



# SOUTH POTOMAC PILOT

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



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## COMREL Updates Includes Nice Bridge Timeline Update and Statewide Jobs Initiative

The Naval Support Activity South Potomac (NSASP) Community Relations (COMREL) Council held its second quarter meeting May 17 at the High Tides on the Potomac restaurant, in Colonial Beach, Va., where updates to the civilian and military leadership from both sides of the river included an overview of the Naval Support Facility (NSF) Dahlgren 100th Anniversary, the most recent changes to the Harry W. Nice Bridge replacement project and an introduction to the “GO Virginia Initiative,” a bipartisan and business-led coalition working to create better business opportunities statewide.

Colonial Beach Mayor Eddie Blunt welcomed the nearly 70 attendees to the event and introduced NSASP Commanding Officer Capt. Mary Feinberg. Feinberg kicked off the updates with discussion on recent events at NSF Dahlgren and NSF Indian Head, including the upcoming change of com-

mand slated for June 21 when Capt. Michael O’Leary will assume command of NSASP, as well as a change of command for the Joint Warfare Analysis Center (JWAC) aboard NSF Dahlgren. She discussed the recent award from the Maryland Historical Trust for the efforts by staff at NSF Indian Head and the Washington Navy Yard to preserve a historic Watch Box that was restored and returned from NSF Indian Head to the Naval Yard, where it saw use during the U.S. Civil War. Feinberg also briefed the COMREL about the completion of the annual HURREX exercise — a Navy-wide exercise to evaluate and enhance major weather response on Navy installations. Feinberg shared the results of the recent aerial bald eagle survey conducted by the Center for Conservation Biology at the College of

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U.S. NAVY PHOTO BY BARBARA WAGNER

**Mike Blair, with Johnson Mirmiran and Thompson, Inc., an architectural engineering consulting firm explains several adjustments that have been made to the proposed Harry W. Nice Bridge reconstruction to attendees at the second quarter NSASP COMREL Meeting that took place at High Tides on the Potomac on May 17.**

## NSASP Prepares for Hurricane Season During HURREX Exercise

By **BARBARA WAGNER**  
South Potomac Pilot

This week personnel from all across the Naval Support Activity South Potomac (NSASP) command worked in conjunction with Naval District Washington (NDW) to evaluate the preparedness of not only first responders, but also to ensure that everyone aboard with an NMCI account has updated their contact information via the Wide Area Alert Network (WAAN) — located on the right-hand side of their NMCI machine’s toolbar as a small purple globe called “AtHoc.”

This year’s HURREX scenario involved two simulated tropical cyclones that developed and intensified to hurricane strength, threatening the East Coast of the United States, the Gulf of Mexico and the Caribbean coastal regions. Aboard Naval Support Facility (NSF) Dahlgren however, the fictional “Hurricane Brady” downed a tree that caused a HAZMAT spill; this functional portion of the drill tested first responders’ ability to handle the effects of powerful weather events.

The fire, rescue and police team members had to secure the scenario location, determine if there were any casualties or victims and stabilize the scene; responders also had to “treat” an role player who was “exposed” to HAZMAT.

Robert “Mo” Stone, an environmental technician at



U.S. NAVY PHOTO BY BARBARA WAGNER

a HAZMAT storage facility on NSF Dahlgren, played the role of victim for the event. Stone shared that if this was an actual scenario he would know exactly what contaminant he had come in contact with.

“We’ve been pretty fortunate so far,” Stone shared. “We have not ever had a real life incident like this in

the past, but it’s good that we are going through this drill to make sure we know what to do.”

NSASP Emergency Manager Tim Bennett agrees with that summation. The two-week long exercise provided information regarding preparation and prompted all personnel in the first week to take necessary precautions to ensure that they were prepared and had updated their WAAN information. The second week has all Navy bases on the Eastern seaboard preparing for any eventuality through various exercise, including simulated overturned vehicles, mock power outages and flooding that allowed them to test their response to such incidents. A recent EF-1 tornado touch down on NSF Dahlgren only reinforced that need for preparedness.

“The recent weather that affected us locally really highlights the necessity of this kind of exercise,” Bennett said. “Making sure our people are prepared and we have a plan in place is key to successfully weathering those types of events.”

Personal responsibility is a key factor in preparedness in extreme weather situations. According to the Federal Emergency Management Agency (FEMA), in an extreme weather event or any other disaster situation. The Navy website — <http://www.ready.navy.mil> offers Sailors, dependants and Navy civilians all the information they need to properly prepare for emergencies, both on and off base.

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# DOSC Awards Annual Scholarships, Charitable Donations

The Dahlgren Officers' Spouses' Club (DOSC) awarded its annual scholarships and charitable donations during a ceremony May 13 at the Naval Support Facility (NSF) Dahlgren Chapel Annex. Rear Adm. Johnny Wolfe, program executive of AEGIS Ballistic Missile Defense (BMD), was the ceremony's guest of honor, though he emphasized in his remarks that the real guest of honor was Rosemarie Blades, longtime DOSC member and the namesake of the scholarships.

