



SOUTH POTOMAC PILOT

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



Link directly to the NSASP Facebook page on your smart phone

INSIDE:

NSWC IHEODTD Logistician Wins Lottery

Page 2

PRSR STD
U.S. POSTAGE
PAID
PERMIT #90
EASTON, MD

NSWC Dahlgren Division Personnel Awarded for Achievements Vital to Current and Future Fleet

By **JOHN JOYCE, NSWC DAHLGREN**
Division Corporate Communications

Ninety-two individuals and 16 teams were honored with 21 different Navy and Dahlgren Division awards as the Naval Surface Warfare Center Dahlgren Division (NSWCDD) held its annual honor awards ceremony, May 17.

Family and friends of awardees watched Naval Surface Warfare Center (NSWC) and Naval Undersea Warfare Center (NUWC) Executive Director Donald McCormack present the awards with NSWCDD Commanding Officer Capt. Godfrey "Gus" Weekes and NSWCDD Technical Director John Fiore while the event was livestreamed on the command's Facebook page.

"The award narratives bolstered the confidence I have that the warfare centers are intellectually prepared to meet any challenge," McCormack told a packed audience at the University of Mary Washington Dahlgren campus auditorium. "Dahlgren is poised to help the Navy accept the technical direction of today's Navy, tomorrow's Navy and the Navy after next."

McCormack leads more than 20,000 civilian scientists, engineers, technicians and support personnel — based at nine NSWC and NUWC divisions across the country — who perform research, development, test, and evaluation for the future Navy in addition to in-service engineering and logistics support for the operating fleet.



U.S. NAVY PHOTO BY GEORGE SMITH/RELEASED
Stephen Malyevac holds a framed certificate of the Navy Superior Civilian Service Award he received at the Naval Surface Warfare Center Dahlgren Division (NSWCDD) Annual Honor Awards ceremony. Malyevac was recognized for numerous technical and leadership contributions as the NSWCDD Distinguished Engineer for Surface Engagement.

"Thank you for your skills and devotion to Dahlgren, to the warfare centers and our Navy," said McCormack. "We are one team, so as you celebrate your accomplishments today, please take a moment to pass along your thanks to everyone that helped you make today a reality, and of course that needs to start with your families."

The annual ceremony honors the men and women of the NSWCDD workforce who demonstrated

exceptional resolve to meet the command's mission objectives in addition to those who significantly impacted the community through volunteer service.

"They exemplified NSWC Dahlgren Division's spirit of innovation in keeping with our strategic vision — to be recognized as the technical leader in delivering innovative, affordable and effective solutions for the Navy and in support of joint and national initiatives," Weekes wrote in the Annual Honorary Awards Ceremony program. "It is also important to recognize our awardees' families and co-workers, who are partners in the professional successes we celebrate today. To the spouses, children, parents, and friends — thank you for your devotion and understanding as long hours and extended travel were necessary."

Weekes recounted the command's numerous accomplishments in 2016, citing examples of work vital to Navy technological programs and the development of new capabilities such as the virtual USS Dahlgren. The cybernetic ship coordinated an engagement with virtual and hardware representations of systems on the USS John C. Stennis (CVN 74), USS Bunker Hill (CG 52) and USS Independence (LCS 2) last August. "The event occurred during live-fire destruction of surface threats, allowing NSWCDD to evaluate how multiple Navy assets can work together seamlessly at reduced cost," said Weekes, adding that

See **Awards**, Page 2

Always Moving Forward: CBIRF Spouses Share Wisdom

By **BARBARA WAGNER**
South Potomac Pilot

The diversity of life experience and talent that today's military spouse brings to the table is just as diverse as service members themselves. Whether they were raised as "military brats" or newly married and on their first tour, spouses have to be just as dedicated to the mission as their Soldier, Sailor, Airman, Marine or Coast Guardsman. Two spouses from the Chemical Biological Incident Response Force (CBIRF) team chatted recently about their journey as a military spouse.

Mary Ann O'Connell considers herself a bit of a local girl. While not born and raised in the Indian Head, Md. area, this self-professed military brat grew up as a Navy dependent and her

father's last duty station was at the Washington Navy Yard, a move that brought her family to the area. It was O'Connell's military roots that colored her perspective in her early days as a military spouse.

"I thought that there was a specific role I had to play being a military spouse," O'Connell said. "I thought that there was a certain way I was supposed to be and it took a few years to realize that that wasn't serving anybody. I love the military community, but I don't help anybody being that person that they think I should be. The hardest part for me was learning to be authentic."

Tiffany Gates is a fellow CBIRF spouse that had never been a part of a military family before, so her experience differs a bit. Without a preconceived notion of who a military spouse is, Gates had to learn on the fly. How-

ever, Gates credits those early lessons and dealing with the stresses that can come with deployments with strengthening and maturing her, just as it did for her Marine.

"When you go through certain things and they [the service member] aren't home, it makes you so much stronger," Gates shared.

Gates gave an example of her first experience with a deployment when the return date seemed to be in flux.

"It was so wishy washy when they were about to come back and it was frustrating," Gates explained. "Two days before he was supposed to come back we got an email saying that they were going to be another six weeks and I literally ran into the bathroom at work and fell apart."



PHOTO COURTESY OF
MARY ANN O'CONNELL

Mary Ann O'Connell and her Marine at the CBIRF Birthday Ball in 2015.

See **Forward**, Page 9

Awards

Continued from page 1

the test was “a huge win for the Navy and warfighter.”

NSWC Dahlgren Division's mission to the Navy and warfighter focuses on research, development, test and evaluation, analysis, systems engineering, integration and certification of complex naval warfare systems related to surface warfare, strategic systems, combat and weapons systems associated with surface warfare. The command also provides system integration and certification for weapons, combat systems and warfare systems.

“You’ve been providing technical and business excellence for nearly a century, and we will be celebrating Dahlgren’s 100th anniversary shortly,” said McCormack, the event’s keynote speaker. “One hundred years of providing research, development, test and evaluation, analysis, systems engineering, and so much more. One hundred years of innovation and stewarding the intellectual capital we need from testing guns on the range (Potomac River Test Range) to missiles and now to directed energy weapons, and of course the incredibly capable Aegis combat system. The history and collaboration of our warfare centers is important. History helps us learn lessons on collaboration to provide the best technological solutions — not just what we develop locally — and how working together (across warfare center divisions) makes us stronger.”

Families and co-workers watched as awardees were honored at the morning individual awards and afternoon group awards sessions.

Navy Superior Civilian Service Award

Stephen Malyevac received the Navy Superior Civilian Service Award. The honor recognizes employee contributions that are exceptionally high in value, but affect a smaller area than the Navy Distinguished Civilian Service Award and are more significant than those for which the award of the Navy Meritorious Civilian Service Award is made. The Superior Civilian Service Award may be awarded for contributions that serve as a model for other commands.

Navy Meritorious Civilian Service Award

Ten NSWCDD employees were presented with the Navy Meritorious Civilian Service Award -

Thomas Duval, Calvin Jones, Howard Kohl, Everett Wiles, Kathleen Jones, Randall Lasater, Ajoy Muralidhar, Benjamin McGlas-son, Owen Seely, and Howard Woodard.

The third highest Navy civilian award honors civilian employees supporting the Department of the Navy for meritorious service or contributions resulting in high value or benefits for the Navy or the Marine Corps. It was established to recognize those individuals whose leadership or important contributions to major projects of the Navy have demonstrated outstanding achievement.

