



SOUTH POTOMAC PILOT

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



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NSASP Facebook
page on your
smart phone

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Dahlgren EMS
Receive
Lifesaving
Awards

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EASTON, MD

Chief Selects Enjoy Saturday Bingo With Veterans

By **BARBARA WAGNER**
South Potomac Pilot

The weather may have been dreary and rainy outside, but spirits were bright and laughter was frequent as the 2017 Chief Petty Officer (CPO) Selects from Naval Support Facility (NSF) Dahlgren volunteered their Saturday morning Sept. 2 to spend time with residents at the Sitter and Barfoot Veterans Care Center (SBVCC) in Richmond, Va.

Around 35 Chiefs and CPO Selects, along with friends and family, made their way to the center to spend the morning with veterans of World War II, Korea and Vietnam. Both CPO's and residents enjoying playing bingo and sharing laughs and stories with the group of veterans, who represented not only Navy but also the Army, Marine Corps and Air Force.

The residents enjoyed their time playing several hours of a number of forms of Bingo, some assisted by the Sailors and their families, others just enjoying the company of their new acquaintances as they played.

Chief Fire Controlman Select Jeff McGuire's southern Georgia-accented voice lifted over the chatter in the room as he served as the bingo caller. McGuire received a quick study in Bingo protocol and the various forms of the game as the residents ensured he stayed on track with good-natured ribbing throughout the morning. For McGuire, being



U.S. NAVY PHOTO BY BARBARA WAGNER

The 2017 CPO Selects from Naval Support Facility (NSF) Dahlgren conclude their visit to the Sitter & Barfoot Veteran's Care Center in Richmond, Va. with a rousing rendition of the Navy song, "Anchors Away".

able to be a part of the visit was a humbling experience.

"To see all of those who had gone before us and

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Take Action Now to Prepare for Emergencies, Disasters and Hurricanes

As Texas begins to recover from Hurricane Harvey, Naval Support Activity South Potomac (NSASP) reminds base employees and residents that September is a good time to review preparedness information for severe weather, including hurricanes, and other emergencies throughout the year. September is National Preparedness and government agencies, businesses, community groups, schools and families will be participating in events to help promote disaster preparedness.

"The devastating effects of Hurricane Harvey should remind us that we all need to be prepared for emergencies," said Russ Strickland, Executive Director of Maryland Emergency Management Agency. "Right now we are in the height of the hurricane season in the mid-Atlantic, but we also need to be ready for a variety of other threats. Now is the time to make sure you are prepared."

Making preparations when threats are not imminent can make communities more resilient. Hazards common to Maryland include flooding, high wind, severe thunderstorms and winter storms. We are also in the middle of the Atlantic hurricane season right now. Our local area has experienced effects of tropical storms in recent years, as well as Hurricane Isabel in 2003. Several online sources provide good emergency preparedness information for these and additional threats:

* MEMA: <http://memamaryland.gov/Pages/emergencies.aspx>

* Federal Emergency Management Agency: www.ready.gov

* National Weather Service: www.weather.gov/safety

Prepare your home and family as we navigate through hurricane season, and prepare for emergencies throughout the year.



MARINE CORPS PHOTO BY LANCE CPL. NILES LEE

Marines hand supplies to a family in Orange, Texas on Sept. 3 during recovery and relief efforts following Hurricane Harvey.

Dahlgren EMS Receive Lifesaving Awards

By **BARBARA WAGNER**
South Potomac Pilot

Like their fellow first responders at Naval Support Facility (NSF) Indian Head, members of the Naval District Washington (NDW) Fire and Emergency Services Dahlgren Company don't perform the life-saving and heroic duties they routinely do for the attention or accolades. Those events are just a part of their duty and they simply shrug it off as, "just doing their job." Nonetheless, their services in the line of duty mean that those individuals whose lives were saved will have another day with their

loved ones and for that and more, senior leadership at Naval Support Activity South Potomac (NSASP) recognized their services on Aug. 29.

Eight personnel of the NDW Fire and Emergency Services Dahlgren Company were instrumental in care for a patient in cardiac arrest and received the Navy Fire and Emergency Services Program Certificates of Life Saving for their efforts. NSASP Commanding Officer Capt. Michael O'Leary and Executive Officer Cmdr. Robert Lusk were on hand to present the awards at the NDW Dahlgren Company Fire Station and

to express their appreciation for the outstanding work.