"This is a great day," Wolfe said, congratulating recipients and thanking Sarah Walters, DOSC president, for the invitation. He described life as a wheel composed of five parts – professional, personal, faith, family and friends, and outside interests. The DOSC Charities and Scholarships ceremony, Wolfe said, was a fine example of the latter component.

"That's why we're here today," Wolfe said. "I'm a firm believer that we should all give back to the community. We should all give back to folks who are not as fortunate as we are. That's exactly what the Dahlgren Officers' Spouses' Club here at Dahlgren does – they give back through charities and through their time. Since 1945, when they were formed, the Dahlgren Spouses Club has done just that."

Wolfe also thanked the DOSC for its management of the Second Tour Thrift Store, which not only provides service members with gently-used uniform items for free, but also generates funds for the scholarships and charitable donations.

Wolfe's highest praise, however, was reserved for Blades. "Rosemarie joined the Dahlgren com-



U.S. NAVY PHOTO BY ANDREW REVELOS

**Alex, a young member of Cub Scout Pack 172, receives a donation from the Dahlgren Officers' Spouses' Club during its annual Charities and Scholarship Celebration on May 15 at the Naval Support Facility (NSF) Dahlgren Chapel Annex. Sarah Walters, DOSC president, is left and Rear Adm. Johnny Wolfe, program executive of AEGIS Ballistic Missile Defense (BMD) and the ceremony's guest speaker, is right.**

munity in about 1971 and she's been part of the Dahlgren Officers' Spouses' Club since then," he said. "I think nobody better exemplifies what it

means to give back than Rosemarie."

Blades thanked the DOSC volunteers for all their support over the years. "You and I would not be

here today if not for the dedicated volunteers who work at the Second Tour Thrift Store," she said.

Those everyday acts of giving back facilitated more giving. "This is our 17th year and we have given out \$73,600 in that time, with 48 recipients of scholarships," said Blades.

This year, the DOSC awarded scholarships to three individuals: Noah Frye, Chrisney Pettit and Jasmine Floress.

In the case of Floress's scholarship, the DOSC marked the second time a military spouse received the scholarship.

The DOSC also awarded charitable donations to several local organizations.

Girl Scout Troop 3723 received a donation for camping supplies; Sealston Elementary School received a donation for Scholastic Literacy Events Kits; King George County School received a donation for its Snacks for Students Program; Dahlgren United Methodist received a donation for its Vacation Bible School program, Little Ark Baptist Church received a donation for its food pantry; Cub Scout Pack 172 received a donation to help cover program and activity fees; the Dahlgren School PTO received a donation for its STEM [science, technology, engineering and math] Lab; the U.S. Naval Sea Cadets Pentagon Division received a donation for physical training gear; and the FIRST Lego Robotics Club received a donation for educational and material expenses.

Congratulations to all the recipients and Bravo Zulu to all members of the DOSC for the good work they do each and every day!

## COMREL

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William and Mary.

"We currently have nine nests and 13 eaglets at Dahlgren and 10 nests and 18 eaglets at NSF Indian Head," Feinberg shared. "We like to tout that because we do take pride in restoring our cultural and natural resources at both installations."

Feinberg updated the attendees on the latest economic and demographic information from both installations. The full release and report of those demographics will be included in the May 26 edition of the South Potomac Pilot.

The 100th anniversary of NSF Dahlgren was the topic of discussion from Joseph Fordham, who is leading the charge for the event. Fordham provided an overview of how the base is planning to share the event with a wider audience through blog posts, podcasts and other interactive events that will take place over the course of the 15 month period between Oct. 2017 and Dec. 2018, when the base will recognize the anniversary. One of the planned activities that Fordham forecasts will take place on Friday and Saturday of the opening week of Oct. 1 – 8 of 2017 will be a seven-station stop bus tour.

"It will begin at the Dahlgren Heritage Museum and will include stops at the most significant things on the base that we can show you," Fordham said. "Our goal is to put QR codes on all of the artifacts that are on the tour... you will

be given a tour of that area or object at a website to provide further information."

Town Manager for Colonial Beach Val Foulds provided an update on community development projects around the town designed to enhance the infrastructure of the town including new sidewalks and crosswalks and upcoming projects that will include a splash pad for children and more sidewalk and lighting improvements. Foulds shared that Colonial Beach would be kicking off a summer concert series that will begin on May 27 and run through Sept. 15.

Following Foulds' update, a member of the Colonial Beach Chamber of Commerce Board of Directors Steve Keene shared more events that will be taking place in Colonial Beach including the 66th Annual Potomac River Festival in June, the 4th Annual Colonial Beach Bike Fest in Oct. and the 51st Annual Boardwalk Arts and Crafts Festival in Sept.

