelling bee was very exciting this year," said Bonaime. "The words were very challenging, right from the beginning of the list."

Despite their young ages, every competitor gave a solid effort. "The students really amazed us all at the words they were able to spell!" said Bonaime. "It was obvious that each student had studied carefully. I believe their success was a combination of help from parents and teachers along with their own hard work."

To prepare, students were given a list of words to study earlier in the school year. "They had a couple of practices together as a group, main-



ly to go over rules, and to go over the procedures of the spelling bee," said Bonaime.

She looks forward to helping Ransom prepare for the regional competition. "I usually practice with our school winner in anticipa-

tion of the regional bee, so I'm looking forward to setting up a practice schedule with Tajh," said Bonaime.

Participants were chosen from qualifying bees by grade. They include:

2nd grade: Charlie Juster and James Chandler (Troy Glasgow, alternate)

3rd grade: DeAndre Durham and Reyamar Copon (Anthony Shiller, alternate)

4th grade: Tajh Ransom and Jasmine Wild (Taylor Brown and Clara Laich, alternates)

5th grade: Jack Orr and Erik Baker (Cayla Parker, alternate)

6th grade: Genielyn Wild and Grace Wisslead

7th grade: Duncan Paterson and Dominic Rosa (Carly Glasgow, alternate)

8th grade: Aurora Paterson

# Enlisted Military Graduate from 'Pilot' Leadership Course

By Gary Wagner

Five military members from several commands at Naval Support Facility Dahlgren recently graduated from the first Petty Officer 1st Class selectee leadership course to be conducted jointly by commands on the installation.

Chief Yeoman (Surface Warfare) Loren Laub from the Joint Warfare Analysis Center (JWAC) served as the principal instructor for the five-day course held in January. The course, he explains, was offered to provide training as prescribed by Naval Administration (NAVADMIN) message 272/08 mandated by the Chief of Naval Personnel to prepare Sailors for advancement.

"The class is designed to remove advancement barriers," Laub says, adding, "It also provides a significant savings to commands as they aren't required to send Sailors TAD for leadership schools."

The course curriculum embraces a wide range of topics, to include responsibility, conflict management, planning and risk management, stress management, motivation, Deckplate leadership, communication, and loyalty and heritage.

The instructor team for Dahlgren's Petty Officer 1st Class selectee leadership course added some extras, to include PT (physical



U.S. Navy photo by Steve Moore

**Petty Officer 1st Class selectee leadership course instructors and students, and supporting COs present at the class graduation were (kneeling l. to r.) ITC Greg Dobson, IS1 Seth Phelps, ISC Matthew Spears, and YNC Loren Laub; (standing l. to r.) HM1 Scott Gervasi, Capt. Catie Hanft, HM2 Oliver San Agustin, IS2 Lisa Lacross, IS2 Robert Lloyd, SSgt. Steven Hanan and Col. Michael Orr.**

training), uniform inspections, book reports and a class project.

"The purpose of the class project was to give the students the opportunity to plan and execute an activity that would help

them utilize some of the skills they were taught during the course," said Laub, who serves as a military personnel officer and command career counselor at JWAC.

This was the first offering of the leader-

ship course at Dahlgren, which Laub explains was offered as a "pilot" class. With the experience gained, he adds, "The next course will be advertised full force to get military members involved on a broader scale."

Additional instructors for the leadership course included Chief Information Systems Technician (Surface Warfare/Air Warfare) Greg Dobson, Chief Intelligence Specialist (Surface Warfare) Matthew Spears and Intelligence Specialist 1st Class (Surface Warfare/Air Warfare) Seth Phelps from JWAC, Hospital Corpsman 1st Class (SCW/FMF/PJ) Scott Gervasi from the Dahlgren Branch Medical Clinic, and Fire Controlman 1st Class (Surface Warfare) Darnell Williams from the Aegis Training and Readiness Center.

Graduates from the leadership course included Hospital Corpsman 2nd Class (Surface Warfare) Oliver San Agustin, Intelligence Specialist 2nd Class Lisa Lacross, Cryptologic Technician Collection 2nd Class (Surface Warfare) Robert Lloyd, and Staff Sgt. Steven Hanan.

Command leaders on hand to congratulate the graduates on their completion of the course included Capt. Catie Hanft, commanding officer for Naval Support Activity South Potomac, and Marine Col. Michael Orr, commander for Joint Warfare Analysis Center.

## Dahlgren Youth Activities Center members participate Art Exhibit

The annual Boys and Girls Club/Youth Activities Center (YAC) Fine Arts Exhibit was held on Tues., Jan. 18 at the Community House. YAC members submitted work in eight categories and were judged in two age groups, 5-9 and 10-12.

