APPENDIX C

Articles, Pamphlets and Public Outreach Events

July 1, 2012 – June 30, 2013

Fort Belvoir MS4 Annual Report

25th Annual Alice Ferguson Potomac River Watershed Cleanup

April 14th, 2013

9:00am–12:00pm

Join the Ft. Belvoir Environmental and Natural Resources Division
in a watershed cleanup of Accotink Bay.

The cleanup volunteers will meet at the Accotink Bay Wildlife Refuge (ABWR) Environmental Education Center. Dress for the weather, wear sturdy shoes and bring a water bottle to refill as needed.

Adults, children, organizations and community groups are encouraged to participate.
Gloves and trash bags provided by Alice Ferguson Foundation.

To volunteer, please call
Kevin Walter
(703) 805-3969.

Directions to the site: From I-95, take the Fort Belvoir/Newington exit to Fairfax County Parkway (Route 7100) south. Follow the parkway approximately 3 miles until its end at Richmond Highway (Route 1). Turn left onto Route 1, North. Follow Route 1 to the first light and make a right into Tulley Gate. This is Pohick Road. A military ID or picture identification are required to enter the installation. Proceed through the check point on Pohick Road to first stop light and turn right onto Theote Road. Continue on Theote Road to the stop sign, turn right onto Warren Road. Follow Warren Road down the hill till you see Tompkins Basin. Turn right at the first street at bottom of hill onto Swift Road, the Center is ahead on the right, building 780.

going traffic bound for the Telegraph Road gate. During the period of this work, the crews and traffic officials urge drivers leaving from North Post who would normally use Telegraph to leave via Kingman instead. South Post traffic that usually crosses via Gunston Road to Kingman to exit at Telegraph should instead leave via Pence, Tulley or Walker gate on South Post during this work.

Up Front

Earth Day observance

Fishing, recycling and energy management highlight Fort Belvoir's Earth Day observance Friday from 10 a.m. to 1 p.m. at Tompkins Basin Park.

The Directorate of Public Works and the Directorate of Family and Morale, Welfare and Recreation co-host the festivities which feature a solar panel display and fly fishing education provided by Healing Waters Fly Fishing among other activities and displays for all ages. The celebration provides Soldiers, civilians and children numerous environmental education opportunities.

For more information, call (703) 805-3971.

Take Back the Night

Take Back the Night is Friday, 6-8 p.m. at Woodlawn Village Community Center at 5375 Dairy Court

said Edelman of why it's important to start a retirement plan as soon as possible. in the way and don't fall into the misconception that you have plenty of time. Time is the effort to create wealth."

The idea among servicemembers that they can do money because the military provides housing, health

See EDELMAN, Page A6

Belvoir Eagle 18 April 2013

pg 1

Volunteers beautify Belvoir during clean up of watershed

By Tim Cherry
Staff writer

Photo by Marcus J. Wilson Sr.

Spc. James Rochon, Fort Belvoir Community Hospital, and daughter, Ericka, 6, help clean up at the Potomac River Watershed Clean-up, Sunday.

Community volunteers helped improved the quality of life for man and nature during the annual Potomac Watershed Clean-up Sunday.

Soldiers, students and civilians maneuvered through wooded areas, filling bags with garbage, along Belvoir's shoreline. Volunteers sacrificed personal time, removing trash from several areas on post such as Dogue Creek, Tompkins Basin Park and Accotink Bay.

The event, hosted by the Fort Belvoir Directorate of Public Works, Natural Resources Office, reduced pollution on post by making Belvoir a cleaner place to live, work and play.

"This is a chance to help beautify this installation, a chance to get something done that wouldn't get done in the budget constrained environment we're living in," said Lt. Col. Paul Davidson, Secretary of Defense Acquisition, Technology and Logistics action officer, who participated in the clean up with his Family. "If I get lucky, this will also be chance for my kids to learn to start cleaning up their rooms."

Volunteers met at the Accotink Bay Wildlife Refuge Environmental Education Center and then dispersed to collect bottles, paper and other items of trash along the shoreline. Plastic, cans, tennis balls and Styrofoam were also collected. Volunteers tried to remove as much trash as possible, even venturing into the Accotink Bay to reach for trash in the water. The collected items reduce pollution around Belvoir and the

See CLEAN UP, Page A9

Servicemembers and DoD civilians should understand phishing attempts

By Justin Creech
Staff writer

Servicemembers and Department of Defense civilians need to be mindful of the emails they receive in their personal email accounts.

According to an analysis by the U.S. Army 93rd Signal Brigade, when these emails are viewed, and the system initiates the request to the malicious domain specified in the embedded code, it appears the malicious domain presents a fake Yahoo webpage asking the

Switching from hot to cold not simple for Belvoir offices

Accotink Bay cleanup helps reduce pollution

CLEAN UP

From Page A1

surrounding Northern Virginia region as trash tends to travel downstream with the water current. The reduced pollution also provides a better quality of life for community members, plants and wildlife, which in the past have become entangled in some of the debris. Cub, Boy and Girl Scouts also participated in the clean-up by picking up trash and planting trees near the Fort Belvoir's Travel and RV (recreational vehicle) camp, a new, soon to open, 52-pad Travel Camp in the Tompkins Basin Area along the shoreline of the Potomac River.

"I've been on many installations and Fort Belvoir has to be one of the most picturesque areas in the country, with so much natural refuge and natural habitat in the area," Davidson said. "What we do on the installation impacts these natural habitats that could be destroyed by our negligence. By cleaning the area you can certainly see the long term positive impact."

Belvoir has hosted the cleanup for the past 24 years. Kevin Walter, DPW Natural Resource specialist and event coordinator, said 150 to 200 people typically come out to support the annual event. He said volunteers fill about 50 bags of trash and pick-up 15-to 20 tires each year.

