



SOUTH POTOMAC PILOT

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

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Navy Marine Corps Relief Society Celebrates 106 Years

On January 23, 1904, nineteen volunteers founded the Navy Relief Society to provide assistance to Navy and Marine Corps widows and orphans. Initial funding came from the Navy's share of the proceeds from ticket sales of the 1903 Army-Navy football game (a total of \$9,000). The operation was able to expand to several regional auxiliaries after just one year to more efficiently solicit contributions and distribute financial assistance to clients.

Today the organization is known as the Navy Marine Corps Relief Society (NMCRS), and their yearly campaign is in full swing. This year's motto is "It's Not About Marines and Sailors Giving More; It's About More Marines and Sailors Giving." Offering a helping hand costs money, and NMCRS is asking Sailors and Marines to give their fair share.

NMCRS services permit the Navy and Marine Corps to "take care of their own" when emergency assistance is needed. Nearly 75 percent of the Society's financial assistance cases deal with food and shelter expenses, car repairs, and

emergency transportation costs associated with emergency leave. Each year the Society dispenses over \$40 million in assistance to help Sailors and Marines in need.

The Society also has a visiting nurse program that in 2010 made over 48,000 patient contacts worldwide. The Combat Casualty Nurses are currently supporting over 1,100 injured servicemembers and their families and have made over 18,000 patient contacts.

Sailors and Marines and their families that are expecting a new addition can get a layette, or "junior seabag," that includes new baby items and an afghan made by one of hundreds of volunteers.

Enjoying a strong partnership with the active duty Navy and Marine Corps leadership, the Society has also taken an active role in promoting personal financial management training as an effective method for achieving financial self-sufficiency.

All contributions made to NMCRS go to eligible recipients. Administrative costs for NMCRS are paid with proceeds from the re-



serve fund that was created from a national fundraising campaign conducted by private individuals during World War II. Endorsed by President Roosevelt, that campaign raised \$10 million to rescue the Society from the brink of bankruptcy. It has grown through the years, and in addition to providing funding for NMCRS administrative expenses, it provides a solid basis for responding to both natural and man-made catastrophes.

Sailors and Marines may contribute through an allotment or through a one-time cash donation. Military or civilian personnel may contribute with a one-time cash contribution.

The campaign runs until April 9.

To contribute to Navy Marine Corps Relief Society, please contact one of these command representatives:

- MA1 Sarah Wood, NSASP – (301) 744-4220
- FCC Clifford Kelley, ATRC – (540) 653-1018
- FC1 James Mounts, ATRC – (540) 653-1025
- FC1 John Trowbridge, ATRC – (540) 653-1523
- IS1 Seth Phelps, JWAC – (540) 653-1432
- Capt. Matt Williams, NOSSA – (301) 744-6043
- CS1 Marvin Cole, NSWC IHD – (301) 744-4816
- Ens. Seth Williams, NAVFAC – (301) 744-2172

MWR Announces Quality of Life Facility Changes

The Naval Support Activity South Potomac Morale, Welfare and Recreation Department has announced changes to facility hours and cancellation of some events due to regional budget cuts. Most of the changes begin Friday, April 1.

Tom Kubalewski, NSASP Fleet and Family Services Director, stated that the changes were taking place due to immediate budget cuts.

"Hours of operation are directly related to the variable cost of operating the activity," said Kubalewski. "In order to reduce some of our expenses we have to reduce hours of operation. When reviewing which hours to eliminate, we took into account those times where customer use was at its lowest, therefore providing less of an impact to the member," said Kubalewski.

"These changes are not permanent. We are responsible for managing these programs based on the funding we receive and the amount of revenue we can generate," said Kubalewski. "These adjustments are based on worldwide budget cuts that are being felt across the enterprise. Once funding levels are restored we can revise these hours of operation."

Kubalewski added that to keep the facilities so that they're

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Military Affairs Council Tours Dahlgren

By Gary Wagner

Naval Support Activity South Potomac hosted about 80 members of the Fredericksburg Chamber of Commerce's Military Affairs Council for a breakfast roundtable and tour of a handful of mission activities on board Naval Support Facility Dahlgren on March 17.

The day-long event opened with breakfast and a speaker's program at the Gray's Landing on the Potomac MWR restaurant. Following the presentation of colors by Aegis Training and Readiness Center's color guard, Capt. Catie Hanft, NSASP Commanding Officer welcomed the group.

"We appreciate and value the work of the Military Affairs Council in support of this installation and the many mission activities it represents," she emphasized.

"Particularly in this challenging period of constrained resources, having an advocate in the form of the Military Affairs Council, without



U.S. Navy photo by Gary Wagner
Kevin Cogley, a mechanical engineer in Naval Surface Warfare Center Dahlgren Division's Collective Protection Branch, provides a working demonstration to members of the Fredericksburg Chamber of Commerce's Military Affairs Council, to describe how a collective protection system functions on board a Navy ship.

cal Director for Naval Surface Warfare Center Dahlgren Division.