O'Leary conveyed his admiration for the efforts of the Fire and Emergency Services Dahlgren Company and all EMS providers who willingly put their life on the line in times of crisis.

"You are the folks who are running into the burning building when everyone else is running out," O'Leary said. "I am impressed every day with what you do and I am grateful for your service here at Naval Support Activity South Potomac."

The awards that were presented in recognition of successful life-saving efforts — on the

part of Captain/EMT Dave Robey, Assistant Chief/EMT Jerry Schenemann, Firefighter/EMT Carl Newton, Firefighter/EMT Timothy Shifflett, Firefighter/EMT James Munzing, Firefighter/EMT James Dodd, Firefighter/Paramedic Ryan Minehan and Firefighter/Paramedic Robert Morris, Sr. — that took place on April 20, 2017. The awards stated, "... as part of a team you provided pre-hospital care to a patient in cardiac arrest. The exceptional care you provided contributed to saving the life of this patient."

Bravo Zulu to those recognized for their exceptional and heroic services!



James Dodd



Robert Morris Sr.



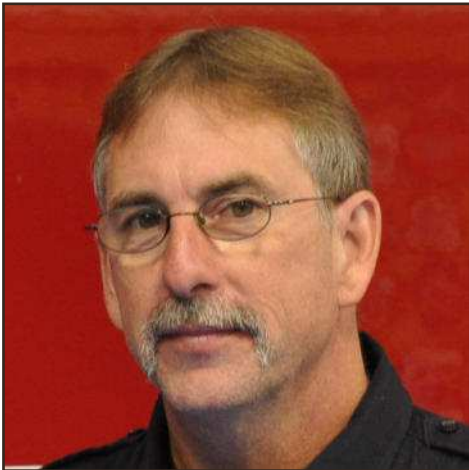
Ryan Minehan



James Munzing



Carl Newton



Capt. Dave Robey



Jerry Schenemann



U.S. NAVY PHOTOS BY BARBARA WAGNER
Timothy Shifflett

Selects

Continued from page 1

served," McGuire shared. "To hear their stories and their experiences humbles me and brings back to light why we are here. It's very touching to be able to sit and talk with them."

Around the room, the residents took time in the lull between calls to share their sea stories with the younger Sailors. While the residents enjoyed the company, the Sailors also walked away with a memorable experience.

Resident Ory Manchester regaled the Sailors with her time as a nurse with the Navy's

Women Accepted for Volunteer Emergency Service (WAVES), sharing both the difficulty of losing patients as well as the M.A.S.H.-like shenanigans that went on during her time in the WAVES in the early 60's.

"I've seen some things," Manchester laughed.

Chief Operations Specialist Jose Saravia, who has coordinated a number of events throughout the past few years for the CPO Selects, shared how much they always enjoy their volunteer efforts at the veteran's facilities.

"It's always special for us to interact with them, to hear their stories," Saravia said. "But it's also important for them to know they are still our brothers and sisters in service."

Activities Assistant Angela Brewer appreciates the visits from service members because it means so much to the residents and she enjoys seeing the interactions and joy that they get from their time with their visitors.

"They enjoy it a great deal," Brewer said. "Especially when they [their visitors] come in with uniforms on. It's like they are still right there with them. It's really beautiful to see the connection between our residents and the Sailors. They just connect."

Chief Cryptological Technician (Technical) Select D'andre Jacobs spent quality time with Army veteran Bob Robinson and expressed his gratitude at having the opportunity. "It's a

real pleasure and honor to spend time and give back to them, to see them smiling."

Thirteen-year-old Brooke, who attended with her CPO stepmother, also enjoyed her time with the residents.

It was amazing," Brooke enthused. "I enjoyed meeting the residents and helping Mr. Percy with Bingo and I would do this again, no doubt about it."

Named for two Medal of Honor recipients—Colonel Van Barfoot and Colonel Carl Sitter—SBVCC is located on the campus of the McGuire VA Medical Center in Richmond, Va. and is operated by the Virginia Department of Veterans Services.

Call Us for Your Advertising Needs 301-921-2800

Public Notice: Naval Support Facility Indian Head

Do you have any information about the historical use or disposal of radiological material at Naval Support Facility Indian Head (NSFIH)?

