



Earth Day draws several hundred local students

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Commander's Column

by Lt. Col. David A. Meyer



Team AP Hill,

Its springtime and things are starting to bloom on post. The past 60 days have been a time of constant development. Renovations on the buildings in Wilcox camp, improvements to several of the ranges and the construction of display pads in the Headquarters area are a great example of the constant care and maintenance it takes to

run a post as large and diverse as ours. Combined with the great work of the Environmental and Forestry folks to keep the training area in shape it is easy to see how hard the Garrison Staff works every day.

The summer surge has officially started! Even though this past winter wasn't much of a break, one need only look around post to see that our Operational Tempo is picking up speed. Whether a battalion of Marines or a company of Soldiers, we will spend every day until October providing for their needs. Remember that our customers always mean well but frequently lack the experience and knowledge necessary to anticipate their problems. Help them help you by providing the benefits of your wisdom, years of experience and knowledge. I promise they will appreciate it, I know I always do.

March was Women's History Month and April is both the Month of the Military Child and Sexual Assault Prevention and Awareness Month. All of these very-worthy causes are examples of the range of issues we face every day. Taking care of our employees and their families is one of our top priorities and I count on every one of you to take action in your workplace to ensure that everyone is treated with the

dignity and respect they deserve and that issues are brought up immediately.

Congratulations to the Environmental team for another very successful Earth Day. This great event is quickly becoming a regional standard for how to promote awareness and educate our youth to ensure our post and our world stay habitable forever.

On May 5 we will have a town hall meeting for all employees. I hope to see as many of you there as possible. As always, ask me anything you want and I'll answer everything I can.

The 2015 NFL Draft is next week. I wish good luck to all your favorite teams and I hope the Cowboys draft pick turns into a bust and the Redskins draft a quarterback. It is just 107 days until the Hall of Fame game and the 2015 season. If nothing else, the Philadelphia Eagles choice to put Tim Tebow back on the field should be entertaining. If only the Cowboys had drafted him...

Command Sgt. Maj. Ho and I are grateful and humbled to be part of this team. Every day we are impressed and amazed at your hard work, creativity and dedication. We have a reputation for success that reaches to the highest levels of the Army. That reputation is because of you and your constant hard work. Be proud of that fact, but be mindful that our customers now expect nothing less and we must strive to improve everything, even the things which are working well.

If you see me or the CSM around post, never hesitate to come up and say hello. Our interactions with all of you and our customers are always the best parts of our day.

Sustain, Support and Defend



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Garrison Commander
Lt. Col. David A. Meyer

Public Affairs Officer
Bob McElroy

Command Sergeant Major
Command Sgt. Maj. Weiquan A. Ho

Public Affairs Specialist
Michael Meisberger

CSM Corner

by *Command Sgt. Maj. Weiquan A. Ho*

Team A.P. Hill,

I hope you are enjoying the warm-sunny spring weather after a harsh winter season. Fort A.P. Hill is getting busier as the weather warms and Annual Training season approaches. As a Regional Training Center with a staff of 200 plus, we have one third fewer people than the National Training Center in California and less than half of the Joint Readiness Training Center in Louisiana. However, Fort A.P. Hill staff has supported training for more warriors than each of those locations. Lt. Col. Meyer and I continue to be amazed by your efforts and we appreciate what you do every day to support our warriors. Since the last edition of Up and Down the hill, we attended the yearly Installation Management Command Garrison Commander’s Conference and the garrison has conducted its own strategic planning and leadership seminar.

The Garrison Commander’s Conference facilitated dialog between all the IMCOM garrisons and was essential in helping them to understand the challenges they face closing the gap between policy, programs, standards and execution. IMCOM leadership re-emphasized that we will continue to have budget constraints into the future. In order to meet mission requirements, balancing a mission perspective with hands-on ability will be critical to assist garrisons through the tough financial choices ahead. At no point during the two-day event, were a reduction in force or sequestration discussed. We have to stay engaged with the local community and continue to seek opportunities for partnership. As always, Human Capital remains the key to our future mission success. IMCOM must continue to develop the right depth and breadth of subject matter expertise to execute installation management core competencies. We must invest in the mid-level management and build the bench.

Internal to Fort A.P. Hill, we conducted a strategic planning and a leadership seminar that involved garrison supervisors and directors. Mr. Brian Taylor and Mrs. Dianne Smith of the Plans, Analysis and Integration Office led strategic planning sessions which provided an opportunity to review our mission and vision to ensure that they are aligned. The sessions clarified the outcomes we wish to achieve and identified strategies that will en-

able the garrison to achieve our goals and stay relevant. Mr. Mike Earl, the director of Plans, Training, Mobilization and Security organized the two-day leadership seminar which aimed to enhance the leaders in our organization. It was encouraging to see the involvement and interaction between folks from different directorates. Effective communication remained a topic of discussion during the strategic planning and leadership seminars. We communicate very well within directorates but as a small garrison we communicate poorly outside of our directorates. We can improve immensely when communicating with different directorates. These events facilitate interaction, especially at the leadership level. Organizations who communicate often and effectively are less prone to make mistakes or have misunderstandings. We have all played that children's game where we whispered something into one person's ear who did the same to the person next to him and so on to the last individual in line. At the end, that person repeated what she heard and it was almost always far different from the original statement. Good leaders keep their superiors and subordinates informed. When we communicate effectively, it minimizes conflict between directorates and builds morale within the organization.

Lastly, Lt. Col. Meyer and I would like to recognize our Fort A.P. Hill Security Manager, Mr. Brian Glusing, for winning First place for Operational Security in the Army Level Individual Achievement Award Category. It is a very significant achievement and we’re glad to see that the Army recognizes Brian’s outstanding work. It is good to see that A.P. Hill can take on and compete well with the entire Army; kudos to A.P. Hill for sustaining excellence in spite of staffing structure and resource shortfalls. Team A.P. Hill, thank you for all you do to support our warriors and keep up the good work.



You can have brilliant ideas, but if you can't get them across, your ideas won't get you anywhere. — Lee Iacocca

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On the cover, Fort A.P. Hill celebrated the 45th annual Earth Day on April 23 at Beaverdam Field. About 800 students from Caroline County and other area schools visited the post to learn how to preserve and protect the environment from the 55 vendors who set up displays.

