

**Up and Down
the**

Hill



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News and Information about United States Army Garrison Fort A.P. Hill, Va.

Nov. 21, 2014

Virginia Army National Guard Shadow takes flight

Page 4



Commander's Column

by Lt. Col. David A. Meyer



Team A.P. Hill,

We have reached the celebratory time of year. Over the past few weeks we have been bombarded with ads for Pumpkin Spice everything and reminders of how many shopping days there are until Christmas. In the midst of all of the noise please take the time to reflect on the many blessings we have received in the last year and how lucky we are to have the opportunity to serve each other and our Nation. In the near future, your Directors will publish guidance for leave and work schedules during the Holiday season. As part of the impending Holiday season, I expect that many of you will travel near and far to visit family and friends and to celebrate your own traditions. Please take the time to ensure you do so safely and that you start the New Year healthy and with a renewed excitement and sense of purpose. For those with small children, please know that Christmas does get easier and cheaper. My kids are now teenagers and just want money...

In addition to the more well-known Veterans Day and Thanksgiving holidays, November is also Native American Indian Heritage month. In their official recognition the Secretary and Chief of Staff of the Army remind us that: "More than 20 American Indians are Medal of Honor recipients. Their distinguished acts signify the deep and abiding patriotism and heroism found among multiple genera-

tions who have served in our ranks. From the Revolutionary War to the brave Soldiers fighting in today's conflicts, American Indians have served with honor and distinction. This is yet another reminder of how our Army is much stronger today because we value the strength of a diverse workforce." This is a great lesson for us all as we go about our daily duties, interacting with one another and our customers.

November is also Military Family Appreciation Month and is observed to recognize and honor families of service members from all branches for their unique contributions and sacrifices. The Army recognizes that the selfless dedication and commitment of all of our families directly contributes to the readiness of our Soldiers and Civilians and knows that Families are the force behind the force. The care for our workforce and families is of the utmost importance to me.

In closing, I continue to be amazed and thankful for all you do every day. Command Sgt. Maj. Ho and I are grateful and humbled to serve with this team. As the only stand-alone training post in the Army, we are a unique Garrison in the Installation Management Command and enjoy a hard-earned and well-deserved reputation for excellence in customer service and facilities. That reputation is because of you and your hard work every day. Be proud of that fact, but be mindful that you have set the bar high and our customers now expect nothing less.

Support and Defend



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Command Sergeant Major
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CSM Corner

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

Team A.P. Hill,

October, November and December make up the most difficult and emotionally-loaded quarter of the year. It also includes two of my favorite holidays: Thanksgiving and Christmas. I've always had fond memories of festivities during these holidays. Regardless of the remote locations or wherever we deployed to, our troops can always count on a tasty feast during Thanksgiving and Christmas.

Thank you for your support on Veteran's Day. In the past few months, I've had the honor and privilege to interact with many of the veterans in the A.P. Hill civilian work force—our work force consists of more than 60 percent veterans. Although we served at different times, we share many similar experiences. I really enjoyed sharing the "good old days" stories and laughter with you all. The dedication, work ethic and leadership you exhibit every day truly contribute to the success of Fort A.P. Hill. The Commander and I thank you for your continued service to our nation.

Despite unexpected challenges and declining budgets, our armed forces must maintain a versatile and trained force that is globally-responsive for on-going and contingency operations. The Commander and I continue to be amazed by your commitment and never-ending desire to provide the best training and support to our war fighters. Our reputation for exceptional training facilities and customer service are reinforced repeatedly by positive comments from units that trained on this outstanding installation. The readiness of our forces will always be of the utmost importance for

this stand-alone Regional Training Center. We are very grateful for your commitment and service in making Fort A.P. Hill the place of choice for our defense forces to sharpen their edge. In addition, Fort A.P. Hill was recognized by IMCOM for excellent performance in physical security and our environmental program. The recognitions are a direct reflection of your hard work and dedication. Fort A.P. Hill continues to set the example for other IMCOM Garrisons. Keep up the good work!