The U.S. Navy is conducting an assessment at naval installations, including NSFIH and the Stump Neck Annex, regarding the historical use and disposal of general radioactive materials (G-RAM). Examples of G-RAM include radioluminescent

personnel markers, deck markers, electron tubes, thoriated welding rods, certain types of engine exciters, thorium lenses, radioisotopes used in laboratories, and depleted uranium counterweights. Individuals with information about the historical use or disposal of radiological material at NSFIH or the Stump Neck Annex are invited to provide input and share recollections. To participate in an interview or provide

other relevant recollections, contact 844-236-0390 or email (HRA_IndianHead@aecom.com) with contact information. All information provided will be considered in the preparation of an assessment report for NSFIH. All comments, including personal information, provided as part of this assessment are subject to Freedom of Information Act and may be made publicly available at any time.

SMART Scholars Visit Potomac River Test Range



U.S. NAVY PHOTO BY JOHN JOYCE/RELEASED

Jim Green, a Potomac River Test Range safety expert, briefs Science, Mathematics & Research for Transformation (SMART) Scholars about unique operations conducted on the Naval Surface Warfare Center Dahlgren Division (NSWCDD) main range that include high speed cameras and flight followers. "We are able to place them where needed to track projectiles from muzzle to impact," Green told the scholars. "In early 2000, the first two weapons systems integrated with fire control at Dahlgren were the 5"/54 and 5"/62 caliber naval guns. This gave us the capability to track and fire at moving targets on the range which set the stage for other automatic weapon systems." The college students also toured the NSWCDD Electromagnetic Railgun Launch Facility. The Missile Defense Agency sponsored the college students who are among those pursuing a degree in, or closely related to, science, technology, engineering, and mathematics disciplines through the Department of Defense SMART Scholar program. Students selected for SMART Scholarships are offered internships and a stepping stone to future civilian job opportunities in the federal government.

K9 Training Aboard NSF Dahlgren



U.S. NAVY PHOTO BY BARBARA WAGNER

By **BARBARA WAGNER**
South Potomac Pilot

Dutch Malinois Dino and his partner, K9 handler Byron Clark (pictured above) of the Charles County Police Department took part in specialized K9 training at the Navy Police training facility aboard Naval Support Facility (NSF) Dahlgren. IronDogK9 provided the training, bringing in working law enforcement officers and military trainers with years of experience on the street who have been involved searching/finding/apprehending to finding and apprehending suspects after homicides, robberies and many other local and national security events.

"This is to reinforce the basic fundamentals so we don't have accidents and they [the dogs] know who to target," Byron said. "We can hurry up and get the dog on and off with minimal injury to the suspect."

The officers were a part of 15 teams of working dogs and trainers from Charles County Md., Prince William County Va., Manassas, Va., Fairfax County Va. and surrounding juris-

dictions who spent several days working on techniques for handling and release.

K9 Trainer, William "Billy" Cotton, one of the two trainers from IronDogK9 at the workshop explained that for the handlers to be able to train together and witness the correct and incorrect techniques is vital to the partnership between a handler and his K9.

"You always learn better by watching others," Cotton said. "Everyone out here is watching, watching the mistakes the other handlers make and how we critique."

"Our facilities provided training scenarios that created environmental challenges and exposures to help build up the drives and confidence in each K9 and their handler," NSASP Police Chief Robert Brooks said. "Many of these K9 teams support security for state, local and federal events. A tremendous amount of exposures were implemented during the training seminar. Multiple stressors were added on top of environmental during the three days of training and by the end of the seminar, the K9s performed without hesitation, responding to varieties of possible threats under very stressful situations."

Connect with the Military Community in Your Local Area

Go to
www.DCMilitary.com

BASE HAPPENINGS

What's Going on Inside the Fenceline?
Dahlgren

Second Tour Thrift Store

The store offers a wide assortment of quality used items at incredibly low prices. The store is located at 722 Sampson Rd. and is open Thursdays from 10 a.m.-2 p.m. for all shoppers with base access. 'Like' on Facebook @DahlgrenSecondTour

Our Daily Bread Giveaway

The Chapel provides a bread and baked goods giveaway, with donations from Walmart at the Chapel Annex on Tuesdays beginning at 11 a.m. For any questions contact the Chapel at 540-653-8297.

Indian Head

FFSC Relocated at NSF Indian Head

The Fleet and Family Support Center has relocated at NSF Indian Head. FFSC is now located in the Mix House, Bldg D-324 on the top level, room 1.

Beat the Rush! Don't Wait!

Appointments are available now for school and camp physicals for next school year. Call 301-744-4686 to schedule at Branch Health Clinic Indian Head.