This edition's cover photo collage is by Bob McElroy USAG Fort A.P. Hill Public Affairs Office

45th Anniversary

Earth Day celebrates clean air, land and water

By Olivia Mills
 Directorate of Public Works
 Environmental and Natural Resources Division

It was the age of Rachel Carson's "Silent Spring" 1962, the passing of the Clean Air Act 1963, the Water Quality Act 1965, and Apollo 8's first photograph of Earth from space, 1968. However, such positive environmental developments were not without their tragedies. Events such as the 1969 oil spill in Santa Barbara California covering over thirty-miles of beach in tar, or the five story high oil and chemical fire igniting the Cuyahoga river, though cataclysmic, were kindling for an environmental movement. Seeing the potential public energy from both the growing awareness of man's relationship with the environment and the current student anti-war protests, U.S. Senator, Gaylord Nelson, attempted to channel this spirit into spotlighting environmental issues on the political agenda. With the help of Republican Congressman, Pete McCloskey, national coordinator, Denis Hayes, and a few college graduates, the planning for an environmental teach-in day began.



Maj. A.J. Wagner (left), an Environmental Health Engineer at U.S. Army Public Health Command Region-North, Fort Meade, Md. Discusses water monitoring, sampling and testing techniques with students at Fort A.P. Hill's 2015 Earth Day celebration at Beaverdam Field. The event attracted nearly 800 students, teachers and friends as well as vendors such as the Rappahannock River Valley National Wildlife Refuge, the National Wild Turkey Federation, Gateway Beekeepers foresters and more.

U.S. Army photo by Bob McElroy

The following year, President Nixon addressed the crucial environmental issues the nation was facing in his State of the Union Address. And, on April 22, 1970, twenty million people united in the largest demonstration in American history, finally giving the environment a consequential spot in the political realm.

Forty-five years later, Earth Day continues to grow. Globally, since 2007, people take action on environmental awareness by turning their lights off for one hour in a World Wildlife Fund event known as Earth Hour. Along with such major landmarks as the Eiffel Tower, the Acropolis, the Sydney Harbor Bridge and even Times Square flipping the switch, you too can join the millions of people in more than 7,000 cities and over 150 countries this March 28, at 8:30 p.m. At Fort A.P. Hill, since the 1990's, we also have celebrated Earth Day. Within the past four years especially, it has become an event you don't want to miss. Organizations such as the National Wild Turkey Federation, Alliance for the Chesapeake Bay, the National Park Service and the Sierra Club are represented. Local schools send hundreds of students for the opportunity to have interactive educational experience.

Environmental Heroes recognized — At the second quarter Environmental Quality Control Committee meeting, March 13, the Environmental and Natural Resources Division recognized the several individuals for their contributions to the Fort A.P. Hill's environmental and energy programs: Shawn Cottingham, Directorate of Emergency Services for demonstrating exceptional communication in coordinating with ENRD on hazardous materials. His efforts support the installation's commitment to conservation and environmental stewardship. Deputy Fire Chief Thomas E. Acacia for his initiative and dedication ensuring fire department employees are well informed about environmental requirements. His high standards of performance ensured that the installation maintained its excellent environmental compliance record.

Thank you Environmental Heroes for your dedication and support!! If you know of an employee that is a steward of the environment and supports environmental practices, please let us know! Contact ENRD at 804-633-8255

Fort A.P. Hill Environmental Division, Virginia state biologists capture and study Bald Eagles

By Olivia Mills with input from Ben Fulton
Directorate of Public Works
Environmental and Natural Resources Division

The Virginia Department of Game and Inland Fisheries went fishing at Fort A.P. Hill except the squirming worm is a road kill deer carcass, the old reliable fishing pole is a rocket net, and the catch of the day is a Bald Eagle (*Haliaeetus leucocephalus*). In their attempt to lure our native bald eagles to a bait site, we hosted VDGIF for their research. For the first week, fake rocket nets were placed near the site to get the eagles accustomed to their presence and comfortable with swooping in for a meal.

Like that first tug on a fishing line, at around 2 p.m. on Feb. 10, the rockets were fired and the net released over the first capture, an adult female bald eagle. Immediately, VDGIF biologists, Kevin Rose and Eric Frank, ran from the nearby blind and secured her.

Bald eagles are well-armed predators, equipped with talons having a grip strength of up to 400 pounds per square inch (compared to 20 pounds per square inch for a human hand) and a curved beak designed for ripping through thick hide.

The biologists identified the eagle as an adult female due to her larger size her lack of mottled feathers. They wrapped her talons in soft tape and fitted a leather mask on her head to calm her and protect the biologists.

The eagle secure, they drove her to the Fort A.P. Hill Forestry Department and sampled her blood for heavy metal content. Additionally, they recorded her beak, talon, wing and weight measurements.

Throughout this process, she remained at ease, as the mask blocked her sight. While Rose secured her, Frank fitted a solar-powered pack to her abdomen measurements. The pack tracks the eagle's nesting activity. After the measurements and data were recorded, she was returned to the capture site.

Before releasing her, they measured her wings and made a final check on her pack's fitting. For the Forestry team and



Virginia Department of Game and Inland Fisheries biologists, Kevin Rose and Eric Frank measured this female eagle's beak, talons, wings and weight as part of an on-going study of the birds. The eagle is wearing protective tape around her talons and a leather mask to calm her and protect the biologists.

Photo by Olivia Mills

biologists, it was a bittersweet farewell, seeing such a marvelous creature fly to the treetops, but for the eagle, it may take a while before she has a taste for road kill deer again. She was the first of two adult and one juvenile bald eagle the VDGIF biologists captured and released for their study.

RECYCLING TIP

**Have hard to recycle waste that would otherwise go to the landfill?
Visit terracycle.com to learn more about turning trash to treasures**



What's blooming? The Jack-in-the-Pulpit

By Robert H. Floyd
Directorate of Public Works
Environmental and Natural Resources Division

Jack-in-the-Pulpit (*Arisaema triphyllum*)

Spring is here and that means it's time for one of my favorite plants to start blooming—the weird and wonderful Jack-in-the-Pulpit! When you first gaze upon this plant you might not immediately recognize what you're looking at, but I assure you, that the weird looking cup-like structure is in fact a special type of flower.

An attractive green or purplish-brown, generally striped, sheath or spathe folds around and over the top of a central club-shaped structure called the spadix or the Jack. Whatever botanist gave this species its colloquial name apparently thought this flower resembled a preacher, a Jack, sitting atop a canopied pulpit.

