



SOUTH POTOMAC PILOT

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

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NEWSPAPERS
PERMIT #1

IHD Impresses NSWC Commander

By Mike Welding
NSWC IHD
Public Affairs

Naval Surface Warfare Center (NSWC) Commander, Rear Adm. James J. Shannon visited Naval Surface Warfare Center, Indian Head Division (NSWC IHD) on March 22 to get updates on various projects, briefings on some cutting edge research and other command activities, present length of service awards, and hold discussions with command groups such as the Professional Development Council (PDC) and Bargaining Unit leadership.

Shannon's new chief of staff, Capt. Robert Barwis, and NSWC's science advisor, Kirk Jenne, accompanied the admiral during his visit to get better acquainted with the magnitude of work done by NSWC IHD located on board Naval Support Facility Indian Head, Md.

Of particular interest to Shannon was the division's Science and Technology (S&T) presentations. His group received technical briefings from Dr. Mike Deeds on his teams' work with traumatic brain injury (TBI), a reactive materials brief from Dr. Jason Jouet,



U.S. Navy photo by Matthew Poyner

Rear Adm. James Shannon (l.) tours a new facility at NSF Indian Head for NSWC IHD's Yorktown Detachment with Chris Reams (center), Division Director for Process Technology, Yorktown Detachment, and Indian Head Division Commanding Officer, Capt. Andy Buduo.

Insensitivity through Metal Encapsulation of High Explosives from Dr. Victor Bellito, and a presentation on metal-based cluster material from Dr. Joseph Hooper.

Shannon expressed admiration about the technical work being done by NSWC IHD, and was especially poignant about the importance of TBI research being done and its potential impact helping our nation's

warfighters. "We owe it to them!" he emphasized.

Shannon also felt the other briefs he received on Naval Sea System Command's performance and compliance inspection, explosive safety inspection/Standard Operating Procedure preparations, and progress with the Defense Equal Opportunity Organizational Climate Survey were thorough and indica-

tive of an organization dedicated to improvement. He also noted that he was impressed by the energy and enthusiasm demonstrated by the command's PDC members.

Shannon also took the opportunity to stress some of his philosophical tenets on leadership, particularly the importance of cooperation, tolerance and honesty.

During his closing re-

marks, Shannon said that he has confidence in the division and what it's trying to achieve. Additionally, he stressed that he is NSWC IHD's biggest advocate with NAVSEA leadership.

He also recognizes that what goes on at Indian Head Division is "really hard," but also that the division is very much "part of the Navy."

NSASP to Test New Emergency Notification Systems

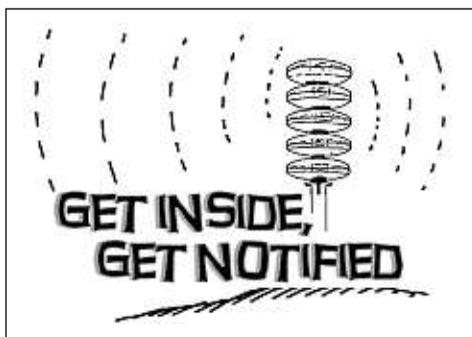
A new audio emergency notification system called "Giant Voice" has been installed at Naval Support Facility (NSF) Dahlgren and NSF Indian Head. The system will allow a wide, outdoor audience to be reached in a severe weather or emergent security situation.

Giant Voice is an audible alert system that will sound if there is an emergent issue. Residents who hear the warning are urged to "get inside - get notified." All alerts are to urge anyone outdoors to get indoors.

A test of the system will be conducted at NSF Dahlgren and NSF Indian Head on April 14. The Dahlgren test will begin at 10 a.m. and the Indian Head test will begin at 1 p.m.

The systems contain modulator speaker arrays that provide a flat frequency response from 200 to 2,000 Hz for voice reproduction or warning signals. The unit operates at 121 decibels at 100 feet, with an effective range of 70 decibels at 3,400 feet.

At NSF Dahlgren, the Giant Voice speaker array is posted behind the base's auto hobby shop. At NSF Indian Head, there are two sys-



tems - one inside the fenceline near the softball field and medical clinic, the other in the new Riverview Housing area.

When an emergent situation occurs, base residents and employees will hear an initial one minute tone indicating shelter should be sought immediately. Once shelter is secure, those in the area may be able to get more information.

Base employees that have access to the Navy-Marine Corps Intranet should receive a

desktop pop-up message. They may also receive an all hands email message with more information. Efforts will also be made to update the base notification phone lines, and Dahlgren residents that are enrolled in the KG Alert system should also receive a detailed message.

