



SOUTH POTOMAC PILOT

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

INSIDE:



Polar Plunge
pg. 2



Korean Navy Officer Course
pg. 5

PRESORT STD
US POSTAGE PAID
SO. MD.
NEWSPAPERS
PERMIT #1

Bringing it All Together

Tiffany McGregor brings passion and personality to the workplace

By Mike Welding,
NSWC IHD Public Affairs

To grasp the type of person a future leader at Naval Surface Warfare, Indian Head Division (NSWC IHD) could be like, an excellent place to look is in its Rockets and Jet Assisted Takeoff (JA-TO) Systems Branch and find its branch manager, Tiffany McGregor.

Engaging and energetic, McGregor is a study in contrasts as she easily moves from serious to lighthearted, intense in purpose to creating an atmosphere of ease.

McGregor has overseen production engineering support for Naval Air Systems Command's Direct & Time Sensitive Strike Systems Program Management Activity (PMA) 242, and the Army's Joint Attack Munitions Systems (PMJAMS) since February 2010.

They also train the Navy and Air Force on using "Smoky Sams" training rocket rounds produced at NSWC IHD. McGregor accepted her current position following an Engineering Department reorganization.

Prior to that restructuring, McGregor was the head of Air Engineering (E11) and acting head of Air Logistics (E12), positions she held the entire previous year. Since coming to NSWC IHD over eight years ago, she has worked in multiple programs on several initiatives, including Special Operations Command endeavors and the Thermobaric Advanced Concept Technology Demonstration project.

By applying for and accepting her new position, McGregor knew she was accepting a major



U. S. Navy photo by Matthew Poynor

Tiffany McGregor, branch manager for NSWC Indian Head Division's Rockets and Jet Assisted Takeoff (JA-TO) Systems, reviews a container modification proposal for 2.75" All Up Rounds with Brian Goedert, an engineer assigned to her branch.

challenge. First, her branch has sponsors with very high expectations. Meeting those expectations is always a priority, and while demanding, she emphasized that her branch is intensely focused on meeting those responsibilities.

Secondly, as with most leaders, another hurdle involves living up to the expectations of one's subordinates, many of whom had more time and experience in the branch. Ability counts, and in that regard, McGregor's has embraced a hands-on leadership approach that boosts morale. She is also a strong proponent of getting people trained, supporting them and ensuring those lessons are shared throughout her branch.

Personal Drive Brings Success

Deputy chief engineer for Airborne Rocket Systems, Brian Goedert, said McGregor is extremely supportive of her subordinates, often attending technical meetings with them, and her approach with her senior staff admirable.

"I respect the fact that she is willing to listen and take advice from those with more time in the branch. She genuinely values her senior staff's experience," he said.

See **McGregor**, page 2

Indian Head Scientist Works for the Warfighter

Inspires Potential Women Scientists

By Jonathan McDonald,
NSWC IHD Public Affairs

Dr. Christine Michienzi, Naval Surface Warfare Center, Indian Head Division's (NSWC IHD) gun propellant program manager devotes much of her time developing safer, more efficient gun propellants.

Michienzi and her team have successfully completed projects including the Navy Insensitive Low Erosion gun propellant, which earned her and fellow team member Christine Knott awards as Top Navy Scientists and Engineers of the year for 2009.

Michienzi said, "I was very honored to receive the award." Michienzi is quick to point



Dr. Delores M. Etter presents NSWC IHD scientist Dr. Christine Michienzi a 2009 Top Scientists and Engineers of the Year Award for her contributions to the Navy Insensitive Low Erosion (NILE) gun propellant.

ue to do my job the way I do even without the award."

Michienzi and her gun propellant development group recently completed development of a new propellant for the Marine Corps' 81-millimeter mortar that allows greater stand-off distance for operators and increases target set. The final phase in the development process came in December 2010, when Michienzi and her team successfully completed a live fire test at Yuma Proving Ground.