The Secretary of the Army has made Champion Soldiers, Civilian and Families one of his top priorities. As we continue to be mindful of the sacrifices and commitment of our military families, November has been designated Military Family Appreciation Month. Throughout November, military families around the world will be honored for their commitment and sacrifices by Active, Guard and Reserve leaders and by Department of Defense organizations.

In the midst of shopping for Thanksgiving and Christmas and preparing for the holiday season, the Commander and I hope you take the opportunity to spend precious time with family and recall the joys of the past year. I am thankful for the opportunity to be part of the Fort A.P. Hill team. Be safe and have a joyful holiday season.

"Your customer doesn't care how much you know until they know how much you care." - Damon Richards

In this issue

VA Guard launches Shadow	4	Wilcox improvements	14
Halloween fun	6-7	Security saves lives	15
A.P. Hill Army Ten-Miler team	8-9	Rare crustaceans	16
Employee Spotlight	10	A busy time	20-21
Prevent injuries	11	A look back at A.P. Hill	22



On the cover, a Virginia Army National Guard RQ-7B Shadow Unmanned Aerial System takes off at Finnegan Airfield on Oct. 4.

This edition's cover photo is by Cotton Puryear, State Public Affairs Officer, Virginia National Guard

Virginia Guard launches first Shadows in state

Story and photos by Cotton Puryear
State Public Affairs Officer
Virginia National Guard

Soldiers from the Bowling Green-based Detachment 1, Company B, 116th Brigade Special Troops Battalion, 116th Infantry Brigade Combat Team, Virginia Army National Guard, conducted their first flight of the RQ-7B Shadow unmanned aerial system in Virginia at Fort A.P. Hill on Saturday Oct. 4.

Detachment 1 is one of 27 National Guard Class II UAS programs that provide Army brigade commanders with tactical-level reconnaissance, surveillance, target acquisition, battle damage assessment and communication relay capabilities. With the detachment's three unmanned aerial vehicles, it can provide 24/7 coverage on the battlefield.

The Shadow flights took off and landed on the recently-rebuilt runway at Finnegan Field, A.P. Hill's unmanned aircraft system training site. In July, 38 Virginia Guard Airmen from the Camp Pendleton, Va.-based 203rd RED HORSE (Rapid Engineer Deployable Heavy Operational Repair Squadron Engineer) Squadron rebuilt the runway which had degraded over time.

They removed the existing runway, leveled the grade to meet specifications, laid asphalt on the completed runway sub grade and improved the drainage along the sides of the runway. The work required approximately 4,388 man hours to remove 1,500 tons of asphalt, grade and place 2,500 tons



Soldiers from the Bowling Green-based Detachment 1, Company B, 116th Brigade Special Troops Battalion, 116th Infantry Brigade Combat Team prepare their RQ-7B Shadow unmanned aerial system for its first flight at Finnegan Airfield training site.

of stone base course and install 1,250 tons of pavement.

The improved runway allows the Shadow crews to train in Virginia, previously they conducted their flight training at Naval Air Station Patuxent River, Md. Having a runway closer to home station improves readiness and increases their ability to meet flight hour requirements.

Col. William J. Coffin, commander of the 116th IBCT, observed the flight and recognized an outstanding Soldier from the detachment as well as 203rd Airmen on hand to watch the first flight.



A Virginia Army National Guard's RQ-7B Shadow Unmanned Aerial System lands at Finnegan Airfield following its first flight on Oct. 4.

Combined Federal Campaign at 80 percent of goal



Command Sgt. Maj. Weiquan A. Ho (left) and garrison commander Lt. Col. David A. Meyer (right) joined CFC Manager Tammi W. Ellis and CFC Coordinator Ben McBride in kicking off this year's campaign.
 Courtesy photo

Fort A.P. Hill has unofficially reached 80 percent of its goal of \$10,000 in Combined Federal Campaign donations.

Fort A.P. Hill's CFC coordinator, Ben McBride said post employees had pledged \$8,363 as of Nov. 14.

Government employees can donate to more than 20,000 charities through CFC. The charities range from small community non-profits to larger ones like the USO and the Red Cross.