Once the situation has ended and safe conditions have been verified, a solid tone will be broadcast for 15 seconds, indicating a status of "all clear." Outdoor activities may resume at that time.

The use of Giant Voice will allow the security and emergency management departments at both bases to provide necessary warning to those who are not near a media outlet that conditions outdoors have turned dangerous and safety is indoors. The systems were placed in strategic locations to target large groups of individuals can hear outdoors throughout the installations.

For more information about the Giant Voice system, contact the NSASP Public Affairs Office toll free at (866) 359-5540 or (540) 284-0129.

NSASP Firefighters Train on Mobile Trainer

Naval Support Activity South Potomac (NSASP) firefighters from Dahlgren and Indian Head trained through the month of March on the Mobile Fire Trainer. The Mobile Fire Trainer is just that, a trailer-mounted simulator that uses propane fueled fires and fake training smoke to simulate actual fire conditions. The Mobile Fire Trainer is stored at and maintained by the NAS Patuxent River Fire Department and was transported to Dahlgren by the NSASP transportation department.

"All NDW Fire Department personnel are required to complete a long list of fire related training on a yearly basis and this Mobile Trainer allows us to complete that training in a safe and controlled environment," said Jerry Scheneman, NSF Dahlgren Battalion Chief. "The trainer can simulate house fires, basement fires, confined space rescue training, ven-



US Navy Photo by Adam Skoczylas

NSF Dahlgren firefighters respond to an alarm on the Mobile Fire Training Unit. The simulator allows firefighters to work in propane-fueled fires and simulated smoke that mimics actual fire conditions.

tilation training, search and rescue, forcible entry training and much more. Of course before the training can start, we are required by NFPA 1403 (Standard on Live Fire Training Evolutions) to document pre-burn, burn and post-burn procedures as well as document firefighting crews, back up crews, EMS crews, Instructors, Instruc-

tor in Charge and Safety Officer for each scenario," said Scheneman.

So, what's it like inside? "It's more like your Hollywood motion picture fire than an actual real house fire. Yes, there's smoke, heat and fire, but real fires are much hotter and most of the time you can't see your hand in front of your face due to the intense



smoke," said Scheneman. "That's why we tell people to stay low and have a plan to get out of their homes."

The trailer contains a big steel chair that catches fire as well as a cooking range that also catches fire. The instructors have the

ability to fire either prop independent or together. There's also an option to simulate a flashover.

"The Air Operations Officer was nice enough to allow us to place the mobile trainer on the paved surface near the hanger,

which is the perfect place for it," said Scheneman. "We have a great group of Firefighters here at Dahlgren and Indian Head who have years of experience, and it's impressive to watch them work as a team."

Questions About How Your Child is Developing or Learning?

EDIS and the Schools offer Developmental Screening

During the infant, toddler and early childhood years, your child is busy playing and learning about the world. Each day is filled with new and fun experiences that are preparing him or her for kindergarten in a few short years. During this time your child is gaining skills that will prepare him or her to read, to share his or her thoughts and ideas though the use of words, to make friends, and to feel confident and successful in all that they do. Each young child is unique, learning at their own pace

and showing talents in different areas. Below is a list of skills that children should have learned by a certain age. If your child is not doing these activities, or you have a question about how your child is learning, contact us to schedule an individual appointment for a developmental screening. Educational and Developmental Intervention Services (EDIS) and the Dahlgren School will be offering a Child Find event where families who live on the base at Dahlgren have a chance to talk to professionals in the area of child development about their questions. This Child Find will take place on the morning of 15 April at the Chapel Annex. Please call EDIS at 703-784-1741 to schedule an appointment if your child is between 2-34 months of age. If your child is between 35 months to 5 years old, call the Dahlgren School at 540-653-1028 to schedule an individual appointment. There is no charge for this service. If you live off Base and would like

information on how to obtain a developmental screening for your child in your local community, call 540-653-1028 for further information.

Birth to One Year

- Pulls to a standing position and walks with support
- Picks up and throws toys
- Waves bye-bye
- Babbles different sounds
- Shows affection

One to Two Years

- Walk and run
- Turns pages in a book
- Follow directions/requests
- Imitates housework
- Uses 2 to 3 word sentences
- Knows 6 body parts

Two to Three Years

- Walks up stairs

- Feeds self
- Name pictures in a book
- States need to go to the bathroom
- Plays with other children
- Understands conversation and says what he needs and wants

Three to Four Years

- Hops, throws and catches
- Repeats a rhyme or song
- Recognizes basic colors
- Knows own name, age and gender
- Shares and takes turns in group
- Speech is understandable to everyone
- Dress and undress self

Four to Five Years

- Jumps over low objects
- Uses a knife for cutting food
- Copies a square
- Competes with others in a game
- Uses sentences like an adult
- Asks questions



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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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www.dcmilitary.com/dahlgren.shtml

COMMUTER**CLEARINGHOUSE****CARPPOOL/VANPOOL WANTED**

Vanpool wanted from the Ferry Farm to Main gate/B gate entrance area. Preferably leave by 0700 and leave from base around 1530-1630 latest. Contact Richard @ richard.t.simpson@navy.mil

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 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.