The cleanup kicked-off Belvoir's weekend long celebration of Earth Day, which has been celebrated for 43 years, according to www.earthday.org. The observance raises awareness and education of environmental concerns, such as air and water pollution. Earth Day also promotes outdoor activities and the improvement of the world's sustainability for future generations.

The Earth Day celebration and Potomac Watershed clean-up provides great educational instruction for children, according to Tracy Meador, Girl Scout Troop 3479 troop leader. Meador's troop participated in the clean-up as part of earning their Wonders of Water Activity Badge, which demonstrates Scouts' knowledge on effective means of water conservation. The young ladies created flyers inviting people to attend the clean-up and picked up trash as part of earning the badge.

Photo by Marcus J. Wilson Sr.

Allison and her son, Lucky Day, 4, plant a tree at the Potomac River Watershed Clean-up, April 14.

"I hope they take these lessons along with them their entire life and figure out ways to help conserve water," Meador said. "I also hope they become better leaders from participating because that's what Girl Scouts do. They lead by example."

In addition to the clean-up, Belvoir hosts an Earth Day observance from 10 a.m. to 1 p.m. at Tompkins Basin Park Friday. The garrison also participates in the Richmond Highway Spring Cleanup Saturday from 8 to 11:30 a.m. Both events are free and open to the public. Spring Cleanup participants will meet at Candlewood Suites for registration at 8 a.m. At 7:30 a.m., a shuttle service will transport volunteers from the Fort Belvoir Community Center to the registration site and back to Fort Belvoir after the clean up.

For more information on the Richmond Highway Clean-up call Fort Belvoir's Public Affairs Office (703) 805-5001, Candlewood Suites (703) 780-1111 or Mount Vernon-Lee Chamber of Commerce (703) 360-6925.

For more information on the Earth Day observance call (703) 805-3971

Character Counts

Character Counts! Headquarters Battal
Fort Belvoir Elementary School ended
Counts Partnership Program on April 4
up with a group photo of more than 11
faculty posing with garrison Soldiers a
Gregory Gadson, Fort Belvoir garrison
mand Sgt. Maj. Chester Grelock. Headq
Belvoir continues its partnership throu
ers to Readers' program designed to e
throughout the school.

Employees shoul to prevent phishi

PHISHING

From Page A1

open them. Do not use the reading pane — it opens the email and activates any malicious code, according to the 93rd Signal Brigade's report.

According to Joyner, servicemembers and DoD civilians need to be extra aware of identity theft attempts, because any trouble can result in a loss of their security clearance.

"If a servicemember or DoD civilian is a victim of identity theft and has his or her credit card racked up, it could cause them to have

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"I WAS IN THE BACK

Photos by Marcus J. Wilson Sr.

Natural Resource Specialist Brice Bartley explains the dangers of Poison Ivy to students from Hayfield Middle School at the Earth Day celebration Friday in Castle Park along Tompkins Basin. The Fort Belvoir Environmental and Natural Resources Division, along with the post's Directorate of Family, and Morale, Welfare and Recreation, hosted the event.

Marsha Johnston, Arcadia Center for Sustainable Food and Agriculture at Woodlawn Plantation explains the variety and purposes of herbs carried by the plantation's Mobile Market to fourth graders of Fort Belvoir Elementary School at the Earth Day celebration.

Kamille Christian, 10, Greenbriar East Elementary School, Fairfax, Va., plays the Migration to Extinction game at the Earth Day celebration.

Students learn how to protect environment, natural resources

EARTH

From Page A1

Fort Belvoir volunteers celebrated Earth Day by exposing community members to the natural resources throughout Tompkins Basin Park. Students traveled to 24 different stations and learned about different animals and plant species. Students also planted trees and learned about the negative impact of pollution. Brice Bartley, DPW natural resources specialist, spoke to participants about different characteristics of trees and plants. One big point was avoiding poison ivy.

"Some people think that by eating poison ivy you develop a resistance to it but don't do that," Bartley told a group of youth during the event. "People end up in the hospital doing that."

Bartley taught students rhymes to remember when approaching unfamiliar plants. One rhyme is leaves with three leave it be, which he hopes reminds students walking around post to stay away from plants with three leaves because they may be poison ivy.

Noah Evans, 10, Terra Centre Elementary School goes eye to eye with a frog at the Earth Day celebration.

"We have so much poison ivy on post," Bartley said. "People should know how to identify it."

Another Earth Day lesson students received involved water conservation. Representatives from American Water demonstrated how throwing inappropriate items such as toys and wrappers into sinks clog up pipes. The water experts showed students a jar from an unclogged pipe full of improperly disposed items. Clogged pipes slow down water flow and they can also lead to harmful effects on the environment. Students were also told to be mindful of the amount of water they use.

"The significance of today is using Fort Belvoir's beauty and vast natural resources to introduce as well as reinforce Earth Day and what it means," said Kim Mills, DFMWR director.

This is the 43rd Earth Day celebration, according to www.earthday.org. The observance raises awareness and education of environmental concerns, such as air and water pollution. Earth Day also promotes outdoor activities and the improvement of the world's sustainability for future generations.

The U.S. Army Environmental Command's Earth Day theme this year is "Acknowledge the Past, Engage the Present, Chart the Future." According to the environmental command's website, the theme's goal is to acknowledge the past by improving Army lands and protecting and preserving cultural and historical resources; engaging the present by meeting environmental standards, enabling Army operations, and protecting Soldiers, civilians and Families; and charting the future by institutionalizing best practices and using technology to ensure future environmental resiliency. The theme represents the Army's commitment to the environment and proof this commitment is found in recently completed LEED certified facilities such as the Fort Belvoir Community Hospital and the new control tower at Davison Army Airfield, according to Wilamena Harback, DPW natural resource specialist program manager for environmental outreach, education and industrial storm water.

