



SOUTH POTOMAC PILOT

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



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COMREL Examines Veterans Opportunities, Local Economic Development

By Andrew Revelos,
NSASP Public Affairs

The Naval Support Activity South Potomac (NSASP) Community Relations (COMREL) Council held its quarterly meeting Nov. 15 at the University of Mary Washington (UMW) Dahlgren Campus, where military and civilian leaders discussed base updates, veterans affairs, local economic development, a money-saving program at King George County Schools, Fredericksburg Chamber of Commerce Military Affairs Council (MAC) updates, and the U.S. Naval Sea Cadet Corps Pentagon Division.

Ruby Brabo, chairwoman of the King George County Board of Supervisors and

member of the COMREL Executive Council, welcomed guests. "COMREL was founded to support better communications between our critical military installations and our communities in which they reside," she said. "These forums have helped create an excellent channel for open dialog on the most pressing needs and issues that affect the bases and our individual jurisdictions."

NSASP Updates

Capt. Mary Feinberg, commanding officer of NSASP, briefed the COMREL about her command's busy summer and fall at Naval Support Facility (NSF) Dahlgren and NSF Indian Head.

see COMREL, page 3



U.S. NAVY PHOTO BY ANDREW REVELO

Lt. Cmdr. Scott Corsano, a retired Navy officer who currently leads the U.S. Naval Sea Cadet Corps Pentagon Division, discusses the benefits of the program for young people at the Naval Support Activity South Potomac (NSASP) Community Relations (COMREL) Council meeting Nov. 15 at the University of Mary Washington Dahlgren Campus.

Fishing Derby Designed to Hook Youth on Outdoor Pastime

By Barbara Wagner
South Potomac Pilot

On a beautiful, brisk Saturday morning, a number of Navy employees and service members, and their little ones turned out to participate in the Youth Fishing Derby at Naval Support Facility (NSF) Indian Head Stump Neck Annex – a joint venture put together by Seth Berry of the Environmental Department of Natural Resources and Corey McCabe at MWR.

"It introduces the youngsters to an outdoor activity, in this case fishing in a controlled environment," McCabe explained. "Seth Berry stocks the pond with about 150 trout and we [MWR] put on the event."

The event follows the same regulations that are in place off base including the limit on number and size of fish. For the derby, the limit was five per child.

"It's kind of cute," McCabe said. "The older kids are helping out the little ones. Once they hook a fish they are letting the little ones reel it in."

This derby brought in the largest turnout that McCabe has seen for this particular event, with more than 25 children showing up to participate.

One other notable fact at this particular turnout was the ratio of girls to boys. At least three quarters of those present were girls who were clearly in their element, including four-year-old Bailey who is already a well-seasoned catfish angler.

"I haven't caught any here yet here but I caught a catfish before," Bailey shared. "I have rough water bait with little things on their noses."

Bailey's parents, Tyler and Amanda, take her out often to fish and were

see Fishing, page 9



U.S. NAVY PHOTO BY BARBARA WAGNER

Four-year-old Bailey demonstrates her casting skills at the Youth Fishing Derby. Already a successful catfisher, Bailey hoped to catch her share of the trout at Naval Support Facility (NSF) Indian Head Stump Neck Annex on Nov. 5.

Fitness Center Helps Patrons Maintain, Not Gain This Holiday Season

By Barbara Wagner
South Potomac Pilot

In just a few short months many of us will wake up New Year's Day confident that we will stick to a resolution to get in shape or lose a few pounds. Typically though, within a few weeks, most find themselves straying back to old habits. The Dahlgren Fitness Center wants to make sure that through the holidays, patrons have a strategy to "Maintain Don't Gain."

"From Halloween to mid-January we find ourselves with food constantly in front of us. We have leftover candy in our desk drawers, all of the holiday cookies, the homemade pies, turkey and all the sides," Donna Carter, the fitness coordinator at Dahlgren Fitness Center explained.

Carter went on to share that not only are there way more delectable temptations through the holiday season, the various holiday events like parties, school events, and church services often prevent folks from participating in their usual fitness routines.

"We decide it's too cold to go outside or we don't have time so we let our good habits

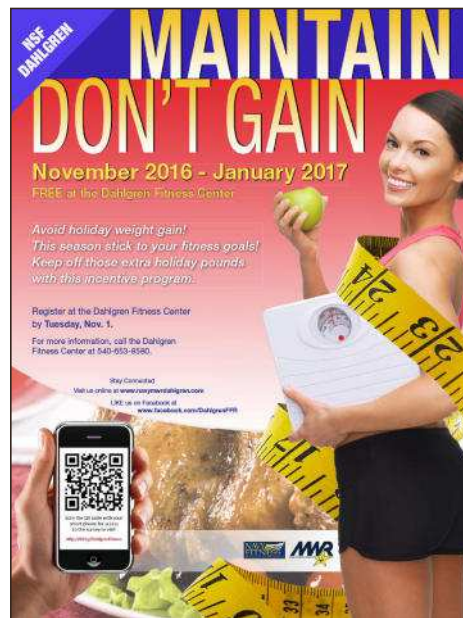
lapse," Carter said. "Suddenly we find ourselves in January thinking 'oh my gosh' with our New Year's resolution to go back to the gym!"

Enter the "Maintain Don't Gain" program. Patrons sign up at the Fitness Center Front Desk and are weighed. While there is no formal time or session to do so, participants periodically come in and have a staff member weigh them for the official count.

Throughout the holiday season, participants will receive tips and encouragement via email to help keep them on track.

"We find that it helps everyone to be more successful to receive reminders," Carter explained. "It can help them make wiser choices such as having hot cider instead of eggnog or maybe having one kind of cookie instead of another. The holiday season is a crucial time for people to at least maintain their weight and this program is designed to help folks stay on track and be successful with their health goals."

Other ways the Fitness Center will help keep participants on track is to have displays at the table in the foyer depicting proper portion



size for a Thanksgiving dinner, among other things. It's important to maintain a synergistic approach to maintaining or losing weight. It's more than just getting in time at the gym.

"Just working out alone doesn't cut it," Carter

said. "This kind of program keeps us on track and prevents us from having to make that New Year's resolution to lose the holiday pounds. We want to make sure that throughout the holidays people are more conscious and trying to be successful before January 1st rolls around."

If support to help maintain or lose weight through the holiday season wasn't enough, the "Maintain Don't Gain" is an incentive program.

"We are offering encouragement as we go along [and] presenting an incentive prize at the end. Anyone who maintains or loses during the program will get a special prize... and don't worry that won't be food," Carter laughed.

If you are interested in signing up for the "Maintain Don't Gain" program at the Fitness Center, it's not too late but you need to sign up soon. The program will run from November to January. Visit the Fitness Center today or call 540-653-8580 for more information. Whether you are interested in maintaining your current weight, looking to lose a few pounds or even just improve your health, Carter and the rest of the staff are excited to help you meet your goals.

CREDO NDW November and December Programming

The Chaplains Religious Enrichment Development Operation (CREDO) of Naval District Washington will be hosting several retreats and workshops throughout Nov. and December. Please contact CREDO NDW for more information or to register for these beneficial programs.

