



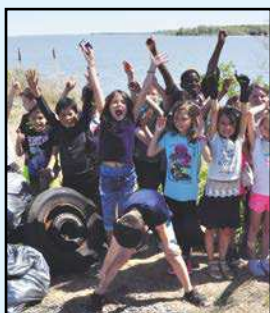
SOUTH POTOMAC PILOT

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



Link directly to the
NSASP Facebook
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smart phone

INSIDE:



**EARTH DAY
2016!!**

page 3

PRESORT STD
US POSTAGE
PAID
SO. MD.
NEWSPAPERS
PERMIT #1

Wild Hogs and Easy Riders Welcome at Upcoming Mentorship Event

By Barbara Wagner
South Potomac Pilot

With the advent of spring and warmer weather, motorcyclists in the region are gearing up and hitting the open road. In Virginia that's roughly 200,000 riders. Outside of legally licensing and registering your bike, wearing a helmet and having a face shield, protective eyewear or a windshield on your bike, Virginia and Maryland riders don't have any particular requirements in place before they hit the road.

While those minimal regulations suffice off base, within the gates Department of Defense (DoD) regulations require active duty personnel who plan to purchase or operate a motorcycle – regardless of their intent to ride on or off the base – to participate in a two-level course before the rubber meets the road. Level I is a 16-hour basic riders course, to be followed within 60 days with more advanced Level II training; riders must also complete a refresher course at least every three years.

At Naval Support Facility (NSF) Dahlgren a group of riders are making it their mission to provide mentorship and support to promote safe riding in the area. The Dahlgren Motorcycle Riders are an unofficial group comprised of active duty service members, civilians and contractors that is teaming up with installation and tenant command leadership to provide riders from both Dahlgren and its sister base, NSF Indian Head, with its second annual pre-season motorcycle safety brief and ride May 6.

"Last year we had nine motorcyclists who attended the brief," Master Sgt J.D. Cannedy, committee lead said.

This year, in addition to providing riders with mentors and promoting safe riding, the group is hoping to more than triple that number.

The event will consist of an hour-long safety briefing at the base theater followed by an assisted "T-CLOCS safety

see Riders, page 10



BY BARBARA WAGNER/SOUTH POTOMAC PILOT

Master Sgt. Jeremy Cannedy, left, committee lead for the Dahlgren Motorcycle Riders, and his wife, Sabryna, pause after honoring Lance Cpl. Thomas Creek, a posthumous Medal of Honor recipient and the best friend of Cannedy's father. The large, organized ride to the Vietnam Veterans Memorial Wall was one of several Cannedy enjoyed during his years of riding; he and other members of the Dahlgren Motorcycle Riders will hold mentorship event to promote safe and responsible riding May 6 at the NSF Dahlgren Base Theater. (Photo courtesy of Jeremy Cannedy)

Public Speaking Perfected

By Barbara Wagner
South Potomac Pilot

It's your turn at the podium and you feel that uncomfortable flutter in your stomach. You begin to sweat and you fear all of your worst nightmares about speaking in front of a crowd are about to happen. You are not alone in that fear – public speaking ranks number one in America's top fears! Most people are not completely comfortable speaking in front of a group of people whether for work, school or personal interest groups. There is an organization, however, that meets locally and offers an avenue to raise your comfort level and your competency as a public

speaker: King George Toastmasters Club.

Chances are you have seen their sign at the corner of Dahlgren and Route 301 and wondered what in the world does one do at a Toastmasters Club? Is it how to wrangle the perfect shade and crispness on a slice of bread or the best way to say "congratulations!" at a wedding?

According to Dwayne Craft, test director at Naval Surface Warfare Center Dahlgren Division (NSWCDD) as well as the vice president of public relations of the King George Toastmasters Club, the club's purpose is to provide a supportive and positive venue for

see Speaking, page 10



BY BARBARA WAGNER/SOUTH POTOMAC PILOT

Toastmaster Dwayne Craft from Naval Surface Warfare Center Dahlgren Division (NSWCDD) receives his "Competent Communicator" award from King George Toastmaster President Jim Ondrich. Toastmasters meet the second and fourth Thursday of each month at Mary Washington University Dahlgren campus.

Getting to Know You – Students Helping Students Succeed at Dahlgren School

By Barbara Wagner
South Potomac Pilot

At the beginning of the school year at Dahlgren School on Naval Support Facility (NSF) Dahlgren, a small group of students known as Junior Student to Student (JS2S) mentors gathered to make welcoming goodie bags and get caught up on what has changed at the Dahlgren School over the summer. They volunteered their time so that when new students arrive on that first hectic day of school, they will have a familiar and friendly face to look to for peer guidance.

"We made goodie bags and also made and hung up signs around the school saying, 'welcome to Dahlgren School,'" eighth grader Gary, a JS2S member said.

"The big push is at the beginning of the year when we have the most new students," Guidance Counselor Diane Eskey said.

The JS2S students take time to meet with the new students to get to know them better. One of the ways in which they do that is through a "getting to know you" form.

"The students fill out the forms and we post them in the hall so that everyone has a chance to get to know them," Eskey shared. "It's nice when

the kids come in that first week of school and can say 'oh I was in Japan too!'"

Making those sorts of connections helps provide a smoother transition into Dahlgren School.

Eighth-grader Toni has been with the program for several years and says that JS2S really helped her when her family made a Permanent Change of Station (PCS) move to the area.

"From the first day I got here I met so many great people," Toni said. "Even though some of them live halfway across the world now, many of my best friends are people that I met that day."

Sixth-grader Katey shared that for her the most difficult thing to do when starting at a new school is to try to figure out whom to be friends with.

"You never know how they really act until the fifth day or so. It's good that the JS2S is there to help you meet good people those first few days," Katey said.

Most of the group agrees that the "Lunch Bunch" program is key to not only getting to know the new students, but was helpful to them as well when they first arrived.

Sara, a sixth-grader, says Lunch Bunch is her favorite part of the



BY BARBARA WAGNER/SOUTH POTOMAC PILOT

The 2015-2016 Dahlgren School Junior Student to Student volunteers from left to right: (front row) Trinity 8th, Charles 5th, Kaitlyn 6th, Kaitlyn 5th, (back row) Toni 8th, Danielle 8th, Gary 8th and Sara 6th.

JS2S experience.

"Basically we have the students in each grade bring in their lunch that day to school and we met in the conference room to really get to know each other," Sara explained.

Most of the children who are a part of the program have several moves under their belt, such as fifth-grader Kaitlyn, who has moved three times; group members understand what it is to be the "new kid on the block."

The JS2S mentors even help with the important details in transitioning

like, "Where's the best place to get pizza in King George?" and offering advice about the local community.

Danielle, an eighth-grader joined JS2S in an interesting way last year.

"Danielle came to me as a guidance counselor to ask about creating a video," Eskey shared.

Eskey, in her role as JS2S advisor, saw the potential for Danielle's idea to complement the goal of the JS2S program and encouraged Danielle to join.

"Last year I made a video with pic-

tures that we and the yearbook staff took throughout the year and put together an end of the school year video. This year our goal is to make copies for the students that are leaving to remember us by," Danielle said.

The JS2S students have also helped out in other ways around the school including volunteering to help for "Fun Friday" snack sales as well as helping to beautify the school grounds.

"We did a courtyard clean-up last year," seventh-grader Trinity shared. "We helped pick up trash and sticks to make the courtyard nicer."

Eskey retired from King George School System as the Director of Counseling and now works a few days a week at the Dahlgren School. She admits that until she began at the Dahlgren School she really didn't have an understanding of what the military children who frequently PCS throughout their school careers go through.

As we celebrate Month of the Military Child at NSF Dahlgren, we recognize these exceptional children who have fostered an attitude of acceptance and demonstrated esprit de corps at the Dahlgren School through the JS2S program.