There are three ways to donate:

- Use your MyPay payroll account
- Use the Nexus System
- Payroll Deduction via OPM Form 1654.

For more information on CFC or to contribute contact McBride at:

804-633-8215 or

Benjamin.h.mcbride.civ@mail.mil

A.P. Hill holds Suicide Prevention Stand Down Day

Fort A.P. Hill held its annual Suicide Prevention Stand Down Day on Oct. 2 which began with morning classes followed by a barbecue lunch and sporting events in the afternoon. Following the morning classes Command Sgt. Maj. Weiquan A. Ho presented coins to instructors Milli Frank (center) and Katina Oates (right) in appreciation for their efforts. During the afternoon sporting events (right photo) instructors from the McMahon Explosive Ordnance Disposal Training Center held a spirited volleyball game.

U.S. Army photos by Michael C. Meisberger and Bob McElroy



Kids of all ages had fun during Trunk or Treat 2014



Kids of all ages had fun during Trunk or Treat 2014



Fort A.P. Hill celebrated Halloween 2014 in style on Oct. 31. The first event was the Halloween 5-kilometer Run and Walk where some of the runners dressed in their favorite Halloween costume.

The Trunk or Treat followed the 5K and those who participated decorated their vehicles in creepy Halloween themes and handed out lots of candy to the kids.

A.P. Hill Family and Morale, Welfare and Recreation sponsored a Haunted House with lots of fog, spider webs and other creepy stuff for kids of all ages.

Not to be outdone, A.P. Hill Fire Medics donned their killer clown masks and pumped out the fog.

U.S. Army photos by Bob McElroy

Fort A.P. Hill's team completes Army Ten Miler

By Michael C. Meisberger

The Fort A.P. Hill Army Ten-Miler team recently joined more than 26,000 other runners who completed the 30th anniversary Army Ten-Miler at the Pentagon in Arlington, Va.

The Army Ten-Miler honors the Fallen and Surviving Military Families, promotes the Army, builds esprit de corps, supports Army fitness goals and enhances community relations.

The A.P. Hill team featured veteran runners as well as several first-timers. U.S. Army Reserve Sgt. Brandon W. Crabtree was the team's first finisher with a time of 1 hour, 15 minutes, 16 seconds.

Rebecca "Becky" Blanton of the Logistics Readiness Center was A.P. Hill's first female finisher with a time of 1 hour, 48 minutes, 40 seconds.

Blanton ran with the garrison ten-miler team in the 2008, 2009 and 2010 Army Ten-Milers. She joined the team this year with hopes of achieving a finish time of 1 hour and 45 minutes.

The first time she went to the Ten-Miler Blanton was overwhelmed with the size of the crowd-- more than 26,000 runners.

This year's Army Ten-Miler was even larger with 35,000 runners registered. While overwhelmed at first, Becky said she enjoys running in the event.

"When I run these ten-miler's I get caught up in the mo-

ment. I love watching all the people, listening to them cheer us on and listening to the music." she said.

Blanton has also run five half marathons --13.1 miles each. She enjoys running the Virginia Beach Shamrock Half Marathon the most.

"I have absolutely no desire to run a full marathon" Blanton said, "It's just way to much training."

Blanton suggests that if anyone wants to run the Army Ten-Miler to start off slowly by walking, and then move into a slow jog and continue to train and build endurance for the

ten-mile run.

"It takes time and patience but I think anyone can do it," she said.

All runners who completed the run received a Finisher Coin but Blanton does not run for the coin.

"The thing I really love is supporting the fort but watching the first wave of wheelchair veterans take to the

track is by far the most enjoyable part of the race for me," she said.

The Army Ten-miler is not only run in Washington D.C., official Army Ten-Miler Shadow Runs are also held at Bagram Airfield, FBO Fenty and Kandahar Airfield in Afghanistan, Camp Arifjan, Kuwait, Joint Task Force-Guantanamo, Cuba, Multinational Force and Observers North Camp and MFO South Camp Sinai, Egypt, Operation Active Fence, Turkey and Botswana, Africa.