Marriage Enrichment Retreat

The next Marriage Enrichment Retreats (MERs) will be held Nov. 18-20 and Dec. 9-11 at the Turf Valley Resort in Ellicott City Md. The MER is intended to help married couples build their relationship skills. The MER employs a combination of instruction, group and private discussions, exercises, and free time designed to help each couple grown their relationship in a relaxed and inviting environment free from every-day pressures and distractions. MERs are open to all active duty and immediate family and members of the reserve component in an active duty status and their immediate family. It is absolutely free, including meals and lodging. Childcare is NOT provided.

Fighting for Your Marriage Workshop

Fighting for your Marriage is a two-day workshop for couples preparing for marriage, newly married couples, and for couples who have been married for some time and are looking to "tune-up" their relationship. Fighting for your Marriage is a PREP (Prevention Relationship Enhancement Program) workshop that is recognized as one of the most well-respected relationship strengthening program available. PREP is built upon solid research in the areas of couple relationships, psychology, sociology, and education. This workshop is open to all military (Active and Reserve), DOD personnel, and dependents.

SAFETALK (Suicide Alertness Training for Everyone) Workshop

A safeTALK workshop is scheduled for Dec. 14 and is a three-hour workshop that teaches how to identify people at risk of suicide and connect them with intervention resources. safeTALK's proven easy-to-follow steps are used around the world. Most people thinking about suicide don't actually want to die, but they need help deciding to stay alive. You do not need any prior training to attend safeTalk.



To organize a workshop for your command or unit contact CREDO NDW.

ASIST (Applied Suicide Intervention Skills Training) Workshop

ASIST is a two-day workshop that will be held at Joint Base Anacostia Bolling that teaches how to intervene and save a life from suicide. Over a million people around the world have participated in this award-winning program. You do not need prior training to attend ASIST — just a willingness to make a difference. Contact the CREDO office for dates and times and locations of workshops.

For more information about upcoming CREDO programs visit: www.facebook.com/NDW-CREDO

To register for an event e-mail: credo.ndw.fcm@navy.mil or call (202) 404-8831/8828

Choosing Electronic Delivery for Tax Records May Protect PII, Save Money

By Defense Finance and Accounting Service

Selection of electronic delivery for 2016 IRS Form 1095-C for military members must be completed by Dec. 31 to avoid forms being mailed via the U.S. Postal System. Electronic delivery helps protect personal information, saves money and natural resources.

The myPay pay management system allows military members to monitor their pay and direct delivery options of important documents such as W-2s, Leave and Earning Statements and the relatively new 1095-C health care coverage certification.

Last year, 1095 hardcopy printing and mailing cost the military services and government agencies \$2.5 million. Many of these 1095s were mailed to customers who had already elected to receive their W-2s or 1099s electronically. Currently, about 60 percent of U.S. military members get their W-2s online while only 5 per-

cent use myPay only to receive their 1095-C forms.

"I believe many of our customers are not aware that their tax document delivery elections are not the same," said Cindy Garcia, finance and customer service director for the Defense Finance and Accounting Service. "We're hoping these military members and federal civilian employees log onto their myPay accounts and make sure their choices reflect electronic delivery-only. In that way, they're increasing their own personal information security, saving their service or agency money, and enhancing the convenience myPay provides them."

The deadline to make an electronic delivery-only selection for W-2 forms is Dec. 1. IRS Form 1095 delivery selection must be made no later than Dec. 31.

The DFAS tax statement release schedule will be released in late November and will be posted on dfas.mil.

COMREL

Continued from page 1

"I'd like to thank Scott Jones and the folks here at the University of Mary Washington Dahlgren for hosting today," Feinberg said. "The college not only offers our base personnel, but the community so many opportunities. Thank you for all that you do."

Feinberg greeted distinguished guests of the COMREL and discussed the recent concerts—Daughtry at NSF Indian Head and The Band Perry at NSF Dahlgren, respectively—and the large crowds they brought to each base. "Both were very well-attended and we hope to be able to do [concerts] again," she said.

Feinberg also updated the COMREL on the recent chief petty officers pinning, a momentous event in the careers of the advanced Sailors that came after six rigorous weeks of training and community service projects.

At the recent Navy Birthday Ball, Sailors from NSASP-based commands were able to enjoy an evening with Master Chief Petty Officer of the Navy Steven Giordano, a moment attendees would likely remember for the rest of their lives, Feinberg said. Most impressively of all, Feinberg noted that the Navy Ball Committee, led this year by members of the AEGIS Training and Readiness Center (ATRC), were so successful in their fundraising efforts that Sailors E-5 and below were able to attend free.

Feinberg provided updates on Military Construction Projects (MILCONS) P287, a missile support facility at NSF Dahlgren slated for completion in July of 2017, and the final phase P222, which modernized the electric and steam cogeneration capability of NSF Indian Head.

Feinberg also described NSF Dahlgren's participation in a nationwide Bells Across America ceremony Sept. 22 honoring service members who died while serving and their Gold Star families. "It was a great ceremony and we're going to be making this an annual tradition."

Virginia Office of Veterans Affairs and Homeland Security Updates

Jamie Areizaga-Soto, deputy secretary of Veterans and Defense Affairs for Virginia, briefed the COMREL on some impressive progress his organization made in hiring veterans in Virginia, as well as addressing the scourge of veteran homelessness.

"We want to make Virginia the most veteran-friendly state in the nation," he said.

Areizaga-Soto began by emphasizing the sheer number of veterans in Virginia. Due to demography, Virginia is actually one of the very few states adding veterans to its population while it declines in others. Currently, veterans



U.S. NAVY PHOTO BY ANDREW REVELOSO

Jaime Areizaga-Soto, deputy secretary of Veterans and Defense Affairs for Virginia, briefs the Naval Support Activity South Potomac (NSASP) Community Relations (COMREL) Council about increases in veterans employment and reductions in veterans homelessness in the commonwealth on Nov. 15 at the University of Mary Washington Dahlgren Campus.

comprise approximately 10 percent of Virginia's population and the number of active duty personnel stationed in the commonwealth is exceeded only by California.

The large number of highly-trained veterans in the state makes investing in them not just a moral issue, Areizaga-Soto said, but also an economic opportunity. "[Veterans] have great training, work ethic and discipline."

To that end, the administration of Gov. Terry McAuliffe and members of the Virginia General Assembly worked together to find solutions, Areizaga-Soto said. "It's extremely bipartisan."

The Virginia Values Veterans (V3) Program and the Virginia Transition Assistance Program (VTAP) is already bearing fruit. "We've added more veterans to our workforce than all other states put together, about 80,000," he added. "Therefore, we are doing all we can to capture veterans' talents and integrate them into the Virginia workforce."

Perhaps most surprising, Areizaga-Soto announced that the Virginia programs have helped "functionally end" veteran homelessness in the commonwealth, meaning that any veteran homelessness in the commonwealth is "rare, brief and non-recurring."

"Since October 2014, we found permanent housing for nearly 2,500 veterans and we are still going strong," said Areizaga-Soto.

While other states are not far behind in ending functional veteran homelessness, Virginia was the first to achieve it. The state has also pioneered electronic applications and returns from the Veterans Administration, speeding up the process for veterans in the commonwealth.

