



SOUTH POTOMAC PILOT

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



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smart phone

INSIDE:

Month of the
Military Spouse
Featuring Three
of NSASP's
Ombudsmen

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Incoming Command Executive Officer Lusk a Familiar Face

By **BARBARA WAGNER**
South Potomac Pilot

If you have been at any local swim meets or youth baseball and soccer games in the King George area, you may have already met incoming Naval Support Activity South Potomac (NSASP) Executive Officer Cmdr. Robert Lusk. He, his wife Charla and their three children – a 14 and 9-year-old son and a 13-year-old daughter – have lived in King George since 2011 and take a very active role in the community.

Hailing from St. Paul, Minn., Lusk first came to Dahlgren in 2011. He was preparing for his next orders and had a choice to go to the Pentagon, overseas or a little base in Virginia named Dahlgren.

He and his wife did a bit of research and decided to make the move to King George and Naval Support Facility (NSF) Dahlgren; he served at the Joint Warfare Analysis Center (JWAC) as the liaison officer to Central Command and branch officer to Africa Command until 2014.

When the time came in 2014 for Lusk to move to his next assignment, the family faced the decision of moving on or remaining in the community that had



come to mean so much to them. It was an easy call. "We've found a community here that we really en-

joy. We've found families here we are really close with and we have adaptability," Lusk said. "When those orders came up for me to go to Newport News, I said we can either all go down there [Hampton Roads] together and then try to get follow-on orders down there in the Chesapeake area, or I can go and be a geo-bachelor and they just said, 'see ya!'"

Lusk acknowledged the sacrifices that his family has made in support of his career—moving 11 times over the last 19 years—and thought it was his turn to make the sacrifice. He credits the successful integration of his children into the local community and their successes in school with their mother Charla, whom he calls a phenomenal example of a military wife.

Over the last few weeks, Lusk worked side by side with NSASP's former executive officer, Cmdr. Christopher Zayatz and he has high praise for the transition that took place in May.

"It's been an excellent turnover so far with Commander Zayatz, I can truly say that," Lusk explained. "Everyone I've met on the N-Code staff has been

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NSWCDD Commanding Officer and Boy Scouts Retire American Flag

By **JOHN JOYCE**
Naval Surface Warfare
Center Dahlgren Division

Naval Surface Warfare Center Dahlgren Division (NSWCDD) Commanding Officer Capt. Godfrey "Gus" Weekes presided over a solemn flag retirement ceremony with Boy Scout Troop 1404 after his keynote speech inspired the scouts troop during their troop meeting, May 24.

"We always welcome community leaders such as Captain Weekes to come and speak and participate at our troop meetings," said David Hanger, an NSWCDD engineer who is a Boy Scout parent and charter organization representative, serving as the troop's liaison to

its Dahlgren United Methodist Church sponsor. "It certainly helps inspire and motivate the boys to set their goals high. Captain Weekes's message emphasizing the Scout Oath and his participation in the flag retirement ceremony was a definite treat for the scouts."

"The core values of the Navy (honor-courage-commitment) and the core values of the Boy Scouts, as described in the Scout Oath, are similar," added Chip Warder, Troop 1404 scoutmaster who is a Boy Scout parent and NSWCDD engineer. "Captain Weekes discussed the importance of these values as well as leadership, duty, and serving the community. The boys hear the importance of these ideals from the troop's adult leaders and parents all the time, but



U.S. NAVY PHOTO BY JOHN JOYCE, NAVAL SURFACE WARFARE CENTER DAHLGREN DIVISION

hearing the same message from someone else — especially a Navy Captain — definitely held their attention."