AEGIS Training and Readiness Center's Student of the Month for April

By Kimberly M. Lansdale
Center for Surface Combat Systems

Student: Fire Controlman 3rd Class Nicole Lauren Harbin

Hails from: Arcata, Calif.

Joined the U.S. Navy: September 2014

Course: SPY Baseline 3/5/6 pipeline

Why FC3 Harbin was nominated: "I nominated FC3 Harbin because she is a brilliant example of a dedicated, driven Sailor," said Fire Controlman 2nd Class Steven Limpert, Harbin's class counselor. "Through her outstanding performance as a student, FC3 shows promise to be positive image of ATRC as she makes her way to USS Hopper (DDG 70) in Pearl Harbor, Hawaii."

Q and A with FC3 Harbin

Why did you join the Navy? I was a certified nursing assistant working on my degree and decided to join the Navy for educational opportunities and to serve, protect, and do good things for my country.

Do you have any family members in the Navy? My grandfather was in the Navy and



U.S. NAVY PHOTO BY DARYL ROY, AEGIS TRAINING AND READINESS CENTER / RELEASED
AEGIS Training and Readiness Center's Student of the Month, FC3 Nicole Harbin, describes how the high voltage request is sent through the AN/SPY-1 Radar Transmitter group to her class counselor, Fire Controlman 2nd Class Steven Limpert.

worked on aircraft.

What are your hobbies? I enjoy volunteering! Currently, I volunteer at the King George Animal Rescue League helping cats find homes. I am also in training to become an umpire for the King George Little League.

Both volunteer opportunities have been very rewarding. When I am not volunteering, I enjoy singing, art, and when I am home in California, surfing.

What do you enjoy most about your course? It challenges me! I believe it is shaping me into a

well-rounded individual.

What is your current GPA? 92.78

At ATRC, has anyone had a positive impact on you? My career counselor, FC2 Steven Limpert, and SPY Leading Petty Officer (LPO), FC1 Jonathan Casey, have both gone beyond the call of duty. FC2 Limpert is encouraging and positive. FC1 Casey is extremely knowledgeable and makes sure we are always in compliance with safety regulations when conducting labs.

After you graduate in July, where is your next tour of duty? I have orders to the Arleigh Burke-class guided missile destroyer USS Hopper (DDG 70), Pearl Harbor, Hawaii. I am very excited!

Additional remarks: I just want to state that I am honored to be selected as Student of the Month and grateful for the opportunities ATRC has provided to me thus far.

AEGIS Training and Readiness Center (ATRC) falls under the Center for Surface Combat Systems (CSCS) command. ATRC provides enlisted personnel with the knowledge, ability, and skill to operate and maintain the AEGIS Combat System through time-

ly, effective, and integrated training delivered across Sailors' careers. ATRC also provides officers the knowledge, ability, and skill to operate, employ, and assess the readiness of the AEGIS and Ship Self Defense System (SSDS) combat systems aboard surface warships.

The AEGIS Combat System is a well-designed grouping of the AEGIS Weapons Systems with Anti-Air, Ballistic Missile Defense, Anti-Submarine, Anti-Surface and Strike Warfare, and associated weapons and communications equipment. All elements of these systems are taught at ATRC. In our ever-advancing world, ATRC utilizes a blended learning solution that includes standard classrooms, hands-on labs, simulations, as well as computer-based and interactive courseware training while still maintaining the training mission for the legacy AEGIS fleet.

For information on the AEGIS Training and Readiness Center, visit <https://www.netc.navy.mil/centers/cscs/atrc/>

Visit us on Facebook
<https://www.facebook.com/AEGIS-TrainingReadinessCenter>

NSF Dahlgren SAPR 5K at NSF Dahlgren a Success!

By Barbara Wagner
South Potomac Pilot

Beautiful weather and an important cause brought out a fantastic turnout for the Naval Support Facility (NSF) Dahlgren annual Sexual Assault Prevention and Response (SAPR) 5k run. Following words from SAPR Victim Advocate Felicia Hoyle and Naval Support Activity South Potomac Commanding Officer Capt. Mary Feinberg, runners, walkers, joggers and strollers lined up for the starting gun. The 2016 SAPR 5k first place winners were Joseph Liao and female runner Destiny Armstrong.



PHOTOS BY BARBARA WAGNER/SOUTH POTOMAC PILOT



Dahlgren School 3rd and 4th Graders ‘Green Up’ NSF Dahlgren

By Barbara Wagner
South Potomac Pilot

Naval Support Activity South Potomac (NSASP) Executive Officer (XO) Christopher Zayat, members of the NSASP Environmental Department, and third and fourth graders from the Dahlgren School planted trees and cleaned up the Potomac River shoreline at an Earth Day event on Naval Support Facility (NSF) Dahlgren. Zayat read the official proclamation for the event in which Capt. Mary Feinberg, commanding officer of NSASP declared for every one tree removed from NSASP, two trees will be planted. Two native willow oaks were planted by the enthusiastic students who took turns shoveling the soil along with Zayat. The trees are located on the knoll by the Willow Oaks Constructed Storm Water Treatment Wetlands on Sampson Road.

Following the tree planting, the group headed to the shoreline off of Sampson Road and spent over an hour scouring the area for trash. Their efforts included three tires, large boards, barbed wire, rebar and lots of plastic bottles and bags. The shoreline clean up and tree planting along with similar events at NSF Indian Head are just some of the many ways that NSASP has done their part to “green-up” the environment as a part of the larger Earth Day initiatives.



More pics on page 12!

PHOTO BY BARBARA WAGNER/SOUTH POTOMAC PILOT

BASE HAPPENINGS

Dahlgren

Dahlgren School Book Fair

Come to the Dahlgren School Book Fair and be involved in shaping your child's reading habits! The book fair is being held in the library from April 18 — 22. Purchase online until April 29 at <http://www.scholastic.com/bookfairs/findafair>

NSASP Navy Ball Car Wash Apr 25

Dirty car? Clean it up! Get your car sparkling clean and help raise funds for the NSASP Navy Ball at a car wash located in the NSF Dahlgren Commissary parking lot from 11 a.m. - 1 p.m.

Motorcycle Safety Event

May Motorcycle Awareness Month! Sign up for a motorcycle safety class to be held at the NSF Dahlgren Base Theater on May 6 from 9:00 a.m. to 3:30 p.m. For more information email adam.gleason1@navy.mil Register by May 3.

NSASP Navy Ball Chick-Fil-A Fundraiser

Bring your appetite for some delicious Chick-Fil-A sandwiches on May 3 at JWAC starting at 11 a.m. Come early - they sell out quickly!

Second Tour Thrift Store

The Second Tour Thrift Store is open and offers a variety of items for military personnel and their families! The store is open Thursdays from 11:30 a.m. to 2 p.m.

Indian Head

NSASP Navy Ball Fundraisers

Starting Wed., April 27, the NSASP Navy Ball Committee will be selling Chick-Fil-A sandwiches every other Wednesday from 11 a.m. - 1 p.m. and Krispy Kreme donuts from 7:30 a.m. - 9:30 a.m. at the Community Rec Center. Come out and support the 2016 NSASP Navy Ball!

Frug's Grub Food Truck

Frug's Grub has started a new food truck operation at NSF Indian Head. The truck will be on base every weekday from 11 a.m. until 3 p.m. in the parking lot next to Building 620. Community Recreation Center. Stop by and choose from a wide variety of Panini combos, fresh salads and homemade soups.

Treasures Thrift Store Donations

"Treasures" is open on Tuesdays from 10 a.m. to 1 p.m. The store is located at 12 Strauss Ave. next to the USO. Donations of gently-used items are currently being accepted.

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.