John Adolphus Dahlgren Award

The John Adolphus Dahlgren Award, the command's highest award, was presented to Joseph Berenotto and Anthony D'Alessandro.

The Dahlgren Award is named for Rear Adm. John A. Dahlgren — who is considered the “Father of Modern Naval Ordnance” — and honors individuals with significant achievement in science, engineering or management.

C.J. Rorie Award

Lt. Cmdr. Wesley Simon received the C.J. Rorie Award, established to recognize military personnel assigned to NSWCDD whose excellence in the performance of their duties contributed significantly to the effectiveness of the Division’s military operation.

Dr. James E. Colvard Award

Five employees — Jeffrey Solka, Hamish Malin, James Jensen, Kevin Pitts, and Melissa Smith — received the Dr. James E. Colvard Award in recognition of their leadership and substantial



U.S. NAVY PHOTO BY GEORGE SMITH/RELEASED

Joseph Berenotto holds the John Adolphus Dahlgren Award he received from Naval Surface Warfare Center Dahlgren Division (NSWCDD) leadership at the command's annual honor awards ceremony. Berenotto was recognized for his outstanding contributions to the Submarine Launched Ballistic Missile program and NSWCDD.



U.S. NAVY PHOTO BY GEORGE SMITH/RELEASED

Kathleen Jones holds a framed certificate moments after receiving the Navy Meritorious Civilian Service Award at the Naval Surface Warfare Center Dahlgren Division (NSWCDD) Annual Honor Awards ceremony. Jones was recognized for outstanding, significant, and substantial technical contributions to the Navy in Radar Systems.

contributions to the development of NSWCDD as a technical institution.

Bernard Smith Award

Three Dahlgren employees — Kevin Adams, David Mearns, and Carol Galloway — were recognized with the Bernard Smith Award, established to recognize individuals with exceptional, significant and technical contributions in engineering or science, especially those made in the face of unusual odds or significant opposition.

Helen Springer Award

Four employees received the Helen Springer Award — Yvonne Lewko, Kenneth Van Wyen, Daniel Cordes, and Lorna Tebrich — which recognizes individuals who have made a notable and significant impact to business operations at NSWCDD. The award was named in honor of Helen Springer, a former NSWCDD Deputy Human Resources Director who was instrumental in transforming business operations at Dahlgren from a paper-based system to an electronic environment.

Walter T. Lewis Acquisition Award

Kristofer Parker and Amy Richards received the Walter T. Lewis Acquisition Award in recognition of their demonstration



U.S. NAVY PHOTO BY GEORGE SMITH/RELEASED

Anthony D'Alessandro holds the John Adolphus Dahlgren Award he received from Naval Surface Warfare Center Dahlgren Division (NSWCDD) leadership at the command's annual honor awards ceremony. D'Alessandro was recognized for the crucial role he played in establishing NSWCDD as the undisputed leader for government designed and developed fire control systems.



U.S. NAVY PHOTO BY GEORGE SMITH/RELEASED

Lt. Cmdr. Wesley Simon holds the C.J. Rorie Award he received from Naval Surface Warfare Center Dahlgren Division (NSWCDD) leadership at the command's annual honor awards ceremony. Simon was recognized for his contributions as NSWCDD's senior watch officer and as Aegis Ballistic Missile Defense (BMD) lead combat system engineer.

of the key tenets of teamwork, integrity and accountability in the achievement of acquisition excellence in support of the NSWCDD Mission. This award is named in honor of Walter T. Lewis who was the command's first civilian contracting officer with unlimited contracting officer authority, the first small business specialist, the first competition advocate, and the first deputy for procurement serving as the NSWCDD acquisition expert.

Leadership Award

Five employees — Darrell Craft, Kathleen Llacuna, Mary Collings, Vincent Vendetti, and Stacy Palivoda-Estes — were honored with the Leadership Award — established to recognize individuals who have made a notable and significant impact to NSWCDD through their outstanding performance in project leadership, line management or both.

Awards

Continued from page 2

Employee Development Award

The Employee Development Award was established to recognize those individuals who — through their leadership and commitment — have made exemplary contributions to the development of others.

Barbara Anthony, David Dooley, Tia Ward, and Anita Kirkland received the award for their impact as role models who created a positive and supportive work environment for continuous employee development, building employee commitment to the organization and its core values, while fostering employee motivation and overall well-being.

Commander's Diversity and Inclusion Award

Marcus Matthews, Michael Lukas, and Rachael Lupro received the Commander's Diversity and Inclusion Award for their continuing contributions in management and leadership while demonstrating commitment to policies and programs that promote equality, diversity and inclusion in the federal workplace.

Technology to Warfighter Award

Ralph Stewart received the Technology to Warfighter Award for his direct and significant impact on the warfighter by developing needed capability and transitioning it into operations.

Dr. Charles J. Cohen Award of Excellence for Science and Technology

Two employees — Robert Pawlak and Eric Schroeder — received the Dr. Charles J. Cohen Award of Excellence for Science and Technology. The award recognizes those who fundamentally impact science or technology with work that also measurably impacts capability.

NSWCDD Award of Excellence for Analysis

The NSWCDD Award of Excellence for Analysis is newly established to recognize individuals who have made a notable and significant impact to NSWCDD through their outstanding performance in analysis - warfare, design, engineering, modeling and simulation.

Five employees — Edward Cerasuolo, Timothy Bauer, Jordan Chaparro, Bryan Knott, and Carly Torisky — received this award for performance or achievements that are exceptional in nature and have resulted in a significant organizational contribution.

NSWCDD Award of Excellence for Software Engineering and Integration

The NSWCDD Award of Excellence for Software Engineering and Integration was established to recognize individuals who have made a notable and significant impact to NSWCDD through their outstanding performance in Software Engineering & Integration.

Seven employees — Sean McCready, Adam Moyers, Gerald Boynton, Marc Santoro, Stanley Fissel, Garnett Yeatts, and Douglas Haas — received this award which honors individuals with performance or achievements that are exceptional in nature and have resulted in a significant organizational contribution.

NSWCDD Award of Excellence for Systems Engineering and Integration

The Award of Excellence for Systems Engineering and Integration was established to recognize individuals who have made a



U.S. NAVY PHOTO BY GEORGE SMITH/RELEASED

The Ground Based Air Defense on the Move Team is pictured prior to receiving the Award of Merit for Group Achievement from Naval Surface Warfare Center Dahlgren Division (NSWCDD) leadership at the command's annual honor awards ceremony. The team was recognized for their significant progress towards the deployment of a High Energy Laser system to the USMC.

notable and significant impact to NSWCDD through their outstanding performance in systems engineering and integration.

Jonathan Alty, Stephen Hagewood, George Wiles, Jessica DiFilippo, John Gaffé, John Phillips, James Rushton, and Karen Shuttleworth were honored this year for performance or achievements that are exceptional in nature, resulting in a significant organizational contribution.

NSWCDD Award of Excellence for Test and Evaluation

The NSWCDD Award of Excellence for Test & Evaluation was established to recognize individuals who have made a notable and significant impact to NSWCDD through their outstanding performance in Test and Evaluation, the collection, analysis, and assessment of data to characterize and/or measure the performance of a component, system, platform, or mission.

Seven employees — Angela Mejeur, Carl Hager, Victor Wiss, Andrew Green, Christopher Shoaf, Harold Umberger, and Todd Damon — received this award which recognizes individuals with performance or achievements that are exceptional in nature and have resulted in a significant organizational contribution.