"The event today provided a good opportunity for kids to get outside and learn about natural resources," Harback said. "The more they know about the environment, the more likely they're going to help protect it."

Photos by Don Carr

Children interact with the bunnies at the petting zoo during Fairfax County's SpringFest 2013, Saturday, at the Workhouse Arts Center, Lorton, Va.

Fairfax County hosts SpringFest

Fort Belvoir shared environmental knowledge with neighbors Saturday at the Workhouse Arts Center, Lorton, Va., as part of Earth Day weekend events.

The SpringFest 2013, committee invited representatives from Belvoir to share in its celebration of Earth Day, Arbor Day, and a cleaner, greener Fairfax County. Participants shared Fort Belvoir's involvement in safekeeping the environment, trail information and wildlife indigenous to the post.

Kevin Walter, left, Directorate of Public Works Environmental Division, shares information on wildlife, habitat and Fort Belvoir's Refuge Systems (Accotink Bay Wildlife Refuge, Jackson Miles Abbott Wetland Refuge, the Forest and Wildlife Corridor and the T17 Refuge), during Fairfax County's SpringFest 2013.

Lt. Col. Brian Zarchin, left, Fort Belvoir Headquarters Battalion commander and HQ Bn. Command Sgt. Maj. Carolyn Reynolds speak with Supervisor Jeffrey McKay, Fairfax County Board of Supervisors at Fairfax County's SpringFest 2013, at the Workhouse Arts Center, in Lorton, Va.

Wilamena Harback, right, Directorate of Public Works, natural resources specialist, leads an activity on leaf and animal track rubbings that the children did and could take home with them, during Fairfax County's SpringFest 2013.

Caroline Seitz, Reptiles Alive owner, shows off "Boom Boom the Bullfrog" during her Reptiles Alive live animal education program at Fairfax County's SpringFest 2013.

Families make Earth-friendly crafts at Villiages of Belvoir event

Page A4

BELVOIR Eagle

www.belvoireagle.com

April 25, 2013

Up Front

Body Shop Open

After 10 weeks of renovations, The Body Shop Fitness Center reopens today as of 5:30 a.m. Hours of operation are 5:30 a.m. to 8 p.m., Monday through Friday and 9 a.m. to 5 p.m. Saturdays and Sunday and Federal Holidays.

There will be some minor cosmetic corrections being made in the facility, but those will not delay the opening. Thanks goes out to the patrons for their patience during this construction process. Call (703) 806-3100 for more information.

Road Closure for Abbott Road

Abbott Road will have sections of the road closed now through May 3, 7 a.m. to 5 p.m., to install fire hydrants and complete asphalt paving work. Signs will be placed along the Abbott Road to alert drivers of the road section being closed.

Wear Denim Day

Wear Denim Day is Friday in support of victims of sexual assault.

The Sexual Harassment/ Assault Response and Prevention office asks Soldiers, civilians, community members, elected officials, businesses and students to make a social statement with their fashion statement — and wear jeans (or just something denim) as a visible protest against myths

Community members help clean Richmond Highway

By Tim Cherry
Staff writer

A portion of land belonging to Fort Belvoir is much cleaner today thanks to 63 volunteers who participated in the Richmond Highway Spring Cleanup, Saturday.

Servicemembers, Families and the local community helped fill 70 trash bags with littered items along the portion of U.S. Route 1 between Telegraph Road in Lorton Va., and the Candlewood Suites hotel at 8847 Richmond Highway.

The cleanup, hosted by Fort Belvoir, Mount Vernon-Lee Chamber of Commerce and Candlewood Suites, recognized the nation's celebration of Earth Day.

"We're coming together to make sure our community looks beautiful," said Garrison Commander Col. Gregory D. Gadson of the relationship between Fort Belvoir and local communities during his remarks.

Participants met at the Candlewood Suites for registration at 8 a.m., and to listen to Gadson's opening remarks. Gadson applauded the volunteers for sacrificing personal time to help collect trash.

"We're not distinct communities, we're one community," Gadson said. "It's fitting that we're out here together."

After Gadson's remarks, volunteers split into teams and traveled to various locations to pick up trash.

For safety, the Virginia Department of Transportation provided garbage bags and highly visible safety

See CLEANUP, Page A8

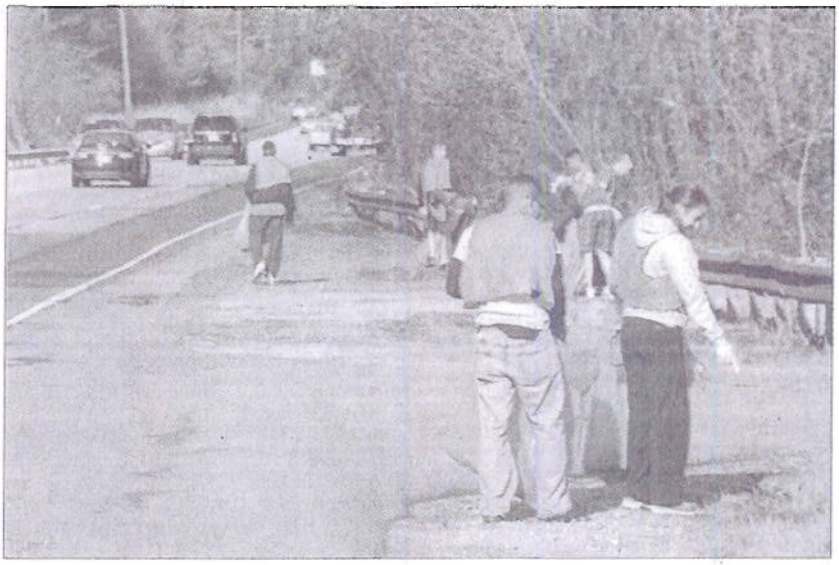

Photo by Marcus J. Wilson Sr.