Unofficial runs are being held at Camp Humphreys, South Korea, Kabul, Afghanistan and Camp Chitose, Japan.



The Fort A.P. Hill Army Ten-Miler team before the race on Oct. 20. This year marked the 30th Anniversary of the race; more than 35,000 runners registered. The race begins and ends at the Pentagon in Arlington, Va.

Courtesy photo

Fort A.P. Hill Army Ten-Miler team finishing times



The Fort A.P. Hill Army 30th Ten-Miler Team, Lucas K. Catlett (left), Anne Ulrey, Sgt. Brandon W. Crabtree, Rebecca “Becky” Blanton, Sgt. 1st Class Joshua W. Coll, Sgt. 1st Class Michael J. Rock, Sgt. 1st Class Andrew W. Gentry and Sgt. Mulan J. Griffin met at the staging area after they finished the race and received their coins.

Courtesy photo

Sgt. Brandon W. Crabtree, U.S. Army Reserve, 310th Engineer Company, Fort A.P. Hill: 1 hour, 15 minutes, 16 seconds

Sgt. 1st Class Kyle D. Maggart, McMahan EOD Training Center: 1 hour, 22 minutes, 21 seconds

Sgt. 1st Class Andrew W. Gentry, McMahan EOD Training Center: 1 hour, 22 minutes, 22 seconds

Sgt. Mulan J. Griffin, McMahan EOD Training Center: 1 hour, 26 minutes, 53 seconds

Sgt. 1st Class Joshua W. Coll, McMahan EOD Training Center: 1 hour, 30 minutes, 13 seconds

Sgt. 1st Class Michael J. Rock, McMahan EOD Training Center: 1 hour, 30 minutes, 13 seconds,

Rebecca “Becky” Blanton, Logistics Readiness Center: 1 hour, 48 minutes, 40 seconds

Anne Ulrey, Department of Public Works Forestry Branch: 1 hour 52 minutes, 56 seconds

These runners were not on the garrison team but ran the Army Ten-Miler-

Lucas K. Catlett, Directorate of Family and Morale, Welfare and Recreation: 1 hour 51 minutes, 52 seconds, Catlett ran in place of Richard McMahon III, who was unable to make the run.

1st Lt. Daniel W. Berkowitz, 1 hour, 39 minutes, 3 seconds

Employee Spotlight — Jose L. Larroy

Each edition we'll highlight one A.P. Hill employee to learn a little bit about him or her and how they contribute to our mission of providing the Best Training and Support Anywhere.

Interview and photos by Michael Meisberger

Jose L. Larroy came to Fort A.P. Hill on May 5, 2014 to serve as the Training Support Officer at the Regional Training Support Center. He spent 32 years in Europe as a Soldier and a Department of Army Civilian. During his most recent assignment in Baumholder, Germany, he served as the Training Support Officer for the largest Training Support Center in Europe. Occasionally called "Jup," (his German nickname), he was born in Puerto Rico and has a Bachelors Degree in Business Administration. Larroy can be contacted at 804-633-8196.

What does your job entail?

Being the Training Support Officer gives me a great opportunity to directly contribute to the readiness of all units that rotate through Fort A.P. Hill. I have direct contact with Soldiers which offers me constructive feedback on how well we are supporting them. I am a strong believer that we at the training center make a difference and have a positive impact on unit preparations for their next mission.

Why is training support important?

I am fully convinced that training support is by far the most important asset Soldiers appreciate. The Training Support Center plays a critical and significant role in the training process.

What are your goals for the Training Support Center?

My goal is to provide the best possible support and take

care of our employees. I think that we have done a good job at meeting that goal, but there is always room for improvement. I believe that we can do better in marketing our services and products. We have to make an honest attempt to make sure Soldiers are fully-aware of all the levels of support the Regional Training Center here offers. We have already started a few marketing initiatives and have gotten positive feedback from our units.

After you left the military, did you ever envision coming back to work for the Army and with Soldiers?