Another new initiative, the Military Medics and Corpsmen (MMAC) Program, seeks to assist active duty service members and vets in the medical field in transferring their experience into college credit and certifications, receive training and land jobs in Virginia hospitals. "We expect to have our first

hires in January," Areizaga-Soto said.

King George Economic Development Update

Linwood Thomas, economic development director for King George County, briefed the COMREL on several new items affecting the community around NSF Dahlgren. Before he kicked off his presentation, however, Thomas thanked all the veterans in attendance for their service. "Thank you and welcome to King George County."

He added that there is a lot of economic development in the works for the county, but also noted that such development takes time. It is worthwhile, however, Thomas said, because businesses today have many options to choose from when deciding on new locations. "It takes a tremendous amount of consensus building," he said. "A lot these companies are competing with four or five jurisdictions; it could be 20 jurisdictions in five states."

King George County can put itself in an advantageous position by focusing on "site readiness"—making sure suitable infrastructure in-place for potential new business, Thomas said. "A company is going to go where they get the greatest return on investment."

Thomas also emphasized the importance of education in attracting new business, as well as continuing the county's support for NSF Dahlgren through the recent Joint Land Use Study (JLUS). The county's economic potential is strengthened by its proximity to NSF Dahlgren, educational opportunities and relatively inexpensive cost of living, he added.

Already, residents have seen the development in Gateway Center complex. "We've doubled the retail tax base in the last 32 months," Thomas said. "This is important because activity breeds activity."

Efforts are also underway to alleviate some of the traffic along the Route 301 corridor. Of chief concern to the NSF Dahlgren community, Thomas reported tentative plans to expand the

turn lanes to B-Gate, first on the northbound side of Route 301 and later on the southbound side.

Thomas also announced other upcoming projects and goals, such as researching the expansion of the amount of fiber optic cable in the county, updating the county website, improving the area's quality of life and a Performance Intermediary Agreement with the base.

"As you know, there are a significant number of scientists and PhD's who are doing wonderful work for our warfighter," Thomas said. "There are a lot of patents out there that can be used in the private sector that are currently being used by the military. I think the partnership is wonderful and I think we see King George County as a destination for technology-based companies that can use these patents in the private sector."

King George County School Energy Program

Dashan Turner, King George County Schools' supervisor for curriculum and instruction, briefed the COMREL on several projects in the school system that not only provide environmental benefits to the community, but also save the taxpayers money.

"What we've tried to do is make our energy use more efficient," he said. "One of the most important things is to be a good steward of the dollars we are given. One of the things I'll highlight repeatedly is the communication between school board and the board of supervisors. They've worked really closely in trying to make sure this project got underway."

Wise use of energy resources frees up money that can be better used maintaining school infrastructure, retaining qualified teachers and enhancing the learning environment, Turner said.

One of the more novel approaches used by the school to make the improvements is a waste oil heating system for the bus garage, which not only provides heat but removes the need for school officials to dispose of the oil.

Along with other improvements such as installing energy-efficient lighting, improved computer power management, building envelope improvements and energy management system, the program has produced more than \$275,000 in savings, Turner said.

Turner also announced that all county schools are now accredited and that the school system has improved its teacher retention numbers.

Military Affairs Council Update

Joe Grzeika, vice president of the Fredericksburg Chamber of Commerce Military Affairs Council (MAC), updated the COMREL on his organization's activities supporting military installations around the region.

"The Military Affairs Council is celebrating 10 years," he said. "It was born out of that series of things we

call BRAC back in the 90s and early 2000s. We found ourselves in the position that we were in a reactive mode and we needed to become a proactive, 24/7-type organization."

Since its establishment, the MAC has advocated for regional military installations and their military value. That effort led to the AEGIS Ballistic Missile Defense (BMD) command being relocated to NSF Dahlgren, instead of Huntsville, Ala., said Grzeika.

The MAC will continue to advocate for the three bases in the region—Fort A.P. Hill, NSF Dahlgren and Marine Corps Base (MCB) Quantico—in case of any new cuts in the defense sector.

"We're about results and getting things done," said Grzeika. "We appreciate the opportunity to be engaged with the COMREL with our Chamber of Commerce as a partner, and look forward to a long history."

The MAC will hold its annual Report to the Community event on November 29 from 5:30 – 7:30 p.m. at the Fick Conference Center in Fredericksburg. Event will include keynote speaker MG Timothy P. Williams, Adjutant General of Virginia, as well as briefs from NSF Dahlgren, Marine Corps Base Quantico and Fort A.P. Hill. To register, email diame@fredericksburgchamber.org.

U.S. Naval Sea Cadets Corps Pentagon Division Update

Lt. Cmdr. Scott Corsano, a retired Navy officer who leads the local Sea Cadet Corps Pentagon Division, briefed the COMREL on opportunities the Sea Cadets offer young people.

Before he took the podium, however, Feinberg thanked the cadets and their leaders for all the support they provide the base for things like the recent concerts and other MWR events. "We would not be as successful as we are without their support," she said.

Corsano discussed all the benefits participating in the program offers and noted that his own naval career got started as a Sea Cadet.

"[The Sea Cadets] are the best-kept secret in the youth community," Corsano said. "The program is a federally-chartered non-profit program for boys and girls from 10 to 18 years old."

The program, sponsored by the Navy League and supported by the Coast Guard and Navy, is designed to instill interest and skill in seamanship, the importance of being a good citizen, to demonstrate the value of a drug-free and gang-free lifestyle and to expose cadets to the prestige of a military career.

The Sea Cadets do that through training programs that are available in several states. For more information about the Pentagon Division, visit <https://pentagondivisionusncc.teamsnap.com/>.

Next COMREL

The next COMREL will be held in Waldorf, Md. on February 9th.

BASE HAPPENINGS

Dahlgren

6th Annual Army-Navy Blood Challenge

Army-Navy Blood Challenge blood drive will be held at the Dahlgren Chapel Annex on Monday, Nov. 28. Donate and cast your vote. The winner will be announced at Army-Navy Football game on Dec. 10. Sign up at www.militarydonor.com (sponsor code: NSF). For more info contact: donna-lee.onwona.civ@mail.mil

VITA Volunteer Training

Training for the Volunteer Income Tax Assistance Program will be held during the week of Dec. 12-16, from 8 a.m. to 4 p.m. Anyone with base access can volunteer including active duty, spouses, retired military, civilians and contractors. For more information contact Carol Allison at 540-653-1839.

Our Daily Bread Giveaway

The chapel will be providing a free bread and baked goods giveaway, with donations from Walmart starting at the Chapel Annex on Tuesdays beginning at 11 a.m. Baked goods will also be shared at the ATRC schoolhouse during shift change and taken to the barracks. For any questions contact Chaplain Lt. Joshua Okwori at 540-653-8297

Second Tour Thrift Store

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

Indian Head

Southern Peach BBQ Food Truck

The Southern Peach BBQ Food Truck will be serving NSF Indian Head on Mondays, Wednesdays and Fridays from 1100 to 1400 starting on Sept. 26. The truck will be located in the lot by the Community Recreation Center.

Bread Bonanza at the USO

The USO offers a free bread and baked goods giveaway, with donations from Food Lion on Thursdays from 9 a.m. to 1 p.m. Pick from a wide selection of breads, cakes, cookies, muffins, pies and more.