Paul J. Martini Award

Fifteen employees received the Paul J. Martini Award — established to recognize individuals who demonstrated excellence in an administrative or other support function. The award is named in honor of Paul J. Martini, who was head of the Engineering Support Directorate of the Naval Ordnance Laboratory from November 1951 to December 1973. Receiving the award were: Thomas Mann, Elizabeth Mundy, Theresa Ashton-Moore, Patricia Honosky, Jason Simpson, Mary Coffey, Jeffrey Hughes, Brandy Plucker, Shawn Richey, Ryan Zavitz, Paul Sparks, Marvin Hanks, Brittany Haga, Wendy Hornbaker, and Jessica Williamson.

Distinguished Community Service Award

Brian Cusick, Rose Hayden, Thane Everett, Serita Seright, Matthew Page, and Marin Kobin received the Distinguished Community Service Award in recognition of their significant contributions to communities through volunteer service.

In-house Laboratory Independent Research Excellence Award

Allen Parks received the In-house Laboratory Independent Research Excellence Award which is granted to an individual or group whose research results exhibit outstanding techni-



U.S. NAVY PHOTO BY GEORGE SMITH/RELEASED

The Joint Aegis Advanced Capability Build 20 Ballistic Missile Defense 6.0 Team is pictured prior to receiving the Award of Merit for Group Achievement from Naval Surface Warfare Center Dahlgren Division (NSWCDD) leadership at the command's annual honor awards ceremony. The team was recognized for their execution of critical engineering activities leading to the successful execution and formal closure of the Joint ACB 20 system requirements review and system functional review.

cal or scientific merit — relevant to the mission and thrusts of NSWCDD.

Group Achievement Awards

Twelve groups of NSWCDD employees received the Award of Merit for Group Achievement; seven groups received the Technology to Warfighter Award for their accomplishments during 2015. The group awards are intended to promote the spirit of teamwork among employees and recognize group effort where cooperation has contributed to the success of the group.

The following groups received the Award of Merit for Group Achievement:

- Collective Protection System Variable Speed Drive Team
- Ground Based Air Defense On the Move Team
- Joint AEGIS Advanced Capability Build 20 Ballistic Missile Defense 6.0 Team
- Joint Service and Underwater Explosive Ordnance Disposal Cyber Team
- Littoral Combat Ship Surface Warfare Command and Control Software Development Team
- Railgun Team
- Research Development Test and Evaluation Network Team
- Shipboard Fiber Optics Team
- Special Programs Security and Information Technology Team
- Submarine Launched Ballistic Missile Fratricide Re-Characterization Team
- USS Dahlgren Team

Technology to the Warfighter Award

The Technology to the Warfighter Award recognizes individuals or groups who have had a notable and significant impact on the warfighter by developing needed capability and transitioning it into operations. The intent of this award is to recognize direct contributions to the warfighter and their operational impact.

The following groups received the award:

- AEGIS Ashore Romania Engineering Team
- Identity Dominance Team
- Maritime Improvised Explosive Device Investigation (MIEDI) Fleet Experimentation Team
- Distributed Training Branch, Environment Development Group
- SPY Sliderule Team

Call Us for Your Advertising Needs 301-921-2800

BASE HAPPENINGS

What's Happening 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

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.

USO Little Patriots Playgroup

Come to the USO for fun, music, storytime and friendship on May 31, 10 a.m. For children five and younger and their parents/caregivers.

Bakery Bonanza at the USO

The USO is offering a free bread and baked goods giveaway, with donations from local grocery stores on June 1, 9 a.m. to 1 p.m. Choose from a wide selection of bread, cakes, cookies, muffins, pies and more.

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 7th Annual Patriotic Palooza

Saturday, June 24 from 4-8 p.m. at Barnesfield Park. Lots of fun including a DJ, Trackless Train, Moon Bounce, Petting zoo, Obstacle Course, Face-Painting, Touch a Truck, Money Machine, Mechanical Bull, Swing, Spin Art, Carnival Games, Corn Hole Tournament, Home Run Derby and much more fun for the whole family.

Lego Engineering Camp

Camp takes place at King George Middle School, July 31 — August 4th Two sessions — Intro to STEM using Lego, 9:00a.m.-12:00pm for ages 5 — 6 and STEM Challenge using Legos 1 — 4 p.m. for ages 7 — 12 \$139 per child. Learn more at www.play-well.org and register at King George Parks and Recreation.

King George Summer Camp Program/Daycare Registration

Starting May 30, King George Parks and Recreation will begin taking registration for a variety of weeklong summer adventures. "Summer Sunsatons" (ages 5-10) and "Teen Breakout" (Ages 11-15) are both 10-week daycare programs running from 7:30 a.m. — 5:30 p.m., Monday through Friday. Extended hours are offered for an extra fee. Each camp is staffed by a Camp Director, Assistant Director and Camp Counselors. Fees (per child) are: a \$35 one-time registration fee (Campers will receive 2 camps t-shirts and day-pack); \$130 per camp week fee. Weekly fees cover: Day

trips, in-house activities bowling, skating (if available) and other camp related activities. PLEASE NOTE: King George Parks and Recreation has the right to cancel trips and activities in the event of inclement weather conditions or heat advisories.

2017 Virginia Women Veterans Summit

The Virginia Women Veterans Summit will be held June 22-23 at the Marriott Chesapeake, 725 Woodlake Drive, Chesapeake, VA 23320. A welcome reception will be held June 22 from 6 — 7:30 p.m. and the summit will be held June 23 from 8 a.m. — 4 p.m. The summit will include presentations, panel discussions, exhibitors and more. Virginia's First Lady, Dorothy McAuliffe, will be one of the featured speakers. Registration is required and can be secured online at <https://womenvet-summit.eventbrite.com/> or by calling 804-381-4002, ext. 3400. The event is free and open to women veterans who have, currently are, or will be transitioning into civilian life.

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 excited to announce

a Military Scholarship that will provide qualified active duty servicemembers, their spouses, or honorably discharged veterans the opportunity to receive a 25% military tuition scholarship for graduate degree programs: Master of Business Administration, Master of Education and Master of Science in Geospatial Analysis. Please contact the Office of Graduate Admissions to receive full scholarship information at 540/286-8000 or email graduate@umw.edu.

Indian Head The Tri-County Animal Shelter is pleased to announce the following May monthly promotions and reminders:

National Chip Your Pet Month (Monday, May 1-Wednesday, May 31) All pets should wear a collar and tags, but a microchip is a permanent identification that cannot fall off or be removed. Identification may be your pet's ticket home. During the month of May, bring your cat or dog to the shelter and get a microchip for \$10. Cats and dogs must be leashed or in a carrier. **Free Programs and Swim Day Available during Water Safety Month**

May is Water Safety Month. The Department of Recreation, Parks and Tourism is offering free programs for residents and their families. Free programs include Water Safety Hour, Hands-Only CPR and Swim Lesson Days Residents who sign the Water Safety Month pledge will receive one free day of swimming at any one of the pools operated by Recreation, Parks, and Tourism. For more information on

Water Safety Month programs and pledge, or for listings of the Department of Recreation, Parks and Tourism events and activities, visit www.CharlesCountyParks.com.