An update on the progress of the Harry W. Nice bridge reconstruction project was followed by several questions as entities on both sides of the Potomac river will be affected by the new structure. Mike Blair, with Johnson Mirmiran and Thompson, Inc. an architectural engineering consulting firm shared that there has been reduction in the width of the bridge by paring down the previously-planned 12-foot wide shoulders and a reduction in the height of the planned bridge; those changes have brought down costs, allowing for the project to move forward more quickly. Aside from the traffic capacity limitations and the safety issues, the cost to rehabilitate the old structure was one

of the rationale for the new construction. Other changes were made to the current plan that will also help reduce costs while ensuring that bridgework begins on schedule.

Using data points from future development plans upstream of the bridge and on both sides of the river, and consulting with the U.S. Coast Guard and the Army Corps of Engineers, the establishment of proposed horizontal clearance of 250 feet and proposed vertical clearances of 106.5 will put the bridge within U.S. Coast Guard Bridge guidance for clearances.

"The reduction in the vertical height would have precluded the passage of only eight ships out of the hundreds of thousands of vessels that travel that stretch of water," Blair said.

The navigational channel will shift closer to the Virginia side of the bridge as the design stands today. An adjustment in the span of the bridge will include more of a curve to lessen the appearance of a sheer, steep crossing. The start of construction is slated to begin in 2020 with a completion of work to be done by the end of 2022 – beginning of 2023.

On the Virginia side of Route 301, Marcie Parker, Virginia Department of Transportation (VDOT) briefed the COMREL about a study it is conducting. Parker shared that due to an expected \$850 million worth of projects scheduled to be built by 2023 between exits 130 and 143 on I-95, VDOT is looking for alternate routes for travelers who would typically travel the Interstate to traverse the East Coast.

"There's going to be a lot of construction going on," Parker said. "We will have from exits 130 to

143 completely under construction at the same time. We need the people from New York, New Jersey, Pennsylvania and Maryland to not come down I-95 if they don't have to. If we can reduce the traffic on I-95 by five to 10 percent it would help out a lot while construction is under way."

Parker also mentioned that the expansion of the Harry W. Nice bridge is a consideration for the study as well.

The purpose of the study is to identify improvements that will preserve the capacity and ensure the safety of that corridor without large scale widening while still accommodating economic development. An initial stakeholders meeting was held in January of 2017 and upcoming meetings will take place in September and October.

The final presentation of the morning was from Christopher D. Lloyd, the senior vice-president and director of infrastructure and economic development at McGuire Woods Consulting LLC. Lloyd was on hand to share the GO Virginia Initiative. The Virginia Initiative for Growth and Opportunity in Each Region (GO Virginia) was initiated by the Virginia Business Higher Education Council (VBHEC) and the Council on Virginia's Future to foster private-sector growth and job creation through state incentives for regional collaboration by business, education and government.

Lloyd shared statistics from the last 15 years that compared the U.S. Gross Domestic Product (GDP) with Virginia's Gross State Product



# Military Spouse Life — Has its Challenges, but Ultimately Rewarding

By **BARBARA WAGNER**  
South Potomac Pilot

Jenny Forrester has been a Marine spouse for 14 years and while many military spouses make several moves in that amount of time, her move to Naval Support Facility (NSF) Indian Head in 2015 was the family's first move away from their first duty station — Marine Corps Base Camp Lejeune, N.C. — where her husband served in 12 different units.

The Forresters have been a part of the NSF Indian Head family for a little less than two years, but Jenny made sure to follow the advice she often shares — get out, make friends and volunteer. She and her two children turn those words into action every week when they volunteer at the NSF Indian Head USO office.

“When I found out Barb [Locke] needed volunteers here at the USO I thought that's something we can do together that would help others,” Forrester said. “Volunteering, for a spouse, is a great thing. You get to know more about the area you live in, you get to meet people from on and off the base. There are people that are here [at the USO] that have lived here for years and they say ‘oh hey, have you tried this place?’ or ‘have you done that?’ It's a wonderful way to get to know the area.”

In addition to being a military spouse, Forrester is also a homeschooling mom of two. Finding ways for the children to enjoy enrichment activities, as well as giving back to



PHOTO COURTESY OF JENNY FORRESTER

**Jenny Forrester, a Marine Corps spouse for 14 years is pictured with her family.**

the community, were important to Forrester. Together with their mom, Lucas and Isabel stock boxes and help unload the baked goods shipment that comes into the USO each week. In addition to the USO, Forrester and her children perform volunteer work at their church and are a part of a homeschool co-op during the school year.