Greater stand-off distance allows warfighters a larger distance from adversaries, while an increased target set magnifies the distance and

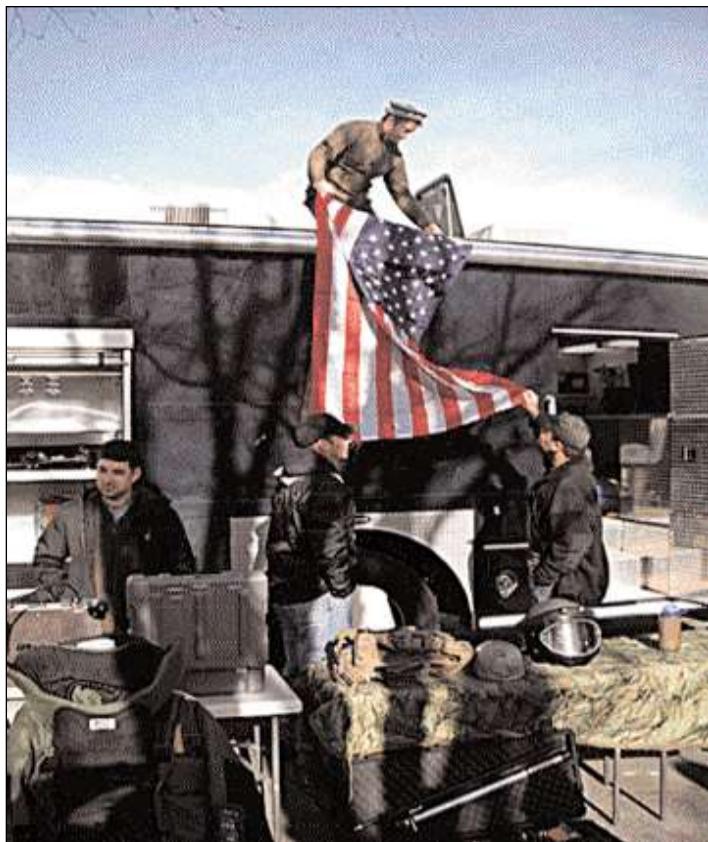
See **Scientist**, page 7

out awards are not the goal of her work. Supporting the warfighter is far more important to Michienzi, who emphasizes, "I would contin-

Dahlgren EOD Team Takes the Plunge for Wounded Warriors

The NSWCDD Explosive Ordnance Disposal (EOD) Team sets up their display at the 2011 Polar Plunge at City Dock in Fredericksburg, Va. The Feb. 12 event was a fundraiser for the Wounded EOD Warrior Foundation. The Dahlgren Navy EOD team participants included EODC Kenneth Simpson, EODC Rory Kennedy, EODC Sean Huber, YN2 Will Veras and LT Allison Moon.

Representatives from G60, including Barry Mohle pictured here, also braved the 31 degree waters of the Rappahannock River to support the cause. Taking the plunge for G60 (not pictured) were Dave Houchins, Mark Kristofik, and Cyrus Roohi. The Wounded EOD Warrior Foundation is a non-profit organization that provides assistance to our wounded EOD warriors and their families in the form of financial relief. More information about the Wounded EOD Warrior Foundation and upcoming events is available at www.woundedwarrior.org.



McGregor: Taking on difficult tasks, hard assignments

Continued from 1

McGregor's tendency to take on difficult tasks and grow professionally was evident to NSWC IHD's deputy technical director, Amy O'Donnell, early in McGregor's tenure.

"From the very first time I met her as a newly hired engineer she sought challenges and understanding. Tiffany has impressed me as a professional who strives to improve while earnestly putting all her energy into the tasks at hand. This drive has led her into progressively hard assignments," she said.

O'Donnell also said that drive led McGregor to apply to the command's Professional Development Council (PDC) where she eventually became an officer and "led a wildly successful Energetic Conference."

According to another NSWC IHD engineer and fellow PDC member for the 35th and 36th Terms, Jason Caron, McGregor's management abilities were instrumental in the corporate project.

"Tiffany's leadership of the corporate project team enabled a complete and thorough analysis of Indian Head's future and the study is frequently used as a resource by command," he said.

Caron also pointed out that McGregor was unanimously voted into the 36th Terms position as chairperson, and walked her talk on teamwork. After identifying a disconnect in the energetic community and the need for members to share ideas and efforts, he said, "We worked through several obstacles to enabling the conference to be a resounding success, paving the way for future collaborative efforts and new

opportunities for both Indian Head and the PDC."

McGregor is a huge proponent of the insight and skills one gains from membership in the Council. "The PDC was a great experience. As the PDC chair, I got to see how the command viewed PDC, and it allowed me to see the command through a larger lens," she said.

McGregor said she was fortunate to have branch managers and other leaders who were highly supportive in her participation in the PDC. She also said that many of the lessons she learned as a member, especially as the chairperson,



U.S. Navy photo by Matthew Poynor

McGregor leaves Naval Support Facility Indian Head's Child Development Center at with her sons Lachlan and Perrin. McGregor says the proximity of the base's CDC helps her to balance her professional and personal lives.

helped her develop into the type of leader she wants to be, and can sustain.