After the presentation, Weekes pre-

sided over a retirement ceremony for

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Limited Parking at Parade Field June 20-21

Due to two change of command ceremonies scheduled for the NSF Dahlgren Parade Field on June 20 and 21, parking around the Parade Field and on the Parade Field Pavilion parking lot will be unavailable to normal traffic on those days. Patrons of the bowling alley, Subway, Liberty Center, Commissary and Navy Exchange are encouraged to park behind the facilities or access the commissary/exchange parking lot on Golf Lane. Dahlgren Health Clinic patrons can park in front of the clinic on Caffee Road and there is some limited parking behind the clinic.

Month of the Military Spouses — The Glue That Keeps Things All Together

In our last segment highlighting just a few of the outstanding military spouses at Naval Support Facility (NSF) Dahlgren and NSF Indian Head during May's Month of the Military Spouse, we are recognizing three Ombudsmen from across Naval Support Activity South Potomac (NSASP) and its tenant commands. These three ladies have a collective 40-plus years as military spouses, children and service members, and truly epitomize the idea that a military spouse can do anything.

Between them, they have won statewide pageants, wrestled alligators and demonstrated the very best of humanity by volunteering countless hours serving in the command and in the community.

NSASP's Ombudsman — Laura Ludwig — has been a military spouse for more than 19 years and despite a number of deployments and moves, established herself as a leader across career paths including certified dog trainer, photographer and librarian; she also holds one job that might not have paid out monetarily, but which provided Ludwig with a wealth of opportunities to share the life of a military spouse across her home state of Louisiana. Ludwig was Mrs. Louisiana 2009 and during her reign traveled the state sharing how deployments impact families and especially, the children.

"I was one of eight military spouses with state or country titles that year using our titles to speak up and support other military families."

A mother of five, Ludwig credits the military life with providing her very successful children with many opportunities and adventures.

"Our kids have gotten to experience things that I could only dream of as a child," Ludwig shared. "Our middle child has best friends in Japan, Guam and San Diego that she keeps in touch with daily."

One of the more difficult aspects is the transient life that most in the military count as just part of the job. Ludwig explained that while being able to connect online via video chat and email is an amazing tool, it just isn't the same as being able to spend time together in person.

Her best advice for new spouses is to embrace the change and lifestyle.

"There is something great about where you are heading even if you get orders you didn't ask for. With every duty stations we have been to, even the ones we didn't want, we have found people or connections that were 'ah-ha' moments as to why we were there at that time. Look for those 'ah-ha' moments and connections and you'll enjoy this journey," Ludwig said.



PHOTO COURTESY OF LAURA LUDWIG

Military Spouse Laura Ludwig spent her reigning year as Mrs. Louisiana sharing the life of how deployments affect military families.

Jennifer Diaz is the Naval Health Clinic Patuxent River and South Potomac (NHCPR) Ombudsman, as well as a management and program analyst with the FFRC at Commander Navy Installation Command headquarters (CNIC) in Washington Navy Yard, a mother of two and has been a military spouse for 13 years. For her, the most difficult aspect of being a spouse is during a deployment when she believes spouses don their "Super Woman" capes.

"[During deployment] spouses take on double duty as both mom and dad in order to keep a simple and comfortable lifestyle for our loved ones," Diaz shared. "If a plan is not in order, then tasks become stressful. You have to find balance with work, family, volunteering and other activities. That's the system to keep a

happy family afloat and full of adventures."

In addition to being the NHCPR Ombudsman, Diaz spends her time volunteering for many organizations — state and local food banks, shelters, schools and other non-profit organizations.

"I feel it's my duty to serve and give back. I've had the opportunity to motivate more and more military spouses to volunteer their time to make their community a better safe haven for all families to enjoy while being stationed [here] temporarily," Diaz said.

Being a military spouse provides many benefits and Diaz enjoys meeting new friends and reconnecting with old friends at different duty stations. Sharing the common experiences with others is one way that Diaz believes newer spouses may benefit from getting out and getting to know others in their community.