Rear Adm. Horn reviewed the development and growth of Navy's ballistic missile defense (BMD) capabilities. He highlighted both the current impetus to expand this mission area in conjunction with implementation of President Obama's Phased Adaptive Approach directive that assigns increased BMD responsibilities to Navy, as well as technical advances in the U.S. Navy's Standard Missile that will provide for greater

question, helps validate the importance of Dahlgren both to our community and to the nation," Hanft said.

The speaker's program featured Rear Adm. Joseph Horn, Commander for the Aegis Ballistic Missile Defense Field Activity; Marine Col. Michael Orr, Commander for the Joint Warfare Analysis Center; and Stuart Koch, Deputy Techni-

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Tour: MAC Visits NSF Dahlgren

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ranges for intercept of BMD threats.

The future of the Joint Warfare Analysis Center was addressed by Col. Orr, who validated that the command would be cutting about 150 jobs from its current workforce of 540 military and civilian personnel as a result of DoD's decision to disestablish U.S. Joint Forces Command (USJFCOM).

Currently a component of USJFCOM, JWAC will continue to function, but within a different DoD command structure, potentially reporting to either the Joint Staff or U.S. Strategic Command, Orr said.

Wrapping up the speaker's program, Stuart Koch highlighted some of NSW-CDD's current technical



U.S. Navy photos by Gary Wagner

Speaking to members of the Fredericksburg Chamber of Commerce's Military Affairs Council, Tom Boucher, electromagnetic rail gun test director for Naval Surface Warfare Center Dahlgren Division, describes how the disassembled laboratory launcher containment works to hold the rail gun rails in position during firing.



Members of the Fredericksburg Chamber of Commerce's Military Affairs Council, visiting Naval Support Facility Dahlgren, are briefed by Meredith Bondurant on work in the areas of biological defense being conducted by Naval Surface Warfare Center Dahlgren Division's CBR Defense Division.

and business initiatives prior to the council members' tour of the Aegis Training and Readiness Center and

NSWCDD's electromagnetic rail gun test facility and chemical biological defense laboratories.

Join in Dahlgren and Indian Head Earth Day Events

*Just Do It ...
Your Part to Improve
Our Environment*

Naval Support Activity South Potomac will host a number of events between Naval Support Facility (NSF) Indian Head and NSF Dahlgren on April 22 in celebration of Earth Day 2011.

All base employees and residents are invited to participate in one or more of the activities listed, all being sponsored by NSASP's Environmental Office to increase both awareness and participation in improving our environment.

Battery and Cell Phone Recycling

Events at both NSF Dahlgren and NSF Indian Head will afford employees the opportunity to recycle used rechargeable batteries and cell phones.

NSF Dahlgren's parade field pavilion will feature environmental program displays, and Environmental Office staff will be on hand to collect used rechargeable batteries and cell phones for recycling from 10 a.m. to



1 p.m. This includes personal-use rechargeable batteries and phones:

- Nickel Cadmium (Ni-Cd)
- Nickel Metal Hydride (Ni-MH)
- Lithium Ion (Li-Ion)
- Nickel Zinc (Ni-Zn)
- Small Sealed Lead (SSLA/PB)
- All cell phone makes and models (please

bring chargers if available)

A drive-through collection area for batteries and cell phones will be located across from the Cannonball Lanes Bowling Center on Jenkins Rd. The cell phones and batteries will be shipped to Call2Recycle where they will be recycled for free.

At NSF Indian Head, a drive-through collection area will also collect batteries and cell phones (as noted above) located at the Contractor's parking lot on East Farnum Rd. on the way out toward Main Gate. The collection area will be open from 11 a.m. to noon and again from 3 to 5 p.m. on both Thursday, April 21, and Friday, April 22. Displays and energy conservation brochures will also be available.

We have not inherited the world from our forefathers—we have borrowed it from our children.

Kashmiri proverb.

Shred It or Donate It

In conjunction with the Earth Day events at Dahlgren's parade field on April 22, the NSWC Federal Credit Union is sponsoring a shredder truck that will be available for employees to dispose of personal documents

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

www.dcmilitary.com/dahlgren.shtml

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

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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

From the Ferry Farm area to Dahlgren Bldg. 1500 area. Prefer early work hours. Call Mark, 540-653-2148.

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 main side. 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 main side. Current work schedule 0700-1530. Call Karen, 540-653-9429.

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.

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.

FREDERICKSBURG RIDESHARING SERVICE

GW RideConnect is a free ridesharing service that assists persons who are seeking daily transportation from Fredericksburg, Stafford, Spotsylvania, Caroline and King George counties to employment locations in Dahlgren among other employment sites. Go to www.gwregion.org/gwrideconnect.html.

