



May 8, 2015

# SOUTH POTOMAC PILOT

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



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Local police train with NSASP  
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## HURREX 2015 Highlights Success in Mission

By Barbara Wagner  
Staff Writer

Light banter trickles through the Emergency Operations Command (EOC) as representatives from twelve organizations—from both Naval Support Facilities (NSFs) Dahlgren and Indian Head—prepare to kick off HURREX 2015 at Indian Head last month. When it was time to execute the scenario however, the smiles turned serious as the importance of this drill weighed on the various organizations' representatives.

"From a training perspective, the success of this operation is defined as safe conduct of the exercise while meeting all objectives to evaluate and improve performance," stated Ed Patuga, Naval Support Activity South Potomac (NSASP) Training Officer "That is our ultimate goal."

During the pre-brief that morning, it was made clear that the safety of all operators involved took top priority. Members of NSASP, fire and police responders played a key role in the event providing on the ground coordination. NSF Dahlgren and NSF In-



U.S. Navy photo by Andrew Revelos

**Members of the Naval District Washington Fire and Emergency Services Indian Head Company prepare to evacuate a "casualty" from a the vicinity of a simulated chemical gas leak during HURREX drills at Naval Support Facility Indian Head on April 28.**

dian Head EOCs were activated and worked together to support the incident commander along with Naval Facilities Engineering Command Washington (NAVFACWASH) Environmental, who provided sub-

ject matter expertise and logistical support. Rounding out the EOC table included representatives from operations, Fleet and Family Support Center, NSASP Public Affairs Office, IT, administrative

staff, the safety and public works representatives, as well as a number of Sailors.

### Planning and Preparation

To facilitate this level of training requires about two

months planning and coordination to ensure that all contingencies are covered. "Naval Surface Warfare Center Indian Head Explosive Ordnance Technology Division (NSWCIEHODTD) at NSF Indian Head provided us with an excellent location to conduct the training event," Patuga shared. This year's scenario took place in an aging, unused production facility. "We had a partially collapsed building with chemicals stored in it and our scenario involved structural damage with a hazardous materials release and personnel casualty. The hazardous materials released were gas and liquid agents," Patuga continued, "It played out very well against the backdrop of a hurricane event. We were able to safely utilize gas plume, liquid spills and road debris props to add realism to the scenario."

Participants had to contain simulated gas leak and oil spill while extracting and triaging the simulated casualties and once again had to put safety first - not only of the participants but the casualties as well. Al-

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## New JWAC Commanding Officer takes the Helm

Navy Capt. Andrew Feinberg became the new commanding officer of the Joint Warfare Analysis Center (JWAC) on May 1, replacing Navy Capt. R. Chandler Swallow, who retired after 32 years of service. Feinberg becomes the tenth commander of JWAC in its 21-year history.

"I am humbled and honored to lead the dedicated patriots of the Joint Warfare Analysis Center," Feinberg said, speaking to more than 200 guests and JWAC employees at the Aegis Training & Readiness Center (ATRC) where the ceremony was held. "I am here today, because of support from friends, family, and shipmates."

Previously, Feinberg was the military deputy in the Weapons Systems Depart-

ment of the Naval Surface Warfare Center Dahlgren Division (NSWCDD). This was not his first time assigned to the Dahlgren facility, however. In 1995, he was a student at ATRC. It was then that he first toured JWAC.

"I was very impressed from the very first," Feinberg said, "Now, in its 21st year, it is even more impressive with its innovative thinking and solving the toughest challenges of the war-fighter - Adm. (Cecil D.) Haney, I am ready to get to work."

Haney, the commander of U.S. Strategic Command in Omaha, Neb. that oversees JWAC, was the guest speaker at the event.

"Welcome, Andy, to STRATCOM," Haney said, "You have been dubbed



U.S. Air Force photo by Steve Moore

**Capt. Chan Swallow, left, outgoing commander of the Joint Warfare Analysis Center (JWAC), exchanges salutes with Capt. Andy Feinberg, incoming commander of JWAC, while Adm. Cecil Haney, center, commander of U.S. Strategic Command (USSTRATCOM), officiates during the change of command ceremony May 1 at Naval Support Facility (NSF) Dahlgren.**

wicked smart in your short time at the Joint Warfare Analysis Center. You arrive at a fortuitous time when

senior leadership is placing increased expectations in JWAC."

A native of Cherry Hill,

N.J., Feinberg earned his electrical engineering degree from Drexel University in Philadelphia, Penn. in 1989 and received his commission through the Naval Reserve Officer Training Corps (NROTC) program. He brings considerable surface warfare experience to his new job at JWAC, having served on the guided missile frigate USS John A. Moore (FFG 19), the cruiser USS Cowpens (CG 63) as the fire control officer, the guided missile destroyer USS John Paul Jones (DDG 53) as the weapons and combat systems officer, the USS Shoup (DDG 86) as the first executive officer, and for Destroyer Squadron 7

See **JWAC**, Page 3



# HURREX: Practicing base response to damaging weather

Continued from page 1

though the casualties in this year's event were anatomical dummies on loan from the Chemical Biological Incident Response Force (CBIRF), they represented the very real service members, civilians, contractors and family members that are employed and are housed on both bases. Personnel safety was paramount as the ground participants suited up to stabilize the situation and assess the casualties.