Those types of activities, Forrester believes, are an important part of what makes her military family's lives richer. Although she is supportive of her husband's military career, Forrester has continued to expand and enrich own her life through continued education and other work opportunities that she credits to being part of a military family.

“If my husband wasn't in the military, I don't think I would have gone back to school,” Forrester shared. “I was able to go back to school because they had different universities at the continuing education facility right down the road from us. It was a great opportunity.”

Forrester encourages spouses who are new to the military life to jump in wherever they land and take advantage of all that their service provides for them.

“There were a lot of things I didn't know coming into this [military life],” Forrester laughed. “It was difficult, but one of the key things I did that was so helpful was I just got out and started finding things to do. It's important to find the support available at your duty station and stay in contact with your family support system. Don't be afraid to try something new.”

Forrester also advises spouses to not lose sight of who they are and to stay plugged into those activities that support your own personal growth and that help to grow your marriage. Forrester shared that she and her husband have attended the Marriage Enrichment programs provided through the Chaplain's office and that they are wonderful and beneficial programs.

Her final advice? Don't go to bed angry and don't be afraid to ask questions, whether learning about your spouse's job, how the military works, medical care or anything else you may encounter. “Doctors, relatives, friends and even strangers may mean well, but they aren't infallible. Do your research from the smallest to the largest.”

## COMREL

Continued from page 2

(GSP). In years past, Lloyd explained, Virginia's GSP was always higher than the U.S. GDP. Following the recession of 2007-2008, Virginia has not rallied as it has in past recessions and is outperformed by states like North Carolina, Ohio and Indiana. Lloyd explained that the drop is attributed to the loss of federal and military positions and a downturn in manufacturing and wholesale trade. While the state has enjoyed an uptick in jobs, Lloyd points out that the jobs that have been created are in the lower paying leisure and hospitality services and retail trade. To maintain the higher paying positions, workers are moving to other states.

“For the first time we now have outmigration in Virginia,” Lloyd said. “We are losing talented people.”

Lloyd compared the Gross State Produce effects of private sector job change from 2007 to 2017 and showed that the average change in salary went from \$132,697 to \$90,392.

“One of the challenges faced in Virginia is the separation of cities and counties and we have a very fractured tax system and administration system. Counties don't cooperate to attract

those positions,” Lloyd said.

The GO Virginia initiative was designed to encourage localities to work together. Lloyd shared that there is more than \$30 million dollars in grant monies for the next fiscal year for growth and diversification plans.

“Thirty million doesn't sound like a lot,” Lloyd said. “But that is twice what the state spends on economic development.”

The money will be divided up between nine regions in Virginia, equaling roughly \$650,000 to work on capacity-building, growth and diversification plans and administration.

Once plans are in-place, additional funding will be available to execute collaborative efforts to improve the city or county. In addition to the GO grants there are several other initiatives to help job growth in the state including the implementation of the Collaborative Jobs Act. The legislation allow counties who can show that they are working together to tap into the income taxes revenue stream.

“This is the first time that counties will have access to that tax revenue stream,” Lloyd said. “They have always had to rely on property taxes before. This says work together and you're going to get a stream of money from income taxes. This is a fundamental change for Virginia.”

The next COMREL meeting will take place in August.

## King George High School ROTC Visits NSF Dahlgren



U.S. NAVY PHOTO BY ANDREW REVELOS

**Alex, sophomore at King George High School and a member of the Navy JROTC, practices CPR under the watchful eyes of Carl Nutwell, a fire fighter and EMT assigned to Naval Support Facility (NSF) Dahlgren. The NJROTC cadets brushed up on their emergency first aid skills during their tour on the base May 12, which also included stops at the AEGIS Training and Readiness Center (ATRC) and the Naval Surface Warfare Center Dahlgren Division (NSWCDD) Electromagnetic Railgun facility.**

## Correction

Last week we erroneously published Edward Gohring's birth year as 1959. His birth year is 1958. We regret the error.

**Visit Us Online [www.dcmilitary.com](http://www.dcmilitary.com)**





**Aquatics Center**  
540-653-8088

**Memorial Day at the Pool**  
May 29, noon – 6 p.m.

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

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

Learn to swim at the Aquatics Center! Session 1 begins May 30. The make-up class for May 29 will be held June 2. Register by May 24. Class times: Parent/Child and PS Level I/II (ages 4-5) 9:30-10 a.m. and 4:15-4:45 p.m.; Level I/II (ages 6+) and Level III/IV 10:15-10:45 a.m. and 5-5:30 p.m. Open to eligible patrons active duty, reservist and retired military, DoD and all others with base access. Cost: E1-E5 Active duty/retirees \$45 per person per session, All others \$50 per person per session. Adult Private Swim Lessons Cost: Active duty, Free. E1-E5 Active duty/retirees, \$100. All others, \$115

**Auto Skills/Outdoor Recreation**  
540-653-4900

Outdoor Recreation offers a selection of recreation equipment for fishing, camping, picnics, sporting equipment and special events. Download the

Outdoor Recreation Gear Issue & Equipment Rental price list, Moon Bounce and Travel Trailer Rentals from [www.NavyMWRDahlgren.com/recreation](http://www.NavyMWRDahlgren.com/recreation) and select Outdoor Recreation Rentals.