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_digr@navy.mil or contact our office toll free at 866-359-5540, or DSN 249-8153, or 540-653-8153.

FREDERICKSBURG RIDESHARING SERVICE

GWRideConnect 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.

NSASP Safety Offers Teen Driver Awareness Course at Indian Head

By Jeron Hayes

If you consider the statistics, they are staggering. According to the National Safety Council, teenage drivers are responsible for 14% of deaths due to motor vehicle accidents. More than 3,800 young drivers ages 15-20 are killed every year in traffic crashes. More than 326,000 young drivers are injured. Young drivers are involved in fatal traffic crashes at more than twice the rate as the rest of the population. More than any age group, teens are likely to be involved in a single vehicle crash. It's enough to make you hide the car keys and outfit your teen with a bicycle for good.

The reality, however, is that part of becoming an independent adult is learning to drive, and while there is a thin margin of error, teens will be getting behind the wheel and finding their way. As a parent, you want to provide your teen with all the opportunities available to prepare them for this life-changing experience.

The Naval Support Activity South Potomac (NSASP) Safety Team would like to assist. On April 21, they will offer a Teen Driver Awareness Course from 8 a.m. - 3 p.m. at the NSF Indian Head Base Gymnasium. Students will break for lunch from 11:30 a.m. - 12:30 p.m. The course will accommodate 30 students ages 15 - 20. Snacks will be provided during the class. The course is intended to raise teen awareness of the hazards associated with driving or riding. Upon successful completion the attendees will receive an AAA Driver Improvement Course Certificate.

The course will include information on managing visibility, time and space to prevent collisions and other negative events. It will also address what to do when pulled over by a law enforcement officer and the types of citations that can be issued. The Fire department will present scenarios that resulted in mishaps and what to do if involved in one yourself.

Bettie Howard, an employee of NSASP N6 department at Dahlgren, enrolled her son in the same course when presented in December at Dahlgren.

Though her son isn't driving yet, "I enrolled him

so he could learn facts about driving and how to be a responsible and cautious driver, prior to getting behind the steering wheel and starting up that engine," said Howard. "I wanted him to hear, read, and see it in a classroom setting from someone other than mom and dad and just maybe he would listen and learn that it's not just about being cool and driving fast. I wanted him to know it's serious business when you get behind that steering wheel," said Howard.

Mission accomplished. "I was surprised that he enjoyed the class so much. When I dropped him off that morning, he went in and I didn't recognize any of the students in the class so I thought when they got a break he'd be calling saying he wanted to come home," said Howard. "Well that didn't happen!" Howard's son attend basketball practice over lunch but "when I picked him up from basketball practice, he said he wanted to go back to the class." Even though

he'd missed about an hour, he insisted on returning because "they are going to have law enforcement and another guest speaker this afternoon," said Howard.

"While we were driving back to the class he told me about two of the students in the class. One young man had already had a bad car accident due to bad road conditions and a young lady had already gotten a speeding ticket. They both were fairly new drivers," said Howard. She felt the peer perspective would be good for him. "He also told me some interesting facts he learned in the class, some info I didn't even know and I've been driving for over 30 years," said Howard.

NSASP Safety Specialist Craig Pratt says the goal of the course is to promote behavioral safety in all age groups that we live and work with. Safety also hopes to increase awareness that driving is risky in itself for the driver, the passengers, and all other roadway users.

Pratt said the hope is that students will "develop a technique for maintaining awareness of their surroundings, recognize the risks, and how to prevent injury, damage or loss."

Howard's concerns for her son are not unlike those of parents of prospective teen drivers. She worries he'll "pile other friends in the vehicle and blast the music" or "do something stupid like speeding, trying to impress his friends," said Howard. But attending the class made a difference. "I believe my concerns were addressed and he thoroughly understood the repercussions of his actions should he not think and put himself in those situations. This class was a wonderful opportunity for student drivers as well as those expecting to drive soon. The next time the class is offered on base, I'll sign him up again so he won't forget the information he learned in the class," said Howard.