My Dad was a retired CSM (command sergeant major). Back then his top priority was to try to get as many members of the family as possible to join the military. Some of us listened very well and went into the challenging endeavor. Although I cannot express it to him today, I am glad and grateful that I followed his advice. I cannot imagine doing anything else.

What's your favorite football, baseball, hockey and soccer team?

Given that I spent the largest part of my life in Europe, I developed great appreciation for soccer. At first I thought it was very boring and did not make much sense...after you study the game and become familiar with it you start to see how challenging, interesting and the amount of fitness and stamina is needed in order to be able to play it and win. Having said that, I have to say, I grew up playing baseball in Puerto Rico and New York, so, I have always rooted for the New York Yankees.



"I am a strong believer that we at the training center make a difference and have a positive impact."



"The Training Support Center plays a critical and significant role in the training process."



My goal is to provide the best possible support and take care of our employees."

Prevent Injuries during Manual Material Handling

By the Fort A.P. Hill Safety Office

“While lifting, bend your knees and don’t use your back to lift. We hear this all the time, but is it really enough?”

Lynda Rice, Fort A.P. Hill Safety Officer said that proper lifting requires planning.

“It is not enough to lift the load correctly; you must also plan the move correctly to avoid future injuries.”

In 2012, more than 388,060 Musculoskeletal Disorder cases accounted for 34 percent of all injuries or illnesses and cost thousands of dollars, according to the U.S. Bureau of Labor Statistics.



MSDs often involve strains and sprains to the lower back, shoulders and upper limbs. They can result in protracted pain, disability, medical treatment and financial stress for those afflicted with them. Employers often find themselves paying the bill, either directly or through workers’ compensation insurance and they lose the full capacity of their workers.

Workers compensation costs can average \$25,000 or more for an injured shoulder or back but the cost to the worker is incalculable in discomfort, pain and loss of income. Our small workforce at Fort A.P. Hill, while extremely industrious, cannot afford a single loss of our most valuable asset, our employees. When moving materials and boxes always consider using a forklift or dolly instead of manual labor; this is the core of accident prevention and what we strive for in our daily operations.

As you know, there are always a few rugged individuals out there who choose to tackle this duty themselves, so let’s look at other ways we can protect them. Some methods cited by the National Safety Council are: attaching

handles or holders to loads, donning appropriate personal protective equipment or using proper lifting techniques.

Do these methods really work? In 1992 the National Institute for Occupational Safety and Health formed a working group to review the effectiveness of back belts in reducing work-related back injuries. Ironically, the working group concluded the effectiveness of using back belts remains “unproved” so they do not recommend their use or even consider them to be PPE.

Proper lifting techniques include testing the weight distribution and stability first to minimize contending with a shifting box during travel. Use the buddy system, always communicate and coordinate the task when lifting, moving

and lowering an object. Stand close to the load, with your feet flat and as close as possible to your body so your center of gravity is close to your spine. Move with natural, smooth, continuous and balanced motions and avoid rapid, jerky or unbalanced lifts.

Let’s consider ways other things that can help. Good housekeeping practices cannot be overemphasized. Floors should be free of debris or materials that might pose a slip, trip or fall hazard. Take an extra five minutes to plan your route, know where the load is going, make sure the path is free from hazards and ensure that space is available where you plan to place the object.

We are all responsible for safety at work and home; take care of your back and it will take care of you. Think before you act. For more information, call the Safety Office at 804-633-8268, or read about proper lifting techniques in the U.S. Army Center for Health Promotion and Preventative Medicine bulletin “Lifting Techniques” or the “Ergonomics Guidelines for Manual Material Handling.”

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START STRONG

- Answered the Nation's Call to serve following 9/11 to protect our way of life.
- Are recruited from the top 23% of Americans and meet the highest moral, legal and education standards. They are physically fit, and passed a background check and an aptitude test.
- Received direct mentorship while tracking their career goals for Military and Civilian Service.
- Come from our communities across the country – where they will return to continue serving as role models and civic leaders.