Finding Inspiration

Another important thing she has learned through her experiences at NSWC IHD is patience. "My training has made me a better listener," she noted. "I was allowed to try new things, make mistakes and learn that it's often better not to speak too soon. I believe that's important training for young people."

While McGregor credits several former NSWC IHD employees for helping her learn to be the leader she envisions, including Dr. Robert Gates, the command's former technical director, the one person she aspires to emulate is O'Donnell.

"Amy always has a positive attitude. She also taught me not to give up on myself, and to make the best of a current opportunity before reaching for the next," McGregor said.

Another inspiration for McGregor was Amy's ability to balance a demanding professional life and be a mother, an example she has found extraordinarily helpful as a young mother of two boys, two-year old Lachlan and 10-month-old Perrin.

McGregor and O'Donnell share another similarity. Both are graduates of Clarkson University in New York. McGregor's husband, Nick is as well. Ironically, they met while on a job scouting trip to Indian Head. Nick now works at Naval Sea Systems Command headquarters in the Program Executive Office carriers.

According to O'Donnell, McGregor's characteristics bode well for the future. "The energy to execute tasks, drive to improve while maintaining balance in her personal life will serve her well and provides a good model to all developing professionals," O'Donnell said.



SOUTH POTOMAC PILOT

The South Potomac Pilot Newspaper is published weekly by Southern Maryland Newspapers and Printing, 7 Industrial Park Drive, Waldorf, Md. 20602, a private company in no way connected with the U.S. Navy, under exclusive written contract with Naval District Washington.

This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The South Potomac Pilot are not necessarily the official views of, nor endorsed by the U.S. Government, the Department of Defense, or the Department of

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

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

www.dcmilitary.com/dahlgren.shtml

the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Southern Maryland Newspapers and Printing of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser

is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

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.

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.

Dahlgren Division Transforms Public Release Process with Web-Based Capability

Naval Surface Warfare Center Dahlgren Division's new web-based public release approval process – converted from a hard-copy, hand carry system in August 2009 – will save the command an estimated \$291,000 and 3,120 work hours over a 26-month period through the end of September 2011.

What used to take hours is now accomplished with the click of a mouse.

Since its deployment, NSWCDD employees submitted nearly 900 requests for public release on an electronic form for digital signature and approval by all required authorities.

The command estimates a savings of three hours for each public release request and at a rate of approximately \$100 an hour for scientists and engineers who submit over 40 requests monthly. That translates to more than \$12,000 in monthly savings.

"The electronic public release process provides full accountability," said Janice Miller, NSWCDD corporate communications acting director.

"We can see what was submitted, by whom, and when the request was approved. The public release forms, notes, and metrics, in addition to the documents, imagery, video and technical information submitted and approved for release, can be



NSWCDD corporate communications contract programmer James Tweeddale briefs NSWCDD protocol officer Kathleen Rector about the capabilities of the web-based program that streamlines the command's public release process.

quickly pulled up for review and reports any time."

NSWCDD's scientists, engineers, mathematicians and other technologists who submit unclassified technical papers and briefings for public release – in addition to the branch, division, department, security and public affairs authorities who review and approve the documents and imagery for public release – say the new process is a big time saver.

This consensus is based on widespread feedback from authors who no longer have to drive their vehicles and walk public release requests from building to building and from office to office.

Their time saved is now being used to focus on being more productive. What's

more, they applaud the ability to easily and quickly track the status of requests at any point through the command internal website.

NSWCDD corporate communications programmer James Tweeddale wrote the command's public release program with scalability and affordability in mind. Initial development and modification costs totaled \$17,000 and no further costs are required to maintain the system at NSWC Dahlgren Division.

The software Tweeddale designed to manage and maintain the public release of information electronically will function well in any military command or government agency's operating system and meet a myriad of user demands.

Moreover, the process is simple to use:

- Employees who submit a form are notified by email as their submitted forms are signed by approval authorities.

- All public release forms are archived in a searchable database where users have the capability to check status of the forms they submitted.

- Links to an electronic public release training video and a "how to" manual – adjacent to the link for users to complete a new public release form – provide authors with a step-by-step procedure to access and fill out the automated public release form. It explains how the approval process works and includes "frequently asked questions" as well as "points of contact" for questions regarding routing, form content and the public release process.