"Me" Time

Need a little "me" time? Come out to the USO for a "me-time" craft event that will be held on Nov. 13 at the USO building for Active Duty members and their spouses. The craft this month is TBD.

USO Supermarket Sweeps

The USO Sponsored Supermarket Sweeps will be held on Nov. 21 from 11 a.m. to 1 p.m. Produce and non-perishable goods are provided through the Maryland Food Bank for all active duty service members. Spouses may come in place of the active duty member. Bring I.D. and reusable bags if you have them.

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

Dahlgren

Craft Fair/Holiday Bazaar

Come to the King George Citizen's Center on Nov. 19 (9 a.m. to 4 p.m.) and Nov. 20 (noon to 3 p.m.) and start your Christmas shopping early! Come celebrate the season with crafts, toys, jewelry, quilts, ornaments and more. There's something for everyone! For more info contact Janine Paulson at 540-775-4386

Breakfast with Santa

Enjoy breakfast and have a picture taken with Santa Claus on Dec. 10 at the King George Citizen's Center from 9 -11 a.m. Cost \$5.00 per child. Also the "Shamrock the Elf Shelf" gift shop will be available for children to do their Holiday Shopping. All gifts under \$5 and many under \$1.

Parks and Recreation Needs Assessment

King George County Parks and Recreation is currently in the process of conducting a Needs Assessment. As part of the process, a survey through Survey Monkey has been set in place as an opportunity to convey your thoughts on Park and Recreation's programs, facilities and operations. To participate in this survey, visit <https://www.surveymonkey.com/r/GPPW7CD> Survey will be available until Nov. 20.

King George Toastmasters Club

Improve your public speaking with King George Toastmasters. Join the Toastmasters at their bi-weekly meetings the second and fourth Thursdays of the month at 6:30 p.m. at UMW-Dahlgren Campus, Room 248 For more info, email toastmastersofkingeorge@gmail.com, or visit www.kinggeorge.toastmastersclubs.org or www.meetup.com/King-George-Toastmasters.

Time Change For Combat Veterans Motorcycle Association Meetings

Southern area (King George/Dahlgren/Colonial Beach) Combat Veterans Motorcycle Association (CVMA) bike night meet monthly at Roma's Pizza in Dahlgren on the second Wednesday at 6:00 p.m. and at Hard Times in Fredericksburg on the fourth Thursday. If interested in CVMA and the support they provide to Vets contact Jeremy.Canady@gmail.com For more information visit <http://cvmavirginia27-2.org/potential-members.html>

UMW Scholarship Program

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.

KG Alert Sign up

Sign up for KG alert offered by the King George County Emergency Services to notify you of important information

due to an emergency, disaster, road closure or inclement weather. To sign up for free, go to <https://www.kgalert.com/Portal.htm>

Indian Head

Port Tobacco Players Presents, "White Christmas"

Come to the Port Tobacco Players Theater for opening night Nov. 25 and every Friday and Saturday at 8 p.m. and Sundays at 3 p.m. through Dec. 18 for, "White Christmas." Cost is \$18 Adults; \$15 Seniors (age 60+), Youth (through high school), and Military (with ID). Join us for the holiday classic, White Christmas, with music and lyrics by Irving Berlin. White Christmas is an uplifting musical for the whole family! Call our Box Office to purchase tickets at (301) 932-6819, or purchase tickets online at www.ptplayers.com. Check out our Facebook page at www.Facebook.com/porttobacco.players

Free Community Family Movie Night

HeartCry Church will be hosting free family movie nights every second Sunday evening from 5-7 p.m. at the Black Box Theater located at 4185 Indian Head Highway, Indian Head, Md. beginning Oct. 9. Enjoy free refreshments and wonderful family entertainment. For more information visit HeartCry Church at www.facebook.com/heartcrychurchmaryland or email heartcrychurch1@gmail.com

Olde Tyme Holiday Gathering

Come out on Sunday, Dec. 4, from 3-6 p.m. and visit La Plata Town Hall for the sounds and spirit of the season that bring friends and neighbors together for an afternoon of good cheer. Join us for holiday music, activities, refreshments, and a visit from Santa! Visit townoflaplata.org for more information on this family fun event!

Visit with Santa

The Jolly Old Elf Himself will be at the La Plata Town Hall on Saturday Dec. 10 from 8 a.m. to 12 p.m. Available time slots: 8-8:45 a.m. and 11-11:45 a.m. (25 kids per slot) Town residents can register for time slots starting Monday, Nov. 7 and general public registration will open Wednesday, Nov. 16. To register, call Town Hall at 301-934-8421. Please bring a holiday card for the nursing home or a canned food item for the local food banks.

CSM Announces 2016-17 Arts Season

New This Season: Online Tickets, Recital Series, Pops Concert

The College of Southern Maryland announces its 2016-17 fine arts program, which includes art shows, theater productions for adults and children, dance performances, musical concerts and recitals, and readings by nationally known authors and poets. Added to the schedule this season is the Benny C. Morgan Recital Series at the Leonardtown Campus beginning in October and the CSM Pops Concert! in April featuring the college's Barbershop Chorus, Latin Ensemble, and Chorale and Chamber Choirs. Also new this year is the option to purchase tickets online. Visit <http://www.csmd.edu/community/the-arts/season-tickets/>.



SOUTH POTOMAC PILOT

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www.dcmilitary.com/dahlgren

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Capt. Mary Feinberg

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NSA South Potomac

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\$379,900

Move-In NOW!

5062 Spinnaker Lane - Hopyard Farm

*To receive up to \$7,500 in Closing Costs Assistance from Hazel Homes, Buyer must obtain a mortgage loan from a Hazel Homes preferred lender, make application and meet loan program qualifications, and close with The Title Professionals, LLC in Fredericksburg, Virginia. Certain credit and other restrictions apply. See Sales Manager for a list of preferred lenders. Closing Costs contributions may vary by preferred lender.

**Learn more at: <http://www.rd.usda.gov/programs-services/single-family-housing-direct-home-loans>
Incentives vary by community and homesite. Promotion deductions taken at time of purchase agreement only. The home depicted is a model and the actual home, landscaping lot size, floor plan and materials may vary. Prices and terms subject to change without notice. Hopyard Farm is being developed in a manner to protect and enhance the Rappahannock River. See Sales Manager for details. Equal Housing Opportunity.





Aquatics Center

540-653-8088

*The Aquatics Center will be closed Thursday, Nov. 24 and open Friday, Nov. 25 at 5 – 8 a.m. and Saturday, Nov. 26 at 9 – 11 a.m. for lap swim.

Private Pool Parties

Keep summer going with private pool parties and book your get-together at the pool! Contact the Aquatics Center to make a reservation.

Float Night

Nov. 18, from 5 – 7 p.m.

Bring your inflatable and float your way into the weekend. The pool will close at 6 p.m. if no one is present. Open to all with base access. Cost: Regular Admission

Dive In Movie Float Night

Dec. 16, from 5 – 7 p.m.

It may be cold outside, but we're warming up for the holidays! Join us for a dive-in movie float night at the pool. The pool will close at 6 p.m. if no one is present. Open to all with base access. Cost: Military, Free. All Others, \$4.00

Auto Skills Center

540-653-4900

*The Auto Skills Center/Outdoor Recreation will be closed Thursday, Nov. 24.