SECDEF Science Officer featured in Women's History Program

Promoting a Diverse Engineering Workforce

By Margie Stevens, NSWCDD
Corporate Communications

"What does a Computer Engineer look like?" is a question Dr. Erin Fitzgerald has been asked more than once, and at the Women's History Observance on March 25 sponsored by Naval Surface Warfare Center Dahlgren Division (NSWCDD), she offered some answers.

"Engineers come in all shapes, sizes and wardrobes," Fitzgerald said as she traced her career from the cubicles of Intel to her current role with the Basic Science Office under the Assistant Secretary of Defense for Research and Engineering.

As for the wardrobe, Fitzgerald has particular insight, as she was selected to be a consultant for the design of Mattel's Computer Science Barbie, first issued in 2010. "Engineer wardrobes come in a broad range, from a tee shirt and jeans, to a 'labby look,' to 'Pentagon fresh,'" Fitzgerald said.

"The real message is that an engineer isn't something to pigeon hole," she added. The doll, accessorized with a pink laptop computer and wearing sparkling leggings, delivers an image much more appealing than the proverbial "cubicle drone," as Fitzgerald



U.S. Navy photo by Kimberly Brandts

Dr. Erin Fitzgerald was the keynote speaker for the Women's History Month observance at Dahlgren.

dubbed the stereotype.

By having a role in designing Computer Science Barbie, Fitzgerald hopes that she has helped girls see that being an engineer is attainable no matter who you are and that "everyone's invited."

In addition to her work in policy and defense intelligence, Fitzgerald actively supports science, technology, engineering and math (STEM) initiatives for young people, especially girls. She hopes to show them that computer en-

gineering is basically problem-solving and can be very creative.

Fitzgerald also commented on diversity in general and emphasized that with all the engineering challenges we face today, a diverse engineering workforce is important so that multiple perspectives can be applied. "We cannot afford to exclude any potential contributors," Fitzgerald insisted.

Fitzgerald paid tribute to pioneer female engineer Grace Hopper, a Dahlgren legend, who invented the Cobol programming language and is credited with coining the term "computer bug" while working for the Navy at Dahlgren at what was then the Naval Weapons Laboratory.

In his opening remarks, NSWCDD Commander, Capt. Michael Smith, mentioned other legendary Dahlgren females including Dahlgren's first mathematician, Eva Jane Hershey, hired in 1944, and the first female engineer, Beverly Jablonskis, hired in 1961.

The 2011 National Women's History Month theme is "Our history is our strength." The theme was echoed by both Capt. Smith and Capt. Catie Hanft, Commanding Officer for Naval Support Activity South Potomac, who encouraged the audience to learn about women in their own families, communities and workplace, in order to better understand how they have contributed to the strength of the nation today.

EARTH

Continued from 2

(up to three boxes) in an environmentally-friendly manner from 9 a.m. - Noon. Please note: the shredder truck will not accept government documents for shredding.

Goodwill Industries will also have a truck on site for donations of clothing.

And while you're taking in all the Earth Day opportunities at the parade field, the Navy Ball Committee will be on hand to sell lunch.

Tree Planting

All base personnel at NSF Indian Head are invited to stop by the lawn next to Building D-28 on Strauss Ave., headquarters for Naval Support Activity South Potomac, during their lunch break for a tree planting event at 12 noon.

During the informal lunch-time ceremony, two saucer magnolia saplings will be planted. The tree plantings will enable NSF Indian Head to be recertified as a Tree City USA community based on urban tree care and tree plantings within the administrative area of the facility.

Energy Conserving "Power Lunch"

The NSASP Environmental Office is recommending an optional "Power Lunch" event on Friday, April 22.

Employees at Dahlgren and Indian Head are asked to turn off all lights and non-critical equipment in offices while you are out to lunch that day.

NSASP Utilities will measure the energy consumption over lunch time that day and report the savings in an upcoming issue of the South Potomac Pilot.

23rd Annual Potomac River Watershed Cleanup

In addition to the events planned for

Earth Day on April 22, employees are invited to participate in the 23rd annual Potomac River Watershed Cleanup event on board NSF Indian Head on Saturday, April 9. Join thousands of other volunteers across the region in removing trash from the Potomac River watershed.

The river cleanup on base will be conducted from the Dashiell Marina from 9 a.m. to 12 noon. Gloves and bags will be provided, but be sure to bring sturdy boots or shoes and wear appropriate clothing.

Lunch will also be provided following the cleanup. The event will be hosted rain or shine.

For more information, contact Travis Wray at (301) 744-2262.

Save the Crabs, Then Eat Them

Fertilizers contain high levels of algae-promoting nutrients that lead to a reduction in underwater grasses, the most critical habitat for blue crabs and other Chesapeake Bay creatures. Areas of the bay covered in grasses are home to about 30 times more underwater life than barren areas. Without this habitat, there are fewer areas for juvenile sea creatures to live and grow.