At Fort A.P. Hill you can find Jack-in-the-Pulpits growing in shaded swampy areas or along shady streams. This species is also sometimes referred to as

Indian Turnip, but take my word for it: Don't eat it!

All parts of this plant contain calcium oxalate crystals which when ingested cause extreme irritation, swelling and sometimes difficulty breathing. When I was a rookie botanist in the first year of my career I was unkindly led to believe that the root was okay to eat and

was the reason for the name Indian Turnip. After taking a very small bite—not truly believing the person putting me up to the task—I immediately felt a sensation similar to having bitten into a large pin-cushion. Touching it with your hands or shifting around leaves to get a picture is completely harmless, but trust me when I say, do not put this plant in your mouth—it can really hurt!



The Jack-in-the-Pulpit blooms in March and April and can be found in shaded, swampy areas or along shady streams in Fort A.P. Hill's forests.

Photo courtesy of the University of Tennessee Herbarium

Jack-in-the-Pulpits are some of the prettiest, most peculiar-looking flowers in the forest. Native Americans used to collect the roots of these plants to use for medicinal purposes, but they definitely didn't snack on them. Because this plant blooms from March to April, it's one of the first signs of spring and can be found relatively easily in the wetlands of Fort A.P. Hill.

Lagoon repairs result in energy and money savings—It's not every day that a company finds a way to reduce energy usage by 74 percent, but that's what American Water achieved when they improved their wastewater lagoon operations at Wilcox Camp. American Water identified that the two lagoons at the Wilcox Wastewater Treatment Facility lost more than 25 percent of their volume due to the settlement of solids over the years. Under their Repair and Replacement Program, they cleaned, re-graded and re-lined the main lagoon to provide enough capacity to meet their operational needs. The second lagoon is offline but is ready to meet future demands. American Water also evaluated their lagoon operations and included mixers to supplement the aerators. The old lagoons had ten aerators running 24/7, but now four smaller mixers run 24/7 and a single larger aerator runs six hours a day. These improvements combined to save over 350,000 kilowatt hours of electricity and \$34,800 per year. American Water also replaced two aerator blowers with high-efficiency units saving 14,900 kilowatt hours and \$14,600 per year—a 57 percent reduction. It should be noted that American Water is provided electricity per their contract, so these savings go to Fort A.P. Hill.



Courtesy photo

Submitted by Troy Smith, Directorate of Public Works, Environmental and Natural Resources Division

Lincoln assassination-150 years later

Conspiracy, murder and a manhunt in rural Virginia

By Olivia Mills with John Mullin
 Directorate of Public Works
 Environmental and Natural Resources Division

Conspiracy, murder and manhunts are probably not words that come to mind when you think of rural, laidback Bowling Green, Va. However, turn back the pages of history 150 years and these rolling farmlands and forests could tell us a different story. Beneath their April foliage, the trees might whisper of two men fleeing on horseback. One rider, dashing handsome, yet wincing at the pain reverberating in his leg with each gallop of his horse, his partner, carrying a deep-seated expression of fear and paranoia. The injured man, John Wilkes Booth, equivalent to today's Brad Pitt, was one of the most-famous, wealthiest actors of the day and he had just assassinated the president.

Twelve days earlier, President Abraham Lincoln and his wife, Mary Todd Lincoln, retired to their presidential viewing box at Ford's Theater in Washington D.C., ready for an evening of laughter and respite. With the war ending just two months before, it was a much-needed time of recuperation. Lincoln's presence at the theater drew a sold-out crowd of those in hopes of catching a glimpse of the man



his wife described as "...not...as handsome a figure, but... his heart is as large as his arms are long." Lincoln's attendance at the play also caught the attention of Booth. Fueled by his desire to support the southern states and use Lincoln's death as leverage for the south to get what it wanted, Booth's final, most dramatic performance left an indelible mark in national and local history.

In pursuit of the man who shot Lincoln, the 12-day manhunt concluded in a 24-hour long ride that led the Union Soldiers to the Star Hotel in Bowling Green. Inside, holding Willie Jett at gunpoint, the Soldiers persuaded Jett to reveal the hiding place of Booth and his co-conspirator. Backtracking the Rolling Road about seven miles, Jett revealed Booth's final shelter—the Garrett Farmhouse. The exhausted Soldiers made short work of Booth's challenging repartee with them from inside the barn. Setting the barn aflame to smoke Booth out,

a sudden gunshot rang amongst the crackling of the barn and Booth fell to the ground. Paralyzed, he was dragged out and died early the next morning on the Garrett porch. Today, a historical marker at the Garrett House foundation stands just along the border of Fort A.P. Hill. Garrison Cultural Resource Manager, John Mullin states that "though the land is privy to weekend bus tours, it is federal land not open to the public."

Directorate of Public Works clean up of diesel spill saves time and money—When a mechanical valve failed at the bulk Petroleum, Oil and Lubricants Facility on March 31 it released about 200 gallons of diesel fuel into the environment. Although the spill didn't reach surface waters or impact training it needed to be cleaned up before it caused damage to the soil or water. The Fort A.P. Hill Directorate of Public Works sent in crews to clean up the site. They excavated and remediated 116.2 tons of contaminated soil as well as 71 tons of riprap. The clean up and restoration took four days and cost DPW about \$59,000. Had they employed an emergency clean up contractor the cost would have been considerably higher, about \$247,000. By using A.P. Hill DPW the post saved \$188,000. Post clean up testing of the site determined it had been cleaned according to Virginia Department of Environmental Quality Regulations.



These photos show the site before (left) and after (right) the Fort A.P. Hill Directorate of Public Works clean up the diesel oil spill.

By using DPW crews instead of a contractor, the post saved \$188,000.

Courtesy photos



Fort A.P. Hill Fish and Wildlife staff endeavors to strengthen the post's deer population

By Olivia Mills with input from Ben Fulton
Directorate of Public Works
Environmental and Natural Resources Division

If you were among the many others this past season, trekking the woods before dawn and holding up in the winter chill waiting for a deer to cross your sight lines, you may have noticed a decline in the Virginia deer population. All over Virginia and even some surrounding states, deer populations have decreased, and from a hunting perspective, it was evident. Essex County local and Fort A.P. Hill intern, Brandon Chenault said that, compared to years past, the population drop was “very noticeable.”