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

Community Notes

Dahlgren

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.

Earth Day at Caledon State Park

Celebrate Earth Day at Caledon on April 23 with their Trash to Art Beach Clean-up and Art Competition. Beach clean-up begins at 9 a.m. (trash bags and transportation to the beach provided). Creating your art from noon until 2 p.m. with judging and awards from 2-3 p.m. Dahlgren Chief Petty Officers Association will provide lunch for donations. Bring your own crafting supplies. To register contact caledon@dc.virginia.gov or call 540-663-3861.

STEM 16 Summit

The 5th Annual STEM 16 Summit will be held Sat., Apr. 23 at James Monroe High School, 2300 Washington Ave., Fredericksburg, VA 22401. Event will include 75+ STEM-related booths, demonstrations, concessions, keynote presentation, hands-on activities, a regional science fair showcase, competitions, experiments, robotics, networking, prizes and more! This event is free and open to the public. If you would like to be part of the event, contact Sheri Wikert at Fredericksburg Chamber of Commerce, sheri@fredericksburgchamber.org.

Heritage Lecture at UMW Dahlgren

UMW Dahlgren will host a Heritage Lecture on 5 May 2016. Chris Kolakowski, noted author and Director of the MacArthur Memorial in Norfolk will present "Duel in the Atlantic: Lessons from the Chase and Sinking of the Battleship Bismarck". University Hall will open at 0800 with light refreshments; the 90-minute lecture will begin at 0830 with Q&A to follow. The event is free and open to the public; registration is requested at <http://dahlgren.umw.edu>.

Indian Head

Free Rabies Clinic

Protect the ones you love at the free rabies clinic Sunday, April 24, from 1 to 3 p.m. at the Bryans Road Volunteer Fire Department (3099 Livingston Road, Bryans Road). Dog and cat licenses will be available for purchase. The fee for a pet license is \$5 if your animal is altered and \$25 if your animal is not altered. All dogs must be leashed and all cats and ferrets must be contained in a carrier. For more information about the free rabies clinic, contact the Charles County Department of Emergency Services at 301-609-3425 or e-mail Debbie Yost at YostD@CharlesCountyMD.gov.

Annual Spring "Fishin' Buddies" Derby Scheduled May 7

The Charles County Department of Public Works, Parks Division, will sponsor the 2016 annual Spring Fishin' Buddies Derby at Gilbert Run Park in Dentsville, on Saturday, May 7, from 7 a.m. - 12:30 p.m. Anglers will compete by teams, which must include one adult at least 21 years of age and one child between the ages of 6 and 15. Each team must supply their own rods and bait Bank anglers will

compete separately from those who fish from a boat. Lunch will be provided to all participants. The entry fee is \$7 per team. Pre-registration is required. Entry forms are available at Gilbert Run Park or the main office of the Department of Public Works on Radio Station Road in La Plata, Maryland. Registration forms are due in the Department of Public Works' main office by noon on May 4. For more information or to receive an entry form, call the Department of Public Works, Parks Division, at 301-932-3470 or 301-870-2778 weekdays between 7:30 a.m. and 4 p.m.

Shred Event Scheduled for May 14 to Feature Rain Barrel and Compost Workshops

The Department of Public Works is hosting an environmental outreach event on Saturday, May 14 from 11 a.m. to 2 p.m. in the Charles County Government Building parking lot (200 Baltimore Street, La Plata). Backyard composting and rain barrel workshops, as well as free document shredding are available. Advance registration for workshops is required. Free, secure, on-site shredding services. Up to five boxes (per vehicle), Charles County residents only. For more information, call the Department of Public Works' Environmental Resources Division, 301-932-3599 or 301-870-2778.

Rain Barrel Workshop

Take home a rain barrel and learn proper in-home installation techniques, practical uses for rain barrels, and how to reduce the impact of runoff on local waterways. Become eligible for a storm water remediation fee credit. Advance registration is required. Register at www.go.umd.edu/ccrainbarrel, or for more information, call Erica Hahn at 301-396-5237 or Jackie Takacs at 240-393-6508. Event is May 14. Registration deadline is Sunday, May 1.

Composting Workshop

Construct a compost bin and learn how to create quality compost in your backyard. Registration is required. Register at www.compostworkshop.eventbrite.com. For more information, call Department of Public Works' Environmental Resources Division, at 301-932-3569 or Luke Gustafson at 301-934-5403. Event is May 14. Registration deadline is Sunday, May 1.

Seventh Annual Port Tobacco Market Day

The Charles County Commissioners and the Society for the Restoration of Port Tobacco invite residents to attend the seventh annual Port Tobacco Market Day event on Saturday, May 14 from 9 a.m. to 2 p.m. at the historic Port Tobacco Courthouse. This event will showcase some of Southern Maryland's local artists and vendors. Admission is free. Rain date is Saturday, May 21. For more information, call Mary Fenton at 301-375-7892, or visit www.CharlesCountyMD.gov

Arc of Southern Maryland's 14th Annual Pat Collins Golf Classic

Golf Tournament will be held on May 26 at Chesapeake Hills Golf Course. Proceeds support individuals and families of people with intellectual and developmental disabilities. Registration begins at 7:30 a.m., with a shotgun start at 8:30 a.m. Sponsorship opportunities available ranging from tee sponsor to admiral level sponsor. Registration is \$150 per individual player and \$600 for team. For sponsorship opportunities or to register for the event, visit www.arcsomd.org. 410-535-2413 or jparran@arcsomd.org.



SOUTH POTOMAC PILOT

NSA South Potomac • Office: 540-653-8153 • 540-284-0129

www.dcmilitary.com/dahlgren

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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.

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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 301-645-9480.

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NSA South Potomac

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Public Affairs Officer,
NSA South Potomac

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Editor

Barbara Wagner
Staff writer

Mark Watroba
Layout designer



Dahlgren Aquatics Center

540-653-8088

Memorial Day Weekend at the Pool

May 30, 12 — 6 p.m.
Not planning to travel for the holiday weekend? Stop by the Aquatics Center and cool off in the pool!

Dahlgren Cannonball Lanes

540-653-7327

Games: Military \$3, Civilian \$4. Hourly Bowling: Military \$20, Civilian \$25 Shoe Rental: Military \$1.50, Civilian \$2.50.

Looking to have a birthday party or after work gathering at Cannonball Lanes? Stop in or call to inquire about plans and rates for renting out the Multi-purpose room.

Sunday Special

Every Sunday, 2 — 7 p.m.
Join us every Sunday for \$2 games and \$1 shoe rentals!
Ten Dollar Tuesdays
Every Tuesday, 2 — 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, 2 — 9 p.m.
Every Wednesday, buy one game; get a second game for FREE!

Lunch Time Bowling

Thursdays and Fridays at 11 a.m.
Need some fun on your lunch break? Get out of the office and join Cannonball Lanes Thursdays and Fridays for lunch time bowling!

All-U-Can Bowl Fridays

Every Friday, 7 p.m. — midnight
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, 7 p.m. — midnight
Enjoy music and lights while bowling!

Dahlgren Child & Youth

CDC 540-653-4994
YAC 540-653-8009

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/ndwcym.html> Cost: \$4/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 — 11 p.m. and the 2nd Saturday of each month from 8 a.m. — 5 p.m. This program is free for respite care referrals and \$4 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.

Friday Night Teen Night

Fridays at the YAC, 6 — 8:30 p.m.
FREE program open to Military, DoD Civilians and Contractor Dependents ages 13-18. Sponsors must come to the Youth Cen-

ter to fill out a registration packet. Teens will have access to the computers, video games, stereo system, Playstation, board games and crafts. All teens have the opportunity to participate in the Youth Sponsorship (3rd grade-12th grade) or Youth Council (9th grade-12th grade).