U.S. Navy photo by Barbara Wagner

## A View from Above

Computer screens surrounding the room flickered with activity as cameras allowed the two bases to coordinate efforts as well as serve to display a chat function that gave the EOC and ground personnel the opportunity to share scenario information and guidance. A flurry of activity occurred as new data popped up, giving the command post the opportunity to discuss best practices and debate what, given the situation, a good response looks like. Even though there might be a lull in action at the EOC, the command and control activities are still dynamic and the situation evolves.

## Boots on the Ground

Simulated chemical smoke clouded the scene as two members of Naval District Washington (NDW) Fire and Emergency Services Indian Head Company in protective gear cautiously approach the scene to assess the situation. These first response team members are critical in determining what level of support is required and what dangers they and the rest

**A member of Naval District Washington Fire and Emergency Services Indian Head Company, wearing protective gear, checks a simulated casualty at Naval Support Facility Indian Head during HURREX 2015 on April 28. The training scenario at NSF Indian Head included multiple simulated casualties, a simulated chemical gas leak and a simulated oil spill.**

of the team members are about to encounter. Their discoveries are vital in how the response team will proceed. The first responders' ladder trucks, rescue squad and communication vehicles are standing by for data from the forward team and a tense few moments on the ground occur as the rest of the team waits to get into the action.

## Alien Life Ensures Safety

Resembling creatures straight from a science fiction movie, the forward two members wore protective suits under which they wore a PASS (Personal Alert Safety System) device. This device serves as a motion sensor that will beep loudly if they were to stop moving for 30 seconds, causing a bit of comic relief as the assessment team members do a quick wiggle every so of-

ten. That minor annoyance could save their life in the event the rescuers themselves were to need rescuing. The moisture from their breath inside the contained suits also created visual difficulties and the various levels of protective gear made for barriers in communication for the reconnaissance team at the scene but did not distract them from their task on hand - assessing the situation and extracting casualties.

## Move Out

Once the scene has been assessed and that information relayed back to the remaining team members, the rest of the unit are able to move in to do their part in the disaster response. These sorts of drills are how these organizations ensure that when crisis does happen, they are able to perform their duties in a



U.S. Navy photo by Andrew Revelos

**Naval District Washington Fire and Emergency Service Indian Head Company clears debris from a road at Naval Support Facility Indian Head on April 28 during HURREX 2015.**

finely-skilled choreography in which each partner organization knows what role they play and what their steps are to ensure safety and security of all involved. Along with controlling the immediate danger on scene, a major role in an event is getting factually-relevant information out to the public to prevent the assumptions, extrapolations and rumors from compounding the crisis. The observer-trainers track each step of the drill on the ground and take note of where improvements are needed and what works well. "These types of drills are important to the mission, they really help us to get that battle rhythm down," said David Hartnett, NAVFACWASH Environmental.

Knowing that the unit understands their mission and their role in an incident allows each team member to focus on perfecting their part so that it becomes second nature. That "muscle memory" means that they can expend their processing on effectively navigating the unexpected and overcoming those challenges successfully.

## Successful Wrap Up

Back at the EOC, the mood is a little lighter as each of the organization representatives successfully navigated their portion of the drill; now, they focus on the lessons they learned from Hurrex. According to Patuga, lessons learned are one of the key takeaways from a successful training

event. He continued on to note that they are a critical component in any mission and for HURREX 2015.

"In a nutshell, communication issues persist along with the reality of resources limitations - for example, personnel and equipment." Patuga continued, "Our Crisis Action Team (CAT) and Incident Management Team (IMT) continues to grow and Fleet and Family Readiness has been steady in showing its ability to provide critical incident support." By both textbook and mission definition, HURREX 2015 can be classified as a successfully-executed training operation, one which enhanced the ability of NSFs Dahlgren and Indian Head to respond to a crisis.

# Do you have a rain barrel?

## What is a rain barrel?

No, it is not what distributors store beverages in to bring to an Oktoberfest!

A rain barrel collects and stores rain water from your roof that would otherwise be lost to runoff, then diverted through storm drains to your local streams, and ultimately polluting the Chesapeake Bay. Relatively simple and inexpensive to construct, a rain barrel sits conveniently under any residential gutter down spout and can be decorated to complement any home.

## What are the advantages of a rain barrel?

Lawn and garden watering make up nearly 40% of total household water use during the summer. A rain barrel collects water and stores it to water plants, wash your car, or to top a swimming pool. It provides an ample supply of free 'soft water' to homeowners, containing no chlorine, lime or calcium - making it ideal for gardens, flower pots, and car and window washing. During Power Outages the water may be used to refill toilet tanks, an appreciated household convenience.