The 24 children that participated worked on their projects for about a month. There were 86 pieces of artwork entered.

"I am so amazed every year about the work that these young kids do," said Mark Kowalski, Youth Activities Center director. "About a third of the kids that are registered in the School-Age program have entered art work this year, with some of them entering in more than one category. Most of the children are eager to participate but there are a few that are excited once they get started or at completion."

The YAC receives assistance from Craftech, who does the matting for art entries. "They do a great job," said Kowalski.

"I am lucky because I get to view their work while they are working on it. The Youth Center staff always try to encourage all the children to participate because they might have a hidden talent that they didn't even know that they had," said Kowalski.



The winning artwork will be sent to compete in a regional competition. "If any art work advances, they will compete in the state competition and then the national competition," said Kowalski.

The art work was judged by Capt. Catie

Hanft, Commanding Officer, Naval Support Activity South Potomac, Cordy Dickson, Susan Prien and Stephanie Tompkins. Winners in the competition are listed below.

Sarah Grossen - age 10 for Collage and Group Project



Lee Palivoda - age 9 for Sculptures  
 Leona Gaither - age 10 for Printmaking, Sculptures and Group project  
 Gabriela Thompson - age 9 for Printmaking  
 Kourtney Beck - age 11 for Pastels  
 Nikolaus Buckwalter - age 9 for Water Colors Painting  
 Ryan Roane - age 12 for Water Colors Painting  
 Harmoni Bell - age 8 for Pastels  
 Maria Behnke - age 11 for Multi-Colored and Acrylics  
 Isabel McCullough - age 9 for Multi-Colored  
 Jason Lupton - age 10 for Monochromatic  
 Olivia McCullough - age 7 for Monochromatic  
 Tamara Wheeler - age 10 for Group Project  
 Taylor Mehl - age 8 for Acrylic



**NSA South Potomac • Office: 540-653-8153 • 540-284-0129**

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

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**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

**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.

# Commands Sign Educational Partnership Agreement

By Mike Welding  
NSWC IHD Public Affairs

Representatives from the Naval Surface Warfare Center, Indian Head Division (NSWC IHD) and Naval Explosive Ordnance Disposal Technology Division (EODTECHDIV) signed an Educational Partnership Agreement (EPA) with the University of Puerto Rico Mayagüez (UPRM) campus on Dec. 7.

This agreement will enable the Navy to assist students with academic and career advice, provide hands-on research projects, and identify and develop future Navy scientists and engineers.

The agreement is the second educational partnership between NSWC IHD, EODTECHDIV and a university in Puerto Rico. The current agreement emulates an earlier accord signed with Polytechnic University of Puerto Rico (PUPR) in November 2008, and formalizes a relationship between the warfare centers and UPRM that stretches back several decades.

The treatise is also part of continuing efforts to build relationships that will ensure the future strength of the Navy's technical workforce with diverse organizations.

Developing those relationships includes a commitment to recruiting for full-time employment and providing temporary employment for students and selected professors. In addition, NSWC IHD and EODTECHDIV have recently partnered with PUPR on Capstone projects.

Capstone is a two-semester required course for all engineers. During the first trimester students conduct research at their university on a project selected by the Navy. The second trimester is spent at NSWC IHD or EODTECHDIV where the students complete the project and put into place what they had previously researched.

Students are mentored by senior Navy engineers throughout the process and are required to provide regular



**Amy O'Donnell, NSWC IHD's deputy technical director, looks on as commanding officer Capt. Andy Buduo shakes hands with University of Puerto Rico Mayaguez chancellor Dr. Miguel Munoz at the signing of the educational partnership agreement between UPRM, NSWC IHD and Naval Explosive Ordnance Disposal Technology Division.**

briefings to both their professor and Navy management.

Capt. Andy Buduo, NSWC IHD's commanding officer, believes such agreements provide mutual benefits.

"We've collaborated on innovative research projects and established a relationship that we're confident will continue to bring us young, highly educated engineers with real world work experience," he said.

"Now that we've got an EPA in place with the University of Puerto Rico Mayaguez, we're looking forward to realizing the same benefits with them, too," adds Buduo.

Jason Shaffer, EODTECHDIV's executive director, said establishing on-going EPA agreements with colleges and universities is necessary to promote learning about available opportunities as well as the exchange of science and technology information.

"Our agreement with the University of Puerto Rico Mayaguez forms the foundation for that relationship and indicates our commitment to not only our own interests but theirs as well," he noted.

According to Mike Adams, NSWC IHD's coordinator for these EPAs, "We are very pleased with our relationship

with PUPR and the great talent we have been able to attract to the Navy as a result.