SERVE STRONG

- Are the world's best professionals who live the Army Values and the Warrior Ethos.
- Attended military professional development courses throughout their career enhancing their Soldier and leadership skills.
- Earned professional certifications and licenses transferable for post-service careers.
- Deployed around the world in the toughest situations, and excel in overcoming extreme challenges to achieve mission success.



REMAIN STRONG

- Serve as Soldiers for Life, leveraging successful transition to communities.
- Serve as community leaders and model employees, applying military skills and attributes.
- Improve the communities they return to after service by instilling the Army Values and Warrior Ethos into their society.
- Mentor our future Veterans and assist them in their transition.
- Inspire the next generation of Soldiers to serve; actively promote the benefits and sense of accomplishment that comes with serving in the U.S. Army.
- Sustain the Army's imperative of an "All-Volunteer Force" as **SOLDIERS for LIFE**

REINTEGRATE STRONG

- Transitioned off of active duty; 130,000 rejoin your communities every year.
- Completed a comprehensive Transition Assistance Program, preparing them for employment and community service.
- Developed strong resumes, interview techniques, and networks for job placement.
- Reintegrated into communities with full access to employment, education, and healthcare.
- Leveraged connections in their desired career field and communities to continue leading.



Reduced costs, energy efficiency

Wilcox barracks renovations improve quality of life

When Wilcox Camp was created in 1979 none of the approximately 60 barracks buildings had heat, air conditioning or insulation. Each barracks had single pane windows and hot water only in the showers.

During the next phase of construction at Wilcox Camp workers built 27 new barracks and, like the first 60, none had heat, air conditioning or insulation.

The barracks used ventilation for cooling, incorporating a high number of windows and vents--each building has 96 windows and 96 thru-wall vents--with large rooftop-mounted powered ventilators (attic fans) to draw air through the building.

The camp was built with seasonal training in mind but, over time, workers renovated them to make them more comfortable year-round. In 1986 fuel-oil heat and minimal insulation was added; in 2001 air conditioning was installed in the barracks.

Wilcox Camp had a brigade headquarters building and an exercise evaluators' building across Wilcox Drive from the barracks and other office buildings. Sometime in the late 1980's or early 1990's, the two buildings were joined with a connecting section to make the current AAFES Post Exchange, Java Café and Primo's Express.

Energy conservation projects began in 2008 with the installation of new ceilings and building insulation. In 2010, the

fuel oil heating system was converted to propane furnaces and tank-less water heating.

In 2011, exterior insulation and finish system were completed in nine of the 18 buildings. That same year, 15 of the buildings received new windows with a high-insulating value. This is achieved through the use of gas-filled double

panes, low e-glass which allows visible light through it but controls the passage of heat, good weather stripping, and foam filled frames. The replacement windows meet Energy Star requirements, which is a requirement for all federal facilities.



The barracks buildings at Wilcox Camp have seen a series of renovations over the years that improved the quality of life for Soldiers and resulted in greater energy efficiency and cost savings.

These energy conservation projects have saved money for the garrison. In 2006 it cost almost \$16,000 to heat a barrack with fuel oil for a season. In 2014, the same unit now costs approximately \$6,000 per year with propane heat.

Total fuel expenditures dropped 60 percent between 2006 and 2014. The conservation efforts also reduced the heating energy used by 41 percent.

The barracks upgrades resulted in reduced maintenance eliminated mold and increased the indoor air quality and conditions for the Soldiers who stay in them. By converting from fuel oil to propane heat, Wilcox Camp has reduced its green house gas emissions by 50 percent.

The overall impact on the Garrison green house gas emissions was a reduction of 24 percent.

Reporting suspicious activities can save lives

Editor's note—This is the first of a two-part article by the Fort A.P. Hill Security Branch. Part II will run in the next edition of Up and Down the Hill in mid-January 2015.

Throughout history, and especially since the tragedy of Sept. 11, 2001, the timely reporting of suspicious activities by ordinary citizens has prevented catastrophic events.

There are many historic examples of suspicious activities reported by concerned individuals that have saved lives—

- A video store clerk saw anti-American material on a DVD he was asked to copy. Police captured and arrested individuals planning an attack against a military installation.
- A grandmother smelled bad odors from the neighboring apartment and noticed that the empty apartment was frequented by suspicious people. Police discovered a poison gas factory.
- Residents were concerned with a person's threats of violence. Police captured and arrested a group planning a subway attack.