The Auto Skills Center provides you with the opportunity to perform general maintenance and repair on your own vehicle! Rental cost for one bay, which includes tool, equipment and fluid disposal: \$6.00 per hour for Active Duty Military, Dependents and Retired Military; \$7.00 per hour for Civilians. Auto Skills is located directly behind Cannonball Lanes Bowling Center.

New Driver Class

Nov. 21 from 4 – 6 p.m.

Whether you are just learning to drive or want to know more about vehicle maintenance and safety, join Auto Skills every third Monday for our New Driver Course. Learn the basics of fluid checks, air pressure, changing a flat and oil changes. Know the warning signs and gain knowledge with hands-on experience with your own vehicle! Cost: FREE

Cannonball Lanes Bowling Center

540-653-7327

*Cannonball Lanes will be closed Thursday, Nov. 24 and open Friday, Nov. 25 from 2 p.m. – midnight.

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

Sunday Special

Every Sunday from 11 a.m. – 5 p.m.

Join us every Sunday for \$2.00 games and \$1.00 shoe rentals!

Ten Dollar Tuesdays

Every Tuesday from 11 a.m. – 9 p.m.

Every Tuesday, get a lane for one hour of bowling for only TEN dollars!

Buy a Game, Get a Game Wednesdays

Every Wednesday from 11 a.m. – 9 p.m.

Every Wednesday, buy one game; get a second game for FREE!

All-U-Can Bowl Fridays

Every Friday from 7 p.m. – 11 p.m.

Enjoy two hours of all you can bowl! Cost: Military \$6.95/person; Civilian \$7.95/person. Both rates include shoe rental.

Cosmic Bowling

Every Saturday from 7 p.m. – 11 p.m.

Enjoy music and lights while bowling!

Turkey Bowl

Nov. 1-20,

Bowl a turkey, three strikes in a row, and enter your name for a drawing to win a Thanksgiving Turkey! Cost: Military, \$6.95. All Others, \$7.95

Ham Bowl

Dec. 1-19,

Bowl three consecutive spares and enter to win a Christmas ham! Cost: Military, \$6.95. All Others, \$7.95

Holiday Throw-N-Roll

Dec. 10, begins at 11 a.m.

Join us at Cannonball Lanes for our inaugural Holiday Throw 'n Roll! Partners will finish each other's frames in a Scotch Double-style tournament. First place winners will receive a \$300 gift card. Second place winners will receive a \$200 gift card. Third place winners will receive a \$100 gift card. All winners will receive a holiday gift basket to take home. Open to all with base access. Download and print your registration form at www.NavyMWRDahlgren.com/events and click on the Holiday Throw-N-Roll. Return registration form to Cannonball Lanes by Wednesday, Dec. 7. Upon registration, you will be designated a time frame, lane and payment option. T-Shirt registration is required to be turned in by Friday, Nov. 25 to ensure a t-shirt! Cost: \$35.00 a pair

Child & Youth

CDC 540-653-4994

YAC 540-653-8009

Military Child Care Open Enrollment

There's a new way to request care for School Age Care (SAC) and Summer Camps! Families can now use MCC to request care for SAC programs and Summer Camps all year long. The online system allows you to search for and submit unlimited SAC and Summer Camp requests at any time of the year without waiting for registration to begin! To register and learn more about MCC, visit 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://myffr.navyaims.com/ndwcyms.html> Cost: \$4.00/hour

Give Parents a Break

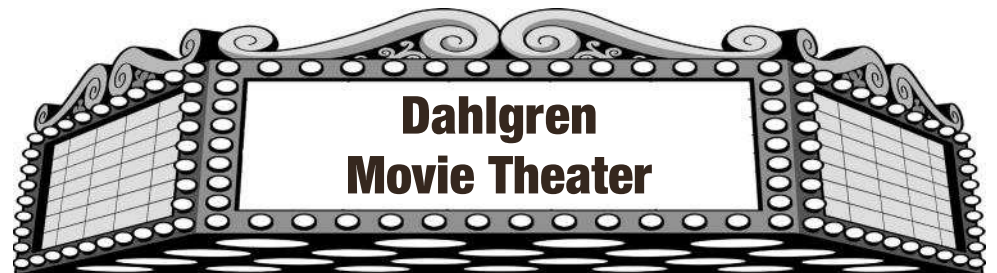
Location: Child Development Center

Eligible patrons include all children 6 weeks to 5 years of age, not yet in kindergarten. The Dahlgren CDC will offer hourly child care on the 1st and 3rd Friday of each month from 7 to 11 p.m. and the 2nd Saturday of each month from 8 a.m. to 5 p.m. This program is free for respite care referrals and \$4.00 per hour for all other patrons. Please make your reservation no later than 6 p.m. on the Monday prior to your desired care date. Reservations can be made in the center or over the phone.

Wolf Trap Family Involvement Workshop

Nov. 18 from 9:30 – 11:30 a.m.

Location: CDC MLC Bldg 212 Room 2



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 add \$1 to ticket price.

Friday, November 18 7 p.m. Kevin Hart: What Now? R
Saturday, November 19 4 p.m. Jack Reacher (FREE ADMISSION) PG-13
Saturday, November 19 7 p.m. Jack Reacher: Never Go Back PG-13
Sunday, November 20 2 p.m. Tyler Perry's Boo! A Madea Halloween PG-13
Sunday, November 20 4:30 p.m. Miss Peregrine's Home for Peculiar Children PG-13
Friday, November 25 7 p.m. The Accountant R
Saturday, November 26 7 p.m. Kevin Hart: What Now? R
Sunday, November 27 2 p.m. Ouija: Origin of Evil PG-13
Sunday, November 27 4:30 p.m. Keeping Up With the Joneses PG-13

For movie listings online, visit www.navyMWRDahlgren.com and select the Dahlgren Theater.

Thanksgiving Break Movie Marathon

November 23, 2016 beginning at 1 p.m.

Start your Thanksgiving break with a movie marathon!

Storytelling, puppetry and music bring to life tales about insects from different parts of the world. Jeanne uses imaginative props to convey educational tales from Africa, Mexico and Native America. Using interactive storytelling style, Jeanne brings her audience into the stories, creating lots of family fun!

Community Recreation Tickets & Travel

540-653-8785

North Pole Winter Festival Extravaganza

Dec. 1 from 5:30 – 8 p.m.

Location: Dahlgren Parade Field

The tree lighting at Sampson Circle at will be held at 5:30 p.m. with winter festivities following at the Parade Field. Take a North Pole train ride, have your photo taken with Santa, and enjoy crafts and cookie decorating while sipping hot cocoa. This event is free and open to all with base access.

Six Flags Holiday in the Park

Nov. 19 – Jan. 2

Purchase tickets at sixflags.com/America and enter promo code: MILITARY0198 for exclusive Military/DoD savings! Cost: \$26.00 Admission only Nov. 19 – Jan. 2, \$41.85 includes Lunch with Santa, Admission, All-You-Can-Eat Buffet & Free Parking for Dec. 3, 10 & 17.