Saturday Open Recreation

Saturdays at the YAC, 10 a.m. — 2 p.m.
FREE program open to Military, DoD Civilians and Contractor Dependents, school ages K — 12. Sponsors must fill out a yearly registration packet for their child to attend. They can pick up the packets at the Youth Activity Center. Children will have access to facility computers, music, crafts, books and more.

Youth Sponsorship Hail & Farewell

April 29, 6 — 8 p.m.
Location: Youth Activities Center
Enjoy ice cream as we say farewell to those leaving us and welcoming the newcomers! Cost: FREE

Dahlgren Craftech

540-653-1730

Craftech offers a variety of services, craft supplies, events and classes. Learn how to make a variety of decorative and useful items. Custom creations include full-color printing and laser engraving with your design or ours on items such as coffee mugs, t-shirts, plaques, pen sets, tiles, mouse pads. A full line of team awards and gift items are also available.

Craftech also offers a selection of supplies for ceramics, stained glass and framing. The shop has a specialized cutter for scrapbook lettering, die cuts and a programmable embroidery machine. Visit www.navymwrdahlgren.com and click on Craftech under the Community Recreation tab for more information!

Dahlgren Fitness Center

540-653-8580

Men's Softball League

*Reported April 18
Old Timers 2-0, MSSC 2-0, Chiefs 0-2, Enforcers 0-2, Brights-cape Investments 0-0

Co-ed Softball League

*Reported April 18
TBD 2-0, Pitch Slap 1-1, Wild Cats 1-1, Slammin' Salmon 0-2, The MisFits 0-0, Enforcers 0-0

Family Fun Day

April 23, 10 a.m. — 1:30 p.m.
Calling all families! Spring is here, let's have some fun! Wear purple in support of Month of the Military Child. Join us for a fun run/walk around the Parade Field and receive a special event t-shirt and goodie bag. Those participating in the run are asked to complete the registration form at www.surveymonkey.com/r/DLGFamilFun. After the run all are welcome to enjoy games, face painting, a balloon artist, inflatables, food and more! Cost: FREE

Powerhouse Competition

May through June every Wednesday
The overall male and female winners will receive a special prize. Participants who accumulate 600 points will receive an event t-shirt. May consists of max weight in bench press, deadlift and squat. June consists of max reps of pull-ups, push-ups and sit-ups. For more information and to register contact the Dahlgren Fitness Center. Cost: FREE

Couch to Half Marathon

Begins May 3, Tuesdays & Thursdays 6 a.m., 11 a.m. and 3 p.m.
Join our team of talented fitness staff as we prepare you to run the Navy Air Force Half Marathon or Navy 5Miler on September 18, 2016. Each participant will receive registration to the Navy Air Force Half Marathon, a team t-shirt to wear on race day, registration for base runs during the program and other goodies. Can't make it to the half marathon? We still welcome you as a running buddy! Open to all with base access. Register at the Fitness Center. Cost: \$70.

Dahlgren General Library

540-653-7474

Storytime at the Library



540-653-7336

Price of Shows

Civilian: \$5. Active Duty, Retired & Reserve Mil E7 & above & their family members with ID: \$4, E1-E6 & below & their family members with ID: \$3. Children (6-11): \$2 Children (5 and under): FREE.

*Movies shown in 3-D will cost an additional \$1 to ticket price.

Friday, April 22	7 p.m.
10 Cloverfield Lane PG-13	
Saturday, April 23	4 p.m.
Mulan (FREE ADMISSION) G	
Saturday, April 23	7 p.m.
Batman V Superman: Dawn of Justice PG-13	
Sunday, April 24	2 p.m.
Shrek 2 (FREE ADMISSION) PG	
Sunday, April 24	4:30 p.m.
My Big Fat Greek Wedding 2 PG-13	
Friday, April 29	7 p.m.
The Divergent Series: Allegiant PG-13	
Saturday, April 30	4 p.m.
The Little Mermaid (FREE ADMISSION) G	
Saturday, April 30	7 p.m.
Eye in the Sky R	
Sunday, May 1	2 p.m.
Midnight Special PG-13	
Sunday, May 1	4:30 p.m.
Batman V Superman: Dawn of Justice PG-13	

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

Every Monday at noon and every Friday at 10 a.m.
Short or tall, big or small, enjoy storytime and crafts for all! Join the General Library Mondays and Fridays to read a story and make a craft. Cost: FREE

One-on-One Computer Help

May 3, 3 — 5 p.m. by appointment.
Need help with a certain computer program? Don't know where to start? Sign up for a 30-minute, one-on-one session at the Library, to work on whatever you'd like. Open to all with base access. Cost: FREE

May the 4th Be With You

May 4, 5 p.m.
Stop by the General Library for Star Wars Day and make your own R2D2 or Chewbacca. Learn about circuitry and make R2D2 move while enjoying lemonade and pizza! Afterwards, see Star Wars: The Force Awakens at 6 p.m. at the Movie Theater for FREE!

Muffins with Mom

May 7, 11 a.m.
Celebrate Mom! Moms can enjoy getting their nails painted while the children make a Mother's Day gift. Muffins and beverages will be served. Cost: FREE

Dahlgren Tickets & Travel

540-653-8785

Busch Gardens Trip

May 14
Save gas and forget parking! Let Community Rec take you to Busch Gardens Williamsburg, VA! Buses will depart from Wal-Mart in La Plata, MD and Dahlgren, VA. Departure times will be determined by Community Rec following registration. Check out Community Recreation for deals on park admission and passes! Transportation only cost: \$15

Universal Orlando Resort Ticket Special

Community Rec has Buy 1 – Day Park to Park and get 2 additional Park to Park Days free! Tickets can be purchased and activated with a Military ID or DoD CAC card. Cost: Adults \$147.74, Children Ages 3 – 9 \$142.75

Dahlgren Liberty

540-653-7277

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

Birthday Drawing

If you have a birthday in April, place your name with us at Liberty for a drawing to win a special gift! Drawings take place at the end of each month.

Fire Pit

April 30, 7 p.m.

Join us for a camp fire and snack on s'mores and hot dogs!

Popcorn Bar

May 2

We're serving up popcorn with various toppings all day!

Wing Wednesday

May 4 & 18, 3:30 p.m.

Join Liberty for hot wings the first and third Wednesday of each month. Wings available while they last!

Cinco De Mayo Taco & Nacho Bar

May 5, 11:30 a.m. — 1 p.m.

Celebrate Cinco de Mayo with a taco and nacho bar!

Star Wars Movie Marathon

May 6

Watch Star Wars at Liberty all day long!

New York Trip

May 7 — Van departs Liberty at 5:30 a.m.

Sit back and relax as Liberty takes you to New York! Register at the Liberty Center. We will be returning the same day at 11:30 p.m. Cost: \$5 per sailor

Dice 'N' Monsters

May 7 & 21, noon — 5 p.m.

Join us for Dice 'N' Monsters game day! Games will include Pathfinder, Munchkin, Rampage and more! Cost: FREE

Tricycle Poker Run

May 10, 2 — 4 p.m.

Cruise around Dahlgren on a tricycle and pick up playing cards. The best poker hand in the end wins a prize!



May Public Service Recognition Week

Public Service Recognition Week honors men and women who serve our nation as federal, state, county and local government employees. Join us for these DEALS all week for you!

May 2 – 7, Free snacks and a movie all week long at Community Rec!

May 4, Join the Weight House Fitness Center for an aerobics class at 11:30 a.m. for free!

May 6, Bowl one game for free at Stars and Strikes Bowling Center from 5 to 10 p.m.