A rain barrel will save most homeowners about 1,300 gallons of water during the peak summer months. Saving water not only helps to protect the environment, it saves you money and energy. Using rain barrels to disconnect impervious surface areas, like your rooftop, and slowly direct stormwater to vegetated areas is an easy way for you to help protect the Chesapeake Bay, and provides you with a free supply of water for outdoor use.

## How can I purchase a ready-made rain barrel?

Ready-made rain bar-

rels can be purchased from numerous companies including hardware stores, local nurseries and through on-line sources.

Another option is to build your own rain barrel. The majority, if not all, of the materials needed are available at your local hardware store and can be purchased for approximately \$60.

For more information on stormwater improvements you can make go to the link below or contact William Fabey in the NSFIEH Environmental Office at 301-744-2275.

Information from Maryland Department of



Courtesy photo

Natural Resources, Environmental Design Pro-

gram, Editorial Number 7, 2007



# Dahlgren teen excels at state competition

By Barbara Wagner,  
Staff Writer

A little more than two months ago Keema Bowens at the Youth Activity Center (YAC) received notice of a Boys & Girls Clubs of America sponsored "Youth of the Year" competition. Interested in pursuing the competition, her interest quickly turned to concern when she realized the entrance deadline was a mere four days away. Four days notice to select a candidate, have that candidate write four essays, obtain three letters of recommendation and obtain the funding for the application. When tasked with this tall order, Keema thought of the various candidates that were viable for this but only one stood out head and shoulders above the crowd - Rachel, an eighth grader at Dahlgren School whose parents work for Navy Air and Missile Defense Command and MWR.

The Youth of the Year award is an annual competition that is the Boys & Girls Clubs of America flagship recognition program for their young members. The award allows the club to determine who their extraordinary members are and honor their dedication to leadership, character and service, academic excellence and a commitment to a healthy lifestyle. Competitors for the award of Youth of the Year who are selected on a statewide level participate in a three-day advanced leadership institute where they take part in leadership development, community building as well as college and career development to enhance the abilities they have already demonstrated. Scholarship awards that have increased to over \$1 million dollars nationally are the incentives of-

fered in this competition along with the recognition of stellar young people and Bowens knew that for Rachel to participate in this event they needed to act fast.

Rachel needed to have three references who could attest to her commitment to those three cornerstones of the competition - Healthy Lifestyle, Academic Excellence and Character & Leadership. She was able to reach out to several past coaches and educators as well as her current Junior National Honor Society advisor. Each was more than happy to provide ringing praises for the multifaceted fourteen year old who has proven her depth of character and commitment time and again throughout her scholastic career thus far. Words like "dedicated", "intelligent" and "focused" along with many other laudable adjectives generously dotted the letters of reference. It is evident from reading the letters that Rachel seeks excellence in any activity she undertakes whether maintaining her status on the Distinguished Honor Roll - a grade point average of 3.75 or higher - every quarter that she has attended Dahlgren School, her dedication to dance as demonstrated by her continued study as well as assisting in educating young dancers at the Dahlgren YAC, along with any one of the various extra-curricular activities that she participates in. The recommendations would prove to be the easy undertaking in preparing for this competition. Rachel now had less than 48 hours to complete four essays to be competitive in the state-wide contest.

Flash forward to mid-April and Rachel was clearly able to have her



U.S. Navy photo

**From left to right, Keema Bowens, Youth Activity Center at Naval Support Facility Dahlgren, Rachel and Lucky Harris, senior director of Organizational Development Military Outreach Services for the Boys and Girls Club of America.**

packet ready in time as she found herself in Richmond at the state competition as a finalist and runner up for the state of Virginia. While there, she faced tough competition from much older teens; the

high ranking she achieved there speaks volumes to her abilities and character. Reflecting on the three day summit, Rachel said it never felt like a competition - they were encouraged to get to know one another

and their days were filled with activities that she felt she benefited from. When asked about what she learned through this experience, she mused that being one's self is what the judges are looking for and

making sure that you know your speech is critical. She plans to return next year.

Rachel and her mother - Starr - are familiar faces around Dahlgren and it is evident that both have a lot to offer the community at large. Both credit their strong faith and family with their successes. In the coming months look for Rachel to offer dance classes at the YAC for children of all ages and have recitals at the end of the summer. In response to a request from Bowens at the YAC, Rachel will also be assisting in promoting the teen program offered through the center. "We announced at my school this past week about our teen night at YAC and we actually had twenty come out on Friday!" Rachel proudly announced. "We shared a lot of ideas of upcoming events - movie nights in Fredericksburg, going to the mall, ski trips. We definitely want to have more activities for the teens. We had such a good time that when they said it was time to end we were all sad to leave."

Look for Rachel to participate in next year's Youth of the Year competition, where she believes she will be even better prepared. She says she won't stress as much about the competition next year, which will allow her to really be herself. Rachel also plans to again rely on her strong faith in getting through those tough moments. She also encourages Dahlgren teens to come out and be a part of the YAC-a fantastic resource on base, and looks forward to sharing her dance experience with the community.