"The automated Public Release Form program is not only extremely affordable. The architecture already exists and can be reused by NAVSEA, its activities, and warfare center divisions with minimal effort," said Miller.

"It's ready to give any command the capability to automatically process, approve and track their documents for public release using digital signatures."

Korean Navy Officer Course convenes at Naval Combat System School

by Kimberly M. Lansdale, Center for Surface Combat Systems

The Center for Surface Combat Systems (CSCS) International Programs Director met with the Korean Navy Chief of Naval Education and Training to observe the start of the Aegis Staff Overview Course at the Naval Combat System School (NCSS) on Feb 09.

In May 2009, the Republic of Korea Navy (ROKN) opened the Aegis Operation Management Training Center (AOMTC), at the Naval Education and Training Command, in Chinhae. At this facility, the ROKN trains its Sailors in the operation, maintenance, and employment of the U.S. Aegis Combat System.

"Vice Adm. Sohn sat through an hour of instruction, participated with the students and expressed how happy he was with the level of instruction," said Dr. Darrell Tatro, director, International Programs, CSCS.

The number of students expected was 15 to 25 and over 60 ROKN officers arrived for this course's first convening.

"The ROKN senior staff members and captains from several ships were present," Tatro explained. "The level of instruction was outstanding and complimented the senior staff course."



"This was a critical step in transitioning Aegis capability into our fleet," said Captain Joo, commanding officer, Naval Systems Combat Schools (NCSS). After observing the course, several ROKN officers stressed the need for introduction of Anti-Submarine Warfare (ASW) training in future courses.

The mission of CSCS International Programs is to provide allied forces quality training to enable them to develop ready teams capable of operations that maintain and expertly employ surface

combatants. The directorate partner with U.S. training, readiness, and policy organizations, as well as other government agencies and industry to support international missions.

One of the key goals of the Maritime Strategy is fostering and sustaining cooperative relationships with international partners. According to the strategy, expanded cooperative relationships with other nations contribute to the security and stability of the maritime domain for all.

COMMUNITY NOTES

Indian Head

"ReNew You" Women's Workshop and Fair

The Charles County Commission for Women (CCCW) is sponsoring a "ReNew You" women's workshop and fair on Saturday, March 26, from 8 a.m. to 2 p.m. at the College of Southern Maryland. News Channel 4's Emmy-award winning anchor and reporter Wendy Rieger will be the dynamic keynote speaker for the event. The event will focus on increasing awareness of domestic violence and sexual abuse, and will serve to help raise funds to provide basic necessities for women and children who are victims.

The day-long workshop and fair will offer information, activities and seminars for women looking to renew themselves personally (self-defense), professionally (workforce skills) and financially. Health information and screenings will also be available, as will product and service vendors.

An awards luncheon will recognize women who fulfill their many roles with compassion, energy and grace to the benefit of our community. This year, CCCW will recognize the contributions of grandmothers, mothers, daughters, spouses/partners, friends, coworkers and volunteers for their community involvement.

The fee to attend the workshop and fair and awards luncheon is \$25 per person. For more information, call (301) 638-1889 or email chitsharma@yahoo.com.

Seeking Trail Attendant Volunteers for Indian Head Rail Trail

The Charles County Department of Public Works, Parks and Grounds Division, is seeking volunteers to serve as trail attendants on the Indian Head Rail Trail. Trail at-

tendants will monitor trail activities, conduct safety patrols and assist trail patrons.

Volunteers work a flexible schedule (sign up for as little as two days per month) and must be 18 years of age or older.

For additional information, please call the Indian Head Rail Trail office at (301) 885-0861, Monday through Friday, from 8 a.m. to 4 p.m.

Tutors Needed to Teach People to Read

Learn to tutor adults to read! Nine hours of tutoring sessions will be provided March 29 - 31 from 6 - 9 p.m. by the Charles County Literacy Council. A \$20 non-refundable registration fee is required. To register or for more info, call (301) 934-6488.

Boy Scouts Need Volunteers for Nominating Committee

The Zekiah District of the National Capital Area Council for Boy Scouts of America would like to add two new members to the district's Nominating Committee. (Zekiah District takes in all of Charles County.)

The purpose of the Nominating Committee is to elect district officers and district members at large. The committee meets as needed and typically around four to five times per year.

Anyone interested in serving should contact Jonathan Burnette, Zekiah District Executive, at (301) 541-8378 or jonathan.burnette@scouting.org for details.