"You find reassurance and comfort with others when you've met another spouse who shares the same experiences," Diaz explained. "It's insightful to know that I relate to aspects of the military lifestyle and exchange resources and ways to improve our temporary lifestyles. Support your military member and understand their mission to serve. I'm blessed to be a military spouse and although it will have its challenges you must keep it together, take care of your own health as well, and enjoy the ride."

Angel Boily, the AEGIS Training and Readiness Center (ATRC) Ombudsman, is also a familiar face around Naval Support Facility (NSF) Dahlgren. She can also be found at the Fleet and Family Services Center assisting other spouses in her role as a work and family life specialist, as well as being the vice president of the Dahlgren Officers Spouses Club.

Boily, former Soldier and an Air Force "brat," was no stranger to the military lifestyle when she married into the Navy, but having experienced it from every viewpoint, Boily echoes sentiment heard from many of our spouses — having to be both mom and dad during times of deployment is one of the most difficult tasks faced by our military spouses. However, she believes that a great deal of the satisfaction a military spouse experiences in the role is truly what they put into it.

"A good attitude and a willingness to go with the flow will make the experience that much better," Boily shared. "The military life truly is what you make it."

In addition to her work at the FFSC, Boily enjoys serving the Sailors and spouses by supporting their relocation process and helping incoming families settle in, as well as serving as a liaison be-

See **Spouses**, Page 3

Colonial Beach Honors Fallen Heroes on Memorial Day

Patriotic citizens pay their respects to the flag as Sailors from the AEGIS Training and Readiness Center (ATRC) present the colors during a Memorial Day ceremony in Colonial Beach on May 29. Cmdr. Robert Lusk, Naval Support Activity South Potomac (NSASP) executive officer and the ceremony's guest speaker, thanked the community for its support of the base over the years and honored the more than 1.1 million Americans who died in action since 1776. "Memorial Day is not about figures," he said. "It's about individuals who gave their full and final measure in devotion to our nation. Everything they had or ever would have, was sacrificed for all of us."



U.S. NAVY PHOTO BY ANDREW REVELOS

Lusk

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amazing, not only here but at Indian Head as well. There are a lot of daunting tasks here, as we all know. We have five fence lines and it's a big job with a lot of responsibility. I look forward to the challenge. Your career kind of leads you up to this point and I just hope I can carry the torch, as well as Commander Zayatz, has done."

Lusk views his biggest undertaking as continuing to grow the integration between the base and the commands and maintaining open lines of communication.

"We can always improve on communication and that goes through-

out the entire military," Lusk said. "You can really see that here, it's effective now, but as leadership changes — both civilian and military — you've got to maintain that conduit of information between one another. That's always an ongoing mission and I think we're up to the task."

While acknowledging the challenges of his new job, he offered high praise for his new NSASP shipmates, the community and especially, his family. "I can't say it enough; the community is amazing, my family is amazing," Lusk said. "I know this is going to be a tough tour; there's going to be a lot of responsibilities and hardships, but I think I am up to the challenge. I truly wanted to be here; there were other options, but this is where we wanted to be."

Spouses

Continued from page 2

tween outgoing families and their new command Ombudsman.

Boiley also enjoys volunteering with organizations such as Boy Scout, Girl Scouts, Sea Scouts, Sea Cadets and animal shelters.

"I am currently working on a project to help [re-home] service member's 'fur babies' that are unable to relocate with them due to many reasons," Boily shared. "I also like to get my children involved in local events to help give back to the community both civilian and military."

Boily encourages spouses to get out and volunteer on their base, as well as in local community so that they can make new friends.

"It's also a great way to build up your resume," Boily said.

Not only a military spouse, volunteer and mother to five, Boily is also one of only a handful of women to be certified as a licensed nuisance alligator trapper by the Florida Wildlife Commission. Having grown up in Florida, Boily was no stranger to gators and in 2012, she received training and ran a very successful at trapping team that included her daughter, who was 17 the time.