Marines from the Fort Belvoir Marine Corps Detachment clean up trash along the Route 1 corridor at Fort Belvoir Saturday

Ceremony celebrates

Highway cleanup lets community give back to Belvoir

CLEANUP

From Page A1

vests. Fairfax County Policemen also traveled behind volunteers to force oncoming traffic to travel around the participants. Volunteers collected bottles, cigarette butts, tire rubber and clothing. Participants also picked up broken wood and glass near the highway.

The cleanup makes the area a better place to live, work and play according to Russell Robertson, retired Army colonel and Mount Vernon-Lee Chamber of Commerce member.

"We want to give our military Families and employees a nice play to work and live," said Russell, who attended the event with his daughter Dana. "Even though it may not be the people at Fort Belvoir littering, the trash gives a bad impression of the post. It's important to keep the place clean and have a place people can be proud about."

Dana used the event to gain community service hours for her South County High School Government Class.

"You see it's dirty so you want to come out and help cleanup," Dana said. "It's kind of a shame that trash is left out here."

This is the 43rd Earth Day celebration, according to www.earthday.org. The observance is intended to raise awareness and education on environmental concerns, such as air and water pollution. Earth Day also promotes outdoor activities and the improvement of the world's sustainability for future generations.

The U.S. Army Environmental Command's Earth Day theme this year is "Acknowledge the Past, Engage the Present, Chart the Future." According to the environmental command's website, the goal is to acknowledge the past by improving Army lands and protecting and preserving cultural and historical resources; engaging the present by meeting environmental standards, enabling Army operations, and protecting Soldiers, civilians and Families; and charting the future by institutionalizing best practices and using technology to ensure future environmental resiliency.

The Army's celebration of Earth Day makes people aware of environmental issues such as planting trees, recycling and cleaning watersheds, according to Cynthia Stringfield, Fort Belvoir Public Affairs Office, acting community relations chief. If the cleanup is a credible sign, the annual celebration of Earth Day is positively impacting the community. The 70 bags volunteers collected this year is less than the 88 bags collected by volunteers during last year's cleanup.

"People are becoming a little more aware of the environment," Stringfield said. "This is good because we don't have to work as hard."

The theme and celebration of Earth Day takes on deeper meaning for Fort Belvoir's leadership this year. With the planned Department of Defense-directed civilian employee furloughs impending, Fort Belvoir doesn't have the resources to spearhead this year's clean-up as the installation has for previous events, according to Stringfield.

The Mount Vernon-Lee Chamber of Commerce and Candlewood Suites stepped up and helped ensure the event occurred.

Marine Capt. James McLean, Marine Detachment, Fort Belvoir, commander was happy the event occurred as it allowed him and his unit to volunteer.

"A couple Marines asked about volunteer opportunities so we jumped on this opportunity to help keep America beautiful," McLean said. "It's good to have a day each year to remind us what we should be doing every day. Picking up a piece of trash takes like two seconds."

Photo by Marcus J. Wilson Sr.

Volunteers from 23 organizations on post were recognized at the Fort Belvoir Army Volunteer Corps Installation Recognition ceremony, held at the Fort Belvoir Community Center, Monday.

Volunteers' impact on Belvoir praised

VOLUNTEERS

From Page A1

Reed," said Reynes. "I had no idea the impact one person could make and how much I would rely on our passionate volunteers each and every day. The Red Cross program at Fort Belvoir could not and would not be the same without the more than 350 volunteers who support our programs each and every day."

Zimmerman shared that volunteers help to ease the financial burden on military Families and Belvoir as a whole and that she's "never seen such a committed group of people make a difference like this on a military post."

Daryl Duff, Fort Belvoir Chapel volunteer, has been volunteering as a Sunday School teacher for middle school children for the last 10 years and feels like he is fulfilling his calling by volunteering.

"I like to get into their heads so they understand how much God loves them, even at that age when they are just getting into middle school and haven't come across the issues you begin to encounter in high school," said Duff. "They are still sort of innocent, so I figure if I can instill Christ in them at the critical age before high school that I've done the job I've been called to do."

According to Duff, volunteers fill gaps for the military and provide services that money and policies can't provide.

"It takes a lot of paperwork sometimes to get something done," said Duff. "So, a volunteer sees something that needs to be done and they just do it. You can't stop someone from doing something good unless it's breaking the law."

The reward of volunteering is one reason why Jeanne Howlett, Belvoir Red Cross, CPR instructor has volunteered since 1970.

"We do it to make ourselves feel good," said Howlett. "What you get back when teaching a course in CPR is seeing the light that goes on when they learn the skill, and they realize they can go out and help someone. That's my feedback."

Howlett began volunteering while her husband was in the Air Force because she didn't want to be alone while he was deployed or on an extended assignment. She came back to the Red Cross in 2001 after the Sept. 11, 2001 terrorist attacks to work with disaster relief services.

"My husband was in the Pentagon that day, my daughter and granddaughter were on their way there for a photo op at the Pentagon. I worked a few blocks away and saw the explosion," said Howlett. "I had no control over what was going on and I decided then I would never let that happen again. So, I called the Red Cross and signed up for disaster services and have been doing that since."

Retirees have a responsibility to volunteer, according to Howlett, which is another reason why she has continued to volunteer.

"We have the time and the energy in most cases," said Howlett. "If we don't have the energy, we will get it volunteering."