White Plains Golf Course Offers Two-Man Twilight League

White Plains Golf Course announces the Two-Man Twilight Golf League for the 2011 Spring/Summer season. League will play Wednesday evenings, beginning on May 4.

Format will be a point system, nine-hole match. A full field will consist of 30 teams that will be divided into two divisions. The top eight teams from each division will qualify for the playoffs. Prizes will be awarded for division playoff qualifiers and playoff winners. A \$100 team entry fee is required (green fee/cart fee not included). Players must have an established Maryland State USGA handicap.

For more details and to register, contact White Plains Golf Course at 301-645-1300. White Plains Golf Course is located at the end of St. Charles Parkway, south of DeMarr Road.

Charles County's 10th Annual Heritage Bike Ride

Don't miss out on a great day of biking through beautiful western Charles County! Riders age 16 and older are invited to join us Saturday, May 14, 7:30 a.m. - 3 p.m. for a scenic ride beginning at Nanjemoy Community Center. Resident fee: \$25; non-resident: \$27; add \$5 if registering the day of the event. The pre-registration deadline is May 6. Pre-registration is strongly recommended. Lunch will be provided.

The event will start at the "end of the road" in scenic Nanjemoy, and will feature stops at local points of interest. Participants can choose from three recreational routes - 100k, 50k or 25k -- all of which begin and end at the Nanjemoy Community Center.

Souvenir T-shirts are guaranteed for all who register by May 6. For those registering after that date, T-shirts will be available on a first-come-first-served basis. Helmets are required for all riders.

For registration information or directions, please call the Nanjemoy Community Center at (301) 246-9612. The Center is located at 4375 Port Tobacco Road in Nanjemoy.

Dahlgren

Dahlgren United Methodist Church Ham Dinner

Dahlgren United Methodist Church, 17080 14th St. in Dahlgren, will hold a Ham Dinner on April 1 from 4 - 7 p.m. Takeout orders are available. For more information or to place an order, contact Cathy Cutright, cutrightrl@aol.com. All proceeds benefit the American Cancer Society.

King George Bark For Life

King George Bark For Life will be held on Sunday, Apr. 17 from 1 - 5 p.m. at Sealston Elementary School. The event, which benefits the American Cancer Society, honors our canine caregivers and is a great day out with your dog! Highlights include King George County Sheriff's Dept. K-9 demo, Dogs East Search & Rescue, pet photography by Larry Stone, Nancy Moon Dog Training, food, games and more! Registration prior to the event is \$20 per dog, register at www.relayforlife.org/barkinggeorge. Cost is \$30/dog day of event. All are invited to attend!

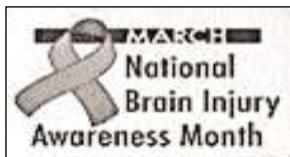
KG Relay "Walk in the Water" May 7

King George Relay For Life "Team Hopefuls" will hold a Walk in the Water on May 7 from noon - 3 p.m. at the King George YMCA. Cost is \$3 per participant. For more information, contact Marie Smith, (540) 840-4642. All proceeds benefit the American Cancer Society.

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.

March is Brain Injury Awareness Month

By Carol Boehm-Sullivan CRNP NSF Indian Head Branch Clinic



March is Brain Injury Awareness Month, which is dedicated to helping the public learn more about brain injury and how to improve the lives of those individuals living with brain injury, along with their families and caregivers.

Traumatic brain injuries (TBI) contribute to a substantial number of deaths and permanent disability each year. The CDC estimates that at least 5.3 million Americans - about 2 percent of the U.S. population - currently have a long-term or lifelong need for help to per-

form activities of daily living due to TBI.

A TBI is caused by a bump, blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. The severity of a TBI may range from mild to severe. Symptoms of a concussion can vary and may not appear for hours, days or weeks after the initial contact.

Signs of a concussion are usually any combination of the following: headache,

nausea, dizziness or a problem standing or walking, blurred or double vision, general feelings of sluggishness, sensitivity to any noise or light, a lingering groggy feeling, confusion, and trouble remembering things or focusing on one thing.

Each year in this country, at least 1.7 million persons sustain a TBI. Of that 1.7 million - 52,000 die; 275,000 are hospitalized and 1.365 million, nearly 80 percent, are treated and released from an emergency department. The number of people with TBI who are not seen in an emergency department or who receive no care is unknown.