Help your teen drive safely




DO YOU HAVE A DRIVER AGE 15-20?

The Naval Support Activity South Potomac Traffic Safety Program is sponsoring a one day Teen Driver Awareness Course on April 21st at NSF Indian Head. The course is intended to raise teen awareness of the hazards associated with driving or riding. Upon successful completion the attendees will receive a AAA Driver Improvement Course Certificate.

The course is open to military, civilians, and dependents of all personnel free of charge. Snacks will be provided.

Location: Base Gym, Bldg. D-328
4260 Steve's Way, Indian Head

Time: 0800 - 1500

Lunch: 1130 - 1230

Students should bring lunch or make transportation arrangements to dine elsewhere.

To enroll yourself or your teen, please call the NSASP Safety Office at 540-653-8684 or email: craigpratt@navy.mil

COMMUNITY NOTES

Dahlgren

Bark Fundraiser at Central Park IHOP

The King George Bark For Life "Dream Team" will hold a fundraiser on Sat., April 9 from 5 – 9 p.m. at IHOP, 2831 Plank Rd. in Central Park, Fredericksburg. Diners must present a flyer to their server and a portion of the proceeds from their meal will be donated to the American Cancer Society. To get a copy of the flyer, email kgbarkforlife@yahoo.com. For more info, call (540) 846-3382.

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, Charles County Animal Response Team, 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" 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 in-

formation, contact Marie Smith, (540) 840-4642. All proceeds benefit the American Cancer Society.

Indian Head

Dept. of Community Services Announces 18th Annual Flea Market & Bake Sale Fund-Raiser

The 18th Annual Flea Market and Bake Sale event is set for Saturday, April 16, 8 a.m. – noon at the Richard R. Clark Senior Center in La Plata. This is the Clark Senior Center Council's biggest fund-raiser of the year!

Donated items may be dropped off at the Clark Senior Center on Monday, April 11, 11 a.m. – 3 p.m.; and Tuesday-Friday, April 12-15, 9 a.m. – 3 p.m. Remember to bring clean, usable items. Bake sale donations are also needed: cakes, pies, brownies, specialty breads, and cookies would be appreciated. Volunteers are needed for the day of the event from 7:30 a.m. – 1 p.m. If you are interested in volunteering, call 301-870-2015 or 301-934-5423.

For information on events offered by the Charles County Department of Community Services, visit our website at www.CharlesCounty.org/CS, or call 301-934-9305 or 301-870-3388. Citizens with special needs may contact the Maryland Relay Service at 711, or Relay Service TDD: 800-735-2258.

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.

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.townofaplata.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.

WHEN YOU'RE FERTILIZING THE LAWN,
REMEMBER YOU'RE NOT JUST
FERTILIZING THE LAWN.



You fertilize the lawn. Then it rains. The rain washes the fertilizer along the curb, into the storm drain, and directly into our lakes, streams and the Potomac River. This causes algae to grow, which uses up oxygen that fish need to survive. So if you fertilize, please follow directions and use sparingly.



If you have questions regarding stormwater, please contact the Environmental Office at (540) 653-2341

Thanks to the Washington State Water Quality Consortium for permission to adapt and use this poster.

Dahlgren Chapel Holiday Schedule

Catholic Services

Holy Thursday Service, Apr. 21 - 8 p.m.
Good Friday Service, Apr. 22 -
Stations at Noon and Service at 7 p.m.
Holy Saturday Service, Apr. 23 - 7:30 p.m.
Easter Sunday Service, Apr. 24 - 9 a.m.

Protestant Services

Good Friday Tenebrae Service,
Apr. 22 - 6:30 p.m.
Easter Sunrise Service, Apr. 24 - 7 a.m.
(breakfast immediately following)
Regularly Scheduled Worship
Service - 10:30 a.m.



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.



MWR Highlights



NSF Dahlgren hosted a St. Patrick's Day Poker 5K Run on March 17. Bob Blunkosky finished as the overall male winner and Amanda Masters finished as the overall female winner. Shawn Bee finished with the best poker hand, a straight.



Indian Head

ITT Trips & Specials

Amusement Park Tickets

ITT has all your favorites including King's Dominion season passes at \$69 and daily tickets at \$31, Busch Gardens Military Appreciation tickets are \$42.25, Six Flags one day tickets, \$24 and season passes are \$59.50. We also have available Hershey Park ages 9-54, \$40.50 and ages 3-8 \$28.75, Sesame Place, \$49.25 and Water Country USA, \$34.75.

Baseball Tickets

If baseball is your sport ITT can get Nationals, Orioles, and Blue Crabs tickets. A two-week notice is needed to order any tickets.