We may think the actions we take in our yards are contained within our fences, but runoff from fertilizers, pesticides and pet waste collectively have a big impact on our local streams, creeks, rivers - and ultimately the Chesapeake Bay. A healthy bay begins in your backyard. Follow these tips to help clean the bay, one yard at a time.

Skip the Spring Fertilizer

While many of us think spring is the best time to start fertilizing our lawns, fall is actually the time of year when cool season grasses benefit most from fertilization. Heavy spring rains wash fertilizers off our lawns and into local waterways, where they can fuel the growth of algae that harms fish and blue crabs.

Waiting until fall to fertilize lawns has

a triple benefit:

- It keeps more fertilizer on the lawn where it could do its job, due to less rain.
- It promotes grass root growth instead of blade growth, making the lawn stronger and healthier than with spring fertilization.
- It's less harmful to the Chesapeake Bay, as less fertilizer is washed into it, fertilizer that does reach the bay does so outside of peak algae bloom season.

What is Earth Day?

Earth Day is intended to inspire awareness and appreciation for the Earth's natural environment. The event was first established by U.S. Senator Gaylord Nelson as an environmental teach-in on April 22, 1970. Twenty million people across the United States participated in that event.

Earth Day worked because of the spontaneous response at the grass roots level. As environmental awareness has continued to increase, so has the involvement and success of Earth Day. Earth Day went international in 1990, with events being held in 141 nations.

Earth Day is now celebrated in more than 175 countries every year. Even with more than half a billion people celebrating Earth Day each year, the Earth still faces tremendous environmental concerns, from global warming to waste management to safe and sustainable energy development.

The Navy has made tremendous strides in environmental protection and sustainable development. The first "Gold" certified Leadership in Energy and Environmental Design (LEED) building in Naval District Washington is the Surface Sensors and Combat Systems Laboratory (Bldg. 1530), recently constructed at NSF Dahlgren. The building incorporates locally purchased recycled materials, premium indoor air quality, a high level of energy efficiency, water efficiency and many other environmentally friendly and sustainable attributes.

COMMUNITY NOTES

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. Eat-In or Take-Out choice.

Pre-event tickets are available. Dinner includes ham, potatoes, green beans, applesauce, rolls, cornbread and desserts. Eat-in includes drinks. Suggested donation is \$5. DUMC is located at the corner of Dahlgren Rd. and 14th Street. For more information or tickets contact us at 663-2230. Please join us for a delicious meal that will warm your heart for a great cause!

For more information or to place an order, contact Cathy Cutright, cutrightrl@aol.com. All proceeds benefit the American Cancer Society.

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 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! Registra-

tion prior to the event is \$20 per dog, register at www.relayforlife.org/barkkinggeorge. Cost is \$30/dog day of event. All are invited to attend!

KG Relay "Walk in the Water" on 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 YM-CA. Cost is \$3 per participant. For more information, contact Marie Smith, (540) 840-4642. All proceeds benefit the American Cancer Society.

Indian Head

2011 Household Hazardous Waste Collection Begins April 2

Household hazardous waste collection for 2011 will begin on Saturday, April 2, and will continue on the first Saturday of each month through December. Citizens are reminded that the household hazardous waste collection site has moved from the recycling center at the landfill on Billingsley Road to the parking lot of the Department of Public Works building, located at 10430 Audie Lane, off of Radio Station Road in La Plata. Collection hours are 9 a.m. – 3 p.m. 2011 collection dates are: April 2, May 7, June 4, July 2, August 6, September 3, October 1, November 5, and December 3.

Items accepted free of charge include: pesticides, herbicides, fertilizer, gasoline, oil-based paint, cleaning supplies, pool chemicals, batteries, expired prescription drugs, fluorescent lights, mercury thermometers, and other poisons found in the home. Please remember to mark any container that does not have a readable, original label.

Unacceptable materials include biomedical waste (sharps, needles, anything with bodily fluids) and ammunition. Used motor oil, anti-freeze, propane tanks, and batteries are accepted on a regular basis at various collection sites. Latex paint is not considered hazardous waste and can be placed in your household trash as long as it is solidified. This can be accomplished by adding kitty litter, shredded paper, or sawdust to the liquid latex paint to aid in drying

it out.

For more information, please call the Charles County Department of Public Works, Environmental Resources Division at 301-932-3599 or 301-870-2778, or the landfill and recycling information line at 301-932-5656. Citizens with special needs may contact the Maryland Relay Service at 711, or Relay Service TDD: 800-735-2258.

CSM Women + Math Essay Contest for Students Contemporary Women's Contributions to STEM Fields is Focus for Writing

The College of Southern Maryland is offering an essay contest to increase awareness of women's contributions in science, technology, engineering and mathematics (STEM). The contest, sponsored by CSM's Mathematics, Physics and Engineering Division, is open to girls ages 13 to 21. Contestants are required to interview a woman in a STEM career working in academia, industry or government and write a 500- to 800-word narrative essay based on the interview. Two winners will receive prizes valued up to \$250.