According to the deer report numbers at Fort A.P. Hill, the final count for the 2014 season, which ended Jan. 3, was 479. The deer harvest in 2012-13 was 617 kills, in 2013-14 it was 839 kills.

Fort A.P. Hill Senior Wildlife Biologist, Ben Fulton, said the population decline is due to the lack of fawn recruitment (surviving fawns), Epizootic Hemorrhagic disease, a harsh winter and predation. EHD is a disease deer contract from a biting midge in the summer; it kills the deer by the fall. This disease, a particularly harsh winter and low acorn production from two years ago still affects the recovering deer population. Coyote predation has also reduced the deer numbers. In an attempt to improve population growth, doe



The deer population on post has declined in recent years due to disease, predation and reduced food supply. Fort A.P. Hill Fish and Wildlife is working to increase the deer population.

Photo by Olivia Mills

days have been consistently cut back within the past five years. In ideal conditions on post, a healthy deer population will allow for a minimum harvest of 1,000; Fort A.P. Hill Fish and Wildlife is working to get to that goal. The upcoming year is not projected to have a substantial increase, but Fort A.P. Hill will continue to cut back on doe days in to strengthen the deer population.

Remote Automatic Weather Station provides key info to Forestry—

The top three ingredients to consider for a prescribed burn are: weather, fuels and topography. Of the three weather, has multiple components that a Burn Boss will consider prior to starting prescribed fire operations.

Weather variables such as temperature, humidity, wind speed and direction, solar radiation, barometric pressure, fuel moisture and precipitation are all reviewed for fire weather conditions. Forest technician and prescribed burning specialist, Chris McClelland, has worked with prescribed burns for six years, the past two, at Fort A.P. Hill. One of the primary tools he and the Forestry staff use on prescribed fires is the Remote Automatic Weather Station. There are five solar-powered units located on the installation for maximum coverage. The permanent sites are located at the Explosive Ordnance Disposal School, DELOS, Training Area 15A, and Controlled Area 14B. The fifth RAWS is a portable quick-deploy unit that can easily be moved from one location to another and is currently at Anderson Camp.

Each RAWS has with sensors that record weather variables and transmit them via satellite to the Weather Information and Management System. From WIMS, weather information is sent to weather providers and is available for anybody to use.

"These units provide feedback that will allow us to determine the Fire Danger Rating for the installation," McClelland said. "The Fire Danger Rating for an individual day will not only assist Forestry in determining how, when and if to burn, but will help Range Control determine when and where to fire certain types of weapons as well as assist the Fire Department with staffing levels."

In February, with the help of Forest Technology Systems, Ltd., all RAWS underwent annual maintenance to upgrade sensors and software. To view these stations and weather conditions, click on the station name (all stations begin with FAPH) under Caroline County at the following website:

http://raws.wrh.noaa.gov/cgi-bin/roman/raws_ca_monitor.cgi?state=VA&rawsflag=2



The Remote Automatic Weather Station has sensors to record and transmit weather information via satellite.

Courtesy photo



Controlled burns reduce the risk of wildfire, control vegetation

Fort A.P. Hill Forestry began its spring controlled burns on March 18 on the southern part of the post. The controlled burns reduce fuel and control vegetation in training areas and ranges; they also help to reduce the risk of wildfires on the installation and from fires spreading off post.

Among the devices the Forestry crews use is the Terra Torch (above), a gel-fuel ignition system that shoots a thickened mixture of gasoline, diesel and water into an area to start a fire. Crews also use hand-held igniters.

To date Fort A.P. Hill Forestry crews have burned nearly 17,000 acres at various sites on post, according to Larry Capelle, Installation Forester. The burn season ends on April 30.

U.S. Army photo by Bob McElroy

Protect your personal information on social media sites—Enemy actors use information compiled from social media sites to victimize or harass American citizens associated with the U.S. military. To provide a measure of protection and make yourself a harder target, consider using the following tips for your social media sites:

- Social media sites allow all of your private profile information and your posts, to be viewed by the public unless you set the site's privacy settings to your desired level. Review the privacy settings on each site that you frequent and set them accordingly.
- Keep personal information away from others by setting your security settings to include only friends. Verify the identity of those you with whom correspond.
- Be on the lookout for geotracking features and disable them. Certain sites will track your location via a cell phone app, providing your exact whereabouts at any time. Posted photographs from digital cameras may have GPS coordinates embedded.
- Report suspicious incidents as soon as possible.
- Even with the strictest security settings in place, remember that there are certain details of your personal life that if made public could be a security concern for you, your family or your military department.
- Do not share private information such as where your children go to school, home addresses, phone numbers, times and locations of events you plan to attend, or other information that allows someone to track your routines and possibly guess when and where you or your family might be.
- Secure your wireless network with unique names and passwords.
- Limit access to your wireless network and ensure antivirus, anti-spyware and firewall software are up to date.
- Only send personal information through encrypted links
- Avoid using public file sharing services.

More than 100 years experience**Johnson, Rowles and Satterwhite retire in March**

By Michael C. Meisberger
Fort A.P. Hill Public Affairs

When Roger D. “Boe” Satterwhite, Tracy L. Rowles and George W. “Jay” Johnson retired in March Fort A.P. Hill lost 104 years of priceless experience, wisdom and skill.

The three worked for the Directorate of Plans, Training, Mobilization and Security.

Satterwhite worked for the Army for 31 years, Rowles for 36 years and Johnson 37.

Director of Plans, Training, Mobilization and Security, Mike Earl said the retirements will have a significant impact on operations.

“Boe Satterwhite was my go to guy; the walking history book of Fort A.P. Hill,” Earl said. “Whenever I needed a quick answer about the past Boe was my go to guy. He had built a relationship with many units over the years and they would come looking for him just to say ‘Hi.’ He left a permanent mark on Fort A.P. Hill. I’ve been fortunate to share his passion for the outdoors annually helping with the wounded warrior hunt.”

Earl said losing Johnson’s knowledge and years of experience in training ammunition management was significant for the garrison.

“Jay Johnson was another walking history book. Jay would share his days as a Soldier and stories of the way it was here on the Hill,” Earl said. “Jay shared many of the good times with me and was always good for a laugh. Jay has forgotten more about training ammunition management than most of the current ammo managers...he is a significant loss for the Fort A.P. Hill team.”

Earl praised Rowles for his professional acumen and contributions to the organization.