## JWAC:

Continued from page 1

in San Diego, Calif. as the chief staff officer.

Feinberg commanded of USS Preble in 2007 while the ship was deployed to the U.S. Central Command (CENTCOM). Afterwards, he was assigned to the staff of Commander, Carrier Strike Group 11 as the surface operation officer and operations officer deploying the support operations in CENTCOM.

Feinberg attended the Naval War College, earning

a master's degree in National Security and Strategic Studies. He worked for Sen. John Warner (R-VA) as a legislative fellow and later as the congressional liaison for the Director of Surface Warfare (N96) on the staff of the Deputy Chief of Naval Operations (Warfare Requirements and Programs). He served on the Joint Staff from April 2011 to July 2014 before coming to NSWCDD.

Feinberg takes command at a time the United States and its allies face increasing challenges from old adversaries such as China and a resurgent Russia to newer threats from

militant Islam and those in cyberspace and was reminded by his new boss of the important role JWAC plays in combatting these threats.

"The accomplishments of the Joint Warfare Analysis Center are truly exquisite," Haney said. "These folks are the tip of the spear and so, so important and critical to joint warfighters and Strategic Command. This organization is a crown jewel. There is no other place in the world with these responsibilities."

As Haney welcomed his new commander to his job, he also thanked the out-

going commander, Capt. Swallow, for his service.

"Chan challenged the command to move forward," Haney said. "Chan's perspective is instrumental in guiding the command. He is more than just a commander in getting the mission done, he's a leader in attacking problems and a leader of people. His career has been an example of how best to develop a warrior-scholar ethos. He will leave behind a tremendous legacy. Congratulations to you on 30 years of service."

Swallow was the first surface warfare officer to command JWAC, following in the footsteps of a long

line of Air Force, Marine, and Navy aviators who have held the job previously. A former instructor at the National Defense University in Washington, D.C., he quickly established a reputation with employees for his academic style, energy, and enthusiasm. He established a commander's reading group and regularly encouraged employees to read articles he forwarded to them on current events. Even Capt. Feinberg - on the job less than three weeks when the change of command occurred - jokingly told the audience that he had completed his

first reading assignment from Swallow.

"There are many ways to comment on a 30-year career," Swallow said, citing examples from travel to being chewed out whether deservedly or not. "I prefer to look for the best in people and the best in life. Friendships are one of the biggest blessings. Andy, I've tried hard to turn over a good ship. Thank you for making the turnover exceptionally easy."

Swallow then offered his final counsel of his career before being piped over the side on final time, charging Feinberg to "hold our adversaries at risk."

## Base Happenings

### Dahlgren

#### DMV2Go at Dahlgren

DMV2Go will bring their Virginia DMV services to NSF Dahlgren on May 21 from 9 a.m. - 4 p.m. at the Parade Field Pavilion Parking Lot. DMV2Go offers lots services to save you the time of waiting in a DMV office. Renew your license and registration, register a vehicle, take a driver's test and more. Bring your documents and save yourself lots of time!

#### Asian Pacific American Heritage Observance

An Asian Pacific American Heritage Observance will be held at NSF Dahlgren on May 28 at the Base Theater at 11 a.m. Guest speaker will be RADM Peter Gumataotao, Commander, Naval Surface Force, Atlantic. This event is open to all with base access.

#### Second Tour Thrift Store

Second Tour Thrift Store, a Dahlgren Officers' Spouses Club volunteer-run organization, offers free uniforms (gently used) for active duty military members are always available on the porch. Store profits are donated back to the community in the form of scholarships for military families who have served at Naval Support Facility Dahlgren and support for local charities serving King George County. The store is located at 722 Sampson Rd. and is open on Thursdays from 12:30 - 3 p.m.

### Indian Head

#### "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 door to the USO. Donations of gently used items are currently being accepted.

#### Barbeque truck at IH, Stump Neck

Enjoy delicious T&J Barbeque at NSF Indian Head on Wednesdays and Thursdays, from approximately 11 a.m. to 1 p.m., next to the library, and at the NSF Indian Head Stump Neck Annex on Tuesday, from approximately 11 a.m. to 1 p.m., next to Building 2195.

*To publish information on your event or program under "Base Happenings," contact Andrew Revelos at 540-653-6012 or email [andrew.revelos1@navy.mil](mailto:andrew.revelos1@navy.mil)*

## Commandant's Corner

By ADM Markham Rich  
Commandant,  
Naval District Washington

Like the Sailing Directions publication that assists mariners in planning long voyages by aiding navigation along the way, the chief of naval operations' "Sailing Directions" lay out a course for the Navy. The Chief of Naval Operations (CNO) Sailing Directions can be interpreted as a user's guide that outlines the Navy's mission and the CNO's vision, tenets, and principles. In this column I will discuss how Naval District Washington (NDW) aligns with the key tenets of CNO's Sailing Directions: Warfighting First, Operate Forward, and Be Ready in supporting the Fleet, Fighter, and Family.