Busch Gardens Christmas Town Tickets

Purchase your tickets at Community Rec Tickets & Travel today! Christmas shines brightest at Busch Gardens Christmas Town in Williamsburg, Virginia. Enjoy Christmas lights, heartwarming shows, new thrill rides, delicious holiday dining and festive shopping! Cost: Christmas Town, \$26.00. Fun Card, \$36.00. Open select days Nov. 25 – Jan. 2.

Fire Truck White House Christmas Ornament

The White House Christmas Ornament honors America's 31st President Herbert Hoover inspired by the fire engines that responded to the 1929 Christmas Eve fire at the White House. The ornament is crafted from shiny brass plated with nickel and 24-karat gold. The engine carries a Christmas tree for delivery to the White House. Cost: \$18.50

Holiday Gifts & Discount Tickets

Stuck on what to get family and friends for Christmas? Purchase movie tickets at a discount rate with Regal Cinemas and Paragon Village and give the gift of entertainment this holiday season! Cost: Regal Cinemas, \$9.25. Paragon, \$8.25

Craftech

540-653-1730

*Craftech will be closed Thursday, Nov. 24.

Christmas Set Gifts at the YAC

Dec. 5-16,

Have your child's art work put on a mug, mouse mat and coasters and make the perfect Christmas gift keepsake. Available to those eligible at the Youth Activities Center. Cost: \$10.00

Holiday Embroidery

Personalize your stockings for the holiday season for your home or to give as a gift! Cost: \$7.00

Fitness Center

540-653-8580

*The Fitness Center will be open Wednesday, Nov. 23 from 5 a.m. – 6 p.m. and only 24/7 access will be available Thursday, Nov. 24.

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

Maintain Don't Gain

Nov. – Jan.

Don't let the holidays increase your waistline! Keep those extra pounds off this holiday season with a three month program at the Fitness Center. Open to all with base access. Cost: FREE

Kin-Ball Tournament

Thursdays in Nov. at 4 p.m.

Kin-Ball is a growing international sport that incorporates cooperation, respect and accessibility to all players. It involves a large 4 ft. ball and players working together to keep it off the ground. Register for the Tournament or stop by the Fitness Center cheer on your favorite teams. Open to all with base access. Cost: Active Duty, Free. All Others, \$5.00

Ping Pong Tournament

Nov. 21, at 3:30 p.m.

Location: Basketball Court

Paddles ready? Join us for a double elimination Ping Pong Tournament. Open to all with base access. Cost: Active Duty, Free. All Others, \$2.00

6 vs. 6 Indoor Volleyball Tournament

Register by Nov.28

Location: Basketball Court

Bump, set, spike! Fake a day at the beach in Dec. with a 6 vs. 6 Indoor Volleyball Tournament on Dec. 12. Open to all with base access. Cost: Active Duty, Free. All Others \$5.00

Passport to Fitness

Begins Dec.

Take advantage of group classes and equipment at the Fitness Center while filling your passport with this fitness incentive program. Regular group ex class admission prices apply.

Basketball League & 30+ Basketball League

Coaches Meeting: Dec. 12, at 11:30 a.m.

League play begins Jan. 9, for both Winter Basketball League and 30+Basketball League. Register at the Fitness Center by Dec. 21. Cost: Active Duty, Free; Contractor w/ fitness membership, Free; Dependents/Retirees, \$15.00; DoD Civilians, \$30.00; Contractor w/o fitness membership and off-base civilians, \$40.00

Futsal Tournament

League Play Begins Dec. 5,

Location: Basketball Court

If you love soccer, you'll get a kick out of this tournament! Register your teams at the Fitness Center. Cost: Active Duty, Free; Contractor w/ fitness membership, Free; Dependents/Retirees, \$15.00; DoD Civilians, \$30.00; Contractor w/o fitness membership and off-base civilians, \$40.00

Ugly Sweater 5K

Dec. 7, at 11 a.m.

Take your ugliest holiday sweater for a run! The ugliest sweater will win a prize. Register at the Fitness Center by Dec. 7. Rain Date: Dec. 8. Cost: Active Duty, Free. All Others \$5.00

General Library

540-653-7474

*The General Library will be closed Thursday, Nov. 24 and open Friday, Nov. 25 from 9 a.m. – 5:30 p.m.

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 storytimes with fun experiments geared towards pre-school and kindergarten children. Friday storytimes will include baby geared songs as well as books and crafts for pre-school ages.

STEM Club

Nov. 29, at 4 p.m.

Join us for our monthly STEM club and learn about magnets! Cost: FREE

Crafternoon

Dec. 1, from 4:30 – 5:45 p.m.

Stop by the library for activities for the whole family. This month's craft features painting an ornament or making a gingerbread house! Cost: FREE

Celebrations Around The World

Dec. 3, at 10 a.m.

Children will learn about celebrations that take place around the world including Eid, Diwali, Hanukkah, Kwanzaa and Lunar New Year through cultural props. Recommended for ages 3-6, pre-k and kindergarten age groups. Registration is only required for those actively participating at <http://engagedpatrons.org/EventsExtended.cfm?SiteID=6188EventID=290999>

One-on-One Computer Help

Dec. 6, from 3 – 5 p.m.

Need help and don't know where to start? Sign up for a one on one session to work on whatever you'd like! Cost: FREE

Storytime with Santa

Dec. 8, from 4 – 6 p.m.

Listen to a story with Santa and have your picture taken! Cost: FREE

Liberty

540-653-7277

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

Football Tailgating

Every Sunday beginning at 1 p.m.

Enjoy Sunday football at Liberty! Food will be provided.

Free Movie Friday at the Theater

Nov. 18, at 10 p.m.

Sign up at Liberty for a movie showing at the Movie Theater after dark. Enjoy free popcorn, drink and candy!

National Aquarium in Baltimore

Nov. 19, Van departs at 9 a.m.

Take a trip with Liberty to the National Aquarium in Baltimore. Cost: \$13.00

Milkshake Monday

Nov. 21

Stop by the Liberty Center for a milkshake!

Nov. Birthday Celebration

Nov. 23

Cake for all birthdays in Nov., while supplies last!

Happy Thanksgiving!!!

Nov. 24

Stop by the Liberty Center at 3 p.m. enjoy food provided by Grays Landing.

Midnight Bowling

Nov. 25, at 12 a.m.

Come by the Bowling Center and enjoy a free night of bowling on us!

Ice Skating

Nov. 26, Van departs Liberty at 1 p.m.

Take a ride with us to Capital Clubhouse for the day to go ice skating.

National French Toast Day

Nov. 28

Stop by the Liberty Center and enjoy a few pieces of French Toast for National French Toast day.

Domino's Pizza

Nov. 29, at 3:30 p.m.

Enjoy free, hot and cheesy pizza at Liberty!



Family Football Fun Day

Nov. 19, from 8 a.m. -1 p.m.

Location: Ben Rand Field

Join the fun at this Turkey Bowl combine, where kids and adults can showcase their skills.

Not interested in playing football? Come for the "Prize in a Haystack," crafts, food, 3 inflatables, and more!

Players ages 8-18 years old and have not yet graduated, contact the Youth Center at (301) 743-5456.

Players ages 18 years and older, contact the

Sports Coordinator at (301) 744-6649.

Winterfest and Tree Lighting

Dec. 2, at 5 p.m.