See **Brain**, page 5

Career Fair Scheduled at National Harbor

A career fair will be held in conjunction with the CyberFutures Conference and Technology Exposition of the Air Force Association (AFA) on April 1 from 11 a.m. to 3 p.m. The conference, exposition and career fair will take place at Gaylord National Resort and Convention Center, in National Harbor, Md.

The career fair, sponsored by RecruitMilitary, will feature leading aerospace and defense firms. Many companies will be recruiting for cyber tech openings as well as for many of their other open positions. Repre-

sentatives of educational institutions will be on hand to discuss their courses in cyber technology and all of their other available course and degree options.

The career fair is free and open to all men and women veterans and non-veterans who are interested in careers in cyber technology and related fields.

To register for the event, go to the career fair information page on the web at <https://recruitmilitary.com/expos/404-National-Harbor/candidates/information>

Black History Review



U.S. Navy photo by Matthew Poyner

Power, Magic in the Word Freedom

Retired Air Force Col. Bill Saunders addresses attendees at Naval Surface Warfare Center, Indian Head Division's Black History Month event on Feb. 9. Saunders spoke about his experiences as an African American rising through the ranks of military service. His message of "plant an idea and it lasts forever" was the central theme of his presentation which also included the importance of understanding our history and continuing one's personal education. Saunders made comparisons to our nation's Civil War and the recent unrest in Egypt to support how an idea can last forever as both events were born on the idea of freedom. "Power and magic are in the word freedom!" he emphasized. The joint event with Naval Explosive Ordnance Disposal Technology Division also featured samples of ethnic foods along with poster boards displaying historical facts of African Americans.

Base Happenings

Dahlgren

Federal Women's Day Observance

A Federal Women's Day Observance will be held on March 25 at the ATRC Auditorium from 11 a.m. – 12:30 p.m. Guest Speaker will be Dr. Erin Fitzgerald, Fellow with the Basic Science Office in the Research Directorate of the Office of the Director, Defense Research and Engineering. All are invited to attend.

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 April

The Armed Services Blood Program will hold a blood drive on Thurs., April 14 from 10 a.m. – 2 p.m. at the Chapel Annex. 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.military-blood.dod.mil/default.aspx>.

FFSC Legal Appointments

The Fleet and Family Support Center is offering appointments to meet with a legal representative on March 25. This service is open to all active duty military, their family members and military retirees with legal needs. To make an appointment, call (540) 653-1839 or (800) 500-4947.

Indian Head

Volunteers Needed for Indian Head Alice Ferguson Foundation Beach Cleanup

Plan to join your fellow community members in this year's Alice Ferguson Foundation cleanup, removing trash from the Potomac River Watershed. Event will be held Sat., April 9 from 9 a.m. - noon.

For more info or to volunteer, contact Travis Wray, 301-744-2262.

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.

USO Announcements

Dahlgren USO

Hours of Operation
Monday and Tuesday
10 a.m. - 2 p.m.

Sesame Street Room

Dahlgren USO will open its new Sesame Street play room April 4!

Play Group

Beginning April 4, the Dahlgren USO will host a Play Group for kids 5 and under every Tuesday from 10-11 a.m.

Indian Head USO

Hours of Operation
Wednesday 10 a.m. - 2 p.m. , Thursday 11 a.m. - 1 p.m.

Play Group

Beginning March 16, the Indian Head USO will host a Play Group for kids 5 and under every Wednesday from 10-11 a.m.

Bread Giveaway

USO Indian Head patrons are invited to take advantage of a bread giveaway every Thursday from 11 a.m. to 1 p.m.

For more information on USO activities at Dahlgren and Indian Head, or to volunteer at either USO center, contact Elizabeth Laub at (540) 663-2360.



BRAIN

Continued from 4

TBI is a contributing factor to a third (30.5%) of all injury-related deaths in the United States. About 75 percent of TBIs that occur each year are concussions or other forms of mild traumatic brain injury. Direct medical costs and indirect costs of TBI, such as lost productivity, totaled an estimated \$60 billion in the U.S. in 2000. It has been said that a TBI occurs every 23 seconds and that almost 1.5 million Americans will endure one over the next year.

Children age 4 years and older, adolescents age 15 to 19 years, and adults age 65 years and older are most likely to sustain a TBI. In every age group, TBI rates are higher for males than for females. Almost half a million (473,947) emergency department visits for TBI are made annually by children infants to age 14. Adults age 75 years and older have the highest rates of TBI-related hospitalization.