"Now the EPA with the Mayaguez campus gives us a framework where we can expand our collaboration to this university as well," Adams said.

Michael L. Ramirez, who graduated from UPRM with PhD in 2009, came to EODTECHDIV in June 2009. He said the educational agreements have been very positive, and believes it's important to continue expanding our network of partners.

"This will not only enrich our offering but also opens doors for future collaboration with researchers," he said.

Another graduate from UPRM and former professor at PUPR, Iris Vazquez-Ayala, came to EODTECHDIV with four students in 2008 and accepted an offer to stay. She said the Educational Partnership Agreements are a "win-win situation" for their alma mater and the warfare centers.

She also said that the EPAs facilitate a close relationship that enhances an exchange in knowledge and science as well as promote the Navy's policy on diversity.

## NOSSA employees receive Civilian Service Awards

Marilyn White and Mario Harley, employees of Naval Ordnance Safety and Security Activity (NOSSA), were recently awarded the Meritorious Civilian Service Award.

White, a senior financial management analyst, was cited for her "exceptional professionalism, competence and dedication in performing her financial management duties. Due to her vast understanding of the Navy financial management system and insight into NOSSA operational requirements and programmatic issues, Ms. White is a sought out and trusted mentor both within the command staff as well as for other Navy organizations."

White was also recognized for being instrumental in the establishment and disestablishment of the Naval Ordnance Center and the command transition from a working capital fund activity to the present day mission funded activity, NOSSA. "During her combined command tenure, Ms. White has served with distinction as the leader of the financial management team and was personally responsible for many of its major accomplish-



White



Harley

ments. Throughout her Federal career with the Navy, Ms. White has exemplified selfless civilian service. She has been intensely focused, totally dedicated, and untiringly responsive to the task of improving financial management budgetary compliance within the Department of the Navy as well as efficient management processes within the internal command structure."

Harley, program manager for transportation at NOSSA, was recognized for his accomplishments over 28 years "as an integral part of the explosives community. Mr. Harley continues to serve as both a leader and mentor. Harley's outstanding problem solving skills and

is known for successful implementation of innovative approaches to problem solving. Through Total Operational Cost (TOC) initiatives, it is projected that the execution of Mr. Harley's innovative ideas will save the Navy over \$250,000 beginning in FY10 and into the out years."

He was also cited for his impact on the NAVSEA Native American Diversity Program. "During FY10, after significant research, Mr. Harley created the first ever Native American Outreach Plan for NAVSEA. Mr. Harley has served as a focal point for the recruitment of Native Americans with Science, Technology, Engineering and Math (STEM) skills to fill positions within NAVSEA including corporate internships. Mr. Harley also led efforts to expand NAVSEA's interface and representation with the United National Indian Tribal Youth (UNITY) and worked to coordinate various STEM workshops at UNITY events."

Both awards were presented by Capt. Robert Fowler, Commanding Officer for NOSSA.

# COMMUNITY NOTES

## Dahlgren

### Boating Safety Course

The United States Coast Guard Auxiliary Flotilla 25-11 will hold a Virginia State Approved Boating Safety Course on Feb. 12 from 9 a.m. – 5 p.m. at St. Mary's Episcopal Church in Colonial Beach. The boater education program is designed to meet the minimum amount of training and education needed to help boaters become safer and more responsible operators with a long term goal of reducing the number of boating accidents and fatalities on Virginia waters. Subsequent classes will be held Apr. 2, June 5, Sept. 17 and Nov. 5. To register or for more information, contact the Colonial Beach Yacht Center at (804) 224-7230 or June Gaines, (804) 761-0952, jandjgaines@verizon.net.

### King George High School Presents "You're A Good Man, Charlie Brown"

The King George High School Theatre Department will perform "You're a Good Man, Charlie Brown," February 16-19. Each show starts at 7 p.m. nightly at King George High School. Cost is \$8/person. A spaghetti dinner will be served a 5:30 nightly, cost is \$6/person. Proceeds from the Wednesday night performance will assist agencies who work with the homeless and others requiring assistance as part of the department's "Helping Hands Project". Monies will also be collected at all other performances for those wishing to help. Additionally, they will be collecting canned food, packaged crackers and snacks, socks, and personal hygiene items such as toothpaste, deodorant, toothbrushes, etc. at each performance.

### NCMA Holds National Education Seminar

The NCMA Dahlgren Chapter is proud to sponsor the following National Education Seminar on Solicitations, Bids, Proposals, and Source Selection on Tuesday, March 8 from 8:30 a.m. – 4:30 p.m. The event will be held at Northrop Grumman in King George. For more detailed information about the event, contact Maria Gomez, (540) 653-3094, maria.e.gomez@navy.mil.