Rabies Clinic Available on June 4

The Charles County Animal Control and Charles County Department of Health are sponsoring a free rabies clinic on Sunday, June 4, from 1 p.m. -3 p.m. at the Bel Alton Volunteer Fire Department. Protect the ones you love by ensuring your pets have the proper vaccinations. Maryland law requires all dogs, cats, and ferrets to be vaccinated for rabies. Dog and cat licenses will be available for purchase at the clinic. The fee for a pet license is \$5 if your animal is altered and \$25 if your animal is not altered. All pets over 4 months old must be licensed to comply with the Charles County Ordinance. If your pet becomes lost, a license will improve the chances of identifying the animal and returning it to you. A license also lets others know your pet is up-to-date with its vaccinations. At the clinic, all dogs must be leashed, and all cats and ferrets must be contained in a carrier. For more information about the clinic, contact the Charles County Department of Emergency Services' Division of Animal Control at 301-609-3425 or email Debbie Yost at YostD@CharlesCountyMD.gov

National Night Out Grant

National Night Out (NNO) brings communities together to celebrate crime prevention awareness while sending a

See **NOTES**, Page 8



SOUTH POTOMAC PILOT

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

The South Potomac Pilot Newspaper is published weekly by APG Media of Chesapeake, LLC. 29088 Airpark Drive Easton, MD 21601 a private company in no way connected with the U.S. Navy, under exclusive written contract with Naval District Washington.

This commercial enterprise newspaper is an authorized publication for

members of the military services. Contents of The South Potomac Pilot are not necessarily the official views of, nor endorsed by the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of

Defense or APG Media of Chesapeake, LLC. and Printing of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other

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

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

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

Capt. Mary Feinberg

Commanding Officer,
NSA South Potomac

Jeron Hayes

Public Affairs Officer,
NSA South Potomac

Andrew Revelos

Editor

Barbara Wagner

Staff Writer



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

Aquatics Center
540-653-8088
Memorial Day at the Pool
May 29, Noon – 6 p.m.

Not planning to travel for the holiday weekend? Stop by the Aquatics Center and cool off in the pool! Memorial Day marks the beginning of Open Rec Swim hours changing from noon to 6 p.m. through Labor Day. Cost: Regular Admission

Learn to Swim, Session 1
May 30, June 8, Sessions held Monday – Thursday

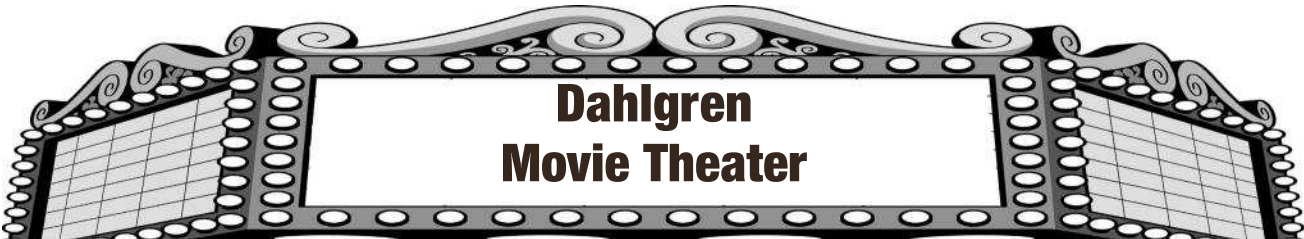
Learn to swim at the Aquatics Center! Session 1 begins May 30. The make-up class for May 29 will be held June 2. Please register by May 24. Class times: Parent/Child and PS Level I/II (ages 4-5) 9:30-10 a.m. and 4:15-4:45 p.m.; Level I/II (ages 6+) and Level III/IV 10:15-10:45 a.m. and 5-5:30 p.m. Open to eligible active duty, reservist and retired military, DoD and all others

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.

Ladies' Auto Night Out
June 27, 5 – 6:30 p.m.

Save the date! June is National Safety Month. Don't wait for an emergency to happen! 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 tool kit. Refreshments will be available. Cost: FREE



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, May 26 7 p.m. Unforgettable R
Saturday, May 27 4 p.m. Wonder Woman (FREE SNEAK PEEK) PG-13
Saturday, May 27 7 p.m. Going in Style PG-13
Sunday, May 28 2 p.m. Top Gun (FREE ADMISSION) PG
Sunday, May 28 4:30 p.m. The Promise PG-13
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

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

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.

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

Child & Youth

See **MWR**, Page 6

Welcome to Naval District Washington

Heroes stay with us!

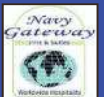
NSA Annapolis, NSA Bethesda, NSF Dahlgren, NAS Patuxent River
Joint Base Anacostia-Bolling and Visiting Flag Quarters

- Room features:**
- NGIS Signature Bed
 - Flat screen TVs
 - Microwaves and refrigerators
 - Keurig coffee makers
 - In-room safes
 - Free local calls
- Hotel features:**
- Conveniently located near duty or training sites, base amenities
 - 24-hour coffee bar and water station
 - Business center
 - Free Wi-Fi Internet access
 - Complimentary newspaper
 - Complimentary laundry facilities



Quality accommodations.
Low rates. Added value.
22,000 guests rooms worldwide!

Reservations and Information
1-877-NAVY-BED (628-9233) • www.dodlodging.net



SUMMER STACK-OUT SALE!

MAY 17 - 30 (WED - TUES)

LUMBER LIQUIDATORS

HARDWOOD FLOORS FOR LESS!

1-800-HARDWOOD
lumberliquidators.com

While supplies last. Product prices & availability are subject to change. See store for details.

55+ flooring varieties North American and European Laminate 59¢ from sq ft	20+ flooring varieties Wood-Look Tile 69¢ from sq ft	40+ flooring varieties Phthalate-free Luxury & Engineered Vinyl Plank 79¢ from sq ft
230+ flooring varieties Prefinished Hardwood \$149 from sq ft	55+ flooring varieties Prefinished Bamboo \$169 from sq ft	SPECIAL MILITARY DISCOUNT May 26 - 29th In store only

24 MONTHS PROMOTIONAL FINANCING AVAILABLE*

On purchases made with your Lumber Liquidators credit card from May 17-30, 2017 of \$2,000 or more OR 12 Months Promotional Financing on purchases \$1,000 - \$1,999.99 OR 6 Months Promotional Financing on purchases up to \$999.99.
*Subject to credit approval. Minimum monthly payments required. See store for details.

HELP GIVE OUR MILITARY FAMILIES A HELPING HAND.

Wounded Warriors Family Support is an independent nonprofit organization whose mission is to improve the quality of life for the families of our combat wounded. Having earned Charity Navigator's highest four-star rating, *Wounded Warriors Family Support* aids veterans and their families in healing the wounds that medicine cannot.

Wounded Warriors Family Support serves veterans and their families across the country in a variety of ways: Respite, Family Retreats, Mobility-equipped Vehicles and Veterans Welding Training.

CFC# 81534
wwfs.org



OUR MISSION: SUPPORTING MILITARY FAMILIES



**WOUNDED WARRIORS
FAMILY SUPPORT**
WOUNDEDWARRIORSFAMILYSUPPORT.ORG

MWR

Continued from page 5

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

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/ndwcym.html>. Cost: \$4.00/hour

Community Recreation Tickets & Travel

540-653-8785

Colonial Williamsburg Discount Tickets

Take time to go back! You'll meet artisans, craftsmen and craftswomen, and talk with America's founding generations whose diversity, aspirations and struggles shaped who we are today. Stop by Tickets & Travel office to see what other Williamsburg tickets are available! Cost: One Day Pass: Ages 13+, \$32.50; Ages 6-12, \$16.75. Three Day Pass: Ages 13+, \$39.00; Ages 6-12, \$20.00

Southern Maryland Blue Crabs Baseball Tickets

Get your Southern Maryland Blue Crabs baseball tickets at the Tickets & Travel Office! Due to high demand and special order, ticket requests must be placed at least two weeks prior to the game of your choice. Cost: Field Box Seats (Ages 13+) \$8.75, Field Box Seats (Ages 6-12) \$5.50, Beer and Wings Game Night (Ages 21+ only) \$25.00

Community Yard Sale

June 3, Set up 7 a.m. – 8 a.m.
Yard Sale opens 8 a.m. – 10:30 a.m.