Indian Head Child & Youth

CDC 301-744-4458

Navy Teen Summer Camp Scholarship Program

The Navy Teen Summer Camp Scholarship Program provides Navy teens with specialty camps to promote healthy, lifelong hobbies and opportunities to relieve stress and stay active over the summer. Whether you are selected to backpack through Europe or learn how to scuba dive, we are sure that you will have the summer of a lifetime! Visit www.navymwrindianhead.com/child-youth for

eligibility information and application packet.

Teen Open Recreation

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

April 29, Architectural Letters Teens have the chance to get creative by designing a letter of their choice with photos and other materials.

Youth Open Recreation

Open to ages 5 – 12. Contact the Youth Center for more information.

April 22, Flower Capsules 6:30 - 10 p.m. Youth participants will make flower capsules using flower seeds, water, and soil. When finished they are encouraged to take them home and throw them around their yards and watch the beautiful flowers bloom!

Indian Head Community Recreation Center

301-744-4850 or 301-744-4648

Customer Loyalty Month

MWR is wrapping up April Customer Loyalty Month, this is the last week to stop by the MWR Facilities to let us show you how much you are appreciated! Swing by Community Recreation and the Library for details on how to be entered into a special giveaway!

Storytime and Crafts

Every Tuesday, 10:30 - 11 a.m.

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

Voter Registration Assistance

April 1 – 30

Rock the vote! Stop by Community Rec during open hours and get help with registering to vote!

Celebrate Month of the Military Child

April 26, 10 a.m. - 1 p.m.

Get ready to play! Celebrate with MWR and CYP and spend the day enjoying fun activities for kids of all ages including moon bounces, petting zoo, kiddie and mega obstacle courses, family aerobics demo classes, free food and much more!

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.

Movie Night with DIY Popcorn Bar

April 22, 7 p.m.

Movie night at Liberty is fun with personalized cups and a popcorn bar!

Knocker Ball Tournament

April 27, 5 p.m.

Location: Football Field

Soccer couldn't be more of a contact sport... until now! Join in on all the smashing fun! Register in teams of five at the Liberty Center.

Cards for Mom

May 2, 11 a.m. - 1 p.m.

Stop by Liberty during lunch and sign your Mother's Day card. Cards and stamps provided.

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

Every Wednesday, 11 a.m. - 1 p.m.

Take a break from the office and unwind with a game or two of bowling on your lunch break!

Cosmic Bowling

Every 2nd and 4th Saturday of the month, 5 - 10 p.m.

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

Indian Head Weight House Fitness Center

301-744-4661

Walk Across America

April 1 – 28

Walk across America! The challenge is to walk from Alcatraz to the White House with 10,000 steps a day! Gain knowledge with passes and learning history facts of fun attractions along the way such as Vegas, Mt. Rushmore, Graceland, etc. You can only miss 10,000 steps a day for three days in the whole month or we'll catch you and take you back to Alcatraz. When your trek is complete you'll receive a t-shirt, bragging rights and a chance at a thinner waistline. Open to those with base access. Register by April 1. Cost: Active Duty \$5, All Others \$10.

Softball League

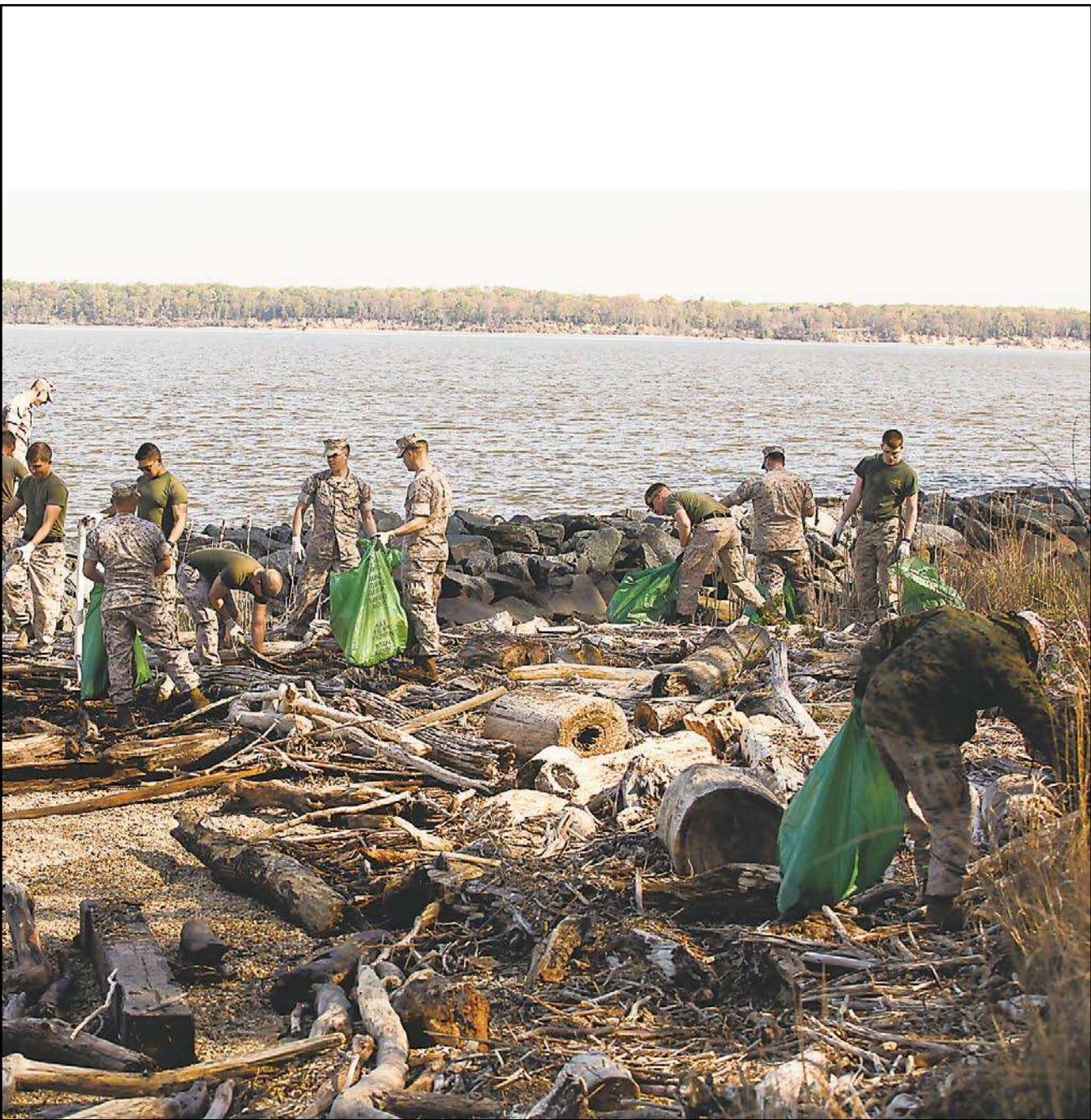
May 3

Batter up, Home Run Time! Games will be Tuesdays & Wednesdays at 5:30 p.m., 6:30 p.m., and 7:30 p.m. Teams will play each other twice to be seeded into a double elimination championship tournament. Trophy and prize for 1st and 2nd place teams. Cost: Active Duty, FREE; Contractors w/ Gym Membership, \$40; DOD Civilian, \$30; Military Dep/Retiree/Reservist, \$15

CBIRF Marines Scour Shorelines

By Barbara Wagner
South Potomac Pilot

Volunteers, including Marines from the Chemical Biological Incident Response Force (CBIRF), hit the shoreline at Naval Support Facility (NSF) Indian Head last week to take part in the annual beach clean-up celebrating National Earth Month. Crews of nearly 60 volunteers worked along nearly a mile of shoreline at the installation and collected 80 bags of trash, 6 tires, and 6 syringes totaling over 480 lbs. of trash. The clean-up effort coincides with the yearly Potomac Watershed Cleanup held all along the Potomac River.