### 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).

### KG County Basketball Tournament on March 10

The 2nd Annual King George County Basketball Tournament will be held March 10 at the King George High School Cafe & Gym. The event starts at 5 p.m. with a spaghetti dinner, including salad and roll. Dinner charge-adults are \$5 and children are \$2. The single elimination tournament starts at 6 p.m. The cost is \$3 per person, children 4 and under are free. The teams are from each school, the School Board Office and the Sheriff's Office. There will be entertainment between games from the various clubs at each school, including the Potomac Drummers, chorus, cheerleaders and more. Who will take home the trophy? Will the KG Sheriff's Office be defeated this year? Come out for a good meal and cheer on your teachers! Proceeds benefit the King George High School PTA/Afterprom program.

### 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 day out with your dog and help the American Cancer Society find a cure!

## Indian Head

### Animal Shelter 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.

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, "My Furry Valentine" expires on February 14!

### Harriet Tubman: Meet the Woman

Gwendolyn Briley-Strand will be presenting "Meet the Woman," a portrayal of the life of Harriet Tubman, at the Indian Head Senior Center on Feb 24 at 11 a.m. Attendance is free.

Briley-Strand has been delighting audiences on stage, television and in movie theatres for over 20 years with her portrayals of Harriet Tubman, Sojourner Truth and Rosa Parks. In 1991 and 1992, she was invited to bring Harriet Tubman to the White House for the Fourth of July Celebration.

She has also portrayed Harriet Tubman at the Smithsonian, the Kennedy Center and museums and cultural organizations. She received her bachelor's degree in theater from Fordham University and is a member of the Screen Actors Guild, Actors Equity Association and the American Federation of Television and Radio Artists.

Harriet Tubman was born into slavery around 1820 on the eastern shore of Maryland. She had a hard childhood and youth, filled with many trials and tribulations. But all those hardships were necessary to make her the woman she needed to become. She developed extraordinary physical endurance and muscular strength, as well as mental fortitude. Her strength, courage, faith and steadfastness are still inspiring Americans over 80 years after her death.

Briley-Strand's presentation is sponsored by the Charles County Dept. of Community Services and the Maryland Humanities Council. The Senior Center is located on the Town of Indian Head Village Green at 100 Cornwallis Square.

### 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).

## Family Forum

Sponsored by the Henderson Hall Exceptional Family Member Program

February 15, 2011  
10:30 a.m.



Have Questions?

Come voice your questions and concerns to a panel of experts in your community. Representatives will be present from:

Marine Corps CBIRF Command  
Exceptional Family Member Program (EFMP)  
Lincoln Housing  
NNMC Indian Head Branch Health Clinic  
Indian Head Child Development Center (CDC)

Location:  
Indian Head Base Chapel located on Strauss Ave.

Call 703-693-5353 or 703-693-4172 to RSVP



## 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 [www.militaryblood.dod.mil/default.aspx](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.

#### Black History Month Observance

A national Black History Month Observance will be held Feb. 25 at 11 a.m. at the ATRC Auditorium, Bldg. 1520. Guest speaker will be Ms. Loretta Mason, motivational speaker, FAP Consultants & Associates, Inc. All are invited to attend.

### 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, USAF 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).

# Life-Saving Team Reunited

By Gary Wagner

Members of Naval Support Facility Indian Head's Fire Department hosted area resident Kahlil Gaiters for a visit to the base's fire station last month. It was a reunion of sorts between the Navy paramedics and Gaiters who were involved together in a life-saving incident in the Town of Indian Head last October.

Gaiters and his wife, Robin, were walking in the town's Mattingly Park when they spotted a man fall face down lifeless. The Gaiters' responded to the victim immediately. Kahlil determined that the man had a faint heartbeat, but wasn't breathing. As he started rescue breaths, Robin dialed 9-1-1 on her cell phone.

When the victim's pulse stopped, Kahlil began cardiopulmonary resuscitation in addition to the rescue breaths.

In the meantime, Robin's 9-1-1 call was routed to NSF Indian Head's Fire Department for a mutual-aid response. Navy paramedics George Edelen and Frankie Hannah and emergency medical technicians Mike Jackson and William Crutchfield arrived and assumed care of the victim from Gaiters.

The Navy paramedics began advanced life support treatment and determined that the victim's heart beat was not present. They were able



U.S. Navy photo by Gary Wagner

**The citizen and Navy firefighter life-saving team reunited include (l.to r.) paramedic George Edelen, medic Frankie Hannah, emergency medical technicians William Crutchfield and Mike Jackson and Kahlil Gaiters.**

to shock the patient and establish a steady heart beat and blood pressure, and transported the victim to Civista Hospital in LaPlata.