“Tracy Rowles was my information life line; he was a quiet professional who spent his days keeping the automated ranges and DPTMS computers on line. Tracy could tell me what was where and kept me straight on the systems we used every day. I can’t begin to measure his contributions to the organization.”



Is there anything special you would like to say to the people who will try to fill the void you are leaving?

“Take care of the troops first. Work together...that’s what makes the time here fun.” Roger D. “Boe” Satterwhite



What was your absolute best experience at Fort A.P. Hill?

*“From the Gulf War to Bosnia, and both Afghanistan and Iraq, seeing units return here to train after a rotation in theater and knowing I had the honor to contribute in some small way to their success.” Tracy L. Rowles
(Shown here, Mike Earl (left) and Tracy L. Rowles)*

Courtesy photo

John Hill retires a second time at Fort A.P. Hill

Story and photo by Michael C. Meisberger
Fort A.P. Hill Public Affairs

John Hill was drafted into the Army in 1969, fought in Vietnam and served in the United States, Germany and Korea. He retired from the Army at Fort A.P. Hill in 1989 after twenty years of active duty and traded his Army uniform for that of a Department of Army Police Officer. Hill worked as police officer here for 11 years; he retired from that job last week.

Hill lived by a simple philosophy as a Soldier: "Take care of the Soldiers, and they will take care of you and your mission."

He has worked diligently to share that philosophy with the many Civilians and Soldiers who he's worked with during his 31 years on Fort A.P. Hill.

We asked him three questions about retiring for a second time.

What would you like to say to your Fort A.P. Hill family upon your retirement?

This generation has a new concept and a new mission. We have a lot of Vets here and that makes for a great combined force here. I would like to thank the entire Fort A.P. Hill Team but especially, the Logistics Readiness Center, the Petroleum, Oil and Lubricants section and the Directorate of Public Works. I can't thank them all enough for the help they have given me over the years.

Is there anything special you would like to say to the people who will try to fill the void you are leaving?

Keep bettering yourself and move forward in your career. Use all the assets you can but more importantly, make points of contact around the garrison that will help you complete your mission. Most of all, take the initiative in order to fill the voids left behind by those of us who recently retired.

What was your absolute best experience at Fort A.P. Hill?

There is no one occurrence, really. It has been building over the years. It's just getting the job done as a team and meeting new employees I have enjoyed. There is cohesiveness here that I have found nowhere else. I guess the best experience is building relationships but it will also be the hardest thing to leave behind.

For more on John Hill's time in the Fort A.P. Hill Provost Marshall's office see pages 20-21 where we've posted an article from the July 26, 1989 edition of "Up and Down the Hill."



Department of the Army Police Officer John Hill stands in front of the sign that used to hang on the building where he worked as a Military Police Soldier at Fort A.P. Hill.

Fort A.P. Hill, Rappahannock Electric Cooperative enjoy a mutually-beneficial relationship

Submitted by Fort A.P. Hill Directorate of Public Works

In August 2002, the Department of the Army and Rappahannock Electric Cooperative signed a utility privatization contract which said that REC would own, operate and maintain the electrical distribution system within Fort A.P. Hill through 2042. REC assumed responsibility for approximately 650 service locations, 200 miles of electrical distribution line, 2,275 utility poles, 800 security lights and more than 700 transformers on post.

REC is a member-owned utility that provides electric service to nearly 160,000 connections in portions of 22 Virginia counties; it operates and maintains more than 16,000 miles of power lines in an area which ranges from the Blue Ridge Mountains in western Virginia to the tidal waters of the Chesapeake Bay and includes residential, commercial and industrial accounts.

REC employees work closely with the Fort A.P. Hill Directorate of Public Works to operate and maintain the post's electrical distribution system, respond to routine service calls, for electrical system replacement and upgrades, response to emergency situations and storm and outage restoration. Additional work includes connection and disconnection of services, temporary services, underground electric utility marking and exterior lighting installation and maintenance.

Department of Defense employees are responsible for utilities that are not privatized, primarily focusing on the maintenance inside buildings.

The goal of the privatization contract is to provide continuous, high-quality utility service to Fort A.P. Hill. Utility privatization is also an effective way to fund the repair, upgrade and maintenance of critical-utility infrastructure through private sector financing and efficiencies. The key to achieving that goal is vigilant inspection, monitoring, and preventative maintenance. To perform these services successfully, REC inspects and monitors its facilities through frequent scheduled and unscheduled visits. Pole and line inspections by trained technicians are one of the most successful means of preventative maintenance REC uses. Since 2010, REC has provided A.P. Hill with 99.999 percent reliability.

In order for REC to access the distribution system and to meet A.P. Hill safety and security requirements, DPW uses a Department of Defense access protocol and maintains an approved list of REC employees authorized for unescorted access. DPW, REC employees, A.P. Hill police and security personnel are well-trained in the protocol. REC em-



Rappahannock Electric Cooperative employees visit Fort A.P. Hill regularly to service the electrical system.

Photo courtesy of Rappahannock Electric Cooperative

ployees authorized for unescorted access have been vetted to meet security and safety requirements and are trained in proper application of the access protocol. All REC employees have company-issued photo identification badges and, in most cases, drive yellow service trucks with the REC logo on the doors. Occasionally, unmarked REC vehicles used by authorized management and administrative personnel may be on post.

Fort A.P. Hill and REC have benefitted from the excellent relationship that has grown from the privatization agreement. By divesting the DOD of utilities, active, Guard and Reserve installation commanders can focus on operations and core-defense missions rather than repairs and upgrades to their post's electrical infrastructure.

Use Demand Maintenance Orders for repairs

By John B. Thoreen
Directorate of Public Works

A Demand Maintenance Order is a quick and easy way to accomplish work repairs to facilities on Fort AP Hill. DMOs are used for minor facility maintenance and repair that normally does not exceed \$2,500 in materials or that requires less than 40 hours of labor to complete.

An overview of the service order process follows.

Initiating a Demand Maintenance Order

Fort A.P. Hill employees are authorized to initiate a DMO although tenants of Army Family Housing are asked to contact the Housing Manager. Some directorates have internal request policies.