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

Save the date! June is National Safety Month. Don't wait for an emergency to happen! Learn about car and travel safety preparedness and procedures along with basic car maintenance such as changing a flat tire, oil changes and more! First ten participants will receive a tool kit. Refreshments will be available. Cost: FREE

**Cannonball Lanes Bowling Center**  
540-653-7327

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

**Sunday Special**  
Join us every Sunday from 11 a.m. to 5 p.m. for \$2.00 games and \$1.00 shoe rentals!

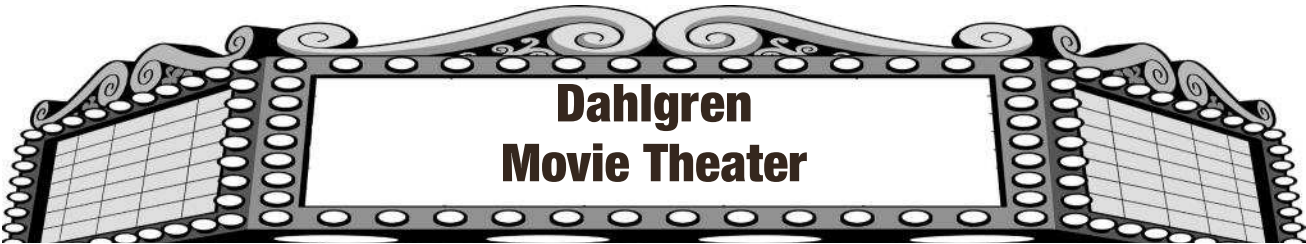
**Ten Dollar Tuesdays**  
Every Tuesday from 11 a.m. to 9 p.m. get a lane for one hour of bowling for only TEN dollars!

**Buy a Game, Get a Game Wednesdays**  
Every Wednesday from 11 a.m. to 9 p.m. buy one game; get a second game for FREE!

**All-U-Can Bowl Fridays**  
Every Friday from 7 p.m. to 11 p.m.

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

**Cosmic Bowling**  
Every Saturday from 7 p.m. to 11 p.m. enjoy music and lights while bowling!



**540-653-7336**

Price of Shows  
Civilian: \$5.00. Active Duty, Retired & Reserve Mil E7 & above & their family members with ID: \$4.00. E1-E6 & below & their family members with ID: \$3.00. Children (6-11): \$2.00 Children (5 and under): FREE.  
\*Movies shown in 3D will cost an additional \$1 to ticket price.

**Friday, May 19 7 p.m. . . . . The Zookeeper's Wife PG-13**  
**Saturday, May 20 4 p.m. . . . The Fast and Furious 6 (FREE ADMISSION) PG-13**  
**Saturday, May 20 7 p.m. . . . . The Fate of the Furious PG-13**  
**Sunday, May 22 2 p.m. . . . . Smurfs: The Lost Village PG**  
**Sunday, May 21 4:30 p.m. . . . . The Fate of the Furious PG-13**  
**Friday, May 26 7 p.m. . . . . Unforgettable R**  
**Saturday, May 27 4 p.m. . . . . Wonder Woman (FREE SNEAK PEEK) PG-13**  
**Saturday, May 27 7 p.m. . . . . Going in Style PG-13**  
**Sunday, May 28 2 p.m. . . . . Top Gun (FREE ADMISSION) PG**  
**Sunday, May 28 4:30 p.m. . . . . The Promise PG-13**

For movie listings online, visit [www.NavyMWRDahlgren.com/recreation](http://www.NavyMWRDahlgren.com/recreation) and select the Dahlgren Theater.

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

**Military Child Care Open Enrollment**

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

**Hourly Care**

Location: Child Development Center and Youth Activities Center

Eligible patrons include all children 6 weeks to 12 years of age. Care is available on a day to day basis and requires

advance reservations. Hourly care reservations as well as payments for care can be made online at <https://myfr.navyaims.com/ndwcym>.html Cost: \$4.00/hour

**Community Recreation Tickets & Travel**

540-653-8785

**Colonial Williamsburg Discount Tickets**

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

**Southern Maryland Blue Crabs Baseball Tickets**

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

**Community Yard Sale**

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

Whether you're selling or browsing, join us for a Community Yard Sale at Dahlgren! Open to all with base access. Limited tables available! Reserve two tables with chairs for \$10.00. Active duty gets first two tables for FREE. Register at Tickets & Travel Office

by June 2 Call 540-653-8785 for more information.