From Civista, the patient was transferred to Washington Hospital Center's cardiac care unit in Washington, D.C. He was found to have a 100-percent blockage in a blood vessel within his heart, Edelen reports.

"The patient underwent a cardiac procedure to have the blockage opened and was discharged from the

hospital a few days later with no ill effects as a result of the cardiac arrest," adds Edelen.

"The patient experienced a successful outcome due to the actions of Gaiters, whose timely response significantly contributed to the outcome. Had this citizen not received proper CPR training and not made the decision to become involved, the outcome could have been different for the patient," Edelen emphasized.

# February is Heart Health Month

By Carol Boehm-Sullivan,  
RN Naval Branch Health Clinic Indian Head

Heart Disease is the number one cause of death. About every 25 seconds, an American will have a coronary event and about one every minute will die from one. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future.

Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet, physical inactivity, and second-hand smoke are also risk factors associated with heart disease.

Some heart attacks are sudden and intense. However, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

Signs that can mean a heart attack is happening:

- Chest Discomfort - can feel like uncomfortable pres-



sure, squeezing, fullness or pain.

- Discomfort in other areas of the upper body - pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- Shortness of breath - may occur with or without chest discomfort.

- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

It is important to call 9-1-1 immediately at the onset of heart attack symptoms.

Things you can do to decrease your risk for a heart attack include reducing exposure to second-hand smoke and adopting a healthy lifestyle including diet, nutrition, exercise and fitness.

Visit [CDC.gov](http://CDC.gov) or go to the American Heart Association's website for more information.

For more news from other bases around the Washington, D.C. area visit,

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



# MWR Highlights

## Indian Head Highlights ITT Events

### 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 details.



Nearly 100 participants enjoyed American Girl Tea Parties at Dahlgren and Indian Head in January. Attendees enjoyed tea, finger foods and fun!



<b>Feb 11</b>	<b>Friday</b>	<b>7 p.m.</b>
<i>Tron Legacy</i>	PG	125 min
<b>Feb 12</b>	<b>Saturday</b>	<b>2 p.m.</b>
<i>How Do You Know</i>	PG-13	121 min
<b>Feb 12</b>	<b>Saturday</b>	<b>7 p.m.</b>
<i>Little Fockers</i>	PG-13	98 min
<b>Feb 13</b>	<b>Sunday</b>	<b>3 p.m.</b>
<i>Tron Legacy</i>	PG	125 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.

## Upcoming Indian Head Events

### Auto Hobby Shop Self Help Classes

Come by the Auto Hobby Shop on the second Monday of each month from 11 a.m. to 1 p.m. 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.

### Valentine's Day Couples 5K

February 14 - Register at the Fitness Center Front Desk by 10:30 a.m. on race day, race starts at 11 a.m. Open to all eligible patrons. \$5 for civilians, FREE for military.

### 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.

## Dahlgren Highlights

### Cannonball Lanes Bowling Center

540-653-7327

### President's Day Bowling

February 21, Noon - 7 p.m.  
Location: Cannonball Lanes  
Eligible Patrons: All with Base Access  
Bowl a game, get a game free!  
For more information contact 540-653-7327.

## Special Events & Gray's Landing on the Potomac

540-653-8785

### 4th Annual Chili Cook-Off

February 24 from 11:30 a.m. - 1 p.m.  
Location: Gray's Landing on the Potomac Restaurant  
Register at the ITT Office  
540-653-8785 by February 21

Can you handle the heat? Bring your favorite spicy, hot, medium or mild chili. Get ready to cut some onions, pour in chili powder, add beans and meat and other special ingredients to make the winning batch for the 4th Annual Chili Cook-Off at Dahlgren! Prizes awarded: \$100 - First place; \$50 - Second Place; \$25 - Third Place; \$50 - People's Choice. Only 25 contestants will be accepted. First 10 contestants who enter will receive a T-shirt. Eligible Patrons: All with base access. Sponsored by NSWC Federal Credit Union.

## Dahlgren Theater

540-653-7336

### Kids Movie Weekend

February 25 - 27  
Location: Dahlgren Movie Theater  
A selection of kid friendly movies all weekend long. For more information please call 540-653-7336.

## Dahlgren Library

540-653-7474

### Take a Magical Journey at the Dahlgren Library - FREE

Saturday February 26, 11 a.m.

Take a magical journey with local magician Michael Taggart. Fun for the whole family. Eligible Patrons: All with base access. For more information Please contact 540-653-7474.