Market Fresh Bistro Now Serving Lunch

The Market Fresh Bistro at the Naval Support Facility (NSF) Indian Head Community Recreation (ITT) and General Library is proudly serving Starbucks beverages and breakfast staples as well as freshly made lunch items. The facility is open Monday — Friday, 6 a.m. — 2:30 p.m.

To publish information on your event or program under "Base Happenings," contact Andrew Revelos at 540-653-6012 or email Andrew.revelos1@navy.mil.

*Local Events on Both Sides
of the Potomac*
Dahlgren

Stafford Regional Choral Society Recruiting Singers for SoundCHECK!

Love to sing and want a challenge? SoundCHECK, the outreach group for Stafford Regional Choral Society, seeks talented singers for the 2017-18 season. Auditions will be held on Sept. 18 and 25, 7 p.m. at St. Peter's Lutheran Church, 1201 Courthouse Road, Stafford. Rehearsals begin mid-October on Mondays and occasional Saturdays, and the first performance will be November 12th. For more information, contact kperr5vf@live.com or check the SRCS website at <https://www.stafford-choral.org/>. Founded in 2001, the Stafford Regional Choral Society presents concerts in the greater Stafford/Fredericksburg area, funds scholarships for college-bound musicians, and benefits local charities including Autism awareness and wounded veterans.

Combat Veterans Motorcycle Association Meetings

Southern area (King George/Dahlgren/Colonial Beach) Combat Veterans Motorcycle Association (CVMA) bike night are meeting the 4th Thursday in Fredericksburg at Brock's. If interested in CVMA, the support they provide or want to donate contact Jeremy.

Cannedy@gmail.com. For more information visit <http://cvmavirginia27-2.org>

Scholarship Available For Active Duty, Spouses and Vets at UMW

UMW is offering a scholarship providing qualified active duty service members, spouses, or honorably discharged veterans the opportunity to receive a 25% military tuition scholarship for graduate degree programs: Master of Business Administration or Education and Master of Science in Geospatial Analysis. Please contact the Office of Graduate Admissions for more info at 540-286-8000 or email graduate@umw.edu.

Indian Head La Plata Summer Concert Series

Friday, Sept. 8 on the lawn at La Plata Town Hall from 7-9 p.m. Concert-goers are encouraged to bring blankets and lawn chairs. Coolers allowed, but no alcohol. Concessions available from the Town's food trailer located near the back of the parking lot. Play area for children. This week's concert features Trilogi. The band covers a variety of hits from past to present, with female and male lead vocals.

Community Environmental Outreach

The Department of Public Works is hosting an environmental outreach event on Sept. 23 from 9 a.m. to noon in the Regency Furniture Sta-

dium parking lot (11765 St. Linus Drive, Waldorf). Backyard composting and rain barrel workshops, as well as free document shredding, are available. Advance registration for workshops is required. Charles County Government and the University of Maryland Extension staff are offering one-hour workshops for rain barrels and composting. The first rain barrel and compost bin workshops begin at 9:30 a.m.

Shred Event

Free, secure, on-site shredding services available from 9 a.m. to Noon. Up to five boxes (per vehicle) of personal documents for shredding and recycling. Charles County residents only. For more information, call the Department of Public Works' Environmental Resources Division, 301-932-3599 or 301-870-2778.

Compost Bin Workshop

Participants will learn the basics of home composting. Registrants receive a free plastic GEOBIN or get instructions on making a wire bin at home. Registration Deadline: Sept. 18. For info call Department of Public Works' Environmental Resources Division, at 301-932-3569 or Luke Gustafson at 301-934-5403.

Rain Barrel Workshop

Take home a rain barrel and learn proper in-home installation techniques, practical uses and how to reduce the impact of runoff on local waterways. Become eligible for a storm

water remediation fee credit. Registration Deadline: Sept. 18 For info call Erica Hahn at 301-396-5237 or Jackie Takacs at 240-393-6508. For registration forms and info visit www.CharlesCountyMD.gov/Outreach