U.S. MARINE CORPS PHOTOS BY SGT. SANTIAGO G. COLON



Dahlgren School 5th Graders on Growing Up Military

By Ms. Riley's 5th grade class

In honor of Month of the Military Child, 5th grade students from the Dahlgren School shared their thoughts on what being a military child means to them through poem and paragraph. Every April the nation recognizes the youngest members of our military family during a month long celebration of military children

The Ups and Downs of Being a Military Child

by Ashley

When someone says the word military, you probably think of a soldier or a big ship, but think of what's behind that sailor or that soldier or that marine thinks about his/her family. His/her kids have been without a dad/mom for days, weeks, or months. Not to mention having to move everywhere. Like just when you think you have a nice home with best friends, you have to move somewhere else. You may be thinking "wow those kids have it tough!" But it's not as bad as it seems. When we move we get to see new places, and experience other cultures and get to meet new people. Also, and we still get to keep in touch with our old friends and extended family! Some really cool places you get to move to are places like Japan, Germany, Italy, and so many more!

Now, the biggest downside of being a military child is that when your mom/dad has to leave for a while. Sometimes they can be gone for a year, which can appear to feel like an eternity! However, even with all the downsides of being a military child, there are lots of fun things to be a part of and do.

So remember, when someone says the word military, think of everyone!

My Military Life

by Charles

One day when I was little, my mom and dad said to my family that we were joining the military. Next thing I knew was we were moving! Yes, that's when all the moving started and boy, did we move a lot! I didn't know what was happening. I was homeschooled and I liked it! Then we went to a school called "Saint Mary's Star of the Sea." I loved it! There I made new and great friends.

Of course my dad received orders to go somewhere else, to a place called Dahlgren, Virginia. I was not happy about this, I was upset because I made great friends and I had to move to the place that was nowhere on a map. However, when I got there I liked the place, made great friends and I had a lot of fun. There were also a great school, teachers and a wonderful principal.

Today, I am still in this awesome place called "Dahlgren, Virginia" and I love it! Making new friends for me has been quite easy because people are always moving here. This has been one of the best places I have lived and it makes me happy to be a military child!

Living as a Military Child

A poem by Joshua

My life is somewhat different from you
I move from place to place,



And you, most likely not as often
My dad goes on deployment for at least 6 months at a time.

My dad joined the Navy long before I was born

We lived in Louisiana with my brother and Mom.

Then we moved to Fredericksburg, Va.

Dad worked at Dahlgren, but then I was only 1 year old.

Shortly afterward, we moved to Richmond, VA.

Then, It was off to Maine where dad helped build a ship!

Then dad and the new ship sailed all the way to San Diego, in the meanwhile mom, my brother, me and my soon-to-be sister drove from Maine to the new house you see.

We lived there for seven very long years in the hot sun.

I made a lot of good friends there Including Jackson.

Now, I was going to have another sister, Ryenne

2 sisters! One that is 10 years younger than you!

We later got the Message that we would have to move back to Dahlgren. But before we did Jackson moved there to keep my seat, so at least I already had one trusty friend waiting on me!

We arrived 3 weeks before school ended, but after being homeschooled in San Diego, I thought School was pretty cool.

Now I am In 5th Grade and I love my class and my wonderful teacher too, Ms. Riley, that's you!

My Life as a Military Child

by Gavin

My life as a military child has been a simple life. Sometimes it was hard to be separated

from friends, or places I get attached to, but it has been a simple life for me. However, not always, due to sometimes my father going on deployments, which is especially hard for the family. I have moved six times in my whole life and I've only had to attend two different schools and Dahlgren is my second. I have been blessed to have been homeschooled and taught by my mother! Also, my mom was in the military, until my brother was born. School for me at Dahlgren has been great because I have made many new friends like myself and my teacher, Ms. Riley is kind and fun to learn from as well.

In living the life as a military child, I have been fortunate to live in England. England was fun, although I don't remember much about it, since I was only three. My parents took me to Scotland and Wales. Our family favorite duty station was in Kansas; there we lived in a small town called "Leavenworth." (No, not the prison, but the town!)

Overall, life as a military child has been interesting for me. Sure, my dad went on deployments, and I wouldn't see him from six or seven weeks, but my life isn't all stressful as the kids who have parents on the front line. However, I salute all military children, and all those fighting for our freedom!

My great life as a military Child!

by Kyran

One day when I was little, my dad joined the military when we lived in West Virginia. When he left home, it was a very long before I could get to see him again. Then once we moved to Virginia, my dad started working for the navy. I am happy that my family did not have to move a lot! I have attended Dahlgren School since kindergarten. For me, being a military child has been great!

Living the life of a Military Child

by Jackson

Living the life of a military child can be difficult! Ever since I moved here, it was difficult. You have to move every now and then. You also need to go to a new school, which can be a struggling with no friends to help you. Once you meet a few new friends, life is not so bad while being a military child. Having friends can make life so much better while my dad serves our country!

My Experience as a Military Child

by Kaitlyn

Being a military child can be tough on a kid! Sometimes you half to leave everyone you know behind, to include your best friends. It's a very big experience yet, a huge opportunity for you at the same time. I have moved to three different places and have been to four different schools during my 10 years on Earth! The three different places I have lived were in Washington State, Nebraska, and Virginia. Washington was very fun and where I lived the longest. However, I don't remember much, but I remembered that my dad went on deployment while living there. Nebraska was fun as well, but also I don't remember much about it ever because I was only six years old. Virginia is very cool and is where I am living presently. I can remember only one school that I attended in Washington, which was Mt. Paycheck. It was hard for me to move from a large school to one much smaller, especially when you move in the middle of the school year. (Yuck!) It can be quite difficult to be a military child at times.

Life may seem simple but it's not always easy. When my dad goes on deployments I get very sad. I miss him very much when he goes, but this is the life he signed us up to do! My dad has gone on a ten and half month deployment before. It was a long time and we missed him very much. However, when he returns home, I am very happy to see him!

This has been my experience as a military child so far.

The Military Children

by Kyle

Once upon a time there was a kid named Kyle. His sister is military child too. My dad is in the military. If he did not join, me, my sister and my mom would not be here,

Like we are right now.

That's my story of a military child, named Kyle!

Why I am Proud to Be a Military Child

by Juliana

What I like most about being a military child is moving because I love seeing new places, while learning new things. My best place to live have been California!

Also, it is nice to live in a new house and meets new friends too!

However, the two things I dislike the most about being a military child are changing schools and leaving my old friends.

These are just a few reasons why I like and think being a military child is great!

Not If But When...