**Caledon State Park Outing: National Get Outdoors Day**  
June 10 from 10 a.m. to 9 p.m.

Registration: Tickets & Travel Office by June 2

National Get Outdoors Day is an annual event to encourage healthy, active outdoor fun. Caledon State Park will be teaching you how to start a fire, how to find your way around in the woods, what plants can be enjoyed and which ones to avoid. Enjoy s'mores by the campfire at 7:30 p.m. Cost: Free

**Great Navy Campout**

June 23-25  
Camping event at Navy Recreation Center Solomon's – Navy Getaways, includes a scavenger hunt, outdoor mov-

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**SOUTH POTOMAC PILOT**

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

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

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# MWR

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ie, arts and crafts, camping skills, s'more and more! Register at the Tickets & Travel Office by June 16. Eligible patrons include military and DoD civilians and their families. Cost: \$15.00, includes tent, lantern, all meals, activities and leisure passes for Saturday.

## Craftech

540-653-1730

Craftech offers a variety of services including framing and matting, engraving on plaques, metals, glassware, leather, stone and more, embroidery, flag and shadow boxes, Tiffany style stained glass, fusing, bottle slumping and firing. For more details, visit [www.NavyMWRDahlgren.com/recreation](http://www.NavyMWRDahlgren.com/recreation) and select Craftech.

## Rustic American Flag Painting

June 12, 4 – 6:30 p.m.

Create a rustic and patriotic feel to your home by painting an American flag onto 16"x20" wooden pallets. Cost: \$30.00, all materials will be supplied

## Fitness Center

540-653-8580

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

## Women's Softball League

Interested in joining the Women's Softball League this summer? Teams must be registered May 26. Cost: Active Duty, Free; Contractor w/ fitness membership, Free; Dependents/Retirees, \$15.00; DoD Civilians, \$30.00; Contractor w/o fitness membership and off-base civilians, \$40.00

## Family Sports Night

May 25, 6 – 8 p.m.

In observance of National Physical Fitness and Sports Month come have an evening of fun and physical activities for children and parents using sports equipment at Basketball Court to stress the importance of staying healthy and giving parents the opportunity to have fun with their children. Register at the Fitness Center. Open to all with base access. Cost: FREE

## Indoor Soccer League

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

Register by June 1 at the Fitness Center. League play begins in June. Cost: Active Duty, Free; Contractor w/ fitness membership, Free; Dependents/Retirees, \$15.00; DoD Civilians, \$30.00; Contractor w/o fitness membership and off-base civilians, \$40.00

## MWR Iron Challenge

June 1–30

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

## Couch to Half Marathon

Begins June 6

Have you ever wanted to run a 5K or half marathon and didn't know where to begin? Join our team of talented fitness staff as we prepare you to run the Navy-Air Force Marathon or Navy 5 Miler on Sept. 17. Training runs begin June 6 and will be held Tuesdays at 6 a.m. and Thursdays at 4 p.m. Register at the Fitness Center

by June 20. Cost: \$80.00, each participant will receive registration for the Half Marathon and a team t-shirt to wear on race day. Can't make the half marathon? We still welcome your company at no cost.

## Battle of Midway 5K

June 14, 11 a.m.

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

## General Library

540-653-7474

## Storytime at the Library

Wednesdays, 4:45 p.m. Fridays, 10 a.m.

Join us at the library for songs, stories, crafts, and playtime! Wednesday evening will be STEAM storytimes with fun experiments geared towards pre-school and kindergarten children. Friday storytimes will include baby geared songs as well as books and crafts for pre-school ages.

## STEM Club: Littlebits

May 30, 4 p.m.

Invent with Littlebits! Learn about circuitry boards and how to make machines move. Cost: FREE

## Crafternoon: Sharpie Mugs

June 7, 5:30 p.m.

Create your own design on a mug with a sharpie! Register online by June 6 at <http://engagedpatrons.org/Events.cfm?SiteID=6188> Cost: FREE

## Summer Reading Kick-Off Party

June 13, 3 – 5 p.m.

Start the summer off right with Reading By Design. Open to all ages from babies to adults. Register online & log your reading at [www.NavyLibrary-Dahlgren.org](http://www.NavyLibrary-Dahlgren.org). Kick-off party at Cannonball Lanes with free bowling and pizza. T-Shirts for children and teens will be given out on a first come, first served basis at Kick-off.

## Liberty

540-653-7277

The Liberty Center and all activities are for Liberty Center Patrons Only: E1-E6 single/unaccompanied active duty military.

## Fire Pit

May 20, 7 p.m.

Campfire setting with all the fixings! Bring your guitar and have a fun night around the fire.

## Liberty Paintball Day

May 21, 11 a.m. – 1 p.m.

Sign up for an afternoon of paintball!

## Game Day! Guitar Hero galore!

May 23, all day

We will have all of the guitar hero stations set up for you to rock out!