Kayak Tours Available at Mallows Bay Park

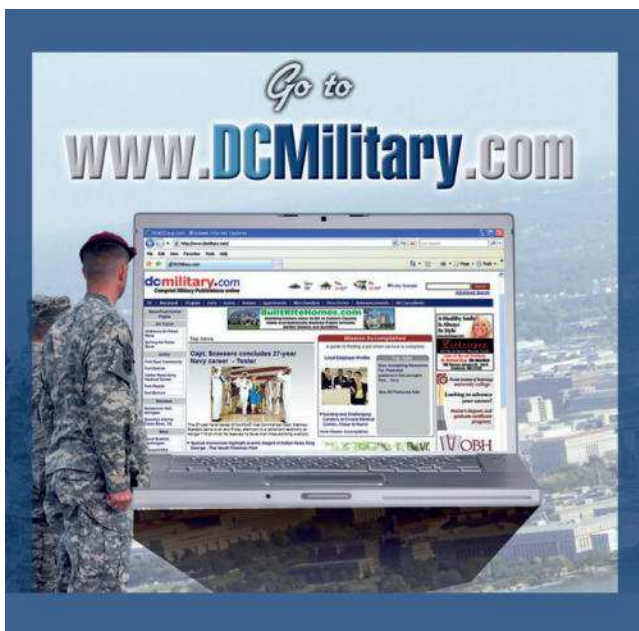
Paddle through the World War I Ghost Fleet while observing the park's unique wildlife and historic and cultural features. Tours led by an experienced guide. Fee includes introductory kayak lesson, guided tour, tandem kayak (two-person), paddle, and a personal floatation device. 8 years of age and older. Ages 8-17 must be accompanied by an adult. Morning Tours: 9 a.m. – noon \$75/person Afternoon Tours: 1 p.m. – 2:30 p.m. \$45/person Register On-Line at www.CharlesCountyParks.com. For more info call 301-932-3470.

Free Spay/Neuter Clinics

You may qualify for free altering of pets. Call Paw Prints Animal Hospital at 301-885-0263 or Humane Society of Charles County at 301-645-8181 for more details.

Volunteers Needed at the Tri-County Animal Shelter

The shelter is in need of volunteers, ages 14 and older, to assist with caring for the many animals at our facility. Call the shelter at 301-932-1713 for additional information and volunteer paperwork.



Visit Us Online www.dcmilitary.com



SOUTH POTOMAC PILOT

NSA South Potomac • Office: 540-653-8153 • 540-284-0129
www.dcmilitary.com/dahlgren

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non-merit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

Editorial content is edited, prepared, and provided by the Public Affairs Office, NSA South Potomac. News copy should

be submitted by noon on Friday to be considered for the following week's edition. All material is edited for accuracy, brevity, clarity, and conformity to regulations. To inquire about news copy, call 540-653-8153 or fax The South Potomac Pilot at 540-653-4269. Commercial advertising may be placed with the publisher by calling 301-848-0175.

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NSA South Potomac

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Public Affairs Officer,
NSA South Potomac

Andrew Revelos

Editor

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Staff Writer



See What Your Dahlgren
MWR has Happening Today!

Auto Skills/Outdoor Recreation

540-653-4900

Outdoor Recreation offers a selection of recreation equipment for fishing, camping, picnics, sporting equipment and special events. Download the Outdoor Recreation Gear Issue & Equipment Rental price list, Moon Bounce and Travel Trailer Rentals from www.NavyMWRDahlgren.com/recreation and select Outdoor Recreation Rentals.

Tire Service Maintenance Class

September 12, 11 a.m. – 1 p.m.

Keep your tires properly maintained through the fall months. Learn the warning signs to detect a problem before it occurs. Open to all with base access. Cost: Free

Cannonball Lanes Bowling Center

540-653-7327

Games: Military \$3.00, Civilian \$4.00. Hourly Bowling: Military \$20.00, Civilian \$25.00. Shoe Rental: Military \$1.50, Civilian \$2.50.

Sunday Special

Sundays, 11 a.m. – 9 p.m.
Join us every Sunday for \$2.00 games and \$1.00 shoe rentals!

Ten Dollar Tuesdays

Tuesdays, 11 a.m. – 9 p.m.
Every Tuesday, get a lane for one hour of bowling for only TEN dollars!

Buy a Game, Get a Game Wednesdays

Wednesdays, 11 a.m. – 9 p.m.

Every Wednesday, buy one game; get the second game for free!

All-U-Can Bowl Fridays

Fridays, 7 p.m. – 11 p.m.
Join us every Friday for a two hour, all you can bowl special! Cost: Military \$6.95/person; Civilian \$7.95/person. Both rates include shoe rental.

Cosmic Bowling

Saturdays, 7 p.m. – 11 p.m.
Enjoy music and lights while bowling!