It was during a deployment that Boily decided to train with the Statewide Nuisance Alligator Program (SNAP), proving that not only does life go on hold when spouses are deployed, but that the family members who keep the home fires burning can thrive and grow in their own right.

This month we have highlighted only a few of the many wonderful spouses that are a part of the NSASP family. These spouses and countless others are a tremendous part of what makes a



PHOTO COURTESY OF ANGEL BOILY

Military Spouse and ATRC Ombudsman Angel Boily (Red Hat) with her Sailor and extended family following a homecoming.

command successful. They volunteer on and off base, they serve their community through their jobs and through the various organizations they become a part of, knowing that in roughly three years they will be required to pack up their household and move to yet another command that could be an hour away or on the other side of the world. It is the resiliency of the military spouses that sets the example for their children, keeping the family together and moving forward as well as providing the support that their Sailor, Soldier, Marine, Airman and Coast Guardsman needs. Thank you to all of our military spouses for being the glue that holds the families together and supports our service members to carry on their mission!



PHOTO COURTESY OF JENNIFER PRICE

Jennifer Diaz, Navy Health Clinic Patuxent River Ombudsman with her Sailor and children.

Christmas in May – JWAC Honored for Angel Tree Gifts



U.S. NAVY PHOTO BY J. STEVEN MOORE

Members of the Joint Warfare Analysis Center's (JWAC) Recreation Committee were thanked for their help coordinating the command's past support to Project LINK with a certificate presentation by Rappahannock Area Community Services Board Executive Director Glenda Knight and Ivy Lee on May 5. Project LINK helps pregnant women and young mothers at risk of drug and alcohol abuse. Each year, JWAC employees donate Christmas gifts as part of an "angel tree" to help these women and their families.

More Than Just Smoke and Mirrors – NSWC-DD STEM Night at Colonial Beach Library

Staff from the Naval Support Warfare Center (NSWC) Dahlgren Division took part in a Science Technology Engineering and Mathematics (STEM) demonstration at the Cooper Branch Library in Colonial Beach on May 18 to a group of nearly 30 children. Dr. Daniel Wallace, technical warrant holder for displays and human factors engineering, with the Surface Warfare Systems Engineering (NAVSEA 05W) group within the Naval Systems Engineering Directorate (SEA 05) at NAVSEA headquarters, along with Barbara DeBary-Kesner from V14, the Human Systems Integration Branch within V Department -Warfare Systems Engineering and Integration demonstrated liquid nitrogen effects on different materials, Charles' Law and effect of temperature on gasses, Lenz's Law and effect of temperature on electrical resistance, Leidenfrost Effect, expanding gasses and propulsion, propagation of smoke rings, and engaged the children in a thorough discussion on the scientific method.

"I really enjoy helping the students get a practical 'so what' understanding of why STEM is important and relevant to them," Wallace said.



PHOTO COURTESY OF KITTY NORRIS, COOPER BRANCH LIBRARIAN

"The focus and purpose of the demonstrations are to help children learn the scientific method and to be excited about science."

Wallace will also be teaching a week-long STEM summer camp at Oak Grove Baptist Church in June.

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Aquatics Center
540-653-8088
Learn to Swim, Session 1
May 30 – June 8, Sessions held Monday – Thursday
Open to eligible active duty, reservist and retired military, DoD and all others with base access. Cost: E1-E5 Active duty/retirees \$45 per person per session, All others \$50 per person per session. Adult Private Swim Lessons Cost: Active duty, Free. E1-E5 Active duty/retirees, \$100. All others, \$115

Auto Skills/Outdoor Recreation
540-653-4900

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.
Ladies' Auto Night Out
June 27, 5–6:30 p.m.
Learn about car and travel safety preparedness and procedures along with basic car maintenance such as changing a flat tire, oil changes and more! First ten participants will receive a toolkit. Refreshments will be available. 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.