## National Scavenger Hunt

May 24, 12 p.m.

Celebrate National Scavenger Hunt Day with a base wide scavenger hunt. First team of two to check in with their entire list marked off gets a prize!

## Midnight Madness Bowling

May 26, midnight

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

## Kings Dominion Trip

May 2, depart 10 a.m.

Enjoy a free trip to Kings Dominion amusement park!

## Ice Cream Sunday

May 28, all day

Stop by Liberty today for an ice cream sundae.

## Memorial Day Brunch

May 29, 11 a.m.

Stop by the Liberty Center and celebrate Memorial Day with brunch!

## Domino's Pizza & Movie Night

May 30, 3:30 p.m.

Come in and enjoy free, hot and cheesy pizza at Liberty along with your favorite new-movie!



## GovX MEMBERS

**SAVE UP TO 28%  
ON TICKETS, PLUS A \$10 FOOD  
& BEVERAGE CREDIT**

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[nationals.com/GovX](http://nationals.com/GovX)

**MAY 28**

**PATRIOTIC SERIES: MEMORIAL  
DAY OBSERVANCE**

PRESENTED BY SAIC

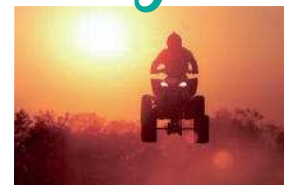
**JUNE 12**

**MILITARY BRANCH DAYS:  
U.S. ARMY DAY**

**ONE PURSUIT**

## THE "Speed into Spring" LOAN

refi or buy and enjoy



**1% CASH BACK** up to \$500

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







Stay Connected with your  
Indian Head MWR

Visit us at [www.navymwrindianhead.com](http://www.navymwrindianhead.com)

### Indian Head Child & Youth

CDC 301-744-4458

CYP 301-743-5456

### Say it With Music Celebrity for a Day Summer Experience

August 14 – 18, Registration open now!

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

### Teen Open Recreation

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

### Youth Open Recreation

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

### Indian Head Community Recreation Center

301-744-4850 or 301-744-4648

### Storybook Yoga

Thursdays, 10:30 – 11 a.m.

Let's have fun with books, get energized and mimic nature and the world around us using our bodies. Open to children and their parents, grandparents, and caregivers! COST: Free

### Indian Head Globe & Anchor/ Tiki Bar

301-744-6487

Make sure to LIKE us on Facebook to see the exciting drop-in events throughout the month.

### Indian Head Liberty Center

301-744-4524

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

### Super Smash Bros. Tournament

May 23, 6 p.m.

It's Me, Mario! Well, it's us Liberty! Come join us at this epic game tournament! Cost: Free

### Checkers & Chess Game Night

May 24, 6 p.m.

Join us for this engaging game of kings and pawns! Don't know how to play? It's the perfect time to learn with Liberty! Cost: Free

### Washington Nationals vs. Padres Game

May 26, bus departs at 5:30 p.m.

Hop on the bus with us as we go and watch the Washington Nationals take on the San Diego Padres!

### Six Flags Day Trip

May 27, bus departs at 10 a.m. It's Military Appreciation

Day at Six Flags and we're heading there way! Join us for this fun outing Cost: Free

### Poker Tournament

May 30, 6 p.m.

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

### Indian Head Stars & Strikes Bowling Center

301-744-4761

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

### Party Rental

Rent Stars & Strikes for your next celebration and let us help you throw a bowling bash that your guests will rave about! Cost: 2 hour rental prices are \$60 for military and \$70 for civilians. Price includes 4 private lanes, shoes, cosmic lights and whole lot of fun!

### Open Bowling

Fridays and Saturdays, 5 – 10 p.m.

Bored on the weekends? Look no further. Stars & Strikes Bowling Center offers

open bowling on Fridays and Saturdays.

### Lunchtime Bowling

Wednesdays from 11 a.m. – 1 p.m.

It's time to enjoy your lunch! Take a break from the office and unwind with a game or two of bowling! Want a quick bite while you play? Visit us online for the menu and to contact Stars and Strikes for more information.

### Cosmic Bowling

Every 2nd and 4th Saturday of the month from 5 – 10 p.m.

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

### Armed Forces Specials

Fridays in May 5 – 10 p.m.

We appreciate your service! ALL military members bowl one game free on Friday nights in May.

### Bowling With Superheroes

May 20, 11 a.m. – 2:30 p.m.

It's chaos and confusion at Stars and Strikes and we need your help! Come and save the day! Wear your favorite hero gear and bowl for free!

### Indian Head Weight House Fitness Center

301-744-4661

### Memorial Day 10K

May 25, 11 a.m.