Celebrate the magic of winter with the lights and sounds of the holiday season! Enjoy the crafts, train ride, food, pictures with Santa and more! Cost: Free

Sandwiches with Santa

Dec. 10, from 11 a.m. – 2 p.m.

Location: The Mix House

With all the toys Santa must deliver, he's worked up quite an appetite! Enjoy lunch with the holly jolly man at this sandwich and snack bar buffet. Register with the Youth Center by Dec. 05. Cost: FREE

Indian Head Child & Youth

CDC 301-744-4458

CYP 301-743-5456

Sandwiches with Santa

Dec. 10, from 11 a.m. – 2 p.m.

Location: The Mix House

With all the toys Santa must deliver, he's worked up quite an appetite! Enjoy lunch with the holly jolly man at this sandwich and snack bar buffet. Register with the Youth Center by Dec. 05. Cost: FREE

Teen Open Recreation

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

Youth Open Recreation

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

Indian Head Community Recreation Center

301-744-4850 or 301-744-4648

Storytime and Crafts

Every Tuesday from 10:30 – 11 a.m.

Join us at the Library every Tuesday for a story and a craft!

New York City Trip: Rockettes

Nov. 19, DAY TRIP

Hop on board to this exciting Christmas spectacular featuring the Rockettes at Radio City Music Hall. For more information and pricing, contact the Navy Community Recreation.

Gingerbread and Holiday Ornament Decorating

Dec. 1, at 6 p.m.

Stop by the Community Recreation Center to decorate your choice of a holiday ornament or gingerbread person! Cost: FREE

NYC Shopping Bus Trip

Dec. 3, DAY TRIP

Join MWR for a holiday shopping trip in New York City, where you'll find just what you're looking for, plus an experience you'll never forget! Cost: \$20 per person.

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.

Ugly Christmas Sweater/Christmas Karaoke Party

Dec. 9, at 6 p.m.

Deck the G&A with ugly sweaters, fa-la-la-la-la-la! Christmas Karaoke for those who dare ta, fa-la-la-la-la-la-la-la-la-la! 4 NEW drink specials, horrible sweaters, out of pitch singing and great times! Cost: FREE

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.

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: two hour rental prices are \$60 for military and \$70 for civilians. Price includes four private lanes, shoes, cosmic lights and whole lot of fun!

Open Bowling

Fridays and Saturdays from 5 – 10 p.m.

Bored on the weekends? Look no further. Stars & Strikes Bowling Center offers open bowling on Fridays and Saturdays.

Lunch is Now Served!

Lunchtime Bowling

Every Wednesday 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!

Bowling with Santa

Dec. 7, from 5:30 – 7:30 p.m.

Santa can hardly wait...he's making his list and checking it twice, to see what good little kids will be at Stars and Strikes! Join us for music, snacks, and a meet-and-greet with the big man himself! Cost: FREE.

Indian Head Weight House Fitness Center

301-744-4661

3 on 3 Volleyball

Nov. 21, (Tournament date is Dec 16)

You just got served, meet me at the net! Teams will play twice to be seeded into a double-elimination tournament. Interested in participating, register by Monday, Dec. 12. For more information call the WHFC. Cost: Military-FREE; All others \$5.

Basketball League registration begins

Dec. 5

Games begin on Jan. 3

Stop in at the WHFC to sign up for the 5 on 5 Basketball League, teams will play each other once to be seeded into a Double-Elimination Tournament. Prizes will be given to the First and second-place teams. For more information call the WHFC. Cost: Active Duty & Contractors w/ gym membership-FREE; Retirees/Reservists/ Dependents- \$15, DoD Civilians- \$30, Contractors/ their dependents/off-base civilians- \$40, each additional family member \$10.

Futsal League begins

Dec. 5

Looking for something fun this winter? Join the Futsal League and fine-tune your soccer skills! Games will be scheduled Monday and Wednesday from 5:30-8:30 p.m. Mandatory coaches meeting: Thursday, Dec. 1 at 4:30 p.m. For more information, call the WHFC. Cost: Active Duty and Contractors w/ gym membership- FREE; Dependents/Retirees/Reservist-\$15, DoD Civilian-\$30, and Contractors/their dependents/off-base civilians- \$40.

Top-Notch NGIS Staff Efforts Recognized

By Barbara Wagner
South Potomac Pilot

Navy Gateway Inn and Suites (NGIS) employees at Naval Support Facility (NSF) Dahlgren were lauded for their efforts on Wednesday as NGIS staffs worldwide celebrated the hard-work and support that NGIS employees provide in support of the Sailors, civilians, their families and service members from other branches who are welcomed like family to facilities around the globe.

Marissa Fabey, MWR site manager for NSF Dahlgren, was on hand to offer thanks to those in attendance for their efforts.

"I have worked closely with a lot of you over the past year and I have to say the team mentality here is amazing and very much appreciated," Fabey said. "On behalf of Jim Feldman and all of us at N9, I offer my utmost gratitude for your outstanding customerservice that goes into taking care of our customers."

Capt. Mary Feinberg, commanding officer of Naval Support Activity South Potomac (NSASP), was on hand to offer her appreciation for the above and beyond efforts that she has witnessed first-hand at the NGIS Dahlgren front desk.



U.S. NAVY PHOTO BY BARBARA WAGNER

The staff of NSF Dahlgren NGIS was honored at a luncheon on Wednesday for their outstanding support and service. Pictured are l-r: (back row) Susan Hall, Janet Jenkins, Brandon Hall, Miranda Godwin, Maxine Darden, Christina Ware and CMC Jacob Bristow and l-r: (front row) Capt. Mary Feinberg, Angela Row, Catherine Proctor, Susan Epperson, Karen Brooks, Koko Moreno, Marisa Fabey, Quisha Webb and Cmdr. Christopher Zayatz

"They did not go above and beyond because they knew I was there, they didn't know who I was," Feinberg said. "They went above and beyond because that is what you [Dahlgren NGIS staff] do; it doesn't matter if they [the guests] are here for a week or a day. I can't say thank you enough

for what each of you do for South Potomac. I hear nothing but great things about the accommodations."

Feinberg, along with NSASP Executive Officer Cmdr. Christopher Zayatz and Command Master Chief Petty Officer Jacob Bristow were on

hand to present certificates of appreciation and to acknowledge the outstanding efforts of the women and men of Dahlgren NGIS. Dahlgren NGIS served more than 38,000 individuals throughout the 2016 fiscal year.

The mutual respect and support is evident in the work ethic demon-

strated by each member of the team and it is that sense of family that they all acknowledge as a huge part of what keeps the employees with the organization year after year. That same level of support is also a huge part of what visitors to the facility are greeted with, from check-in at the front desk to those team members who work in housekeeping, laundry and maintenance.

"Everyone who works here are like my second family," said Hiroko "Koko" Moreno, the site manager for the NSF Dahlgren facility. Moreno has been with the organization for 18 years, starting out in housekeeping and working her way up to site manager.

Bristow praised Moreno and her team, stating that it is their level of commitment to customer support that keeps customers coming back.

"The guests do notice and really appreciate that level of customer service and support," Bristow said.

Following the awards ceremony, NGIS staff enjoyed a buffet of delicious foods and shared laughter and fellowship with their meal. Kudos to the NSF Dahlgren NGIS staff for their solid commitment to excellence and congratulations on a job well done!