Upcoming Trips

Longwood Gardens and Brandywine Wine Trail - May 14

The Flower Garden Walk features an assortment of flowers in a rainbow of color, and what goes better with flowers than wine. We will visit 3-5 Brandywine Wine Trail wineries to sample delicious wines from Black Walnut Winery, Chaddsford Winery, Kruetz Winery, Paradox Vineyard, Penns Woods Winery, Stargazers Vineyard and Winery. Cost includes wine tasting, admission tickets and lunch/dinner voucher.

Cost: \$80 adults (ages 17-62), \$75 seniors (ages 62+), \$60 child (ages 5-16).

Raceway Information

Maryland International Raceway opens April 9 - tickets are \$16.25

Richmond International Raceway, April 29 & 30, Check ITT for ticket information and pricing.

Dover International Raceway, May 15, Check ITT for ticket information and pricing.

Tee-Time Golf Passes

A great present for dad birthday's or Father's Day. For on-ly \$54 you get free and discounted tee times in Maryland, Virginia, D.C. and Delaware.

Military Travel Voucher (MTV)

This program offers many discounts for vendors all over the country. Stop by the ITT office before any trip, we may have tickets for the event or place that you're looking for. In-

cluded in this program are hotels, theatres, small theme parks and many other attractions.

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.

Recreational Gear Rentals - spring time means outdoor fun! The MWR Auto Hobby Shop rents an extensive selection of equipment for your recreational needs. Available items include tents, canoes, tarps, picnic tents, tables, chairs, moon bounce, grills, lanterns, sporting equipment and more! Rentals are available on a daily, weekly or weekend basis. Call the Hobby Shop at 301-744-6314 for more information or stop by and see what we have to offer.

Wallyball 4x4 Tournament

April 18 at the WHFC Racquetball courts. Open to all eligible patrons. Register at the Fitness Center by April 15. \$5 per player for civilians, FREE for military. Email henry.c.garrard@navy.mil for more information.

Summer Camp Registration

My Generation Youth Center Camp Tomahawk will be held from June 20 - August 19 from 6 a.m. to 6 p.m. Registration will take place from 10 a.m. to 1 p.m. at the Youth Center on the following dates:

- Currently Enrolled SAC Children, April 4th-5th
- Military Children, April 6th-8th
- DoD Children, April 11th-13th
- Authorized Contractor Children, April 14th-15th

Register for the entire summer and pay of front and receive 50% off the last week's fee. Fees are based on total family income. For more information contact the Youth Center at 301-743-5456.

Spring Walkers

Need some motivation? The Weight House Fitness Center will be offering a Spring Walkers group Mondays and Wednesdays at Noon or 4 p.m. from April 1-29. Follow up your walk with a fun step class each Friday. \$10 per person includes step class and weekly walks. Email megan.eicholtz@navy.mil for more information.

Dahlgren

Lincoln Military Housing

540-663-2190

Month of Military Child/Family Day/Eggstravaganza April 9 starting at 10 a.m. on the Dahlgren Parade Field. Don't miss the visit from the Easter Bunny! Our 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 your camera and 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.

Dahlgren Cannonball Lanes Bowling Center

540-653-7327

Military Kids Bowl Free (with paying adult limit 2 games per child) Saturday's in April from 12 - 5 p.m.
Eligible Patrons: All with base access
Location: Cannonball Lanes
For more information contact Cannonball Lanes at 540-653-7327.

Dahlgren Youth Activities Center

540-653-8009

Month of the Military Child Ice Cream Social > April 14 from 6 - 7:30 p.m. FREE For youth school ages K - 17, depen-



April 8, 2011	Friday	7 p.m.
<i>I Am Number 4</i>	PG 13	110 min
April 9, 2011	Saturday	7 p.m.
<i>Just Go With It</i>	PG 13	117 min
April 10, 2011	Sunday	3 p.m.
<i>Gnomeo and Juliet</i>	G	84 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.

dants of active duty, DoD civilians and base contractors. Play games and enjoy ice cream and topping!

Location: Youth Activities Center. For information contact 540-653-8009.

Sponsored by: NSWC Federal Credit Union.

America's Armed Forces Kids 1 Mile Run

Monday, April 25 at 1 p.m. FREE

Location: Joy Park behind the Youth Activities Center Eligible Patron: Military, DoD Civilian, Base Contractor children ages K - 12. T-shirts for kids who complete their run/walk. Water stations will be available during run. Register at the Youth Activities Center. For more information call 540-653-8009.

Dahlgren Theater

540-653-7336

We regret to announce that our 2 pm showing on Saturdays will be discontinued, effective April 1st.