It is our job to ensure that we support the CNO and Navy's primary mission of warfighting by providing sustainable facilities and responsible quality of life programs so that our more than 200 mission-oriented tenet commands can focus on their operational missions.

#### Warfighting First

Two great examples of Warfighting First are the mission activities at Naval Air Station Patuxent River and Naval Support Activity South Potomac. NAS Patuxent River is the Navy's premier-flight-test and evaluation center and remains one of the most vital Navy shore installations today. Every aircraft flown by the Navy is developed and tested at NAS Patuxent River first.

Key technological capabilities that will define the future fleet are being designed and developed today at NSA South Potomac. Scientists and engineers are lending their knowledge, expertise, and innovation so that our nation is never outflanked by adversaries. NSA South Potomac supports Warfighting First through research and development that anticipates the needs of the next generation's warfighter.

NSA South Potomac is the Navy's principal proving ground for

proofing and testing every major naval gun and all ammunitions supplied to the fleet. Dahlgren's Potomac River Test Range is the only over-water test range in the Navy and provides the perfect environment to test every gun that goes on a Navy ship.

Naval Support Activity Washington is home to some of the Navy's largest headquarters commands, including the Naval Sea Systems Command and the Naval Surface Warfare Center Carderock where testing is done for all new ships and submarines. In many ways Navy warfighting begins at NDW.

#### Operate Forward

When the CNO says operate forward, he means that we have a global maritime mandate. We are at our best when we are out and about and able to provide off-shore options to the president. That's what we have been doing for more than 230 years and that's what we will continue to do in the future.

Did you know that there are operations abroad that are directly supported here in this region? The unmanned air system known as Broad Area Maritime Surveillance-Demonstrator, or BAMS-D, resides at NAS Patuxent River and supports in the U.S. Fifth Fleet while concurrently completing maintenance and test operations at NAS Patuxent River. Since arrival in theater in January 2009, BAMS-D has flown more than 15,000 hours in support of global operations.

The region's Afghanistan/Pakistan Hands program provides training and administrative support to over 100 "hands." Program personnel typically complete six to eight months of language, cultural, and combat training before a 10- to 12-month deployment - boots on the ground in Afghanistan or Pakistan.

#### Be Ready

Readiness is the critical link that achieves the Navy's purpose and ensures that Navy meets its mandate. The Be Ready tenet is about build-

ing competency, proficiency and resiliency in our units, the weapons systems they use to carry out the mission, as well as the individual Sailors, Navy civilians and families that make up the finest Navy on Earth.

Great examples of this tenet can also be found at every NDW installation. NSA Bethesda facilitates excellence in patient care, training and education for current and future leaders in military medicine for all military services and critical research that charts the course of military medicine.

Being ready also means preparing the leaders of tomorrow, which is being done every day at NSA Annapolis. By providing world-class services, a safe working environment, quality of life, emergency management, fire protection, air and port operations, human resources and advanced training facilities, the U.S. Naval Academy leadership can focus on its mission of developing midshipmen morally, mentally and physically, and equipping them to become the Navy's future leaders.

At Joint Base Anacostia-Bolling (JBAB) all five military service branches are represented as well as a civilian workforce of nearly 1,400. The diversity of Joint & interagency missions supported at JBAB and working together to achieve a common goal, exemplifies "Be Ready."

Whether you are an air traffic controller at NAS Patuxent River, a management analyst at NDW headquarters, or a child care worker at NSA Annapolis, the CNO's Sailing Directions are relevant for you and should be a guide in every decision you make and every action you take. As you do your job try to think about how what you do fits into the bigger picture of the CNO tenets: Warfighting First, Operate Forward, and Be Ready. Our contributions to the fleet, family, fighter are how we achieve the CNO's vision.

Thank you for what you do and your professionalism. You are doing a great job!



## SOUTH POTOMAC PILOT

The South Potomac Pilot Newspaper is published weekly by Southern Maryland Newspapers and Printing, 7 Industrial Park Drive, Waldorf, Md. 20602, a private company in no way connected with the U.S. Navy, under exclusive written contract with Naval District Washington.

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Editorial content is edited, prepared, and provided by the Public Affairs Office, NSA South Potomac. News copy should be submitted by noon on Friday to be

considered for the following week's edition. All material is edited for accuracy, brevity, clarity, and conformity to regulations. To inquire about news copy, call 540-653-8153 or fax The South Potomac Pilot at 540-653-4269. Commercial advertising may be placed with the publisher by calling 301-645-9480.