Now showing at Wood Theater

TODAY
Oz The Great And Powerful (PG), 6:30 p.m.
FRIDAY
The Villages Of Fort Belvoir Housing Event (PG), 6:30 p.m
SATURDAY
Oz The Great And Powerful (3D) (PG), 2 p.m.
Admission (PG-13), 5 p.m.
Identity Thief (R), 7:30 p.m.
SUNDAY
Escape From Planet Earth (PG), 1 p.m.
Oz The Great And Powerful (3D) (PG), 3:30 p.m.
Admission (PG-13), 6:30 p.m.
MAY 2
Jack The Giant Slayer (PG-13), 6:30 p.m.

Wood Theater is in Bldg. 2120 on Abbot Road. Adult tickets are $5 and children's tickets are $2.50. Credit and debit cards may be used for the amount of purchase only. For more information, call (703) 806-5237.

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The Villages
AT BELVOIR

The Villages at Fort Belvoir
Resident Responsibility Guide

Revised 14 August 2013

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  - Lawn Care, Fertilizer, and Water Pollution
- U.S. Consumer Product Safety Commission (CPSC) Publications
  - CPSC Safety Alert - Seven Hidden Home Hazards
  - Childproofing Your Home - 12 Safety Devices to Protect Your Children
- Telephone Number Quick Reference

Pet Waste and Water Quality

KEEP THE STORM DRAINS CLEAN FOR THOSE DOWNSTREAM

Pet waste left to decay on the street or grass, or waste washed into storm drains, is a threat to water quality and public health.

Pollutants from animal wastes can be washed into streams and storm drains during rain or snowmelt. Storm drains around your housing area and elsewhere on the installation usually discharge directly into streams, ponds, or rivers. Are you cleaning up after your pet?

How Do You Dispose of Your Pet's Waste?

Pet waste left to decay on the street or grass, or waste washed into storm drains, is a threat to water quality and public health. When pet waste enters a stream with storm water runoff, it consumes oxygen upon decay. The oxygen reduction can harm aquatic life and adversely affect overall stream health. Pet waste also contains nutrients that encourage weed and algae growth. In addition, pet waste may carry infectious organisms, bacteria, and other pathogens that can make streams and ponds unsafe for recreation.

Are You Risking Your Health?

Improper disposal of pet waste is not just a water quality issue. Pets, children who play outside, and adults who garden risk infection from the bacteria and parasites found in pet waste. Fortunately, there are some simple things you can do to help keep the installation and our streams clean and healthy.

You Can Make a Difference!

Cleaning up after your pet can be as simple as taking a plastic bag or paper cup along on your next walk. But what should you do with the waste you collect? Here are some tips for proper disposal:

Flush it down the toilet.

The water from your toilet goes to a wastewater treatment facility. Special processes there can remove animal waste prior to discharging the water to a stream, pond, or river. Remember to prevent plumbing problems by not flushing rocks, sticks, or kitty litter down the toilet. Cat feces may be scooped out and flushed down the toilet, but used litter should be put in a closed bag for disposal as household garbage.

Bury it in the yard.

Dig a hole or trench that is about 5 inches deep, and away from vegetable gardens, ponds, streams, rivers, ditches or wells. Fully cover the waste with soil. When the waste begins to decay, valuable nutrients are released as fertilizer for nearby plants.

Put it in the trash.

Bag the waste and place the closed bags in the trash.

Around Your Home

For yard pet waste, be sure to clean up areas near wells, drainage ditches, waterways, and storm drains. Promptly remove pet waste from areas where children play. To prevent possible contamination, thoroughly wash hands with soap and water after any contact with pet waste.

Contact the DPW-Environmental and Natural Resources Division at (703) 806-4676.

Improving Storm Water Quality

Lawn Care, Fertilizer and Water Pollution

KEEP THE STORM DRAINS CLEAN FOR THOSE DOWNSTREAM

Natural methods of lawn care in conjunction with chemicals can produce a healthy lawn and protect water quality.

The overuse of lawn fertilizers and weed killers can harm streams, rivers, and ponds. Sole reliance on chemicals is no longer recommended for maintaining a beautiful lawn. Instead, natural methods of lawn care in conjunction with chemicals can produce a healthy lawn and protect water quality. Certain grasses can filter pollutants (fertilizers, herbicides, sediment) and some types can control weeds while requiring less fertilizer and water. Here are some tips:

Mowing

- Don't mow too close to the ground; taller grass produces deeper roots and controls weeds.
- Practice "grasscycling", and leave clippings on the lawn to provide natural fertilization (do not blow them into ditches or streams).
- Do not mow wet grass; this causes clumping.
- Use composted yard waste as mulch and soil conditioner.

Fertilizers

Fertilizers contain nutrients (nitrogen and phosphorus) that can harm water quality by causing undesirable plants to grow in streams and ponds, blocking oxygen from the fish. Fertilizers high in nitrates (nitrogen) are more likely to enter streams because they are released more quickly. Here are some best management practices:

- Apply according to label directions. Do not apply fertilizer:
  - when the ground is frozen.
  - before or after heavy rain or irrigation.
  - during cold weather (less than 55 degrees Fahrenheit).
  - directly into, or near, streams, ponds, or ditches.
- Minimize application rates on slopes.
- Use fertilizers labeled "slowly-available nitrogen" on sandy soils, since they are less likely to enter streams.
- Base fertilizer applications on a representative soil test that shows the amounts of nutrients in the soil, waiting three to four weeks after the last fertilization.
- Aerate compacted soil to aid incorporation of fertilizer and reduce runoff.
- Maintain a vegetated buffer zone between frequently fertilized lawns and streams to prevent pollution and provide uptake of nutrients.
- Water carefully to prevent runoff and leaching.
- Water in the early morning for optimal results.
- Follow local applicable water use restrictions.