Location: Dahlgren Parade Field

Registration: Tickets & Travel Office by June 2

Whether you're selling or browsing, join us for a Community Yard Sale at Dahlgren! Open to all with base access. Limited tables available! Reserve two tables with chairs for \$10.00. Active duty gets first two tables for FREE. Call 540-653-8785 for more information.

Great Navy Campout

June 23 – 25

Location: Navy Recreation Center Solomon's – Navy Getaways

Join the MWR Community Recreation Team as they host their 2nd Great Navy Campout! This camping event includes a scavenger hunt, outdoor movie, arts and crafts, camping skills, s'more and more! Please register at the Tickets & Travel Office by June 16. Eligible patrons include military and DoD civilians and their families. Cost: \$15.00, includes tent, lantern, all meals, activities and leisure passes for Saturday.

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. Cost: \$30.00, all materials will be supplied.

Fitness Center

540-653-8580

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

Indoor Soccer League

Coaches Meeting: June 1, 11:30 a.m.

Plays must register for the Intramural Indoor Soccer League by June 1, at the Fitness Center. League play begins in June. Cost: Active Duty, Free; Contractor w/ fitness membership, Free; Depen-

See **MWR**, Page 7

NOW LIVE!

The SoMdNews
App brings you the
latest local, sports
and community news
and information from
the Southern MD
Newspapers, 24/7.



The free app is updated
from our full website,
somdnews.com, in real
time, delivering you
the latest headlines.
Download the app at
somdnews.com/newsapp
or Scan the QRC code.



MWR

Continued from page 6

dents/Retirees, \$15.00; DoD Civilians, \$30.00; Contractor w/o fitness membership and off-base civilians, \$40.00

MWR Iron Challenge

June 1 – 30
Swim 2.4 miles, bike 112 miles and run 26.22 miles! Any and every one can participate in this MWR Iron Challenge. Accumulate miles for swimming, running and biking all month long and make your goal a reality with this challenge. Already an iron pro? Complete the MWR Iron Challenge on June 1 and receive a special prize! For more information, call the Fitness Center at 540-653-8580. Open to all with base access. No registration required. Cost: FREE

Couch to Half Marathon

Begins June 6
Have you ever wanted to run a 5K or half marathon and didn't know where to begin? 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

Every Wednesday at 4:45 p.m. and Friday 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.

STEM Club: Littlebits

May 30, 4 p.m.
Invent with Littlebits! Learn about circuitry boards and how to make machines move. Cost: FREE

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 to 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.

Midnight Madness Bowling

May 26, Midnight
Come by the Bowling Center and enjoy a free night of bowling and snacks on us!

Kings Dominion Trip

May 27, 10 a.m.
Enjoy a free trip to Kings Dominion amusement park!

Ice Cream Sunday

May 28, All Day
Stop by Liberty today for an ice cream sundae.

Memorial Day Brunch

May 29, 11 a.m.
Stop by the Liberty Center and honor Memorial Day with brunch.

Domino's Pizza & Movie Night

May 30, 3:30 p.m.
Come in and enjoy free, hot and cheesy pizza at Liberty along with your favorite newest movie!



Stay Connected with your Indian Head MWR
Visit us at www.navywmwrindianhead.com
LIKE us on www.facebook.com/IndianHeadFFR

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

Bust out those white digs for this color filled day of fun! 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

Race Kits Include: *T-Shirt *Color Packet * Temporary Tattoos * Sunglasses *Bracelet * Sticker

Say it With Music Celebrity for a Day Summer Experience

August 14 – 18, Registration open now!
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-INHD.fct@navy.mil

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

See MWR, Page 8



Classifieds

Call 301-645-0900

Houses for Sale



LEXINGTON PARK
18444 Three Notch Rd. FSBO. 3BR, 2BA, 2 car garage on 1.80 acres. Upgrades. \$289,900. Information: 301-399-5918



To place an ad
Call 301-645-0900

Apartments Unfurnished

Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.



BUY SELL RENT HIRE
TRADE SHOP SWAP FIND
TO PLACE YOUR AD CALL 301-645-0900

Call Us for Your Advertising Needs 301-921-2800

MWR

Continued from page 7

6:30 – 10 p.m. Contact the Youth Center for more information.

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

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 Recreation Center. T-shirts for children and teens will be given out on a 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 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 him a special T-shirt! COST: Free

Storybook Yoga
Thursdays, 10:30 –11 a.m.
Let’s have fun with books, get energized and mimic na-

ture and the world around us using our bodies. Open to children and their parents, grandparents, and caregivers! COST: Free

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

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

Six Flags Day Trip
May 27, bus departs at 10 a.m.

It’s Military Appreciation Day at Six Flags and we’re heading there way! Join us on this fun outing COST: FREE

Poker Tournament
May 30, 6 p.m.

Show us your best Poker Face at the Liberty Poker Tournament! Refreshments, prizes, and some friendly competition await! COST: FREE

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 Friday June 01. Cost: \$10

BBQ Lunch at Liberty
June 5, 11 a.m. – 2 p.m.
Grab a plate of this delicious grub at the Liberty Center! Cost: FREE

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 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 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 from 11 a.m. – 1 p.m.
It’s time to enjoy your lunch! 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
Every 2nd and 4th Saturday of the month from 5 – 10 p.m.
What glows in the dark and is too much fun to miss? Cosmic bowling at Stars & Strikes Bowling Center!

Armed Forces Specials
Fridays in May 5 – 10 p.m.
We appreciate your service! ALL military members bowl one game free on Friday nights in May.

Indian Head Weight House Fitness Center
301-744-4661

Badminton Tournament
June 2, 11 a.m. – 2 p.m.
Let’s see those birdies fly! 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: Active Duty- Free; All others- \$5

SafeHelp Provides Support for Men Following Unwanted Sexual Contact

Courtesy of NAS Patuxent River Public Affairs

Safe HelpRoom, a service provided by DoD Safe Helpline, is an online community of sexual assault survivors in the military that meets to support each other in taking the next steps after a sexual assault. It’s free, secure and available 24/7 – and, since May 14, there’s an additional help room specifically for men.

Every Sunday, between the hours of 1-3 p.m. EST, men who have gone through similar experiences can connect with one another securely, confidentially and anonymously by accessing www.safehelpline.org.

“As part of ongoing efforts to support military men, Safe Helpline will hold Safe HelpRoom sessions for military men who have experienced unwanted sexual contact,” explained Kinjal Dalal, senior Safe Helpline manger. “Safe HelpRoom is an anonymous, moderated, 24/7 online group chat that allows individuals who have experienced sexual assault in the military to connect with and support one another.”

According to FY 2016 DoD’s Annual Report on Sexual Assault in the Military, “reports from women still outnumbered men, but more men reported the crime in 2016 than ever before.”