Threats to our way of life come from different sources and by different means.

Espionage is obtaining, delivering, transmitting, communicating or receiving information regarding national defense with an intent or reason to believe that the information could be used to the injury of the United States or to the advantage of a foreign nation and not pursuant to an international agreement duly entered into by the United States.

Terrorism is the calculated use of violence or threat of violence to inculcate fear intended to coerce or to intimidate governments or societies in the pursuit of goals that are generally political, religious, or ideological.

Sabotage is an act or acts with the intent to injure or interfere with or obstruct the national defense of a country by

willfully injuring, destroying or attempting to destroy any national defense or war material, premises or utilities, to include human and natural resources.

Surveillance is the systematic observation of aerospace, surface, or subsurface areas, places, persons, or things, by visual, aural, electronic, photographic or other means.

Suspicious Contact is any questionable, unsolicited meeting, association or communication conducted in person, by telephone, letter, online or other means by an unknown and or foreign person that may represent a threat to Department of Defense security interests.

Security Compromise the intentional or unintentional release of classified information to unauthorized parties or into unclassified mediums.

Sedition is an act or acts intending to cause the overthrow or destruction of the U.S. Government by force or violence, or by the assassination of any U.S. government official. These acts include conspiracy, knowingly or willingly advocating, abetting, advising, or teaching the duty, necessity, desirability, or propriety of overthrowing or destroying by force or violence the U.S. Government.

Treason is when someone who owes allegiance to the United States, levies war against the United States or adheres to its enemies, giving them aid and comfort within the United States or elsewhere. It also includes one who, having knowledge of the commission of treason, conceals and does not, as soon possible, report it.

Subversion is an act or acts inciting military or civilian personnel of the Department of Defense to violate laws, disobey lawful orders or regulations, or disrupt military activities with the willful intent to interfere with, or impair the loyalty, morale, or discipline of the military forces of the United States.

Fort A.P. Hill surveys for extremely rare crustacean

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

When most people think of crustaceans in Virginia, they may reminisce of luscious crab cakes, delectable Atlantic Shrimp or maybe a Family and Morale, Welfare and Recreation crab feast featuring the best in A.P. Hill hospitality.

But what about something smaller, much smaller—we're talking 8-15mm?

And what if I told you that an eyeless, shrimp-like species, known as the Rappahannock Spring Amphipod was discovered in Mount Creek, just south of Pender Camp, in 2008?

At the time of its discovery this species was considered so rare that it didn't even get a scientific name (*Stygobromus foliatus*) until 2011. Go ahead and try typing its name into Google, you won't find much. Before 2014, this species had never been photographed.

Following its discovery, the Department of Defense designated the Rappahannock Spring Amphipod as a "Species-at-Risk" or "SAR" primarily due to the incredible lack of information pertaining to it.

The DOD further requires that SARs be incorporated into the installation's Integrated Natural Resources Management Plan. Heading up the conservation project for this species at Fort A.P. Hill is Natural Resources Specialist, Jason Applegate.

"No matter how big or how small, conserving our natural resources ensures that our Warriors can continue training unencumbered," Applegate said. "Conserving SARs so

they don't become endangered is key to maintaining the full use of our training areas."

Because the amphipod was found in groundwater seeps and many-related species occupy specific geological formations, Applegate reached out to United States Geological Survey hydrologist and groundwater expert Dave Nelms to gain insight into the habitat of this elusive creature. Field zoologist Chris Hobson from the Virginia Natural Heritage Program was also brought in for species identification.



One of the only known images of the elusive Rappahannock Spring Amphipods. They were discovered near Pender Camp in 2008

Photo Courtesy of DPW Environmental Division

Field surveys commenced in late winter and it hasn't always been easy. The amphipod surveyors have worked through snow, heat and they've scooped through countless layers of swamp-muck to find this species that grows no longer than the eraser on your pencil.