Contact the DPW-Environmental and Natural Resources Division at (703) 806-4676.

Improving Storm Water Quality

Residential Curbside Recycling In Fairfax County

The same materials will now be collected at the curb by all solid waste companies in Fairfax County.

Recyclables should be empty and clean; no food or soiled materials.
Yard Waste should be in paper bags, clear bags, or a reusable container.

Recycling YES

IN THE BIN

- Plastic bottles & jugs ONLY: Check for the neck!
- Metal food containers
- Pill bottles
- Glass bottles and jars
- Soda bottles & cans

IN BIN, BAG OR CONTAINER

- Junk mail, magazines, mixed paper and catalogs
- Flattened cardboard
- Newspapers
- Phone books
- Cereal and cracker boxes

YES AT THE CURB

- Grass
- Leaves
- Brush

Recycling NO

- Yogurt, dairy tubs
- Plastic bags
- Styrofoam packaging
- Plastic food boxes or trays
- Aluminum foil & trays
- Foam take-out containers
- Pizza boxes
- Hard back books
- Paper plates & napkins
- Lids, caps, tops
- Ceramics
- Lightbulbs
- Prescription vials
- Pots & pans
- Alkaline batteries

NO AT THE CURB

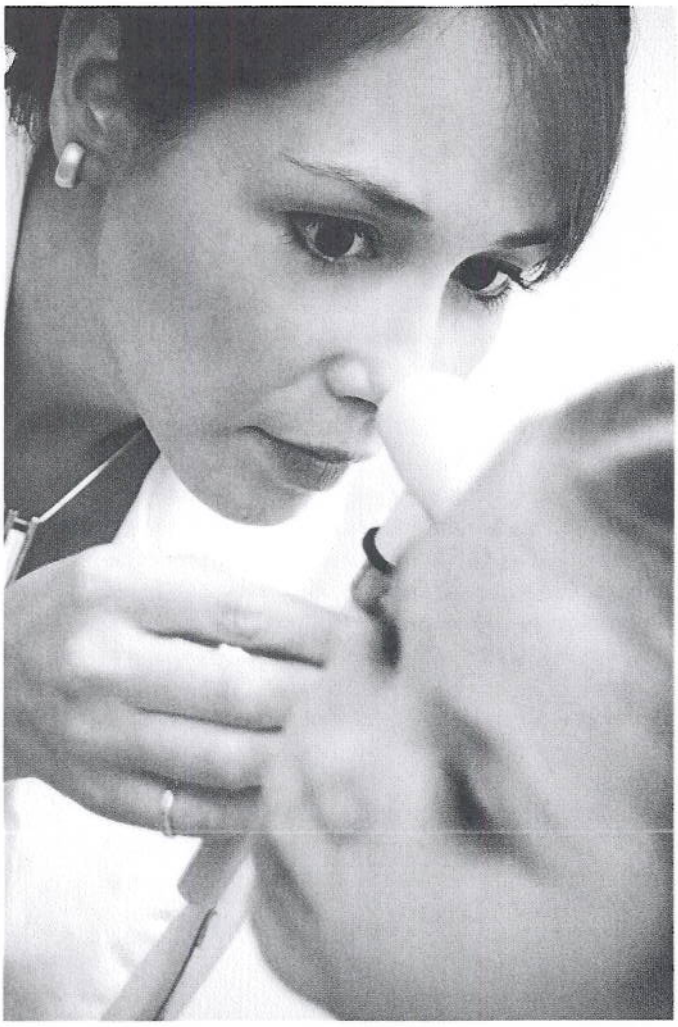
- Propane Tanks
- Rocks
- Bricks
- Logs over 6 inches

Call your hauling company for more information. For County information: http://www.fairfaxcounty.gov/dpwes/recycling

FORT BELVOIR

Leaders in Excellence

2013 Post Guide & Telephone Directory



Fairfax Health Center is a family clinic of Fort Belvoir Community Hospital which serves the communities of Annandale, Centreville, Fairfax and Vienna, as well as parts of Burke and West Springfield. Patients must be registered with Fairfax Health Center prior to seeking care at the clinic. Active-duty service members enrolled at Fairfax can call (571) 432-2700, Monday through Friday beginning at 6 a.m. to schedule same day military medicine appointments.

To learn more about Fort Belvoir Community Hospital, visit the website www.fbch.capmed.mil

PUBLIC AFFAIRS

The Fort Belvoir Public Affairs Office is the primary conduit for news and information about Fort Belvoir to the military and civilian communities. The office also serves as the primary liaison to local service organizations and elected officials.

The Community Relations Division operates a robust outreach program to the local community, including local schools, chambers of commerce, other civic groups, and the Eleanor U. Kennedy homeless shelter. The division operates a Speakers Bureau Program through which Fort Belvoir military and civilian employees are encouraged to serve as guest speakers at local events. For more information about Fort Belvoir community relations programs, call (703) 805-2034.

The Media Relations Division serves as the entry point for all civilian media desiring information about, or access to, Fort Belvoir. Civilian media are not allowed access to Fort Belvoir without a Public Affairs escort. For more information about media opportunities at Fort Belvoir, call (703) 805-2402.

The Command Information Division is responsible for providing news and information to the Fort Belvoir workforce and community. The division publishes the weekly installation newspaper, the *Belvoir Eagle*, which is delivered to homes and offices on post. It is also available in newsstands at AAFES facilities, the commissary, and other high-traffic areas on post. For more information about the *Belvoir Eagle*, call the editor at (703) 805-2942. The Command Information Division also manages the installation Web site at www.belvoir.army.mil, and the Fort Belvoir Information Hotline at (703) 805-3030. Traffic, construction, weather and emergency information is also available on Fort Belvoir's Emergency Alert Radio system, available at 1610 AM.