The COMICS ON DUTY
World Tour

FREE **FREE**

NSF Dahlgren
NSF Indian Head

PRESENTS
Comics On Duty
BACK BY POPULAR DEMAND!!

NSF Indian Head - April 13, 2011 - 7 p.m.
at the Indian Head Mix House
Call the ITT Office for more information 301-744-4850.

NSF Dahlgren - April 15, 2011 - 7 p.m.
at the Dahlgren Community House
Call the ITT Office for more information 540-653-8785.

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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 active duty, reserve and retired 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 <http://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.



AMERICAN LEGION



Motorcycle Swap Meet & Yard Sale

SAT. 4/30/2011, 8-1



Rental Fees:

- Spaces \$15.00
- Tables & chairs (if needed) \$5.00

Bring ALL that you want to sell:

- Motorcycle parts and accessories
- Yard sale items
- Clothing
- Knick-knacks

Food and drinks will also be for sale!

...and mark this important date on your calendar !!!

Sat. 9/24/2011 - American Legion Riders 3rd Annual Pig BBQ



Location: American Legion, Post #89
10021 Dahlgren Road (Rt. 206 & 610)
King George, VA 22485

Contact person: Debra L. Mills
(804) 456-6741



Flyer designed by NMI ENTERPRISES
P.O. Box 67 Colonial Beach, VA 22443-0067 USA (804) 456-6741 NMIenterprises@gmail.com

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

Realignments Add to Busy Summer Moving Season

By Elaine Sanchez
American Forces Press Service

With a busier-than-usual military moving season about to kick into high gear, officials are asking service members to book their moving dates early and to keep flexibility in mind when doing so.

The military moved more than 230,000 shipments last summer alone, and this year officials are expecting even more due to the base realignment and closure process, said John Johnson, chief of the personal property branch for the Army's Military Surface Deployment and Distribution Command. The command is the lead agent for the Defense Department's Personal Property Program.

Johnson said he's expecting an additional 10,000 moves this summer due to base realignments and closures. Though that's just a 3 percent increase to the projected number of summertime moves, it's an extra 3 percent at an already challenging time of year, he noted.

The period between Memorial Day and Labor Day is commonly known to military-savvy people as "PCS season," which refers to permanent-change-of-station moves. With school out for the summer, or about to be, many parents view that stretch of time as the least disruptive for a family move, Johnson explained, and set their sights on moving over Memorial Day or Fourth of July weekends to take advantage of the extra days off.

But this moving cluster can create a backlog for officials, Johnson said. On average, the military moves about 600,000

shipments a year, and more than a third of those moves take place over the summer.

"The biggest challenge is expectation management," he added. "Moving in the summer season is already difficult, and most people are set on moving on holiday weekends. It's always a challenge when volume exceeds capacity. We need to ensure we have enough trucks and crews to move people."

Keeping the busy upcoming season in mind, officials began a review of the moving process in August, Johnson said. They focused much of their effort on working the kinks out of the Defense Personal Property System, a computerized moving management system for military members and Defense Department civilians. Last summer marked the first time the majority of household shipments were moved through that system, he added.

While the new system proved successful, users ran into a few stumbling blocks along the way, Johnson said, citing the electronic claims process as an example.

Previously, the "submit" button for the electronic claims form was located only at the top of the page. People would fill out the form, and then fail to realize they had to scroll back up to submit the claim, he said. And by the time they realized their oversight, they had missed the 75-day filing deadline.

"Some folks got upset -- rightfully so," Johnson said. "We're making a big effort to fix this and some other issues." Johnson said a system redesign is in the works, but in the meantime, he recommends that people watch the video posted on <http://www.move.mil>, which explains in detail how to navigate the online claim system.

Officials also have directed training efforts at moving ex-

perts, Johnson said, including the introduction of a webinar series that covers the storage and transit process for personal property shipment offices and carriers.

Among efforts to increase capacity, officials now allow carriers to use portable movement storage containers similar to those used for commercial shipments, Johnson said. In the past, he explained, the military required household goods to be moved in "loose loaded" or in wooden crates with specific dimensions. However, in the commercial sector, carriers use multiple types of containers.

"We're now allowing carriers to use what containers they normally use to move military members," he said. By doing so, he added, officials hope to increase the capacity of carriers qualified to conduct military moves.

These improvements will help, Johnson said, but the sheer number of people moving over the summer calls for some extra preplanning measures. People need to book moves early, particularly if they want to lock down a holiday weekend. And, above all, he said, they should remain flexible on dates.