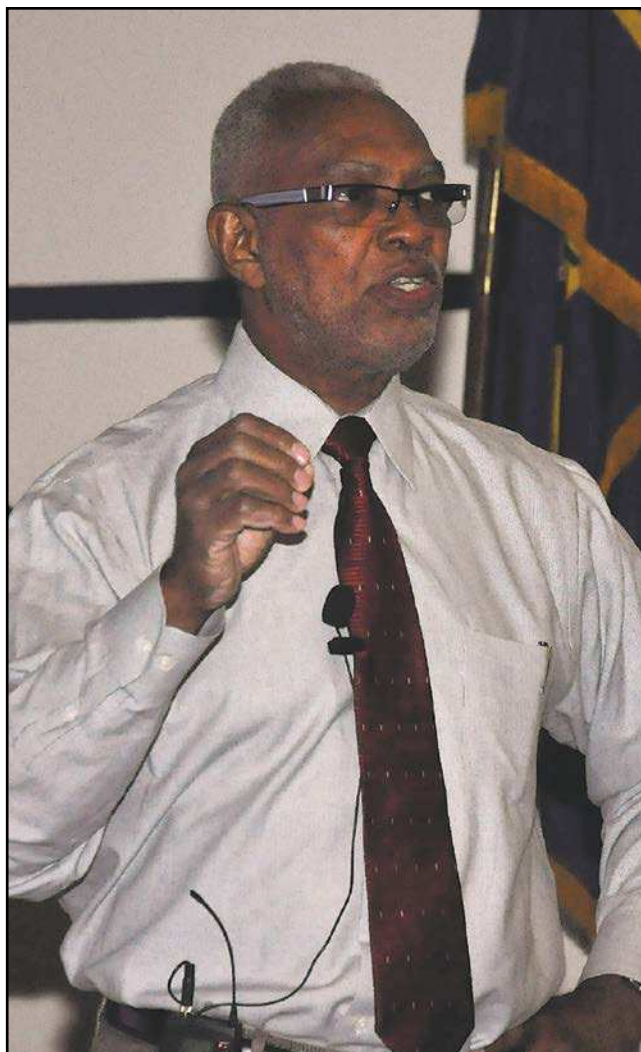
By Barbara Wagner
South Potomac Pilot

Not if, but when. That's what Ramon Harris, a contractor with the Federal Occupational Health Program, says is the question when it comes to identity fraud. It's a question that is particularly pertinent for the millions of military and civilians whose data was compromised by the 2015 OPM data breaches. The data breaches provided hackers with everything from personal information to fingerprints- all the information an identity thief needs to avail themselves to your money, your credit and your good name.

Harris was at the Dahlgren Base Theater recently through the Department of the Navy Civilian Employment Assistance Program (DONCEAP) to provide information on identity fraud and best practices for fraud prevention.

Currently, Harris warned, one of the most advantageous places for thieves to get information is the income tax returns that are being filed. Not only does your return contain all of your personal details, but it allows them to reroute your tax return. Harris advises filers to make certain that if they aren't filing online, but through the postal service, be sure not to leave the return in their rural mail box. Instead, post from a safe mailing location at the post office or an official mail box drop. He also recommends filing early to prevent an unscrupulous individual from helping themselves to your refund. It can take up to eight months to go through the formal process to get your refund back if your return is hijacked.

Mail is another place that identity thieves find a treasure trove of information. Improperly discarded credit offers, financial account statements and other key items can surface from a quick expedition of "dumpster diving" or from other obvious places. Harris stressed ensuring that you properly dispose of these items by shredding any item with personally identifiable information on it. You can further reduce the risk by eliminating unsolicited credit offers and most junk mail from even arriving in your mailbox by calling 1-888-5-OPT-OUT (1-888-



BY BARBARA WAGNER/SOUTH POTOMAC PILOT
Ramon Harris, with the Federal Occupational Health Program recently spoke at the Dahlgren Base Theater as part of a presentation given by the Department of the Navy Civilian Employment Assistance Program (DONCEAP) to provide information on identity fraud and best practices for fraud prevention.

567-8688) or by visiting www.optoutprescreen.com.

My Dearly Departed Husband Left Me 20 Million and I Wish You to Have it

The World Wide Web has provided another avenue for identity thieves to get your information and your money. We have all received that email from someone in a foreign land who wants to give you free money. Most of us know that these are scams and delete them, but what about the email from your financial institution stating that there is an issue with your account? Is it really from your bank or just a well-designed scam to part you from your money?

Harris says that the best way to prevent your information from getting into the wrong hands is to never hit "reply" to an email from your financial institution. Always be sure to go directly to their website to contact them or better yet, call the company to determine if there is an issue.

They Say it's Your Birthday — on Social Media

It's your birthday today and you got 54 likes and well-wishes. If your social media accounts aren't secure, you just let individuals who aren't there to wish you well know when your birthday is, your full name and often times your home address. Unfortunately that selfie in Key West lets them know when you're not at home — an open invitation for them to come help themselves to your belongings.

Another common feature in social media that we should keep in view is the "About Me" quizzes your friends share. What's your favorite movie? What's your favorite color? What was your childhood nickname? And so on. All of these questions, while fun to answer, are often exactly the types of questions that are used as "security questions" for websites. The hackers didn't

see Harris, page 12

This Week in Navy History

April 22, 2004

Marine Cpl. Jason Dunham, who had been grievously wounded April 14 by an insurgents grenade in Iraq, dies at Naval Medical Center, Bethesda, Md. Cpl. Dunham is posthumously awarded the Medal of Honor, the first for a Marine since the Vietnam War.

April 23, 1945

Navy Patrol Bomber PB4Y Liberators (VPB 109) employ Bat missiles against Japanese shipping off Balikpapan, Borneo in the first combat use of the only automatic homing missile to be used in World War II.

April 24, 1906

Reburial Commemoration Ceremony for Capt. John Paul Jones is held at the Naval Academy. At the ceremony, President Theodore Roosevelt delivers a speech in honor of the legendary Revolutionary War naval captain.

April 25, 1998

The destroyer USS McFaul (DDG 74) is commissioned at Garden City Terminal in Savannah, Ga., before departing for her homeport of Norfolk, Va. The 24th Arleigh Burke-class destroyer is named after Chief Petty Officer Donald L. McFaul, a Navy SEAL who posthumously received the Navy Cross for attempting to save a platoon mate on Dec. 20, 1989, while serving in Panama during Operation Just Cause.

April 26, 1960

USS George Washington (SSN 598) conducts a Polaris missile test firing in Long Island Sound in the Atlantic Ocean.

April 27, 1805

With naval bombardment from USS Nautilus, USS



On April 24, 1906, ceremonies in commemoration of John Paul Jones were held in Dahlgren Hall, the Naval Academy armory. Incidentally, this day was the anniversary of the battle between the Jones's Ranger and HMS Drake, fought in the Irish Sea in 1778. France sent an entire naval fleet up the Chesapeake Bay to mark the occasion. U.S. Naval Academy personnel escorted the body of John Paul Jones and participated in the ceremony for his re-interment in the Naval Academy Chapel. President Theodore Roosevelt delivers a speech in honor of the legendary Revolutionary War naval captain.

Hornet, and USS Argus, Lt. Presley OBannon leads his Marines to attack Derna, Tripoli, and raises the first U.S. flag over foreign soil. The Battle of Derna was the Marines' first battle on foreign soil, and is notably recalled in the first verse of the Marines Hymn.

April 28, 1944

Secretary of the Navy Frank Knox dies. He expanded the Navy into a force capable of fighting in both the Atlantic and the Pacific during the early years of World War II.

YOUTH SAVES

5% APY*

- On the first \$500 deposited
- No monthly service fees
- \$1 Opening deposit
- \$1 Minimum balance



19 years and younger!



To qualify for the 5% *annual percentage yield, you must provide a valid, government issued photo ID or the social security number for minors. For minors, a parent or legal guardian must be joint on the account. At age 20 the balance will transfer to the prime share account. Deposits over

Riding

Continued from page 1

inspection for all of the bikes. A ride safety pre-brief will be followed with a four hour ride. A rain date of May 11 is scheduled if weather prevents the ride on May 6.

"The brief will cover pre-ride inspections including 'T-CLOCS,' which is an acronym used by riders to give a quick look over their motorcycle and identify potential hazards associated with motorcycles, including tires and wheels, controls, lights and electrical as well as the oil, chassis and side stand," Cannedy said.

The brief will also cover proper protective equipment,

required active duty training and riding skills that include braking and weather considerations. The team will also be discussing mishaps as well as the importance of motorcycle risk management. The Naval Support Activity South Potomac (NSASP) Navy Ball Committee will be on hand to provide lunch to participants and fundraise with a burger burn. The burger burn is open to all personnel on the base and the collection of bikes promises to be interesting even for non-riders.