10-Year Anniversary Celebration
June 15
All ages are invited to celebrate with special, free activities all day! 9-10 a.m., Our Wild World Wildlife Friends; 10-11 a.m., Barnyard Buddies Petting Zoo; 11 a.m.-1 p.m., Hors d'oeuvres, cupcakes, light refreshments, NSWC Federal Credit Union Cash Vault, Cannonball Lanes Prize Wheel; 1-4 p.m., \$1 games and \$1 shoe rental; 4-8 p.m., Mosaic Pin Decorating.

Child & Youth
CDC I 540-653-4994 /
CDC II 540-653-4342
YAC 540-653-8009
Military Child Care Open Enrollment
To register and learn more about MCC, visit Military-ChildCare.com

Hourly Care
Location: Child Development Center and Youth Activities Center
Eligible patrons include all children 6 weeks to 12 years of age. Care is available on a day to day basis and requires advance reservations. Hourly care reservations, as well as payments for care, can be made online at <https://myfr.navyaims.com/ndwcyms.html>. Cost: \$4.00/hour

Community Recreation Tickets & Travel
540-653-8785
Community Yard Sale
Whether you're selling or browsing, join us for a Community Yard Sale at Dahlgren! Open to all with base access on June 3 at 8 a.m.. Call 540-653-8785 for more information.

Picnic on the Pavilion
June 14, 11 a.m. – 1 p.m.
Location: Dahlgren Parade Field

**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, June 2 7 p.m. The Circle PG-13
Saturday, June 3 4 p.m. The Fate of the Furious PG-13
Saturday, June 3 7 p.m. How to be a Latin Lover PG-13
Sunday, June 4 2 p.m. Zootopia (FREE ADMISSION) PG
Sunday, June 4 4:30 p.m. The Zookeeper's Wife PG-13
Friday, June 9 7 p.m. Lowriders PG-13
Saturday, June 10 4 p.m. . . . Guardians of the Galaxy (FREE ADMISSION) PG-13
Saturday, June 10 7 p.m. . . . Guardians of the Galaxy Vol 2 (3D*) PG-13
Sunday, June 11 2 p.m. Power Rangers (FREE ADMISSION) PG-13
Sunday, June 11 4:30 p.m. Guardians of the Galaxy Vol 2 PG-13

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

Leave your lunch at home. Famous Dave's and Kool Zone food trucks are coming to Dahlgren, for one day only! Menus can be found online at www.bit.ly/PavilionPicnic.

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.

Rustic American Flag Painting
June 12, 4–6:30 p.m.
Create a rustic and patriotic feel to your home by painting an American flag onto 16"x20" wooden pallets. Register at Craftech by June 7. Cost: \$30.00,

all materials will be supplied.

Fitness Center
540-653-8580
Couch to Half Marathon
Begins June 6
Join our team of talented fitness staff as we prepare you to run the Navy-Air Force Marathon or Navy 5 Miler on Sept. 17. Training runs begin June 6 and will be held Tuesdays at 6 a.m. and Thursdays at 4 p.m. Register at the Fitness Center by June 20. Cost: \$80.00, each participant will receive registration for the Half Marathon and a team t-shirt to wear on race day. Can't make the half marathon? We still welcome your company at no cost.

Battle of Midway 5K
June 14, 11 a.m.
Join the Fitness Center for a 5K honoring the Battle of Midway, a four-day sea and air U.S. victory during World War II. Rain Date: June 15. Cost: Active Duty, Free. All Others, \$5.00