When people are notified of a move, Johnson said, the first stop should be their local personal property shipment office, and then the Move.Mil website. Military OneSource also offers families a host of online moving resources, including "Plan My Move," which features a moving calendar and travel and arrival checklists, and "Military Installations," which links families to information about their new base and the community.

Process and Practice, Nirvana in the Pentagon

By Mike Welding
NSWC IHD Public Affairs

Hugh Montgomery Jr., Special Assistant (Science and Engineering) to the Assistant Secretary of the Navy for Research, Development and Acquisition (ASN (RD&A)) held a symposium for Naval Surface Warfare Center, Indian Head Division (NSWC IHD) last month to share his experiences and insights working in and with the federal government for more than four decades.

Montgomery, who started working for the federal government in the late 1960s, has extensive experience working in various facets of the research, development and acquisition community for science and engineering. He also authored the recently published book, "Bureaucratic Nirvana, Life in the Center of the Box," which describes how the federal government, particularly the Department of Defense (DOD) research and development (R&D) communities, operates internally.

Montgomery wrote that while his experience is mostly within the DOD and Department of the Navy R&D communities, his lessons are applicable to other federal and state and many private bureaucracies.

During his presentation on March 15, Montgomery delved into how the overall system has changed during the past 20 years, how it works now and decision mak-



U.S. Navy photo by Matthew Poynor

Hugh Montgomery Jr., Special Assistant (Science and Engineering) to the Assistant Secretary of the Navy for Research, Development and Acquisition, engages a Naval Surface Warfare Center, Indian Head Division audience.

ing and behavioral processes within the bureaucracies. He also discussed the differences among the military services and how their R&D laboratories are funded.

Montgomery said the point he really wanted to stress to NSWC IHD personnel was to recognize that while the system is logical and predictable, you have to under-

See **Nirvana**, page 8

New Social Security office to open in Charlotte Hall

The Social Security Administration (SSA) announced the opening of a new office at 30071 Business Center Drive in Charlotte Hall, Md. on April 11 to provide better service to the residents of Southern Maryland. The office hours will be 9 a.m. – 4 p.m. Monday through Friday.

Residents living in certain ZIP codes that were previously serviced by the Suitland office will now be serviced by the Charlotte Hall office. The new service area for the Charlotte Hall office by ZIP code is as follows: 20606, 20608, 20609, 20610, 20611, 20612, 20615, 20617, 20618, 20619, 20620, 20621, 20622, 20624, 20625, 20626, 20627, 20628, 20629, 20630, 20632, 20634, 20635, 20636, 20637, 20639, 20640, 20643, 20645, 20646, 20650, 20653, 20656, 20657, 20658, 20659, 20660, 20661, 20662, 20664, 20667, 20670, 20674, 20676, 20677, 20678, 20680, 20682, 20684, 20685, 20686, 20687, 20688, 20690, 20692 and 20693.

Periodically, SSA analyzes its network of community-based offices to ensure that service is consistent throughout the area being served. Currently, the complex of three offices that serve the residents of Prince George's, Charles, Calvert and St. Mary's counties (Landover, Seabrook and Suitland) are all located in Prince George's County, the northernmost county in the service area. However, more than 55 percent of the service area population lives in the southern tri-county area. A single contact station in each of the southern counties has been operating on a limited-hour basis (two days per week maximum), but they have not provided an adequate level of serv-

ice for the residents in these growing communities. To provide full-time service to the residents of this area, SSA has relocated the business operation of the Landover office to Charlotte Hall, reassigned ZIP codes from Suitland to Charlotte Hall, and re-drawn the service areas of Seabrook and Suitland to include the Landover ZIP codes.

By opening this office in Charlotte Hall, the residents of Southern Maryland will receive daily, full-time service with significantly less waiting time than they experienced in the contact stations and save an average of 40 miles round-trip. The part-time service provided at contact stations in the following locations — the Calvert County Office of Aging, the College of Southern MD in St. Mary's County and the Richard Clark Senior Center in Charles County will end on May 31.

Although specific ZIP codes define SSA service areas, residents may choose to conduct their Social Security business at any office. For members of the public who do not need to visit a field office, anyone may visit socialsecurity.gov. Visitors can apply for benefits, request a new Medicare card, get a Proof of Income letter, change their address or phone number, get directions to Social Security offices, download publications or arrange for other services in an easy-to-use, secure and convenient internet website.

For information, contact the Social Security office at 800-772-1213. Representatives can answer specific questions from 7 a.m. to 7 p.m. Monday through Friday, and information is also provided by automated phone service 24 hours a day.