"Our group, the Dahlgren Motorcycle Riders, was established to promote motorcycle mentorship by merging less experienced riders with our seasoned riders to create a supportive environment of responsible riding," Cannedy said.

ing," Cannedy said.

The group is opened to all Department of Defense (DoD) affiliates and their dependents. The group has a Facebook page where members can post and receive local information regarding mentorship and membership. The Dahlgren Motorcycle Club Facebook page is private, but Cannedy advised those interested to like the page and click to join the group.

"In addition to this event and our mentorship program, members of our group are making an impact in the community as well, including Tech. Sgt. Beau Dicken," Cannedy said.

Dicken is currently working with the Colonial Beach Chamber of Commerce and On The Beach Productions, LLC to lead

a military recognition ride and booth during the town's third annual Bikefest later this year. The project's mission is to bring veterans benefits and support program information to local community veterans and represent the large local military community in the Northern Neck region.

The recognition ride and booth is scheduled for Oct. 7, with the ride arriving in the Colonial Beach downtown area at 1 p.m.; the concert and festivities will kick off at 2 p.m.

The popularity of Bikefest in Colonial Beach underscores the special relationship between riding and the military community that has existed since World War II vets started the phenomenon. That special re-

lationship isn't exclusive to this region, of course, but the area's enthusiasm for riding and its high population of veterans and active duty service members is hardly a coincidence.

Chief Gunner's Mate (GMC) Adam Gleason, a member of the Dahlgren Motorcycles Riders, says camaraderie among riders and the thrill of riding itself are big parts of the appeal. "It's both," he said. "The ride because it is the feeling of pure freedom and the camaraderie—either while on the ride or when you roll into a stop. It forges the bond even more when there is a group military members together."

That same sense of camaraderie compels riders like Cannedy, Dicken and Gleason to go out of

their way to help newer, less experienced riders learn the ropes and enjoy the pastime safely. With that in mind, all riders at NSF Dahlgren and NSF Indian Head are welcomed and encouraged to attend the mentorship event at Dahlgren on May 6. If interested, riders should email GMC Adam Gleason at adam.gleason1@navy.mil no later than May 3 to register for the event and reserve a spot.

"This event takes a small army of dedicated professionals to promote motorcycle safety and mentorship. Our team consists of individuals from the various commands who have come together to make a difference for all of our riders and create a supportive environment of responsible riding," Cannedy said.

Speaking

Continued from page 1

members to hone their public speaking skills as well as grow their leadership capabilities.

"[Toastmasters] has given me a great opportunity to practice my public speaking and has shown me how the preparation – identifying the target audience, how to piece [the speech]

together and putting together a good outline – makes a successful speech and an effective speaker," Craft said.

Craft first learned of the club eight years ago during an interview with a potential employee.

"I noticed she had Toastmasters on her resume and after she was hired I asked her about it," Craft shared.

The club suggests checking

out several chapters to find a group you feel comfortable with and Craft visited several in the region to get a feel for the organization. He has since come to call the King George Toastmaster's Club his home turf.

"From a simple bullet in a resume I became involved," Craft explained.

Diversity

One of the benefits of the

club is the level of diversity of the members. From engineers to educators, authors to police officers, the club offers many perspectives from all walks of life to provide input and support throughout your public speaking journey.

Craft, who is also a certified life coach, finds the benefits of participation are not only improved public speaking and leadership skills, but also the opportunity to network with other professionals.

"You make good friends outside of the professional networking. You start to learn about other people's lives as they share through their speeches," Craft said.

The club is organized in incremental steps and allows you to choose what you are most interested in working on – a communications path or a leadership path. Through the guided program, members prepare and deliver a certain amount of speeches. The speeches are then evaluated through your local group and members receive feedback that allows them to hone their speaking skills. If you are interested in speaking competitively, there are opportunities to take on other clubs in local challenges.

Practice Makes Perfect

Craft shared that he believes the most difficult part of the course isn't speaking in front of others or planning a speech, it's maintaining the discipline and focus to work through the process. He shared that as you progress, you find that the process gets easier and often you

find that you may feel like you don't need to continue, that you have achieved a proficient level.

"If you go to the gym for two weeks and think 'I don't need to do that anymore, I've gone for two weeks, I'm good,' you will lose the momentum and the progress you have made. You have to continue to challenge yourself and create a change in lifestyle. It's the same with public speaking," Craft shared.

"No one forces you to do it. It's up to you to be consistent and diligent," Craft explained.

The rewards, it would seem, are both tangible and abstract.

"I love the accountability. Toastmasters has helped me in that area and I am able to continue to grow. This gives me a platform for what's the next step and then the next step," Craft continued.

Throughout the meeting, members are encouraged and applauded warmly for their efforts as well as provided positive feedback and suggestions for improvements.

As you progress through the club's workbooks, you receive acknowledgement on each completed speech and task, and once each workbook is completed, you are issued a certificate noting the achievement. At a recent meeting, Craft received his award certificate for "Competent Communicator" and is continuing to pursue higher levels of certification.

Toastmasters Locally

King George's Toastmasters Club was chartered in June of 2013 and one of the char-

ter members, Waverly Brown, credits her time with the club as a factor in her success as an author. Brown is a "Distinguished Toastmaster," the highest accolade the club bestows, and holds membership at both the King George Toastmasters as well as the Rappahannock Regional Toastmasters Club. Her journey with Toastmasters began over a decade ago with winning her first "Table Topics," an extemporaneous challenge that takes place at the end of each meeting. A topic is presented and members give an impromptu speech for one to two minutes about the topic.

"I won my first my very first Table Topics and beat a speechwriter from the White House and thought, 'I am in the right place,'" Brown laughed.

Local members also include Deputy Sheriff Jim Ordish and his wife Anna, an information systems professional, who are very active with the organization. Jim is the current president and Anna the vice president of education. They enjoy the fact that this is an activity they can do together.

"I wanted to get better at public speaking and leadership and I wanted to be active in the community and help other people," Anna said. "It has really helped my self-esteem in the leadership area."

The King George Toastmasters Club meets the second and fourth Thursday of every month from 6:30 to 7:30 p.m. at the University of Mary Washington Dahlgren campus.

"I invite everyone to come and check us out," Craft said.



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Harris

Continued from page 9

have to lift a finger to get this sort of information you shared unknowingly with individuals with nefarious intentions. Limit the overshare to a select few whom you trust, or better yet, tell them in person!

How Does My Two Year Old Have a Macy's Credit Card?

Easy. Your child's social security number holds the key to untold wealth: credit cards, car loans and more. To a thief, a child's social security number is a blank check for a new identity. We often don't think about checking our children's credit report, but in light of the OPM breaches, we know that military dependents and their information were compromised, too. Be sure to check their credit reports regularly to ensure that no one is ruining their credit before they get the opportunity.

Been Compromised?

If you discover that your information has been compromised, Harris recommends action as soon as you notice the problem.

"If you report the issue within two days of a stolen credit or debit card you are responsible for up to \$50," Harris said.

However, failure to notify the bank within the first 60 days of the loss can cost you up to \$500.

Wait 60 days and it's all on you. This is one of the reasons that it is so important to frequently check your and your child's credit report. Red flags on your credit report noticed early can save you time, money and frustration.

"Check your credit report at least three times a year," Harris advises.

The big three credit reporting agencies—Experian, Equifax and Trans Union—will each provide a consumer with one free credit report a year. Take advantage of this by requesting a report from each once a year.

"If you have been notified that your information has been compromised you are entitled to two extra credit reports a year," Harris said.

Finally, Harris advised the group that in the event of a compromised account or suspected identity theft, immediately file a police report and make sure you have copies of the report to send to the security office of the affected account. Close the compromised account and make sure that you have a security alert in place on your credit report; you can file a temporary or long-term security alert on your credit report. The key is swift action to protect your money, your credit and your good name.

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