Service Desk telephone: 804-633-8286
Fax: 804-633-8757
Email: usarmy.aphill.imcom-atlantic.list.dpw-boi
Walk-in to DPW, Building 1237

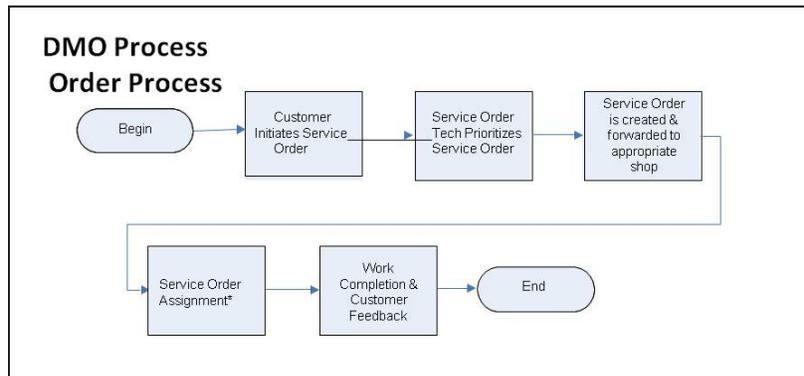
The Service Desk is staffed from 7 a.m. to 4:30 p.m. Monday through Friday, except for holidays. After hours and on holidays and weekends, phone calls are answered by the Department of the Army Police Desk Sergeant for emergencies only. Before calling the Service Desk to initiate a DMO, please have the following information ready:

Facility Number (e.g. Building 1340)
Room Number (if applicable)
Directorate or Office

Point of Contact Name
Point of Contact Phone Number
Detailed Problem Description

The Service Desk enters the information into the DPW DMO Tracking Spreadsheet and then creates a DMO in the General Funds Enterprise Business System (GFEBS). The DMO is then assigned to the appropriate shop for action.

The requestor will receive a copy of the DMO via email. All emergency requests are immediately given to the applicable Shop Chief via telephone or radio. Emailed and faxed requests will normally be converted to a DMO the same business day.



Walk-in customers will be assisted on a first-come, first-served basis. Please do not call the shops directly. If you need the status of a DMO, please contact the Service Desk.

The Service Desk will assess the level of urgency of each DMO received, determine the appropriate priority rating based on the information you provide and act to expedite those of high priority.

The priority categories we use are:

Priority 1 (Emergency) – This work takes priority over all work and requires immediate action, including DPW approved overtime or diverting craftsman from other jobs, as necessary. Usually work will be classified as an emergency if the failure or problem constitutes an immediate danger to life, health or safety. Examples include fire, electrical hazard, gas leak, heating, etc. Shop personnel will normally respond to emergency work immediately and continue until the job is complete. The goal is to complete the work within 24 hours.

Priority 2 (Urgent) – This type of work is required to correct a condition that could become an emergency, could seriously affect morale, or has command emphasis. Examples include heating and hot water outages in occupied facilities, loss of all power and sewage back-ups. The normal response time for urgent calls may vary depending upon availability of craftsman, the relative urgency and the time of the request. Our goal is to complete all urgent calls within seven days.

Priority 3 (Routine) – Problem will not significantly impact health, safety, or facility operations if not resolved immediately. These include minor electricity or plumbing problems in buildings, anything mechanical in single rooms and roof leaks. This category will constitute the majority of DMOs.

Providing the best training and support anywhere



Expert Infantryman Badge competition—Soldiers from the 3rd U.S. Infantry (The Old Guard) and the 82nd Airborne Division spent about a week in early March competing for the Expert Infantryman's Badge at Fort A.P. Hill . The event challenges each Soldier with tasks ranging from a physical fitness test, to first aid, land navigation, weapons qualification, a 12-mile timed rucksack march and more.

U.S. Army photo by Michael C. Meisberger



C-17s train at Assault Landing Zone—U.S. Air Force C-17 Globemaster III and C-130 Hercules cargo aircraft from Dover Air Force Base, Del. and Joint Base McGuire-Dix-Lakehurst, N.J. trained at the Fort A.P. Hill Assault Landing Zone in mid-March. The Air Force trains at A.P. Hill often throughout the year.

U.S. Army photo by Bob McElroy

Providing the best training and support anywhere



Department of the Army Police weapons qualification—Fort A.P. Hill Department of the Army Police Lt. Carlos G. Collins (foreground right) fires at a target during semi-annual weapons qualification on March 31 at Range 8 as garrison commander Lt. Col. David A. Meyer (standing left) looks on.

U.S. Army photo by Michael C. Meisberger



Apache live fire training—Soldiers from the 1st Battalion, 130th Attack Reconnaissance Battalion (North Carolina Army National Guard) recently completed their Annual Training at Fort A.P. Hill. Here an AH-64 Apache piloted by battalion operations officer Maj. Benny Collins and Chief Warrant Officer 2 Jon Harless fires rockets at Range 24.

U.S. Army photo by Bob McElroy

Family and Morale, Welfare and Recreation highlights



New name for Community Activity Center—Fort A.P. Hill renamed the community activity center the Ambrose Fitness Center during a brief ceremony on March 6. The new name honors two Civil War generals Lt. Gen. Ambrose Powell Hill, who fought for the Confederacy and for whom the post is named, and Gen. Ambrose Burnside, who fought for the Union. Here garrison commander Lt. Col. David A. Meyer (left) and Command Sgt. Maj. Alex Ho attach the new sign.

U.S. Army photo by Bob McElroy



Archery Challenge—Family and Morale, Welfare and Recreation held the Commander's Cup Archery Challenge on March 26 at Outdoor Recreation. Twenty-two competitors participated in the single-shot event. Soldiers from the McMahon Explosive ordnance Disposal Training Center made the best showing.

U.S. Army photo by Michael C. Meisberger

St. Patrick's Day 5-K brings out the Irish in runners



The annual St. Patrick's Day 5-kilometer run and walk attracted 44 runners and walkers this year and many showed off their Irish spirit by wearing some article of green clothing, headwear or other accoutrements. Men's first place was captured by Jayson Trawick, second by Richard Summers and third place men's by Alan Barnes. Becky Blanton was the first Women's runner to finish.

U.S. Army photos by Bob McElroy



HEAT INJURY PREVENTION

As the temperatures rise in spring and summer, there's a corresponding increase in heat injuries from military training and civilian work practices.

Over the years, Fort A.P. Hill has had a high number of heat related injuries during the summer as rotating organizational training units come here to complete their training. Military and civilian leaders must be aware of the associated risks where they work and train to minimize this significant threat.