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[www.dcmilitary.com/dahlgren](http://www.dcmilitary.com/dahlgren)

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# Community Notes

## Dahlgren

### Spring Herb Faire

Lavender Farms presents a free Spring Herb Faire on May 8 and 9 – rain or shine! The farm is offering a full day of classes and over 200 varieties of certified organic herb and vegetable plants to choose from. With activities for the children, a farm tour and a by reservation only luncheon, this will be a fun day on the farm for the whole family! For more details on class offerings and to reserve your spot at the luncheon visit [www.lavenderfieldsfarm.com/index.php/springherbfaire2015](http://www.lavenderfieldsfarm.com/index.php/springherbfaire2015).

### Mother's Day Tea

King George Parks & Recreation will hold a Mother's Day Tea on Sat., May 9 from noon - 3 p.m. at the King George Citizen's Center. Enjoy tea, snacks and crafts. Semi-formal attire is required. Cost is \$30 per couple (mother/daughter) and \$15 for each additional person. Tickets must be purchased in advance and each ticket includes crafts, a photograph, food, tea and desserts. To purchase tickets, call 540-775-4386.

### Women in World War II Allied Intelligence Lecture

May 14, Fredericksburg Sister City Association presents a free lecture focusing on women's roles in World War II Allied intelligence in honor of In recognition of V-E Day, May 8, 1945. The lecture begins at 7 p.m. at the Central Rappahannock Regional Library on Caroline Street in downtown Fredericksburg. Speakers include Felicia Lowrance, National D-Day Memorial and Nicolas Valcour, honorary French Consul in Virginia. Registration is required at [www.fredericksburgfrejus.com](http://www.fredericksburgfrejus.com) or call 540-373-0970. A reception beforehand will take place at the Gallery in the McKann Building at the Fredericksburg Area Museum from 5-6:30 p.m. at a cost of 15 dollars.

### King George Relay For Life is May 16

This year's King George Relay For Life will be held Sat., May 16 from 11 a.m. - 11 p.m. at King George Middle School, 8246 Dahlgren Road, King George, VA 22485. The 12-hour event is open to the public and allows attendees to honor and remember victims of cancer. Food, drink and games will be available for sale. All profits benefit the American Cancer Society.

### Some Gave All Memorial Ride

May 17 from 8 a.m. to 4 p.m. the ninth annual Some Gave All Ride will bring out hundreds of motorcyclist. The ride will begin at Spotsylvania High School and will end at King George High School. Check-in and registration will begin at 8 a.m., and a pre-ride ceremony will start at 10:15 a.m. The motorcycle procession will depart at 11 a.m. with a law enforcement escort and arrive at King George High School around noon. The official ceremony will take place at 1 p.m. Food, music and other activities will continue from 11 a.m.-4 p.m. Two local fallen heroes will be among the honored -Sgt. Nick Mason of King George, a member of the Army National Guard, who was killed on Dec. 31, 2004 during Operation Iraqi Freedom, and Marine Sgt. Joshua Frazier of Spotsylvania, who was killed in Iraq in February 7, 2007.

## Indian Head

### Navy Band Concert

The United States Navy Band will be performing a free concert on May 8 from 7:30-8:30 p.m. to honor veterans at Westlake High School at 3300 Middletown Road in Waldorf. A wide variety of wind ensemble pieces including Old American Songs by Aaron Copland featuring their legendary baritone vocalist MUC Courtney Williams, English Dances by Malcolm Arnold, Rondino for 8 Hand Clappers, and Music for an Indian Summer featuring MUC Emily Dickson on harp are a few of the many musical selections that will be performed. Visit [www.navyband.navy.mil/](http://www.navyband.navy.mil/) for more upcoming performances.

### Texas Hold 'em Tournament

Feeling lucky? On May 10 The Indian Head Moose Lodge is hosting a Cheap Stake Texas Hold 'em tournament! Come out to the Lodge located at 11 Town Street with registration from 12-1 p.m. and cards in the air at 1

p.m. Please contact John at 240-286-5260 for more information on this event.

### 13th Annual Plant Sale

Join Summerseat Farm for their 13th Annual Plant Sale on May 9 from 8 a.m. to 2 p.m. (rain or shine). They are offering a full day of exciting activities in an historic 1678 farm setting. This huge event featuring a plethora of garden and landscape plants, trees, crafts, Mother's Day gifts and fun for the children includes a petting zoo and goldfish pond. Visit the farm at 26655 Three Notch Rd, Mechanicsville or for more information go to [www.summerseat.org](http://www.summerseat.org)

### Canoe Guide Training

Come out on May 16 from 11:30 a.m. to 3:30 p.m. and get canoe guide training at American Chestnut Land Trust Warriors Rest Sanctuary. If you enjoy canoeing and kayaking

then you're a natural to learn how you can lead guided canoe trips along Parkers Preserve Creek from spring to fall during the 2015 season. Prequalification approval and registration are required at [www.actweb.org](http://www.actweb.org).