Child & Youth

CDC I 540-653-4994 / CDC II

540-653-4342

YAC 540-653-8009

Military Child Care Open Enrollment

There's a new way to request care for School Age Care (SAC) and Summer Camps! Families can now use MCC to request care for SAC programs and Summer Camps all year long. The online system allows you to search for and submit unlimited SAC and Summer Camp requests at any time of the year without waiting for registration to begin! To register and learn more about MCC, visit MilitaryChildCare.com

Community Recreation

540-653-8785

Community Recreation Trips

Neptune Festival at Virginia Beach, VA September 30

Worry free driving! Departs at 7 a.m. and returns at 10 p.m. Ride round trip with us for only \$20. Register at the Tickets & Travel office by Sept. 18.

National Apple Harvest Festival – Biglerville, PA – October 7, 6 a.m. – 9 p.m.

Apple Auditorium, antique cars, steam engine displays, orchard tours, petting zoo, craftsman demonstrations, great food, entertainment, and appearances by the Pennsylvania Apple Queen. Register at Tickets & Travel by Sept. 22. Cost: \$10 Ages 12 and up, \$9 Ages 60 and up, Ages 11 and under are free

Taste of Frederick Food

Tours – Frederick, MD – October 14, 7 a.m.

Embark on a 3-hour guided walking tour and culinary adventure through historic downtown Frederick. You'll enjoy food and drink tastings at seven unique local restaurants and specialty food shops while getting a taste of the city's history, culture and architecture. Register at Tickets & Travel by Sept. 29. Cost: Active duty military and family members, \$55.00. All others, \$65.00.

DIY Holiday Porch Sign

September 20, 5:30 – 7 p.m.

Location: Multipurpose Room

Get your home fall ready with this DIY holiday porch

sign! All supplies are included. Register with Tickets & Travel by Sept. 13. Cost: \$15.00

Go City Cards

One person, one card, multiple opportunities! Go City Cards and Explorer Passes include admission to multiple attractions for one low price! Save up to 55% on theme

parks, tours, museums and more versus paying at the gate. You choose attractions as you go from cities such as Boston, Chicago, D.C., Las Vegas, Los Angeles, San Diego, Orlando, Oahu, Miami and more.

NDW Patriots Day at Kings Dominion

Sunday, September 10

Join Naval District Washington for a private event at Kings Dominion. Military and DoD Civilian personnel will enjoy a day of exclusive access to the park, free parking and hardly any wait times! Tickets can be

See **MWR**, Page 6

Dahlgren Movie Theater

540-653-7336

Price of Shows
Civilian: \$5.00. Active Duty, Retired & Reserve Mil E7 & above & their family members with ID: \$4.00.
E1-E6 & below & their family members with ID: \$3.00. Children (6-11): \$2.00 Children (5 and under): FREE.
*Movies shown in 3D will cost an additional \$1 to ticket price.

Friday, Sept. 8 7 p.m. Atomic Blonde R 115 min
Saturday, Sept. 9 4 p.m. The Nut Job 2: Nutty By Nature PG-13 91 min
Saturday, Sept. 9 7 p.m. The Dark Tower PG-13 95 min
Sunday, Sept. 10 2 p.m. The Glass Castle PG-13 127 min
Sunday, Sept. 10 4:30 p.m. ... Valerian and the City of a Thousand Planets PG-13 129 min
Friday, Sept. 15 7 p.m. The Hitman's Bodyguard R 111 min
Saturday, Sept. 16 4 p.m. The Glass Castle PG-13 127 min
Saturday, Sept. 16 7 p.m. Logan Lucky PG-13 118 min
Sunday, Sept. 17 2 p.m. The Nut Job (FREE ADMISSION) PG 85 min
Sunday, Sept. 17 4:30 p.m. The Nut Job 2: Nutty By Nature PG 91 min

For movie listings online, visit www.NavyMWRDahlgren.com/recreation and select the Dahlgren Theater.

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Children (3 and under): Free

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MWR

Continued from page 5

purchased online at Kingsdominion.com/save

Disney On Ice Dare to Dream

September 30, and October 8, at Eagle Bank Arena, Fairfax, VA

Celebrate what's possible as the adventures of five daring Disney heroines spark

the courage inside us all at Disney on Ice presents Dare to Dream! On sale now at the Tickets & Travel office through Sept. 21, until sold out. Cost: \$21.75 per ticket

Craftech

540-653-1730

Craftech offers a variety of services including framing and matting, engraving on plaques, metals, glassware,

leather, stone and more, embroidery, flag and shadow boxes, Tiffany style stained glass, fusing, bottle slumping and firing.