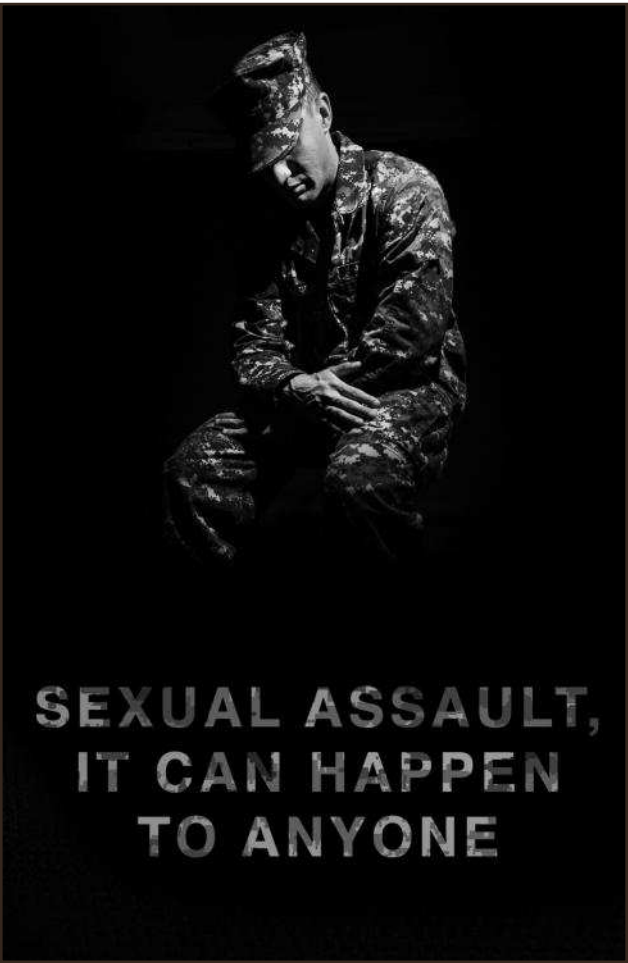
Sexual Assault Response Coordinator, (SARC) Gloria Arteaga’s experience has shown that men more often report a “restricted” case when reporting sexual assault to the SAPR program.

“Often, restricted cases are also reported to confidential sources like counselors, medical and/or Chaplains but many others still go unreported,” Arteaga said.” The Safe HelpRoom is intended to help those who still struggle with what happened to them and allows them a safe place to rid of some of the trauma caused by a sexual assault violation.”

Safe HelpRoom sessions have a moderator who can provide referrals and help keep the conversation focused on survivors’ needs as well as a reviewer who ensures all participants are adhering to the site’s ground rules, such as not providing any personally identifying information; not requesting any identifying information from other participants; refraining from the use of abusive, graphic or inappropriate language; and actively interacting with the group.

Security and anonymity are protected because Self HelpRoom does not capture a participant’s IP address, so there is no record they were ever involved. And no transcript is saved, so once a chat window is closed, the text is not retrievable. Chat group reviewers also have the real-time ability to block messages that violate the site’s aforementioned ground rules.

“These sessions are for survivors only,” Dalal reiterated. “Safe Helpline staff serve as moderators to ensure that anonymity is maintained and that the sessions are safe and supportive experiences for all.”



U.S. NAVY PHOTO ILLUSTRATION BY MC2 DUSTIN W. SISCO

Every Sunday, between the hours of 1-3 p.m. EST, men who have gone through similar experiences can connect with one another securely, confidentially and anonymously by accessing www.safehelpline.org. This poster was produced by the U.S. Navy supporting the Sexual Assault Prevention and Response (SAPR) program. Fleet wide Sexual Assault Prevention and Response (SAPR) program training teaches Sailors the effective ways they can report and prevent sexual assault incidents.

Self Helpline is operated by the Rape, Abuse & Incest National Network (RAINN), under contract with the DoD, to provide confidential and anonymous services for the DoD community. For more information, visit www.safehelpline.org. To call the Safe Helpline, phone 877-995-5247.

NOTES

Continued from page 4

message that crime will not be tolerated. NNO is scheduled for Tuesday, August 1. The Town of La Plata invites neighborhood associations and communities to submit the NNO Mini-Grant application for review. Eligible grants will be awarded up to \$200. Deadline is June 16. Grant applications are available for download at townoflaplata.org or email Colleen Wilson, Special Events Coordinator at cwilson@townoflaplata.org or 301-934-8421.

Summer Internship Program Provides Educational Opportunities for Local Students

Charles County Govern-

ment is seeking college students, recent college graduates, and 2017 high school graduates, who wish to gain work experience and learn about local government, for the summer internship program. The internship program provides paid internships that will last 8 weeks or 12 weeks in a variety of department areas. Interns will gain unique and valuable workings of Charles County Government. Work hours are flexible to meet the needs of students and county departments. The internship program is available for Charles County residents only. Apply online and learn more about the specific internships available by visiting www.CharlesCountyMD.gov/hr/recruitment/recruitment and clicking “Volunteer/intern.”

Forward

Continued from page 1

Fast-forward to a recent deployment that seemed to mirror the nebulous return date of the first and Gates realized how she has matured as a military spouse.

"It had been a difficult deployment and they did the same thing and I thought, 'You know what? What's a few more weeks?'" Gates said. "Literally, a day later I got an email that they would be home the next day."

Gates explained that it's important for spouses to grow and learn just as their service member grows in their military career and advances in rank.

"It's a give and take," Gates declared. "It's a growing up process and you grow up alongside them and learn how to conduct yourself next to him."

The hardest part though, Gates explains, is coming to the realization that if a service member had to choose between their significant other and their job and they had a choice, they would choose their spouse.

"But they don't have that choice. They signed a contract and you can't take it personally. You have to realize that everything he is doing will pan out and it will be better in the long run if you can just support him now."

O'Connell shared that in addition to being supportive, you have to be authentic, being able to express feelings but not getting lost in a particular disappointment or frustration.

"It's crying when you need to cry, but picking yourself up that next day," O'Connell explained.

"You can't live in that particular moment. It's character building. There are things that I experienced as a younger spouse that now, as a more seasoned spouse, I handle differently, because I know the world isn't going to end tomorrow."

O'Connell continued by explaining that being a part of the military family as a spouse is akin to being a part of a sports



PHOTO COURTESY OF TIFFANY GATES

Tiffany Gates pins her Marine's rank. Gates, a CBIRF spouse, shared that being a military spouse has offered wonderful travel opportunities as well as provided her with opportunities to grow alongside her Marine.

team. Contributing to a larger team effort, but still being true to one's self.

"There's that sort of idea that it's just a bunch of gossipy wives," O'Connell said. "That's not true, there are so many people at CBIRF that are wonderful mothers, some at home and some who have careers, and I think programs like the Family Readiness Program help break down those community wall barriers. You shape your own community. If you sit in your little box, that becomes your reality. Don't be afraid to vent, but don't live there. That's when you get stuck. It's nice to be a part of something bigger than yourself."

Gates agrees that making use of the programs that are in place for military dependents can be vital in ensuring a successful venture.

"Ramona [Higgins, the CBIRF Ombudsman] is the first FRO [Family Readiness Officer] that I ever talked to," Gates shared. "I always felt like there were other spouses that would need help more than I did and I thought I could handle it on my own. Sometimes I wish I had gotten that assistance, but I also feel like those experiences helped me learn to deal with things on my own."

O'Connell and Gates agreed that new spouses coming into the service often aren't aware of the support and connections that are in place to provide assistance to the family.

"They don't always have the opportunity to take advantage of the resources," Gates said, "especially when they are a part of a huge fleet. You have to be willing to take that first step and not be afraid. We've all been there. Chances are the wife sitting next to you is going through the same thing, even if it was 10 years ago. They can understand and offer advice."