What are heat injuries? The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough to do the job. Body temperatures can rise to dangerous levels unless you take precautions such as drinking water frequently and resting in the shade. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke requires immediate medical attention and can result in death.

How can heat illness be prevented? Employers and leaders should establish a complete heat illness prevention program in accordance with Medical Command Heat illness prevention program memorandum, dated April 30, 2013 and TM MED 507.

The program includes acclimatization, warning sign identification, hazard control procedures included in risk assessment, heat category (Wet Bulb Glove Temperature) monitoring and safety briefs on water and rest cycles before and during events.

Acclimatization Provide workers with water, rest and shade, gradually in-

Work/Rest and Water Consumption Table							
Applies to average sized, heat-acclimated Soldier wearing ACU, hot weather. (See TB MED 507 for further guidance.)							
		Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	½	NL	¾	40/20 min	¾
2 (green)	82° - 84.9°	NL	¾	50/10 min	¾	30/30 min	1
3 (yellow)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (red)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (black)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

For additional copies, contact: U.S. Army Public Health Command Health Information Operations Division at (800) 222-9699 or USAFHC - Health Information Operations@apgh.amedd.army.mil.
 For electronic versions, see <http://c3pmm-www.egees.army.mil/heat>. Distribution unlimited. Local reproduction is authorized. (C) 03-0811

crease workloads and allow more frequent breaks for new workers or workers who have been away for a week or more to build a tolerance for working in the heat. Take it easy on your first days of work back in the heat.

Training Always plan for emergencies beforehand (e.g. know first aid for heat injuries, ensure medics are present, plan for medical evacuation and the location of the nearest hospital). Train workers and Soldiers to recognize the signs and symptoms of heat-related illnesses and how to prevent them.

Prevention Drink water and rest according to the attached U.S. Army Public Health Command work and rest consumption table even if you are not thirsty; resist over hydration (hourly intake not exceed 1.5 quarts, daily 12 quarts) rest in the shade to cool down; keep physically fit, do not use over-the-counter medications, wear a hat and light-colored clothing and keep an eye on your fellow workers.

Schedule change If workers are new to working in the heat, returning from more than a week off, or experiencing a sudden heat wave, implement a work schedule to allow them to get used to the heat gradually. Working in full

sunlight can increase heat index values by 15 degrees F. keep this in mind and plan additional precautions for working in these conditions.

WBGT- Wet Bulb Glove Temperature

This is a machine that calculates the body's capability to manage heat stress during climatic conditions and takes into account: air temperature, humidity, thermal radiation, air movement, dictates work/rest cycle and

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr).
- NL = no limit to work time per hr.
- Rest = minimal physical activity (sitting or standing) accomplished in shade if possible.
- CAUTION: Hourly fluid intake should not exceed 1½ qts.
- Daily fluid intake should not exceed 12 qts.
- If wearing body armor, add 8°F to WBGT index in humid climates.
- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.
- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.



water intake by category.

To obtain Fort A.P. Hill WBGT readings, call 804-633-8404; for weather reports and advisories call 804-633-8280.

If there is an emergency and you need immediate assistance, call 804-633-8888 (police desk).

In addition, did you know OSHA has a [free application for mobile devices](https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html) that enables workers/ supervisors to monitor the heat index at their work sites? The app displays a risk level for workers based on the heat index, as well as reminders about protective measures. Since 2011, approximately 160,000 users downloaded the app. https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html

Water, Rest and Shade Take these precautions, they can mean the difference between life and death.

For more information, call the Safety Office at 804-633-8269 or visit the U.S. Army Public Health Command website: <http://phc.amedd.army.mil/topic/discon/hipss/Pages/HeatInjuryPrevention.aspx>

HERE IT COMES

are you
ready for
the heat?

- Implement work/rest cycles
- Hydrate properly to replace fluids lost through sweating
- Eat well-balanced and regular meals
- Avoid using salt tablets unless directed by a doctor
- Wear loose, lightweight clothing to encourage heat release



READY ...OR NOT?

Ready ... or Not is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their "readiness" for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?



ARMY STRONG



<https://safety.army.mil>

Editor's note—This edition we feature an article on Sgt. 1st Class John Hill from "Up and Down the Hill" July 26, 1989. He retired recently after 11 years with the DA Police.

JULY 26, 1989

UP & DOWN THE HILL

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ARMY COP STATES

'Time for new generation'

By Cpt. Dianne Watkins

"It's like getting a divorce," Sgt 1st Class John Hill replied, when asked how does it feel to be retiring after 20 years.

Hill said he enjoyed 20 years in the Army and is leaving with a lot of skills the army has taught him.

"I will miss the military very deeply, but it's time for me to try new things. If it wasn't for my wife, I wouldn't have made it this far. She worked with me a lot," said Hill.

Hill recalls that his worst experience in the army was during his first duty assignment. He said he was on a hardship tour in Vietnam and did not know what to expect.

Hill commented that hardship tours were always the worst to cope with, especially if you're married. "You have to develop your own life style and learn to do things for yourself. But in Vietnam we were so busy I had no time to think of anything," Hill said.