Interview topics for the essay can include the woman's motivation for pursuing her chosen career in STEM, her educational background, specific day-to-day activities regarding her career, her family and cultural background's affect on her career path, and her advice to students interested in pursuing a career in her field.

Eligible essays must be post marked by April 8. For contest guidelines and entry form, visit <http://www.csmd.edu/Women&Math/essay/index.htm> or for more information contact Sandra Poinsett at sandrap@csmd.edu or 301-934-7808.

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 attendants 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.

Town of La Plata Holds Community Yard Sale

The first Town of La Plata Community Yard Sale of 2011 takes place on Saturday, May 7 from 8 a.m. to Noon. The cost to participate as a vendor is just \$10 for one table/space or \$20 for two. To download an application in pdf form, visit www.townoflaplata.org. If you have any questions, contact Marcia Keeth at 301-934-8421.

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.

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.

Charles County Commissioners Visit Indian Head

U.S. Navy photo by Gary Wagner

Charles County Commissioners, newly elected last November, and other county officials paid a day-long visit to Naval Support Facility Indian Head on March 22. The group received briefings to update them on the installation and its current mission activities, and highlight current and planned military construction and infrastructure development projects. Navy's plans for upgrading the base's steam distribution system and for offering underutilized Navy property for construction of a new natural-gas fired power plant were also discussed. The visit concluded with a briefing on the mission of Naval Explosive Ordnance Disposal Technology Division and a tour of NSF Indian Head's Stump Neck Annex by NAVEODTECHDIV's Executive Director Jason Shaffer. Pictured during their visit at Stump Neck are (front row l. to r.) Gene



Lauer, acting interim director of economic development; Commissioner Reuben Collins II; Commissioner Debra Davis; Commissioner President Candice Quinn Kelly; (back row l. to r.) Capt. Smith, NAVEODTECHDIV Commanding Officer; Jason Shaffer; Commissioner Ken Robinson; Commissioner Bobby Rucci; and County Administrator Dr. Rebecca Bridgett.

Dahlgren Officers' Spouses Club Accepts Charity Requests

The Dahlgren Officers' Spouses Club (DOSOC) annually distributes money raised through Second Tour thrift shop to non-profit organizations. Organizations that would like to request funds this year must do so by April 15th. If your club or organization could use some additional funds, why not request it from DOSOC? All you have to do is send DOSOC a written letter with the following information:

- 1) The organization's name, purpose, and how it benefits the local community or military
- 2) Amount of money being requested and how the funds will be used
- 3) Contact name, telephone number, e-mail and USPS addresses

Mail letter via the US Postal Service with a postmark no later than April 15, 2011 to:
Dahlgren Officers' Spouses Club
Attn: Charities Committee
722 Sampson Road, Dahlgren, VA 22448

Please be aware that requests submitted via other means or postmarks after April 15, 2011 will NOT be considered. If there are any questions, please call 540.625.2141. All donations will be awarded by June, 2011.

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



MWR Highlights



Broske Bowls a 300

It's an accomplishment that most bowlers can only dream about, and even for the best it remains elusive.

It's the "perfect game" -- when every roll of the bowling ball results in a strike, taking down all 10 bowling pins. If a bowler can record a strike in all 10 frames of a regular game, and strikes in the carryover frames, the score totals a maximum of 300 points.

That's exactly what Corporal Scott Broske, a police officer for Naval Support Activity South Potomac, was accomplished recently during a sanctioned bowling league event at Naval Support Facility Dahlgren's Cannonball Lanes Bowling Center.

Broske's lucky night came on Feb. 17 while he was bowling in the Thursday night mixed league sponsored by NSASP Morale, Welfare and Recreation. His perfect game was the first sanctioned 300 game scored during the 2011 league season.

Broske has been a police officer at Dahlgren for two years. He joined the department following service with the Navy, where he served as an Aviation Boatswain's Mate Handler for four years. He saw two tours overseas assigned to the aircraft carrier USS Harry S. Truman.



U.S. Navy photo by Gary Wagner

Face-Stuffing Fun

A dozen Sailors and base employees chowed down in a pepperoni pizza-eating contest, part of the festivities marking the March 16 grand opening of the new Game Time Sports Bar concession at the Cannonball Lanes Bowling Center on Naval Support Facility Dahlgren. The winning team of three that finished the most pizza together in 15 minutes each received a \$100 cash prize. Pictured stuffing their way to a first-place finish are (l. to r.) Will Solt from base recycling, Mike Cannon from MWR and Fire Controlman 3rd Class Carl Krohne from the Aegis Training and Readiness Center. As an MWR employee, Cannon was ineligible for the prize money, so the cash he earned went to Fire Controlman Seaman Erich Strache from ATRC, who eat more pizza singlehandedly during the contest.