### Summer Concert Series Kickoff in La Plata

The La Plata Summer Concert Kickoff is May 22 from 7 p.m. to 9 p.m. at the La Plata Town Hall, featuring 25th Hour Band who features the great sounds of Motown, Classic and Contemporary rock along with the sounds of cool Jazz. Bring your own blanket, chairs and coolers but no alcohol is permitted. Concessions and an ice cream truck will also be available, as well as a play area for the kids. A wide variety of musical styles will be featured with something for everyone. Concert season runs through September 22. Visit [www.townoflaplata.org](http://www.townoflaplata.org) for future musical guests for the series.



Refer armed forces personnel, DoD civilians and contractors, and their dependents for membership, and you'll each get \$50!\*

We're honoring our servicemembers with this and other great military-exclusive offers on checking accounts, certificates, auto refinances and credit cards.



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DoD

Celebrate Military Appreciation Month—visit [navyfederal.org/salute](http://navyfederal.org/salute) for details!

Federally insured by NCUA. \*This offer may not be combined with any other new-member offers at the time of the account opening. Must be eligible to join. Eligible referees include DoD civilians, contractors, Active Duty, retired, reserve, and Guard of the Army, Navy, Marine Corps, Air Force, and Coast Guard, and their dependents. Any current NFCU member 18 or older may be a referring member. Accounts must be in good standing for credits to be processed. Recruiters are not eligible to refer recruits. \$5 minimum balance to open and maintain savings account and to obtain bonus. Annual Percentage Yield 0.25%, effective 3/6/2015. Bonus deposited within 14 business days of account opening. Program must be mentioned at time of joining for account to be credited. Fees may reduce earnings, and rates may change. Limit 5 referrals per member. Navy Federal employees and their immediate family are not eligible to participate in this program. Offer expires May 31, 2015. © 2015 Navy Federal NFCU 13223 (4-15)



1050459A



# MWR Highlights

**Dahlgren  
Aquatics Center**  
540-653-8088

**Aqua Aerobathon**

May 15 from 2 to 4 p.m. Suit up for NSF Dahlgren's Aqua Areobathon! Classes included are: Wet Express (2-2:30 p.m.), Shallow Water Workout (2:30-3 p.m.) and Deep Water Workout (3-4 p.m.). Registration will take place before the event at the aquatics center. Cost: FREE

**Memorial Day Weekend at the Pool**

May 23-25 from 12 to 6 p.m. Not planning to travel for the holiday weekend? Stop by the Aquatics Center and cool off in the pool!

**Bingo**  
540-653-8785

**Spring Specials**

Thursday Evenings at the Community House. Doors open at 4 p.m. Early Bird games start at 5 p.m. Buy 2 packs for \$35.00 and get 1 double action and 1 purple card for free. Buy 3 packs for \$45.00 and get 1 double action, 1 red and 1 purple card for free! Military, Military Spouses, Retired Military and Dependents can buy 1 regular pack for \$20.00 and get 1 double action, 1 purple and 1 red card for free! Food and beverages (non-alcoholic and adult beverages) are available for purchase. All with base access are invited. Participants playing bingo must be 18 years of age or older. A valid form of identification must be shown to purchase alcoholic beverages. For more information, please contact the ITT office at 540-653-8785.

**Cannonball Lanes**  
540-653-7327

**All-U-Can Bowl Fridays**

Every Friday from 7 p.m. to midnight. Enjoy two hours of all you can bowl! Rates for all you can bowl are: Military \$6.95/person & Civilian \$7.95/person. Both rates include shoe rental.

**Mommy & Me Bowling**

May 10, 2015 from 2 to 7 p.m. Look no further for a Mother's Day gift! Bring Mom to Cannonball Lanes and enjoy one hour of bowling, per lane for \$15.00. Shoe rental is included!

**9-Pin Tournament**

May 16, 2015 from 6 to 8 p.m. Join Cannonball Lanes on the third Saturday of every other month for a 9-pin tournament. 9 pins count as strikes. The highest scratch wins. A prize will be awarded to the first place finisher. Please register no later than May 13th. Cost: \$10.00/person.

**Child & Youth**  
CDC 540-653-4994  
YAC 540-653-8009

**Family Game Night**

At the Youth Activities Center on May 13 at 6 p.m. All youth and their families, with base access, are invited for a night of fun and games at the Youth Center! Please register at the Youth Center by May 11. Cost: FREE.

**Give Parents a Break**

At the Child Development Center. Eligible patrons include all children 6 weeks to 5 years

of age (not in kindergarten). The CDC is offering extended hourly care scheduled for the 1st and 3rd Friday of each month and the 2nd Saturday of each month. This care is free with a respite care referral and \$4/hour for all other eligible patrons. Please call the center for more information and to register.

**Fitness Center**  
540-653-8580

**Aerobathon**

May 16 from 9:30 a.m. to 11:30 a.m. Calling all fitness levels! It's Women's Health Week. Celebrate by joining the Dahlgren Fitness Center for an aerobathon. Get in shape for summer! Cost: FREE.

**General Library**  
540-653-7474

**Book Reading and Signing**

May 15 from 4 to 6 p.m. Amy E. Lilly, author of Death is Long Overdue, will be at the Dahlgren General Library for a book reading and signing. Complimentary snacks and wine available for purchase. Must be 21 years of age or older to consume alcoholic beverages. Cost: FREE.