General Library
540-653-7474
Storytime at the Library
Wednesdays, 4:45 p.m. and Fridays at 10 a.m.
Play, learn, & explore together! Join us at the library for songs, stories, crafts, and playtime! Wednesday evening will be STEAM story times with fun experiments geared towards pre-school and kindergarten children. Friday story times will include baby geared songs as well as books and crafts for pre-school ages.
Crafternoon: Sharpie Mugs
June 7, 5:30 p.m.
Create your own design on a mug with a sharpie! Register online by June 6 at <http://engagedpatrons.org/Events.cfm?SiteID=6188>Cost: FREE
Summer Reading Kick-Off Party
June 13, 3 – 5 p.m.
Location: Cannonball Lanes
Start the summer off right

with Reading By Design. Win weekly or biweekly prizes for reading! Open to all ages from babies to adults. Register online & log your reading by clicking on the link at www.NavyLibraryDahlgren.org. Join us for our kick-off party at Cannonball Lanes for free bowling and pizza. T-Shirts for children and teens will be given out on a first-come, first served basis starting at the kick-off party.

Liberty
540-653-7277
The Liberty Center and all activities are for Liberty Center Patrons Only: E1-E6 single/unaccompanied active duty military.
Transportation to Jake Owen Concert
June 3, Depart at 3 p.m.
Purchase your ticket and we'll give you a free ride! Let

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SOUTH POTOMAC PILOT

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NSA South Potomac

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NSA South Potomac

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Editor

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Staff Writer

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Liberty do the driving and enjoy the concert, at the Fredericksburg amphitheater.

Movie on the Lawn!

June 6, 8 p.m.

Come to the Liberty Center for a movie under the stars with free popcorn.

Wing Wednesday & Trivia

June 7 & 21, 3:30 p.m.

Enjoy free wings provided by Gray's Landing, while you test your knowledge in a round or two of trivia.

Free Movie Friday

June 9, 10 p.m.

Join us at the Dahlgren Theater for a free movie, candy, drink, and popcorn.



Indian Head Child & Youth

CDC 301-744-4458
CYP 301-743-5456

Color Vybe Fun Run

June 24, 10 a.m.

Location: Ben Rand Track and Field

Participants will race our 1.15-mile course through color stations then finish at our Vybe Session party! Open to all with base access! Any participant younger than 18 must have a consent form signed by his/her parent or guardian. Register at the Weight House Fitness Center prior to race day, same day registration held at Ben Rand Field. Packet Pick-up held from June 19-23 during business hours. For more information, call (301) 744-4661. COST: AD- Free/ Others-\$5 Group Discounts Available

Volunteers Needed! We are looking for volunteers to bring some color to Indian Head! Contact nsfindianheadmarketing@gmail.com for more information! The 10 Volunteers will be compensated for their time with covered admission to the MWR Crab Feast (July 15!) Snag your spot today!

Indian Head Child & Youth

CDC 301-744-4458
CYP 301-743-5456

Say it With Music Celebrity for a Day Summer Experience

August 14 - 18

If you can rap, sing, or write poetry, then you can be a celebrity for a day and record your vocals using a professional recording studio! Make a CD! After you create the song, you will film a music video that will be on YouTube or Vimeo! For more information contact the Youth Activities Center at YC.NSASP-IN-HD.fct@navy.mil

Indian Head Community Recreation Center

301-744-4850 or 301-744-4648

Storybook Yoga

Thursdays, 10:30 - 11 a.m.

Open to children and their parents, grandparents, and caregivers. Cost: Free

Summer Reading Kick Off Party

June 9, 4:30 - 6:30 p.m.

Start the summer off right with Reading by Design. Win weekly or biweekly prizes for reading! Join us for our kick-off party at the Community Rec-

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recreation Center. T-Shirts are first-come, first served basis starting at the kick-off party. Open to all ages from babies to adults. Register online & log your reading by clicking on the link here or visiting <https://Indianhead.beanstack.org>.

DIY Father's Day T-Shirts
June 13, 4-6 p.m.
Come and show dad how much you love him! Make him his own unique fashion statement! Drop into the Community Recreation Center to design Dad a special T-Shirt! Cost: Free

Indian Head Globe & Anchor/ Tiki Bar
301-744-6487
Be sure to "like" us on Facebook to see the exciting drop-

in events throughout the month.