Pass the Roloids!

Month of Military Child Family Day Eggstravaganza

Saturday April 9 starting at 10 a.m. on the Dahlgren Parade Field. Annual Egg Hunt is for ages 0-3, 4-6, 7-9 and 10 and up. Prizes will be awarded in each age group. Be sure to bring a basket or bag to carry your eggs. Come early! Event starts on time. Music, information tables and crafts. All are welcome! Come join the fun! Hosted by Lincoln Military Housing. For more information please contact Shayla Newman, Community Services Coordinator 540-663-2190.

Special Events

540-653-8785

Comics on Duty

April 15 - Doors open at 6 p.m. (Tickets are FREE and available at the ITT office.) Comics on Duty will perform live

at The Dahlgren MWR Community House. Comedians on tour in April/May will be Steve Bills, Steve Mazan, Rodney Laney and James P. Connolly. All attendees must be 18 years old to attend the show. For further info. contact the ITT Office at NSF Dahlgren at 540-653-8785. Sponsored by NSWC Federal Credit Union

Dahlgren Aquatics Center

540-653-8088

Family Fun & Float Night *

April 15, 7- 9 p.m. at Dahlgren Aquatics Center
Open to all with base access. Admission is free.

Fun for the whole family! Bring your float (a limited number will be available at the pool). Play games or just relax! Snacks will be available for purchase. For more information contact the Aquatics Center at 540-653-8088.

Easter Egg Hunt *

Saturday April 16 from 1 - 3 p.m.

Oh no! The Easter Bunny tripped and spilled his basket of eggs! Join us in an underwater egg hunt. Games with prizes. Cost \$3. For more information contact the Aquatics Center at 540-653-8088.

PLEASE NOTE - Events with an asterisk (*) require pre-registration. Lack of registration will result in cancellation of the event.

Fitness Center

540-653-8580

SAPR 5K Run/Walk
APRIL IS SEXUAL ASSAULT PREVENTION AND RESPONSE MONTH

Wednesday April 20. Race starts at 11 a.m.
Registration starts at 1000 at the Fitness Center.
Free t-shirts to the first 25 registrants. FREE for military with ID. \$5 for all others. Open to all eligible patrons with base access. Awards to 1st and 2nd place men's and women's winners. Free prizes to the command runners with the biggest pro-rated command turnout! For more information contact the Fitness Center, 540-653-8580 or the Fitness Director, 540-653-2215. Sponsored by NSWC Federal Credit Union and Carroll's Automotive.

Dahlgren Theater

540-653-7336

PLEASE NOTE: We regret to announce that our 2 p.m. showing on Saturdays will be discontinued, effective April 1st.



April 1	Friday	7 p.m.
Unknown	PG 13	109 min
April 2	Saturday	7 p.m.
The Eagle	PG 13	114 min
April 3	Sunday	3 p.m.
Justin Bieber: Never Say Never	G	105 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.

MWR

Continued from 1

convenient to everyone, the need to be used.

"The best thing base employees could do is to utilize the services that are offered. In the case of the base theater... there are over 8,000 military, family members, civilian employees and contractors who work onboard NSF Dahlgren who have the opportunity to utilize the theater program. However, are average number of customers per showing is approx 10-20 and at times, less than this," said Kubalewski. "I understand that the base theater does not have fancy seats, cup holders and a 3-D system. However, we did show relatively first run movies and it only cost \$5 for civilians, \$4 for active duty, retired and reserve military members E-7 and above and their family members - and only \$2.50 E-1 - E-6 and below and their family members - vice \$10 - \$14 per person to see a movie in a commercial theater. Therefore, to reiterate, the best way to support the program is to utilize the services that are offered," said Kubalewski.

Dahlgren QOL Changes -
-Auto Skills Center and Outdoor Gear Issue program new hours of operation effective 1 April are:
Tues & Thurs 0900-1800
Fri 1000-1500
Sat 0900-1700
Sun, Mon, Wed and Holidays - CLOSED

-Craftech new hours of operation effective 1 April are:
Mon-Thurs 0900-1700
Fri 0900-1600
Sat, Sun & Holidays - CLOSED

-Fitness Center new hours of operation effective 11 April are:
Mon - Thurs 0530-2000
Fri 0530-1800
Sat 1000-1600
Sun & Holidays - CLOSED

-Bowling Center and Game Time Sports Grill new hours of operation effective 11 April are:
Mon - Thurs 1100-2100
Friday 1100-2400
Saturday 1200-2400
Sunday and Holidays - CLOSED

-Movies at the base theater will be suspended effective 1 May

-Cancellation of the fall soccer sports program, which begins in August

-Eliminate the remainder of the FY11 Special Event programs with the exception of the base Flea Market & the 4th of July event

Indian Head QOL Changes -
-Fitness Center new hours of operation effective 11 April are:
Mon - Fri 0600-1900
Sat 0900-1300
Sun & Holidays - CLOSED

-Library new hours of operation effective 1 April are:
Mon 0930-2000
Tue-Fri 0930-1700
Sun 1200-1600
Sat & Holidays - CLOSED

-Liberty Center new hours effective 11 April are:
Mon-Fri 1100-2100
Sat-Sun 1800-2300

-Bowling Center new hours of operation are effective 1 April are:
Mon-Fri 1700-2100
Sat 1700-2200 + Birthday Party Rentals
Sun - Birthday Party Rentals only
Holidays - CLOSED

-Eliminate the remainder of the FY11 Special Events Program with the exception of a CBIRF Summer Barracks Bash

Base Happenings

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.