In the event of severe weather or other emergencies, Fort Belvoir's operating status is posted online at www.belvoir.army.mil and on the Fort Belvoir Information Hotline at (703) 805-3030. Information is also provided to local television and radio stations for broadcast. Employees with questions about the post's operating status should check with these sources, or contact their immediate supervisors.

RECYCLING

Fort Belvoir has an active, award winning recycling program in which each person living or working here can be proud to participate. Recycling is mandatory per Fort Belvoir policy for all residences, office buildings, and tenant organizations.

Recyclables are collected from family housing areas every Monday (except federal holidays). Residents should place newspapers; clear, green and brown glass; aluminum and metal cans; and #1 and #2 plastic bottles in the green bins provided with quarters at the curb by 7 a.m. Please rinse food containers and remove lids from glass and plastic containers. No additional sorting is required.

Office building collection operates Monday through Friday in more than 215 buildings. Look for the collection boxes in each building for white paper, mixed paper, newspaper, aluminum cans, glass containers and plastic bottles. As with family housing, please rinse all beverage and food containers and remove all lids from these containers.

Cardboard can be deposited in any one of the green card-

board collection dumpsters located across post - please make sure that the cardboard is broken down and inserted through the slot. The Recycling Center, Bldg. 1089, collects all of the items listed above, as well as cardboard, phone and other old/used books, plastic bags, laser toner cartridges, waste motor oil, and scrap metal. Additionally, the Recycling Center is the household hazardous waste collection point. Materials collected through this program are lead-acid batteries, oil based paint, herbicides and pesticides. Please make sure all materials are in their original containers and that waste oil does not contain any fuel or other contaminants.

Recycling Center hours are Monday through Saturday, 7 a.m. to 4 p.m., and Sunday, 7 a.m. to noon. For additional information call the Recycling Program coordinator at (703) 806-3008, or the Environmental and Natural Resources Division at (703) 806-4007.

RED CROSS

The American Red Cross provides a 24 hour emergency communication link between Soldiers and their family members, access to financial assistance in times of emergencies, disaster assistance, and information and referral services. A full range of disaster and health and safety courses, including babysitting and CPR/AED training, are available as well as many opportunities give back to the Fort Belvoir community as a volunteer.

Through the American Red Cross Hospital Outreach Program, we are able to provide volunteer and material support to America's wounded, ill and injured service members, veterans and their families. Active duty members, retirees, spouses and civilians give their time in support of Fort Belvoir Community Hospital with volunteers providing assistance in various clinics throughout the facility.

The Red Cross is located at 9716 Middleton Road, Bldg. 1161, and in the Oaks Pavilion, Room O1.207 in Fort Belvoir Community Hospital. For more information, please call our office at (703) 805 2057 or (571) 231-4160 between the hours of 8am to 4pm Monday through Friday. For military emergencies please call toll free (877) 272-7337.

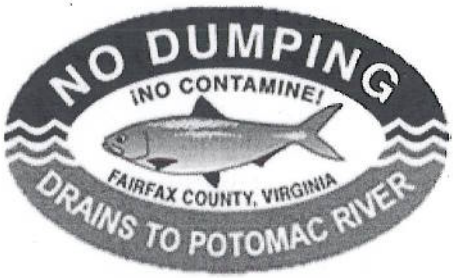
RETIREMENT SERVICES

The Retirement Services Office provides a full range of retirement services including pre-retirement counseling and post-retirement activities. The office sponsors an annual retiree activities day open house conducted in September, an

PROTECT OUR WATER: ONLY RAIN IN THE DRAIN!

What are we doing?

On 27 April 2013, Cub Scout Pack 118 is performing a conservation project here on Ft. Belvoir. Scouts from the Pack will be marking all of the storm drains in the River and Woodlawn Villages with 'No Dumping' labels. The drains in these villages flow into the Potomac River and the Chesapeake Bay and the markers are intended to remind residents about the impacts of storm drain dumping.



Want to know more?

If you have any questions about possibly having your own storm drain marking project, or if you have any questions about this project, you can contact Watershed Specialist Lily Whitesell, Northern Virginia Soil and Water Conservation District, 703-324-1423 or Ft. Belvoir Natural Resources Division Officer Kevin Walter at 703-805-3969.

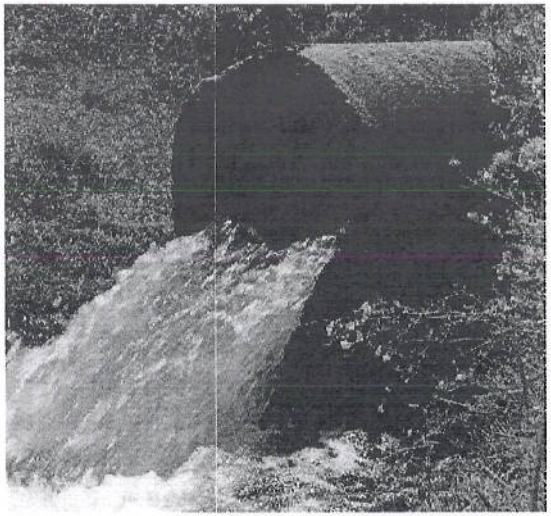
Did you know that one gallon of oil can pollute two million gallons of water?!?!?!

Be part of the solution, not a part of pollution!

This project is authorized by the Directorate of Public Works on Ft. Belvoir, Pinnacle Housing, the Northern Virginia Soil and Water Conservation District, and the Virginia Department of Transportation.