Falls are the leading cause of TBI. Rates are highest for children age 0 to 4 years, and for adults age 75 years and older. Falls result in the greatest number of TBI-related emergency department visits (523,043) and hospitalizations (62,334). Motor vehicle-traffic injury is the leading cause of TBI-related death. Rates are highest for adults age 20 to 24.



MWR Highlights

Indian Head

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. April 11 - Cleaning Tips
Call the Auto Hobby Shop at 301-744-6314 for class details. Open to all eligible patrons.

Comics on Duty – Back by Popular Demand!

April 13 starting at 7 p.m. at the Mix House
Don't miss this FREE all headliner show

ITT Trips & Specials

Springtime in New York

April 2
Let the ITT Office take you to New York for the day! \$60 per person includes roundtrip transportation aboard a deluxe motor coach. Register by March 18. Call the ITT Office at 301-744-4850 for more information.

Kenny Chesney & Zac Brown Band

June 4 at FedEx Field
Tickets are available in sections 140, 325 and 336 and start at \$104.50. All tickets must be purchased by March 18. Call the ITT Office at 301-744-4850 for more information.

Dahlgren

Dahlgren Fitness Center
540-653-8580

Monthly Fit & Healthy Group Meeting - Join Anytime!

Every Tuesday at 5:15 p.m. Location: Fitness Center
Eligible Patrons: All With Base Access
Join us..Dahlgren Fitness Center and the Fit to Win Program are holding a weekly meeting to help you meet your health and weight loss goals. Anyone with base access is eligible to attend. Registration is not required. Please contact Fitness Coordinator at 540-653-2016 for more information.

Ballet/Jazz Classes

Classes start March 21
Mondays and Thursdays for eight weeks. Cost is \$40 for military and \$50 for civilians. Classes are held in the group fitness room at the Fitness Center. Registration opens March 7 for all with base access - March 14 open to the public. Registration closes March 25. Please contact Fitness Coordinator at 540-653-2016 for more information.

Isshinryu Karate Classes

New Session begins April 4 (3 month session)
This program runs year round. Classes are open for ages 6 and up. Register at the Fitness Center. Call 540-653-8580 for more information.

Dahlgren Youth Activities Center

540-653-8009

Don't forget to sign your kids up for Summer Camp!

Registration starts April 4. Please call 540-653-8009 for more information.

Youth Photography Exhibit

April 7
At the Youth Activities Center - exhibit will be held during the day 12 - 2 p.m., the awards presentation in the evening 6 - 7 p.m. Please call 540-653-8009 for more information.



Dahlgren Theater
540-653-7336

March 18 <i>The Rite</i>	Friday PG-13	7 p.m. 109 min
March 19 <i>No Strings Attached</i>	Saturday R	2 p.m. 108 min
March 19 <i>The Mechanic</i>	Saturday R	7 p.m. 100 min
March 20 <i>The Rite</i>	Sunday PG-13	3 p.m. 109 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 events at NSF Dahlgren, subscribe to our Dahlgren Electronic Newsletter, delivered weekly via e-mail. Contact: Dahlgrenmarketing @verizon.net or FFRPMarketing_Dahlgren@navy.mil to subscribe. For more information call 540-653-8785 or 540-653-7336.

Cannonball Lanes Bowling Center

540-653-7327

King and Queen of Bowling

March 26 starting at 8 p.m. Eligible Patrons: All with base access. Who's the best bowler at Dahlgren? Come out and prove you are! \$10 per person. Prizes for 1st & 2nd place men and women. Must be 18 to bowl. For more information contact Cannonball Lanes at 540-653-7327.

May 3 Security Awareness Symposium

The Aegis Ballistic Missile Defense (BMD) Program Office will conduct its 5th Annual Security Awareness Symposium (formally called INFOSEC Symposium) on May 3, in Building

1705 on board Naval Support Facility Dahlgren.

The theme for this year's event is "Network Security - Threat, Mitigation & Response" and will include briefs on disposable intelli-

gence, anti-terrorism Level 1, social engineering, network security best practices, and the virtual worlds of the Internet.

There are many emerging developments in all areas under the security umbrella, and this year the emphasis will be on the practices and procedures that attendees can implement in order to safeguard Aegis BMD networks.

The goal of this symposium is to provide Aegis employees, supporting contractors and other employees the latest updates and changes in our security environments. Briefers for these updates are recognized experts who can present these issues in an entertaining yet professional manner.

All commands at NSF Dahlgren are encouraged to send representatives who can take the information presented at the symposium back to their work centers.