Celebrate the start of Summer with a 10K! Prizes awarded to first- and second-place males and females. Register at the Weight House Fitness Center, before the start of the race. Open to all with base access, 10 years and older. Any participant younger than 18 must have a consent form signed by his/her parent or guardian. Rain Date: Friday, May 26. COST: Active Duty-Free

### Badminton Tournament

June 2, 11 a.m. – 2 p.m.

Let's see those birdies fly! Teams will play each other twice to be seeded into a double elimination tournament. Prizes will be awarded to the top two teams. Four teams must be present to begin the tournament. Register at the WHFC front desk by June 1. Open to all with base access. Cost: Active Duty- Free; All others-\$5

# NOW LIVE!

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# Navy-Marine Corps Relief Society Offers Multiple Services

The Navy-Marine Corps Relief Society Dahlgren Local Service Office, located at the Fleet and Family Support Center, provides a wide array of services to Active Duty and Retired Marines, Sailors and their Families. All of the services provided at Dahlgren are done so by volunteers and are supported by donated funds.

**Services Provided Include:**

- Financial Assistance
- Financial Counseling and Budgets
- Emergency Travel Assistance
- Quick Assist Loans
- Workshops such as Budget for Baby
- Disaster Relief Services

Walk-In hours at The Fleet and Family Support Center for no

questions asked “Quick Assist Loans” are offered every week at the following times:

- Tuesday 8:00 a.m.-11:00 a.m.
  - Wednesday 12:00 p.m -3:00 p.m.
  - Thursday 8:00 p.m. -11:00 a.m.
- (Must bring your Military ID and a copy of your most recent LES)
- If you require services other than a Quick Assist Loan, please call 540-845-1757 to set up an appointment with a volunteer caseworker. Leave your name, phone number and a caseworker will return your call as soon as possible. If you have any questions about services offered contact the Dahlgren LSO Volunteer Coordinator, Matt Derden, at [matthew.derden@navy.mil](mailto:matthew.derden@navy.mil). More information on the Navy-Marine Corps Relief Society can be found at [www.nmcra.org](http://www.nmcra.org).





## Classifieds

Call 301-645-0900

**Apartments  
Unfurnished**

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



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Full Time**

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Must have valid drivers license.  
Drug testing required. Call 301-751-3634

**BUY SELL  
RENT HIRE  
TRADE SHOP  
SWAP FIND**

**TO PLACE YOUR AD  
CALL 301-645-0900**

**BUY SELL RENT HIRE  
TRADE SHOP SWAP FIND**

**TO PLACE YOUR AD CALL 301-645-0900**

**Connect with the Military Community in Your Local Area**

Go to

**www.DCMilitary.com**



**Renewal  
by Andersen**  
WINDOW REPLACEMENT an Andersen Company



# Memorial Day Window and Patio Door Sale

## Hurry – limited time offer!

- We are the full-service replacement window division of Andersen, a family-owned American company that builds affordable windows for those with a deep sense of pride in their home
- Our window helps make homes more comfortable because our window material is two times stronger than vinyl
- To lock in this Memorial Day Sale, call on or before Monday, May 29th, and schedule your free Window Diagnosis



**Memorial Day Sale ENDS Monday, May 29th**

Buy 1 window or patio door,  
get 1 window or patio door  
**40% OFF<sup>1</sup>**

WITH

**NO NO NO FOR 1**  
MONEY DOWN PAYMENTS INTEREST YEAR<sup>1</sup>

When you set your appointment by May 29th and purchase by June 3rd. Interest accrues from the purchase date but is waived if paid in full for 12 months. Minimum purchase required.

**PLUS**

**take an  
additional  
\$50 off each  
window and  
patio door<sup>1</sup>**

No minimum purchase required for additional \$50 off.

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The Better Way to a Better Window™



**Call to schedule your  
appointment. Limited  
appointments are available.**

**301-388-5222  
410-885-6010**

<sup>1</sup>DETAILS OF OFFER — Offer expires 6/3/2017. Not valid with other offers or prior purchases. Buy one (1) window or patio door, and get the next at 40% off, and pay no money down with 12 months no payments, no interest when you purchase four (4) or more windows or patio doors between 5/14/2017 & 6/3/2017 with approved credit. The 40% off units must be less than or equal to lowest cost units in the project. Additional \$50 off each unit when you set your appointment by 5/29/2017 and purchase by 6/3/2017, no minimum purchase required. \$50 offer applied after initial discount. Savings comparison is based on the purchase of a single unit at regular list price. Available only at participating locations. APR of 16.68% as of 6/1/2015, subject to change. Other discounts and financing options available for other purchase levels. See your local Renewal by Andersen location for details. License MN: BC130983/WI:266951. Excludes MN insurance work per MSA 325E.66. VA License #2705155684, DC License #420215000125, MHIC #121441. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2017 Andersen Corporation. All rights reserved. ©2017 Lead Surge LLC. All rights reserved.