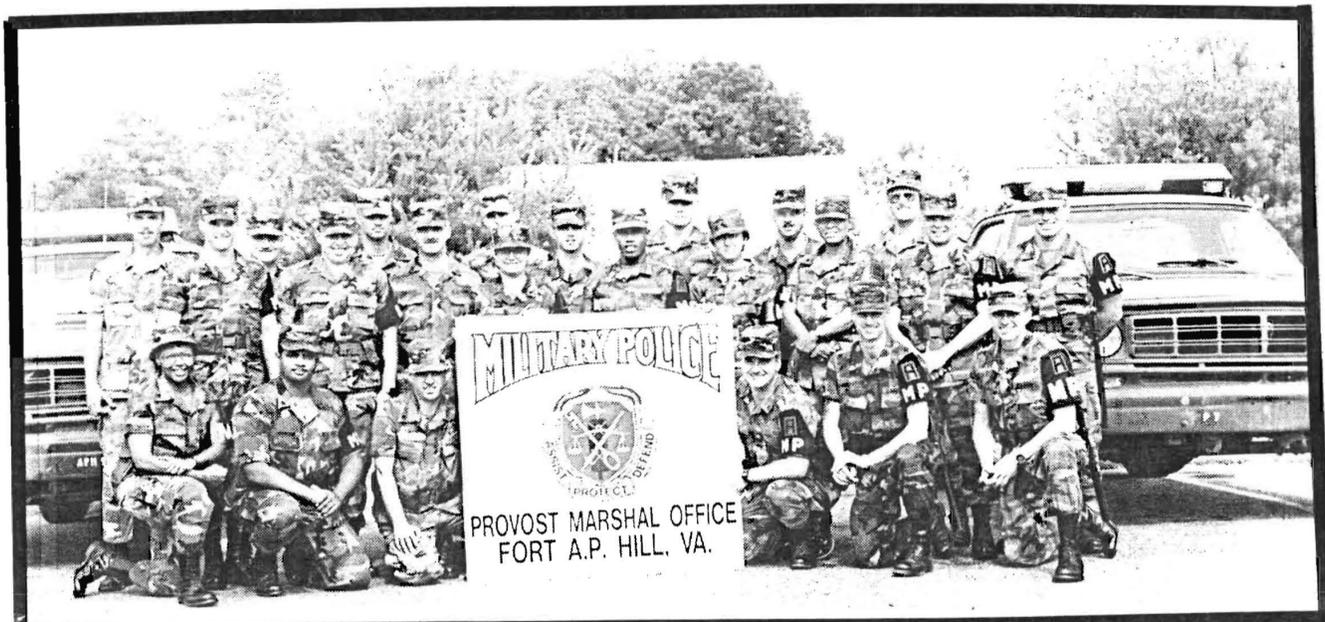
As the years went by, things got better. Hill said Germany was

one of his better experiences. He was able to do a lot of traveling to other countries, which he would not have been able to afford if he wasn't in the military.

"When I was assigned to the U.S. Army Provost Marshal Office in Korea, I developed military skills in a short period of time. Those skills enabled me to accomplish a lot of requirements I later incurred. I learned how a major army command functioned," Hill said.

Hill has one daughter and one son. He said his military career impacted a lot on his children, because they had to attend so many different schools. But, they learned to adjust to it and were able to cope with a lot of things better than their civilian counterparts.

"It's the family concept that keeps the career soldier in the army. Sometimes you have to get away and spend holidays with your family. It takes deep roots of a close knit family to keep things together, and I think I have that," Hill said.



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UP & DOWN THE HILL

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Hill stated that he would be glad to talk to anyone about staying in the army. "You have to mentally prepare yourself for a military career. You just can't join for the sake of joining. You must make sure joining the army is what you want to do, not because someone else wants you to," Hill said.

Hill said he has felt strongly about the military ever since he was drafted in 1969. He had no intentions of joining the army and would not have if he wasn't drafted. "I believed in my country, but back in those days it wasn't the healthiest career to get into," said Hill.

"I have seen the army change from disciplinary wise to include appearance and prestige. It started to fade out when the all voluntary concept came into being," Hill said.

Hill commented that he believes the draft era soldiers were better soldiers. He has seen a dramatic change in increase in pay and military facilities for soldiers.

Hill assisted and aided many soldiers in career development. He said he has seen many below the border line soldiers become leaders, because he cared. He has seen some fail no matter how hard he tried to help them.

"My philosophy is very simple. Take care of soldiers, and they will take care of you and your mission," Hill stated.

"The military is an outstanding career. You must prepare yourself



for it, to include adjustments with family and short comings, but it is a very rewarding career," Hill said.

Hill feels that his major contributions to Ft. A.P. Hill was developing the installation pass system and promoting the DoD police officers to GS-5. He emphasized in making the civilians a part of the team. "It was hard to get them promoted, but the day you give up is the day you fail," Hill said.

Hill said he stressed his philosophy with the junior NCO's in the Provost Marshal Office and he is sure they will do a fine job after he leaves.

Even when Hill is out of uniform and driving his car, he is still recognized as a military police. 'Army Cop' is displayed on his license plates. Hill said some people are hesitant when they get ready to pass his car. He said he likes to be identified by the type of work he does. He is very proud to be a military police. Hill said another reason he chose to put 'Army Cop' on his license plate is because he likes to be different. In order to get ahead you must be different. He said if you stick out like a sore thumb, then everyone will recognize you.

"I hate to see it come to a close, but it's my time to retire. It's time for a new generation to take over," Hill said.



Garrison Hours of Operation

Garrison Headquarters	Monday - Friday 8 a.m. - 4 :30 p.m.
Lois B. Wells Health Clinic	Monday - Friday 7 a.m - 4 p.m.
Family and MWR Office	<i>Monday-Friday 8 a.m.– 4 p.m.</i>
President's Day Feb. 16	<i>Closed</i>
Headquarters Fitness Center	<i>Monday-Friday: 5 a.m.— 8 p.m. Saturday: 8 a.m.– 4:30 p.m. Sunday: Closed; President's Day Feb. 16 Closed</i>
Wilcox Gym: <i>Open 24/7</i>	<i>Closed for renovation beginning Feb. 7</i>
Outdoor Recreation	<i>Monday-Friday: 9 a.m.– 5 p.m. Saturday: 8 a.m.– Noon Sunday: Closed; President's Day Feb. 16: Closed</i>
Downtime Zone	<i>Monday, Wednesday and Thursday: 8 a.m.– 4:30 p.m. Tuesday: Closed; Friday: 8 a.m.—7 p.m.; Saturday: 11 a.m.– 7 p.m. (Closed on Feb. 14), Sunday: Open on Feb 1 from 4 p.m.—11 p.m. Feb. 22 from 11 a.m.- 7 p.m.; Closed on Feb. 8, 15, 16 (President's Day)</i>
Recreational Lodging	<i>Monday-Friday: 7:30 a.m.- 6 p.m. Saturday and Sunday 9 a.m.- 3 p.m.; President's Day Feb.16: Closed</i>
Primo's Express	<i>Feb. 3-6, 9-13, 17-21, 23-28 from 11 a.m.– 2 p.m. Closed Feb.14, 15, 16, and 22. Days and hours subject to change</i>
Java Café	<i>Open Feb. 9-13, 17-21 and 23-28</i>
PX at Wilcox	<i>Tuesday - Saturday 10 a.m. - 5 p.m. Sunday Closed</i>

For more information on Fort A.P. Hill FMWR programs and events visit: <http://aphillmwr.com/>

Follow all the latest news and information on official Garrison social media

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