**Indian Head  
Child & Youth**  
CDC 301-744-4458

**Give Parents a Break**

At the Child Development Center. Eligible patrons include all children 6 weeks to 5 years

of age (not in kindergarten). The CDC is offering extended hourly care scheduled for the 2nd and 4th Friday of each month and the 3rd Saturday of each month. This care is free with a respite care referral and \$4/hour for all other eligible patrons. Please call the center for more information and to register.

**General Library**  
301-744-4623

**One-on-One Computer Help**

1st Monday of Every Month, by appointment only. Need help with a computer program? Don't know where to start? Sign up for your one-on-one, 30 minute session at the library to work on anything you'd like. Please call on the previous Friday to make an appointment. Cost: FREE.

**Muffins with Mom**

May 8 All Day. Celebrate Mom! Moms, relax and enjoy a muffin while your children make you a Mother's Day gift.

**Weight House Fitness  
Center**  
301-744-4661

**Golf Clinic**

May 15 from 10 a.m. to 4 p.m. Do you want to improve your golf swing? Sign up for our golf clinic sessions based on your skill level. Register by May 11th.

THE SOUTH POTOMAC

MAY 8, 2015

Pilot

Classifieds



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# Dahlgren gets new water tower



U.S. Navy photo by Andrew Revelos

The familiar, checkered water towers by building 1500 at Naval Support Facility Dahlgren are one step closer to demolition after the a project raised a 500,000 gallon tank for the base's new water tower April 21-23. The \$3 million project was awarded to Battle Creek Construction and is being overseen by Naval Facilities Engineering Command Washington (NAVFAC-WASH). The project includes the demolition of the older towers and is expected to be completed by the end of this fall.

# Police officers from local community train with NSASP



U.S. Navy photo by Barbara Wagner

Police officers from around the region, partnered with officers from the Naval Support Activity South Potomac Police Department, advance into a building during an active shooter training scenario May 1 at Naval Support Facility (NSF) Dahlgren. Inside, the officers encountered role players -- some hostile, some bystanders -- and practiced not only their tactics, but also working together with officers from other police departments and agencies.

## Check Out What's Happening at all The Military Installations around MD/DC/VA!



Go to [www.DCMilitary.com](http://www.DCMilitary.com)



## CAREER AND RESOURCE FAIR

Friday, May 15th  
10:00 am – 2:00 pm

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Fredericksburg, Virginia 22401  
(Use entrance at Greenbrier Drive)

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*Presented By: Rappahannock Goodwill Industries, Rappahannock Area Community Services Board, Virginia Wounded Warrior Program – Region 1, MANARC, SimVentions, and Chick-fil-A.*



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1051014



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Applications submitted in May that close by July 15, 2015 will receive a \$50 gift card for The Home Depot®.

\*NSWC Federal Credit Union will pay closing costs up to a maximum dollar amount, subject to restrictions. \*\*Contact your tax consultant to determine if interest is tax deductible. Applications submitted online between May 1, and May 31, 2015 that close by July 15, 2015 will receive a Gift Card for \$50 for the Home Depot®. The Home Depot® is not a sponsor of this promotion. NSWC Federal Credit Union is not affiliated with the Home Depot®. The Home Depot® is a registered trademark of Home Depot TLC, Inc. Member eligibility is required. This Credit Union is federally insured by the NCUA.



Visit [nswcfcu.org](http://nswcfcu.org) for details.

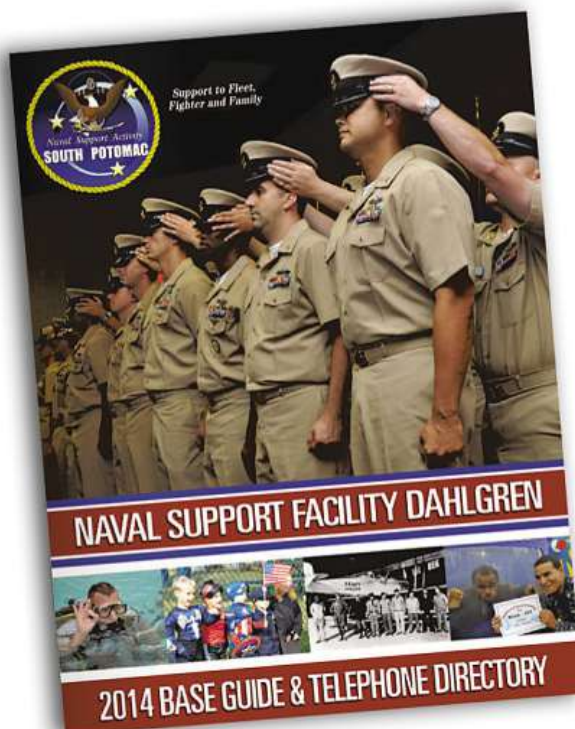


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