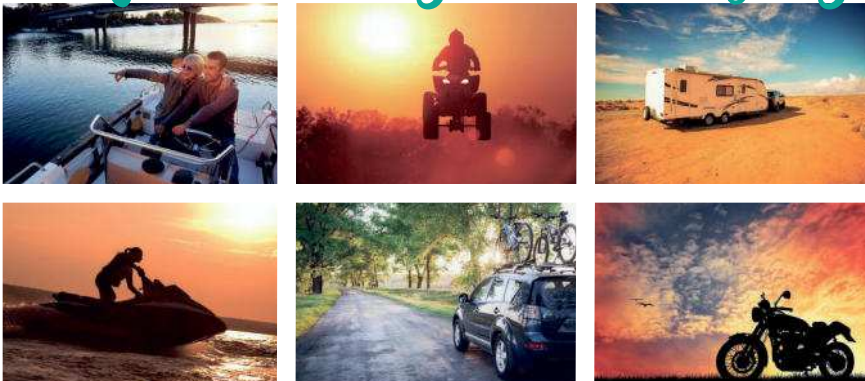
Also important, both spouses agree, is actively seeking to expand your horizons, whether it's taking a class, volunteering, working from home or establishing a career outside the home.

"Focus on something that is fulfilling to you," O'Connell advised. "That way, you're not losing yourself and blaming the Marine Corps for everything. It can become so easy to become resentful - that's where you don't want to stay. Always moving forward."

[Interviews like these are always difficult to write in that you have to limit how much you can include due to space constraints. Both ladies had so much terrific advice for new spouses that we were not able to fit in print and Gates volunteers time to speak with new or struggling spouses. If you are a CBIRF spouse and are interested in meeting other spouses or finding assistance on a range of topics, Ramona Higgins is the Family Readiness Officer for the unit and can be reached at 301-744-5025.]

THE "Speed into Spring" LOAN

refi or buy and enjoy



1% CASH BACK up to \$500

Rates may vary depending on individual credit history and underwriting terms. Promotional 1% cash back is available for auto, motorcycle, boat, RV, ATV and Jet Ski loan applications received between April 1, 2017 and May 31, 2017. *The cash back will be deposited into the member's savings account approximately 90 days after loan closing, upon verification of on-time monthly payments. Maximum cash back amount is \$500 per loan. Cash back amounts are subject to all applicable taxes and are the responsibility of the member. Offer available for the purchases and refinancing of non-NSWC Federal Credit Union loans only. Minimum loan amount \$5,000, maximum loan amount \$100,000 with loan terms from 12 to 180 months. Membership eligibility is required. All credit union loan programs, rates, terms and conditions are subject to approval and change at any time without notice. Contact the credit union for complete details. Federally insured by NCUA.



WE ARE PROUD TO SERVE...
THOSE WHO SERVED



**MARYLAND
MORTGAGE
HOMEFRONT**

Homefront provides military veterans and active duty military with a special interest rate reduced 0.25% for a 30-year fixed rate mortgage, as well as a reduced fee for a Maryland HomeCredit (federal tax credit) that can save thousands of dollars over the life of the loan.



mmp.Maryland.gov/Homefront

A PROGRAM OF THE MARYLAND DEPARTMENT OF HOUSING AND COMMUNITY DEVELOPMENT

Bittersweet Celebration at Base CO's Last Quarterly Awards Ceremony

By **BARBARA WAGNER**
South Potomac Pilot

Although this quarter's award ceremony was brief, it proved a bittersweet celebration of excellence for Naval Support Activity South Potomac (NSASP) as Commanding Officer Capt. Mary Feinberg presented the senior and junior civilian awards for the first quarter of 2017 and length of service awards for her final time at the helm of the command.

NSASP Chief Public Affairs Officer Jeron Hayes opened the ceremony and read the attention to orders for those who were honored.

The Senior Civilian of the Quarter for the first quarter of 2017 went to Clifton Wise, who is the Child and Youth Program (CYP) Administrator. Wise started his career as a government civilian serving as the Naval Support Facility (NSF) Dahlgren Youth Center director. Wise now manages more than 80 personnel at both Child Development Centers (CDC) located on NSF Dahlgren, along with the Youth Activity Center. He was lauded for streamlining processes at the centers and his attentive concern and action in responding to parental concerns. Under Wise's guidance, the centers expanded their



U.S. NAVY PHOTO BY BARBARA WAGNER

Senior Civilian of the Quarter Clifton Wise

service hours to 5 a.m. to 7 p.m. and made the transition seamlessly.

"Clifton has quickly become a valuable member of the NSA South Potomac Team," Hayes read.

Latrice Whitfield was honored as the NSASP's Junior Civilian of the Quarter. Whitfield is also a member of the CYP. Following the departure of the NSF Indian Head CYP manager in October, the assistant manager of the department stepped in as acting manager and Whitfield provided support by undertaking those tasks normally performed by the assistant manager, going above and beyond



U.S. NAVY PHOTO BY BARBARA WAGNER

Junior Civilian of the Quarter Latrice Whitfield

to ensure that the centers continued their excellent care for the youngsters on NSF Indian Head. Hayes expressed that Whitfield, too, was an invaluable member of the NSA South Potomac team.

"Her outstanding efforts were reflected in the excellent scores the NSF Indian Head CDC received recently by the CNIC inspection team," Hayes said.

The final award of the morning was a Length of Service award presented to Rebecca Thomas for her 10 years of government service.

Following the awards, Feinberg



U.S. NAVY PHOTO BY BARBARA WAGNER

Rebecca Thomas Receives 10-year Length of Service Award

took the floor to offer parting comments and a question and answer period.

"Thank you for coming out for this awards ceremony," Feinberg shared. "Whether it's one awardee or 20 awardees, it's always worth giving your time to come back and acknowledge the outstanding services (of our employees)."

Feinberg continued by explaining how complex and encompassing the work done through the CYP can be.

"Those are programs that as the installation commanding officer can give me trouble faster than I can say

CYP," Feinberg said. "It takes a special type of individual who takes care of other people's children for eight to 10 hours a day. There are about 200 kids that are taken care of between all CDCs and my hat is off to them."

After Feinberg thanked Thomas for her dedicated service, she provided updates on the impending change of command ceremony that will take place on June 21, and shared a bit about her time aboard the command.

"These awards are just a small way to say thank you to the dedicated civilians and military [at NSASP]. Each and every one of you, whether you're in the uniform or a civilian," Feinberg said. "You have made my job easier and make me want to come to work every day."

When Feinberg opened the floor for questions from those in attendance, the first question came from Wise who asked, "Are you sure you have to leave?" which brought a chuckle from Feinberg as well as those in attendance.

Congratulations to Wise and Whitfield for their outstanding efforts caring for the youngest members of the NSF Dahlgren and NSF Indian Head families and to Thomas on her decade of government service!

NSWC IHEODTD Logistician Wins Lottery



U.S. NAVY PHOTO BY MATTHEW POYNOR

Gaoussou Cisse, logistics management specialist and pre-expended program manager at NSWC IHEODTD.

By **HOLLY DODDS**,
NSWC IHEODTD Public Affairs

For most people, winning the lottery translates to money. However, when Gaoussou Cisse, logistics management specialist and pre-expended program manager at NSWC IHEODTD, won his lottery, he gained the opportunity to move from the Ivory Coast to the United States.

The Diversity Immigrant Visa program is a Department of State congressionally-mandated lottery program which allows foreign nationals to apply for a green card. According to Cisse, around 400 people from the Ivory Coast won the year he did. The lottery has several regulations; applicants must know someone already residing in the United States and have already obtained at least a high school diploma. Cisse applied for the lottery in November of 2005. He was announced a winner six months later and officially moved to the United States in 2007.