Tree Planting in Honor of Earth Day

All base personnel at NSF Indian Head are invited to stop by the lawn in front of Farragut Hall (Bldg. D-323), headquarters for the Naval Ordnance Safety and Security Activity, during their lunch break for a tree planting event at 12 noon.

During the informal lunch-time ceremony, a number of saplings will be planted.

Indian Head Toastmasters Hold Bi-Weekly Meetings

Tired of delivering flat presentations? Are you putting your audience to sleep? Why not join Toastmasters. Toastmasters can help you to develop and give a presentation that will captivate your audience and leave them saying, "Wow, what a great speaker!" Club Energetic offers a fun and relaxing way to spend your lunchtime. Develop friendships while improving your communication and leadership skills. We share funny stories and play challenging games. We meet on the 1st and 3rd Wednesday of each month from 11:30 - 12:30. For more info, contact: Club President Darlene Exum, 301-744-6359, or Cedric White, 301-744-1171 for meeting place. All military, government civilian, and contractors are welcome to attend.

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.

Dahlgren

FFSC Legal Appointments

The Fleet and Family Support Center is offering appointments to meet with a legal representative on April 14. 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.

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 troops and give the gift of life - give blood! To make an appointment, register with www.militaryblood.dod.mil/

Earth Day Event

An Earth Day event will be held on Apr. 22 at the Parade Field pavilion. The environmental department will be collecting personal use rechargeable batteries and phones for recycling, a community shred truck will be available for shredding personal documents (limit 3 boxes), a Goodwill truck will be on hand to collect items for donation, and the Navy Ball committee will have lunch for sale. Event will be held from 11 a.m. - 1 p.m. (shredding will begin at 9 a.m. and battery recycling will begin at 10). For more info, call (540) 653-8153.

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.

Register to Attend 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 intelligence, 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. The briefers for these updates are recognized subject matter 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.



ENVIRO SPORTS
POTOMAC RIVER



SHARKFEST™

3 KM

SWIM

May 22, 2011

King George, VA

Supported by: King George County Parks & Recreation

Benefitting the King George County YMCA

SharkfestSwim.com



2011 Frazier-Mason
Some Gave All Memorial Ride
Sunday, May 22, 2011
(Rain or Shine)
 This event is open to the Public!

Sponsored by: **CLASSIC ROCK 96.9**

Join the **Some Gave All Foundation** to Honor and Pay Respect to Virginia's Fallen and Wounded Heroes of Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF)

<p>Ride Starts at Spotsylvania High School (6975 Courthouse Road, Spotsylvania, VA 22551)</p> <p>08:00-10:00am Check-in/Registration 10:00-10:30am Pre-Ride Ceremony 11:00am Kick Stands Up!</p>	<p>Ride Ends at King George High School (10100 Foxes Way, King George, VA 22485)</p> <p>11:00-4:00pm Music, Demos, Events, Food 12:00-12:30pm Memorial Bike Riders Arrive 1:30-2:00pm Official Ceremony</p>
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Three ways to Register!

<p>Pre-Registration Register on-line at www.somegaveall.org or at Big Daddy Leather, Fred'burg VA \$25 per rider / \$20 per passenger (fees include Event T-shirt) Pre-Registration Deadline: May 14, 2011 (pick up T's at BDL May 18-20, 2011)</p>	<p>Ride-Day Registration Register at Spotsylvania High School \$20 per rider / \$15 per passenger (fees do not include Event T-shirt) <i>All riders and passengers must sign electronic or hard-copy ride waiver</i></p>
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Net Proceeds from this ride will support the needs of Wounded Warriors from OIF and OEF



Events will include: Memorial Ride and Ceremony, 540 Boyz Stunt Riding, Live Music, Patriotic Bike Show, Demonstrations, Exhibits, Children's Activities, Food, and more!