Charles County to Hold 2011 Green Symposium

The Charles County Commissioners will host the 2011 Green Symposium on April 14 from 8 a.m. - 3 p.m. at the College of Southern Maryland's La Plata Campus. The symposium will target business and community leaders from the D.C. Metro area, and feature panels of leading experts on smart growth and sustainable green business practices. The College of Southern Maryland, one of the partners of this event, will be promoting its new 'green jobs' workforce development program.

The symposium will be highlighted by a lunchtime roundtable discussion—Today's Barriers & Tomorrow's Opportunities in Adopting and Profiting in Sustainability—hosted by Wendy Rieger, Emmy Award-winning journalist and host of NBC News Channel 4's "Going Green" weekly segment. This

discussion will feature a mix of local, State, and federal officials including Maryland Secretary of Planning Richard Hall.

In April 2008, Washingtonian magazine readers presented Ms. Rieger with one of its inaugural Green Awards in recognition of her dedication to "preserving our environment through education." Since 2005, when her first Going Green segment aired on NBC stations throughout the country, Ms. Rieger's eco-stories have focused on topics ranging from "green" building materials to environmentally friendly products, gifts, and the local food movement. Her stories inspired NBC Nightly News and several other NBC stations to produce their own series on environmental issues.

Former Maryland governor and current president of the Smart Growth Leadership

Institute, Parris N. Glendening, will address the attendees during the symposium's morning session. As Maryland's 59th governor, Mr. Glendening thrust the issue of smart growth into the national consciousness with the 1997 enactment of his Smart Growth and Neighborhood Conservation program, the first statewide, incentive-based growth management initiative in the nation. Throughout the remainder of his two terms in office and continuing into his current role as president of the Smart Growth Leadership Institute (a project of Smart Growth America), Mr. Glendening has left a permanent imprint on the land use and environmental policies of his home state and nation.

"Charles County's efforts to conserve energy and reduce our carbon footprint are not just good for the environment, but have nu-

merous other benefits as well," Commissioner President Candice Quinn Kelly said. "These programs and new technologies are improving public health, saving money, and creating 'green' jobs."

The cost for the symposium is \$35. The registration deadline is April 7. Limited seating is available and pre-registration is required to attend. No on-site registrations will be accepted. Register online today at www.CharlesCounty.org/GREEN.

In addition to the symposium on April 14, mark your calendar for the upcoming Charles County Green Expo on Saturday, June 18, 2011, at North Point High School in Waldorf. To learn more about the 2011 Symposium & Expo events and other "green" initiatives in Charles County, visit www.CharlesCounty.org/GREEN.

Volunteers Needed for Property Standards Task Force

In February, the Charles County Commissioners established a Property Standards Task Force to provide recommendations related to property standards and the maintenance of County residential properties. There are nine regular member vacancies and one alternate member vacancy on the newly established Task Force. The Commissioners invite interested Charles County residents to apply to serve on the Property Standards Task Force.

The Task Force will assist with the collection of data and research, and provide recommendations to the Commissioners related to revisions of the County Nuisance Ordinance and Livability Code (including enforcement and the appeal process) and property registrations (rentals and foreclosures).

The 10 vacancies are in the following membership categories:

- Residential Realtors (2)
- Citizens-at-large (2)
- Residential Homeowners (2)
- Homeowners Association Representative (1)
- Banking Industry Representative (1)
- Charles County Department of Health Representative (1)
- Alternate (1)

Representation from all four Commissioner Districts is required in membership. Members serve one-year terms.

NIRVANA

Continued from 7

stand the three distinct cultures (military, career civilians and political appointees) within it to be able to function well.

Montgomery's presentation provided benefits for less experienced and practiced personnel working in the federal government. "He really put the budget, Science and Technology (S&T) issues and bureaucracy in perspective," said Scott Bumgarner, NSWC IHD Special Projects Manager.

"I appreciated the insight of how political appointees, senior military and career civilians all have different perspectives. The jewel he shared was that when a senior leader responds, 'Keep up the great work,' he or she means no!"

That jewel referred to Montgomery's emphasis that good ideas, particularly new ideas, need more than platitudes to maintain traction to get funding, as numerous programs are competing for a finite pot of money. That was just one of numerous valuable insights he shared with his audience.

Amy O'Donnell, NSWC IHD's deputy technical director, said hosting Montgomery was an exciting learning opportunity for those in attendance, and wants employees to know that they still have the opportunity to take advantage of this opportunity.

Montgomery's seminar is available on the command's Intranet site at <https://inhddec.wh.nads.navy.mil:9013/index.htm> for employees unable to attend the dialog. The command is also purchasing copies of his book that will be available for checkout from the Technical Library.