"I've been dreaming of moving here since I was five," said Cisse.

At the age of 30, Cisse left his home country and traveled alone across the world to live with his cousin in New Jersey. In the beginning, he didn't speak much English. While he had learned some in high school he never fully retained much, as there was no need to use it. Cisse began working full-time at a gas station for minimum wage while he waited for his green card. But he wasn't satisfied.

"I kept asking people 'What can I do in this country to better myself?'" Cisse said. During his endeavor to find his niche, his cousin suggested he join the military.

What Cisse had known of the military was far different in the Ivory Coast. Several people steered him away and advised he didn't join. However, he knew he wanted to succeed. Cisse

bought a dictionary and stayed up until 4 a.m. teaching himself English after work. After only three months of living in the United States, Cisse contacted a Navy recruiter to take the Armed Services Vocational Aptitude Battery test. Much to his surprise, he passed.

His boot camp began in June 2008. His training continued as his shipmates helped teach him colloquial English. Shortly after completing boot camp, he moved to the Navy Supply School in Mississippi where he graduated the following November.

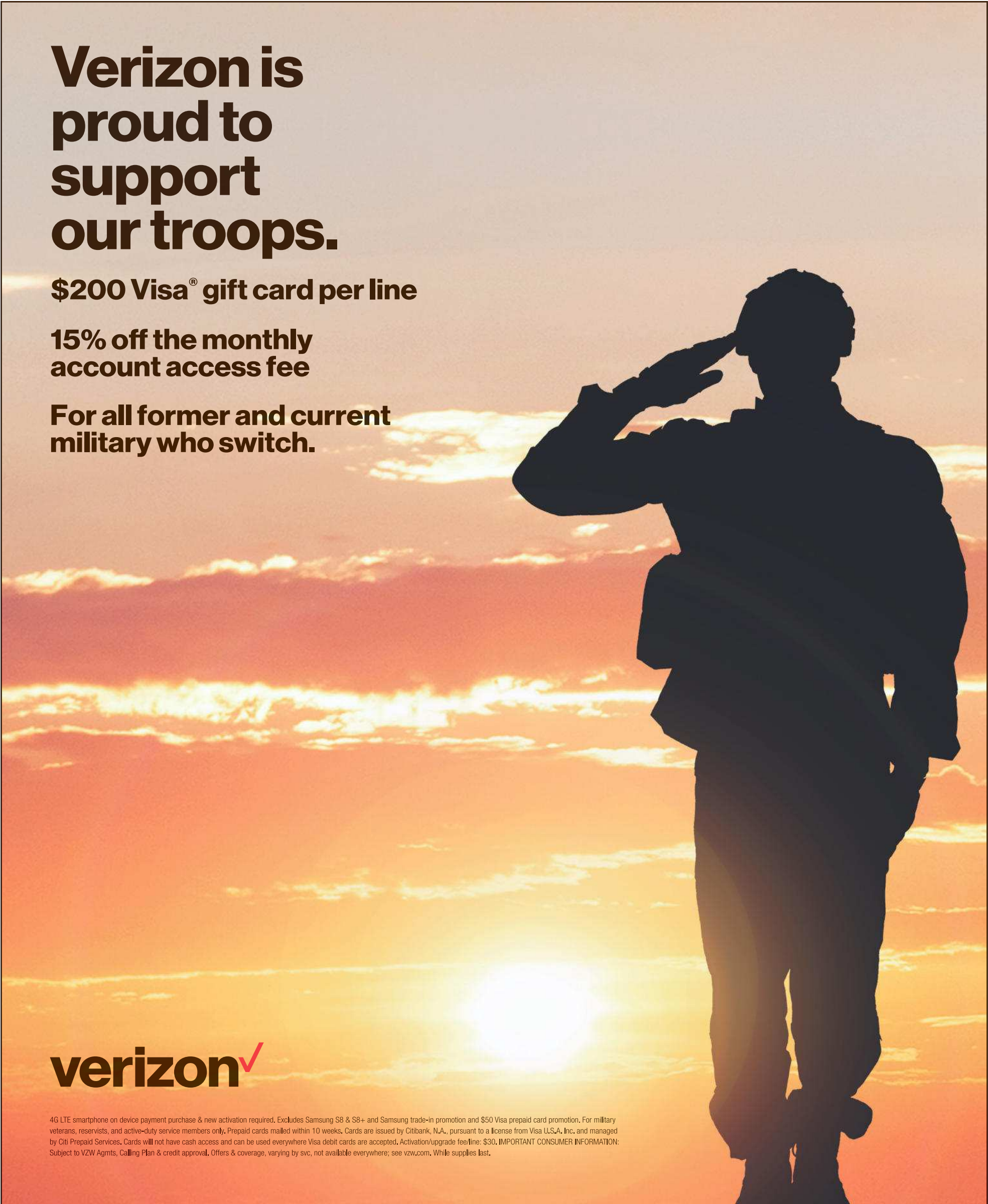
Cisse's first duty station was aboard Naval Air Station Patuxent River. He started as a Seaman and was promoted to Store Keeper Third Class (SK3) during his tour. His will to keep learning didn't cease. While at Patuxent River, he took college courses and graduated with a Bachelor's degree from Embry-Riddle Aeronautical University.

His career then led him to the Naval Air Station Oceana where he worked as a logistics specialist and a DoD contractor for Serco Inc. It was around that time that Cisse began applying to positions at NSWC IHEODTD and was hired in 2015 as part of the Naval Acquisition Development Program (NADP).

Ten years after moving to the United States, Cisse is now a logistics specialist and pre-expended program manager in the property management office. The diversity and hard work of his colleagues at NSWC IHEODTD is a proud motivator in his daily life.

"I'm so grateful for this country," said Cisse. His family plans to make their first trip to the United States to visit next year.

"I tell everyone you need to step up and do what you have to. The best thing you can do to succeed in this country is to serve," said Cisse. "If you love your country, you have to show it."



Verizon is proud to support our troops.

\$200 Visa® gift card per line

15% off the monthly account access fee

For all former and current military who switch.



4G LTE smartphone on device payment purchase & new activation required. Excludes Samsung S8 & S8+ and Samsung trade-in promotion and \$50 Visa prepaid card promotion. For military veterans, reservists, and active-duty service members only. Prepaid cards mailed within 10 weeks. Cards are issued by Citibank, N.A., pursuant to a license from Visa U.S.A. Inc. and managed by Citi Prepaid Services. Cards will not have cash access and can be used everywhere Visa debit cards are accepted. Activation/upgrade fee/line: \$30. IMPORTANT CONSUMER INFORMATION: Subject to VZW Agmts, Calling Plan & credit approval. Offers & coverage, varying by svc, not available everywhere; see vzw.com. While supplies last.

JUST ANNOUNCED:

\$1,000 APPRECIATION CASH

**FOR ACTIVE MILITARY, VETERANS AND RETIREES*
TRANSFERABLE WITHIN HOUSEHOLDS**



FUSION

F-150

ESCAPE



Go Further

BuyFordNow.com

* Ford Military Appreciation Cash available for active, retired and veteran members of an eligible military branch, spouses/surviving spouses and household members. Available on purchase or lease of any new and eligible 2016/2017 Ford vehicle. Not available on Focus RS, Mustang Shelby® GT350/GT350R, Ford GT and Raptor. May not be used with other Ford private offers. Limit of 5 purchases or leases. U.S. residents only. Take new retail delivery from dealer stock by 7/5/17. See dealer or go to fordsalutesthosewhoserve.com for complete details and eligibility.