The overall classification level of the symposium will be secret. Contact Rob Ketterer at (540) 663-1866 or robert.ketterer.ctr@mda.mil, or Anthony Norwood at (540) 663-1801 or anthony.norwood.ctr@mda.mil, by April 22 to confirm your plans to attend. You can register for the event at SecurityAwarenessSymposium@mda.mil.




**Inaugural
VA-ACME/Virginia Wounded Warrior Program
Golf Tournament**

SWING your clubs with the Virginia Advisory Council on Military Education
and the Virginia Wounded Warrior Program

4 Person Scramble Shotgun Start
March 22nd, 2011 at 11:30AM (check in begins at 10:30AM)

Eagle Haven Golf Course
Joint Expeditionary Base Little Creek-Ft. Story

\$50 per player includes lunch: Sign up, get more details and learn about sponsorship opportunities at <http://www.va-acme.org>. Checks, made payable to Virginia ACME, must be received by Friday, March 18th.

* For more information, contact Michael at michael.mjdure@strayer.edu or Mike at jmcampden@byvanstraton.edu. For information about the golf course, call the Pro Shop (757-462-8526).

** Proceeds benefit the Virginia Wounded Warrior Program.




**2nd Annual
Radley Cadillac ~ Chevy
King George Hall of Fame
Benefit Golf Tournament**

Saturday, April 16, 2011
9:00 A.M. Shotgun Start



Cameron Hills Golf Links
14140 Salem Church Rd. King George, VA 22485
www.cameronhills.com
540.775.4653

Registration Begins at 8:00 am
ENTRY FEE : \$300/Team \$80 Individual
Entry Fee includes Mulligans, Red Tee Special, Closest to the Pin,
Long Drive, Door Prizes, Putting Contest,
Hole in One Prize on All Par 3's, Driving Range
FORMAT: Four Person Captain's Choice
Prizes for 1st, 2nd and 3rd Place Teams

Lunch Served
Proper Golf Attire is Required. No Jeans or Tee Shirts.
Soft spikes are required of all players. No personal
coolers allowed on golf course.

Submit your application and entry fee no later than April 13, 2011
to reserve your spot.

Team Name: _____ Team Contact's Email: _____
Captain: _____ Contact's Phone: _____
Player 2: _____
Player 3: _____
Player 4: _____

Mail Checks to: King George Hall of Fame
Mail to: Gary Butler, President KGHF
10009 Altamont Circle
Fredericksburg, VA 22408
540.847.7733
www.kinggeorgehalloffame.com

SCIENTIST

Continued from 1

accuracy of the mortar. The result is a more stable thus safer propellant and mortar for the warfighter. Michienzi added, "It should have a lower life cycle cost."

According to Michienzi gun propellant research is unique to Indian Head Division. As a result, her work reaches beyond NSWC IHD and the Fleet. This special capability at Indian Head makes the division an important element within the Department of Defense (DoD).

Michienzi takes a hands on approach in her team's projects. "I'm also very involved technically in the propellant research itself," she said.

Michienzi is also active outside her work with NSWC IHD. For several years she has actively promoted opportunities for women in math and science throughout Maryland.

"I thinking it's important for young women to see that there are women who do pursue those fields and that there are a lot of different things you can do with math and science, things that might be of interest to them."

Michienzi's efforts have had some success in the fields of math and science. "I still go to meetings where I'm the only woman in the room, but it's less frequent," she said.

Sharkfest Swim to Benefit KG YMCA

Registrations are now being accepted for the Inaugural Potomac River Sharkfest Swim scheduled for Sunday, May 22.

The 3-kilometer (~1.8 miles) swim will start at Aqua Land Marina in Charles County, Md. and parallel the Harry Nice Memorial Bridge (Hwy 301) to finish at Dahlgren Wayside Park in King George County, Va. The swim start time will be 9 a.m.

Registration is open at www.sharkfestswim.com. Registration fees are \$75 for adults, \$25 for juniors age 17 and under, and \$35 for active-duty military members. The event is limited to 500 participants, so early sign up is encouraged.

Proceeds from Potomac River Sharkfest will benefit the Rappahannock Area YMCA in King George.

This event is for experi-

enced open-water swimmers only. You should be able to swim one mile comfortably in a pool in under 40 minutes.

Full details will be included in an entrant newsletter that will be emailed to all paid participants and posted on the Sharkfest web page approximately two to three weeks prior to the event.