For more details, visit www.NavyMWRDahlgren.com/recreation and select Craftech.

Deco Mesh Christmas Tree & Snowman Orders

Order your Christmas tree and snowman deco mesh decorations in time for the holidays! Orders will be available for pick up in November. Cost: \$60.00

Fitness Center

540-653-8580

Visit us online at www.NavyMWRDahlgren.com/fitness-sports to view the Group Exercise schedule, 2017 Race Series schedule, upcoming classes and leagues!

Fruit & Veggie Trivia

September 12 & 26

How well do you know your fruits and vegetables? The Fitness Center will display three fruits and three vegetables the week of Sept. 12 and 26 to test your fruit and veggie knowledge. A winner will be drawn on Fridays to win a prize. Cost: Free

Race Series Wrap Up 5K & Race Series Awards

September 13, 11 a.m.

Join us at the Dahlgren Fitness Center for the final run of the Dahlgren race series! Recognition awards will be given out after the race. Rain date: September 14. Cost: Active duty, Free. All others, \$5.00

Glow Run 5K

October 27, 6:30 p.m. Race begins at 7 p.m.

Runners and walkers welcome for an evening filled with glow sticks, paint, great music, and an after party. First 100 registrants will receive a glow kit! Register at www.bit.ly/DahlgrenGlow or visit www.NavyMWRDahlgren.com/events and click on the Glow Run 5K for registration information. Cost: Active Duty, \$20.00. All Others, \$30.00

General Library

540-653-7474

S.T.E.A.M. Pre-School Literacy Classes

Wednesdays, 5 p.m.

Our S.T.E.A.M. classes are geared toward pre-school and kindergarten aged children. They will develop their literacy skills as well as engage in the

arts. Siblings are always welcome! Cost: Free

Early Literacy at your Library

Fridays, 10 a.m.

The Dahlgren General Library offers early literacy sessions for your baby and child, with songs, books, and activities that encourage early literacy development. Activities and crafts will be geared toward babies and children under age 5. Siblings are always welcome to attend. Our Friday story times are a great way to meet other caregivers in the area. Cost: Free

Paws for Reading

September 12, 3:45 – 5 p.m.

Curl up with a furry friend and read them a story! The General Library will hold Paws for Reading the second Tuesday of every month and give young readers the opportunity to read to their four legged companions. Reading to a pet can help build confidence in young readers. Register online at <http://engagedpatrons.org/Events.cfm?SiteID=6188> and click on a selected time or call the General Library.

STEM Club

September 26, 4 p.m.

Learn how you can hatch your own Pokémon egg! Cost: Free

Daddy & I Built It Party

September 30, 11 a.m. – 1 p.m.

Spend the afternoon engineering with your special guy at the Library and see what you can build together! Cost: Free

Liberty

540-653-7277

The Liberty Center and all activities are for Liberty Center Patrons Only: E1-E6 single/unaccompanied active duty military.

Football Tailgating

Every Sunday beginning at 1 p.m.

Enjoy great food while you watch your favorite football compete!

Free Movie Friday

September 8, 10 p.m.

Join us at the Base Theater. Enjoy a free movie, candy, drink, and popcorn on us!

Fire Pit

September 9, 7 p.m.

Join the campfire at the Liberty Fire pit with s'mores and hot dogs

See **MWR**, Page 7

Senior Airman David Anderson

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MWR

Continued from page 6

Patriots Day Kings Dominion
September 10, Van departs at 10 a.m.

NDW has Kings Dominion booked for the whole day! Enjoy the amusement park with your fellow sailors. Cost: \$9.50

Video Game Tournament
September 12, 6 p.m.
Celebrate National Video Game day with a video game tournament.

Paint Night
September 14, 6-10 p.m.
Show off your painting skills at Liberty!

Stratford Hall Oyster Festival
September 16, Van departs at 10 a.m.

Head to historic Stratford Hall for their annual wine and oyster festival. Cost: \$12.00

Ice Cream Sundae Sunday
September 17,
Stop by for an ice cream sundae!

Game Night
September 18, 3-10 p.m.



Indian Head Child & Youth
CDC 301-744-4458
CYP 301-743-5456

Teen Open Recreation
Open to ages 13 – 18 from 6:30 – 10:30 p.m. Contact the Youth Center for more information.