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THOSE WHO SERVED**



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Commissary Holiday Hours

Thanksgiving Week

OPENED Monday, Nov. 21, 9 a.m. — 6 p.m.

CLOSED Thanksgiving Day, Thursday, Nov. 24 and Friday, Nov. 25

Christmas Week- Open five days

CLOSED on Monday, Dec. 19

CLOSED EARLY Saturday, Dec. 24, 9 a.m.-4 p.m.

All other days are normal operating hours unless otherwise noted.

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Fishing

Continued from page 1

enjoying the family time together at the event.

It seemed that many of the youngsters were already experienced anglers and were using everything from high tech Powerbait, a glittery trout bait, to worms to mini marshmallows to corn. The bait that seemed the most effective was the UV glow salmon egg trout bait. On both sides of the pond, the anglers with the most successful catches were able to reel in trout with the salmon eggs.

On one side, six-year-old Lillie is an old hat at both catching fish and telling fish tales.

"Lillie caught the first fish of the day using the salmon eggs," Anthony, Lillie's dad explained. "We had two more bites since but missed them both."

Lillie's mom Jennifer works at Stump Neck and was glad to have the chance to bring her daughter to the base to participate.

"This is such a great opportunity," Jennifer said. "She's been begging to come on the base to see where I work."



U.S. NAVY PHOTOS BY BARBARA WAGNER
Five-year-old Savannah and her father Jesse proudly displayed her first catch of the day.

This is the first time we are doing pond shore fishing. Usually we are out on the boat," Anthony shared.

Lillie is fond of fishing, but not so much the process afterwards.

"She's smart, she gets her brother to clean it [the fish]," Anthony laughed.

Dad explained that Lillie also

has her own "fishing tall tales" including one very special catch.

"We were out at Buoy 8 and the water there is like 30-40 foot deep," Anthony explained.

"I was fishing on this side of the boat and Lillie was on the other. I heard this 'bloop' noise and I looked over and her fishing rod was gone."



It was a "Girl's Morning Out" at the Youth Fishing Derby at the Naval Support Facility (NSF) Indian Head Stump Neck Annex. Girls outnumbered boys as 25 young anglers showed up with their parents to take part in the annual event. Hailey and her mother Jaime bait a hook to catch a trout from the stocked pond.

"He was so hot over this," Jennifer explained. "We were getting ready to leave and Lillie said to him you're going to bring it up and reel it in."

"Lillie said you might find it yourself and I said well slim chance of us catching that one," Anthony continued.

"He gave me another rod

and I threw it out and then I reeled it in because it felt like a fish and it was my other fishing rod," Lillie said.

Mom Jennifer's best catch was apparently a 100 pound anchor which replaced the one they lost just moments before.

"We were out at Buoy 15 and I had forgotten to tie off the



Eleven-year-old Aislin reeled in number five with her father Billy at the Youth Fishing Derby held on Nov. 5. Aislin and her sister five-year-old Siana caught their share of the stocked trout fairly early, even reeling in two on one line!

anchor," Anthony said. "She reeled in an anchor much better than the one we lost. We might not catch a lot of fish but we get a lot of junk!"

"And fishing rods," Lillie added.

Prizes are awarded to all of the children who attend as most of the farmed fish are roughly the same size and each child is limited to five fish.

"It's really just about getting the kids out to experience an outdoor activity like fishing in a controlled environment," McCabe said. "Our hope is that they will enjoy the experience and go out again. It's about getting the kids outdoors."

Eleven-year-old Aislin and her five-year-old sister Siana were the most successful by midmorning having almost reached their max catch in the first two hours of the event.

The most unusual catch of the day however was a rockfish that was reeled in. McCabe shared that they believe that an eagle may have picked it up from the nearby Potomac River and dropped the fish in the pond at some point.

Regardless of how many fish were caught, it was clear from the smiling faces that children and parents alike enjoyed the opportunity to share quality time together and a pastime that many had enjoyed with their own parents.

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Navy Announces Policy Guidance for Transgender Personnel

By Chief of Naval Personnel Public Affairs

On Nov. 5, the Secretary of the Navy published guidance on the Department of the Navy's transgender policy in SECNAVINST 1000.11. Following the release of the SECNAVINST, the Navy announced its interim guidance for service of transgender personnel Nov. 7, via NAVADMIN 248/16.

To remain the finest seagoing fighting force the world has ever known, the Navy needs men and women who are the right fit for the right job regardless of race, gender, sexual orientation, creed, or gender identity. Our goal is to ensure that the mission is carried out by the most qualified and capable service members. If the individual can meet the Navy's standards, they should be afforded the opportunity to serve.

Effective Oct. 1, transgender Sailors could begin the process to officially change their gender in our personnel administrative systems in accordance with DOD and service policy. On July 1, 2017, transgender applicants who meet updated accessions standards may be accessed into

the U.S. Armed Services.

In order for Sailors to transition genders, they must receive a diagnosis from a military medical provider (MMP) indicating that gender transition is medically necessary and develop a transition plan, approved by their commanding officer. The transition plan must include the individual Sailor's medical treatment plan and must take into consideration both the desires of the individual and the operational requirements of the command. Transition medical treatment differs for each individual. During the transition process, service members shall comply with all standards of the gender marker currently in Navy personnel administrative systems/DEERS.

The NAVADMIN details the procedures for Sailors to transition genders and identifies several policy changes. There will be new modesty policies to allow for increased privacy in berthing, shower and head facilities, adjustment to language in the urinalysis program and adding gender identity to the military equal opportunity policy. After careful review of the physical

readiness program, it was determined that no change was needed to the current policy and that standards remain the same for all Sailors.

Training will be provided to commands starting in November. Commands will be provided DVDs, training materials, a facilitation guide, a commanding officer's toolkit, along with the DOD handbook on transgender service to help Sailors understand gender transitions. For units in remote training areas that may not have access to the face-to-face training, there will be webinars for triads to ask questions prior to delivering training to their commands. Training should be complete for all active duty Sailors no later than Jan. 31, 2017, and April 30, 2017, for reserve Sailors.

This policy guidance only applies to Navy military personnel — both active and reserve. Questions on Department of the Navy (DON) transgender civilian personnel shall be referred to the DON Office of Civilian Human Resources, and/or the DON Office of the General Counsel and questions on transgender civilian contractors serving with the

Navy should be referred to the contracting officer's representative.

To help answer Sailors' questions, contact 1-855-628-9311 (1-855-NAVY-9311). Sailors will

need to press "0" and follow a series of prompts or email Navy311@navy.mil.



U.S. NAVY PHOTO BY PAMELA BERRY

Flag Football Champions Team Outlawz

The NSF Dahlgren 2016 Fall Flag Football champs are Team Outlawz. The Outlawz outlasted Team Hit Squad with a final score of 27-20. Pictured are back row l to r: Linwood Johnson, James Lee, Scott Allen, Alex Hart, Jovan Scott, Terry Bushrod, James Brown and seated are Harry Mandeles and Cortez Howard
Not Pictured: Phillip Zellner, Robert England, Michael Scruggs

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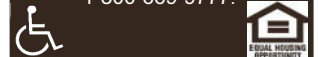
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