Indian Head Liberty Center
301-744-4524

The Liberty Center and all activities are for Liberty Center Patrons Only: E1-E6 Single/Unaccompanied Active Duty Military.

Kayaking Trip
June 3, bus departs at 10:30 a.m.
Join Liberty as we explore Indian Head by water at Up the Creek Rentals. Register by June 1. Cost: \$10

BBQ Lunch at Liberty
June 5, 11 a.m. – 2 p.m.
Cost: Free

Ping Pong Tournament
June 6, 6 p.m.
Cost: Free

DIY- Ice Cream Day
June 7, All Day
We're making ice cream! Create your own flavors of

this summer time treat (while supplies last)! Cost: Free

Charter Fishing Trip
June 10 bus departs at 6:45 a.m. Join Liberty for a fishing trip around the Potomac! Gear provided! Cost: \$55

Cornhole Tournament
June 12, 6 p.m.
Bring your friends and kick back at our cornhole tournament! Cost: Free

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

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

Rent Stars and Strikes
Rent Stars & Strikes for your next celebration and let us help you throw a bowling bash that your guests will rave about! 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.
Stars & Strikes Bowling Center offers open bowling on Fridays and Saturdays.

Lunchtime Bowling
Wednesdays from 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 us online for the menu and to contact Stars and 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!

Father's Day Bowling Special
June 16 -17, 5 – 10 p.m.

In honor of Father's Day, dads will enjoy one free game of bowling and a free shoe rental!

Bowling With Liberty
June 27, 5:30 p.m. – 7:30 p.m.
Liberty Patrons Only! Join us for a night of bowling! Cosmic lights, great music, and food! Don't worry, it's all Free!

Indian Head Weight House Fitness Center
301-744-4661

Badminton Tournament
June 2, 11 a.m. – 2 p.m.
Teams will play each other twice to be seeded into a double elimination tournament. Prizes will be awarded to the top two teams. Four teams must be present to begin the

tournament. Register at the WHFC front desk by June 1. Open to all with base access. Cost: AD- Free; All others- \$5

Dive-In Movie Night
June 7, 7:30 p.m.
Summer nights are best enjoyed while floating in the pool watching a movie! All movies are family friendly. Cost: Military- Free/ All Others- \$4

Closest to the Pin
June 15, 10 a.m. – 2 p.m.
Book your tee time today! Earn points by landing within the targeted area. Cost: Active duty, free, All others, \$5

Strongman Competition
June 23, 1-3 p.m.
Two weight classes for men(185/below & 185/above) and 1 weight class for women. Prizes awarded to 1st and 2nd for each weight class. Register at the WHFC by June 22. Cost: AD-Free / Others- \$5

Scouts

Continued from page 1


an American flag that was no longer in condition to continue flying over an NSWCCD building at Naval Support Facility Dahlgren.
The U.S. code (title 36, chapter 10,

section 176, paragraph k) directs that, "the flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning." Moreover, the Boy Scouts of America handbook advises that, "Scouts can volunteer to help replace faded and tattered flags in their communities and to conduct flag retirement cere-

monies for those that have been taken down." The BSA handbook adds that, "a national flag that is worn beyond repair may be burned in a fire. The ceremony should be conducted with dignity and respect and the flag burned completely to ashes."
The dignity and respect was evident as a scout read a patriotic, historical overview of the American flag

during the solemn event. Another scout played taps while all in attendance stood silently at attention.
"It brings a profound and emotional element to retiring the flag properly," said Warder. "Retiring a faded, torn or weathered U.S. flag in a respectful and dignified manner is something we take very seriously in our troop. The ceremony was espe-

cially memorable since we had the honor of having Capt. Weekes attendance. He placed the flag in the fire, then stood at attention while saluting along with the boys. It was special to all of us. Having an active member of the military participate in the flag retirement ceremony adds another element to the event that we all will fondly remember for a long time."



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