Youth Open Recreation
Open to ages 5 – 12 from 6:30 – 10 p.m. Contact the Youth Center for more information.

Indian Head Community Recreation Center
301-744-4850 or 301-744-4648

Storybook Yoga
Thursdays from 10:30 – 11 a.m.
Let's have fun with books and get energized. Open to children and their parents, grandparents and caregivers! Cost: Free

All Day Play-Doh
Sept. 15, 10 a.m. – supplies run out
September 16 is National

Play-Doh Day. We will have Play-Doh available for everyone between 10 am-5 pm. Drop-in to make your own colorful Play-Doh (while supplies last) or hang-out to play and a creation to display.

Sciencetellers presents Pirates Lost at Sea!

Sept. 19, 5:00 p.m.
Set sail with us on a thrilling action-packed adventure about a crew of quirky pirates marooned on a desert island. Explore the incredible science behind clouds, combustion, air pressure and more. All ages.

Peace Day: Tie Dye Shirts & Lava Lamps

Sept. 21, 5:30 p.m.
September 21 is the International Day of Peace! We are going hippie style with tie-dye shirts and throwing in a STEAM activity of lava lamps. Registration is highly recommended for this event. Indicate t-shirt size when registering.

Banned Book coasters
Sept. 27, 5:30 p.m.

Come celebrate Banned Books Week (September 24-30) by making DIY coasters to hold your drinks. Registration is highly recommended. Limited supplies and space!

Storytime Play Dates
Tuesdays at 10:30 – 11:30 a.m.
Parents grab a cup of coffee and mingle with other moms for play dates at the library. First 10 minutes will be a story, song, and a rhyme followed by free play time. For Toddlers and Preschoolers.

Renaissance Festival in Crownsville, Md.
Saturday, Sept. 23, 9 a.m.
Call 301-744-4850 for details and pricing.

Build Your Own Burger Day
Sept. 18, 11 a.m.-1p.m.
Drop-in during your lunch break to grab a hamburger and add-on the delicious toppings. It's Five Guy but with an MWR twist.

Indian Head Globe & Anchor/ Tiki Bar
301-744-6487

Make sure to LIKE us on Facebook to see the exciting drop-in events throughout the month.

Indian Head Liberty Center
301-744-4524

Skirmish Paintball Trip.
Sept. 9, Departs at 6 p.m. The cost is \$25(includes all gear). Sign up at Liberty by Sept 6.

Spades Tournament
Sept. 12, 6 p.m. Snacks provided, Prize to Winner!

Darts Tournament
Sept 13, 6p.m. Prize to Winner! Minute to Win It Challenge
Sept 14, You have 60 seconds to complete our challenge, swing by Liberty to see what it is!

Baltimore Comic Con
Sept 23 \$20 payment. Sign up at Liberty by Sept 20.

Indian Head Stars & Strikes Bowling Center
301-744-4761

Games: Military \$2.00/ game; Civilian \$3.00/game; Shoe Rental \$1.00

Party Rental
Rent Stars & Strikes for your next celebration! Cost: 2-hour rental prices are \$60 for military and \$70 for civilians. Price includes 4 private lanes, shoes, cosmic lights and a whole lot of fun!

Open Bowling
Fridays and Saturdays, 5 – 10 p.m.
Bored on the weekends? Look no further. Stars & Strikes Bowling Center offers open bowling on Fridays and Saturdays.

Lunchtime Bowling
Wednesdays, 11 a.m. – 1 p.m.
Take a break from the office

and unwind with a game or two of bowling! Want a quick bite while you play? Visit online for the menu. Contact Stars & Strikes for more information.

Cosmic Bowling
2nd and 4th Saturday, 5 – 10 p.m.

What glows in the dark and is too much fun to miss? Cosmic bowling at Stars & Strikes Bowling Center!

Bowling Leagues Now Forming

Leagues will be made up of mixed teams of four and substitute bowlers for the upcoming season.

Indian Head Weight House Fitness Center

301-744-4661
Navy-Air Force Half-Marathon

Race Date: Sept. 17, starts at 7:00 a.m.

Online Registration Closes Sept. 10. Late registration will be accepted at packet pickup. Start/Finish Location: Washington Monument, 2 15th Street NW Washington, DC 20024. Race Distance: 13.1 Miles and 5 Miles Register at <http://www.navyhalf.com/registration>

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