Hard Times Café (4-Mile Fork) hosting 2nd Annual Frazier-Mason Bike Show Saturday, May 7, 2011 – Multiple Classes, Live music, Bike Raffle

Groups wishing to organize Rally Points can email Heroes@somegaveall.org to post details and contact information on our website

For more information please visit our website
www.somegaveall.org



or contact Big Daddy Leather at 540-899-0048
 1900 Princess Anne Street,
 Fredericksburg, VA 22401

No Alcoholic Beverages or Weapons are permitted on School Grounds

Potomac River Sharkfest Swim Benefits King George YMCA

Registrations are now being accepted for the Inaugural Potomac River Sharkfest(tm) 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. The event has been timed according to local tidal conditions and will take place during a favorable tide.

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(tm) will benefit the Rappahannock Area YMCA in King George.

Event prizes will include XTERRA wetsuits for the top male and female finishers, Sharkfest(tm) Swim award medals to the top three individual finishers--male and female--in each five-year age group, and personalized award plaques to the top three individual finishers--male and female--in each five-year age group.

This swim is not for novices. This event is for ex-

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

Race Packets (containing swim cap, timing chip, and t-shirt) are picked up on race

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

JBAB child named Military Child of Year finalist

By Senior Airman Steele C. G. Britton
JBAB Public Affairs

Operation Homefront, a national non-profit organization, announced Military Child of the Year Award nominees earlier this month with one of five of the U.S. Air Force finalists being a Joint Base Anacostia-Bolling child.

Military members, family members, family readiness support assistants, teachers and community members came together to choose the five finalists for each branch of service.

Finalist Hadiyyah Abdul-Jalaal was one of more than 700 children submitted for the award.

"Children in military families demonstrate leadership within their families and within their communities. This is what the Military Child of the Year Award honors," said Jim Knotts, president and CEO of Operation Homefront.

Operation Homefront provides emergency financial and other assistance to the families of our service members and wounded warriors. A national nonprofit, Operation Homefront leads more than 4,500 volunteers across 23 chapters and met more than 167,000 needs in 2010.

For more information of Operation Homefront and the Military Child of the Year Award, visit www.operationhomefront.net.

Comfort deploys in support of Continuing Promise 2011

By Valerie A. Kremer
Bureau of Navy Medicine and Surgery Public Affairs

USNS Comfort (T-AH 20) departed its homeport of Baltimore March 17 in support of the humanitarian civic assistance mission Continuing Promise 2011 (CP11).

CP11 is a five-month mission to nine countries in Central and South America and the Caribbean where the U.S. Navy and its partnering nations will work hand-in-hand with host nations and a variety of governmental and non-governmental agencies (NGOs), to train in civil-military operations.

Currently, 16 Sailors from the National Naval Medical Center (NNMC) are onboard the ship, and on April 4, an additional 17 will deploy onboard the ship.

"Humanitarian assistance is a key component in the Navy's maritime strategy," said Vice Adm. Adam M. Robinson Jr., U.S. Navy surgeon general. "Our humanitarian assistance missions bring to others a sense of enrichment and hope that touches individuals, their families, their communities, their nations and in doing so, benefits the global community."

More than 480 Navy medical personnel will work side-by-side with medical professionals from the nine host nations, five partner nation militaries, and more than 30 NGOs to provide medical care to patients both ashore and aboard the Comfort.

Also deploying with Comfort are 71 civil service mariners from Military Sealift Command who operate and navigate the ship, provide electricity and fresh water to the shipboard hospital and, when necessary, transport patients between ship and shore in small boats.

"My professional Merchant Marine officers and crew are excited to be part of Continuing Promise 2011," said Capt. Randall Rockwood, USNS Comfort civilian master. "While Comfort's hospital is

key to extending medical care and civil assistance to other nations, our role operating the ship is critical to getting the Navy professionals to their destinations."

During CP11, Comfort will visit selected ports in Colombia, Costa Rica, Ecuador, El Salvador, Guatemala, Haiti, Jamaica, Nicaragua and Peru.

CP11 will provide host nation populations with medical and dental care including surgical services, public health training, engineering support, veterinary services, as well as provide partnering nations with an opportunity to exchange knowledge and information. The exchange of information is integral to building disaster relief preparedness and supporting maritime security in the region.

"The relationships built and sustained with our multinational partners during this mission will enhance our ability to work collectively in support of humanitarian assistance and disaster relief efforts in the future, as well as other collaborative security activities in the area," said Capt. David Weiss, USNS Comfort medical treatment facility commanding officer. "We are looking forward to fostering these relationships in the next five months."

This is the Comfort's second Continuing Promise mission and the fifth year that U.S. Southern Command and U.S. Naval Forces Southern Command have conducted this mission.

During Comfort's previous Continuing Promise missions in 2007 and 2009, medical personnel aboard the ship treated nearly 200,000 people in 14 countries. CP11 is a joint effort with NGOs such as Des Moines University, Johns Hopkins, Loving Hugs Inc., Project Hope, Samaritan's Feet, World Vets and others.

"Humanitarian assistance missions such as CP11 demonstrate the Navy's ability to truly be a global force for good while continuing to bolster our relationships with host nations and our NGO partners," said Robinson.