For More Information:
Call Toll-Free: 1-877-42WATER
Email: pco@dcr.virginia.gov
Or Visit The Following Websites:
County:
www.fairfaxcounty.gov/nvswed/stormdrained.htm
State:
www.dcr.virginia.gov/soil & water/index.shtml
Chesapeake Bay: www.cbf.org
Hazardous Waste: www.fairfaxcounty.gov

STOP
Non-Point Source Pollution!



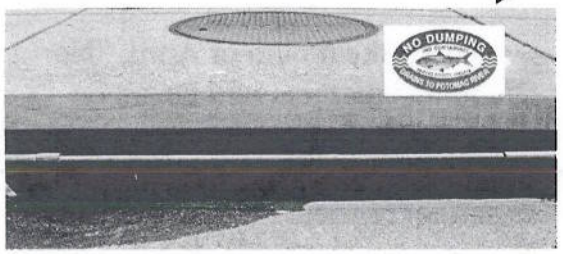
During the month of April, "No Dumping" markers will be put on the storm drains in your neighborhood. It is a simple but important reminder that we all need to keep our storm drains free of litter and pollution.

Know your watershed. Learn more about how land in your watershed is used and how this affects its waterways. Knowledge is power!

Why mark storm drains?

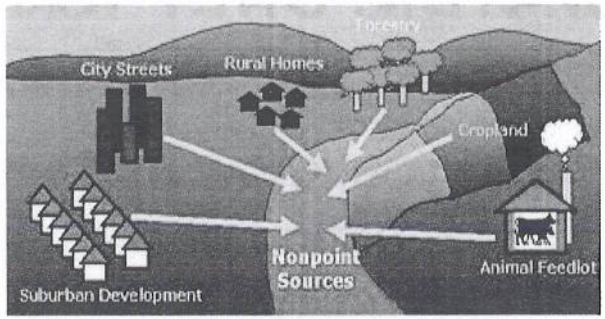
Storm drains were built to prevent flooding of roads and neighborhoods by carrying rain and snowmelt water from the streets. Water flowing into storm drains is NOT filtered or treated, as many people believe. STORM DRAINS CONNECT DIRECTLY INTO OUR WATERWAYS.

Our storm drains empty into Dogue Creek and Gunston Cove, which flow to the Potomac River. Some of our storm drains also discharge directly into the Potomac River. All of the stormwater in these areas is carried into the Chesapeake Bay. Markers on each storm drain will remind us all to keep storm drains and our streams and lakes free of trash, pet waste, motor oil, paint, and other polluting chemicals.



What is NPS?

Non-Point Source Pollution (NPS) is contamination of our waterways that results from the everyday activities of walking pets, fertilizing the lawn, and littering. When there is rainfall, these pollutants are washed away and flow down the storm drain into our waterways. Since all of us, whether we are aware of it or not, contribute to NPS, it is the biggest threat to our lakes, ponds, and rivers.



Types of NPS:

- **Sediments (bare soil, sand)**
  These are particles of soil that are carried by storm water into waterways. In our area, it is mainly caused by erosion resulting from development. Grow native plants and use mulch on bare soil.

- **Nutrients (fertilizers, yard debris)**
  These are substances that help plants grow but are harmful in excess. Limit fertilizer use and compost or bag yard debris.

- **Pathogens (animal/human waste)**
  These are microorganisms that can cause disease. They are mainly bacteria that must be kept out of waterways.

- **Toxics (pesticides, soap suds, salt, lead-based paint, motor oil)**
  These are chemicals that can harm both humans and wildlife.

Effects of NPS:

- All NPS have the potential to impact our drinking water
- Impairs and destroys aquatic life.
- Nutrients over-enrich waterways that cause algae blooms that deplete oxygen necessary for aquatic life.
- Sediment and too much algae block sunlight by clouding water.
- Sediment clogs breathing gills of fish, mollusks and insects that live on the bottom of rivers, streams, and lakes.

How can you help?

- Make sure nothing goes down the storm drain except water. Dispose of pet waste in trash cans accordingly.
- All Fort Belvoir housing household hazardous waste items (from lawn and garden chemicals, used oils, paints, etc) should be taken to the Pinnacle disposal site at Building 1108 (703-781-3002).
- Practice bay-friendly lawn care. Do not fertilize or mow right before rain and compost yard debris.
- Apply lawn and garden chemicals sparingly and according to directions.
- Be aware of street litter. Recycle cans and bottles in the road and throw away candy wrappers, cigarettes, styrofoam and plastic bags.
- If you see hazardous wastes like paint, pesticides, or motor oil dumped in storm drains, report it to Fairfax County at 703-691-2131, TTY 711.

Prevent and report storm drain dumping!

Storm Drain Education Project Reporting Form

Please complete this form and return it and a project area map to NVSWCD along with your supplies. Thank you for helping to protect our streams and the Chesapeake Bay!

Project Leader: Keith Maly	
Project Area: Woodlawn and River Villages, Ft. Belvoir VA	
Community Contact(s): Mr. Kevin Walter, Ft. Belvoir Natural Resources Division (Name, Phone, Email) 703-805-3969; kevin.e.walter8.civ@mail.mi	
Total Volunteers: 68	Total Volunteer Hours: 210
Storm Drains Labeled: 98	Homes Educated: ~500
Labeling Start Date: 4/27/13	Project Completion Date: 4/27/13

Please list all the streets where you/your group labeled storm drains. Tax map #s are on your project map.

Tax Map #:	Street Names:
	Woodlawn Village: Plantation Drive, Boxwood Ct South, Dairy Ct, Stable Ct, Wolf House Ct South, Mansion Ct.
	River Village: Hudson Road, Potomac Loop, York Road, James Road, Shenandoah Road, Rappahanock Road, Delaware Road