And if finding this critter wasn't difficult enough, the Rappahannock Spring Amphipod is one of three closely-related species, which are similar and can only be identified by diminutive characteristics.

Nevertheless, the fruits of their labors have paid off. Not only have searches been successful, here is some of what has been learned so far:

- While some amphipods are widespread, the Rappahannock Spring Amphipod seems to be confined to a specific geological formation, known as the *Nanjemoy Formation*, which is valuable information to have when mapping its distribution.
- This species may be able to survive longer in more acidic wetland than other related species.
- Fort A.P. Hill specimens are more than twice the size of the original species description—up to 15mm.

See Crustacean page 17

Crustacean from page 16



Dave Nelms, United States Geological Survey hydrologist and groundwater expert searching for leaf litter to find amphipods.
Photo Courtesy of DPW Environmental Division

There’s something going on in that water,” Hobson said. The project continues and all findings will likely become available sometime in 2015. Until then, the next time you’re in the swamp, take a few minutes to consider the small, colorless, blind, freshwater crustaceans that may be lurking under your feet.



Virginia Natural Heritage Program Field zoologist Chris Hobson identifies rare amphipods.
Photo Courtesy of DPW Environmental Division

When asked about the Rappahannock Spring Amphipod, Fort A.P. Hill Installation Wildlife Biologist Ben Fulton said he was excited to learn about a new species.

“Pretty amazing critter that requires such a narrowly-specific habitat to survive. Finding and learning about new or rare species is always exciting to me,” Fulton said. “But I think glacial worms are miraculous, so I am easily thrilled.”

For more information, please contact the Environmental and Natural Resources Division at 804-633-8225.



Commander signs Employee and Customer Covenant

U.S. Army Garrison Fort A.P. Hill commander Lt. Col. David A. Meyer (right) and Family and Morale, Welfare and Recreation director Scott M. Meredith (left) signed the Employee and Customer Covenant on Oct. 16 at the Java Café in Wilcox Camp.

Under the covenant FMWR employees promise to respect customers, provide timely, accurate and helpful information, offer high-quality products and services and provide opportunities for feedback.

The covenant requires leadership to promise employees clear performance standards, formal and informal employee training, recognition and incentives to reward excellent performance and service.

Family and MWR Presents



Jingle Bell Run December 5th, 2014



Kick off your holidays in a fun and festive way!

When: Friday, 5 December 2014 at 11:30 AM

Where: Start and Finish will be at the HQ Fitness Center

How: Sign-up in advance at the HQ Fitness Center. Registration forms will also be available on the day of the race.

Refreshments are available for sale.
Please call (804) 633-8219 for details.

Commander's Cup points will be awarded to the top three male and female finishers and all participants!

Eligibility: MWR programs are open to Authorized Patrons. This includes Active Duty Military and Reserve personnel, Retirees, DOD Civilian Employees, their Family Members, guest who are accompanied by an authorized patron, and other individuals permitted by AR 215-1.



www.aphillmwr.com

Family and MWR presents

2014 Tree Lighting and Christmas Market

Stop by and appreciate the season's joy at our traditional Tree Lighting Ceremony ! This year we are excited to bring you our Christmas Market - a heart-warming event for your entire family!

When: December 5th, 2014

Start: 4:30 p.m. at the Headquarters' Parking Lot

...Santa will arrive in a fire truck. Make sure to bring your camera for pictures with Santa!

...Enjoy caroling under the tree with music!

...Kids will enjoy our fun children's area with games and crafts!

Tables to sell homemade crafts and food are available free of charge. For reservations please call (804) 633-8246.

Refreshments will be available for purchase.

It's been a busy time for the Fort A.P. Hill family



Medics recognized for helping accident victim

Fire Medic Peter M. Orioles (left) and his partner, Fire Medic Dana A. Nichols, (right) were returning from an ambulance training run to Spotsylvania Regional Medical Center on Oct. 9 when they came upon a traffic accident at the intersection of Tidewater Trail and Thornton Road in Spotsylvania County. With no first responders on the scene the two stopped and rendered medical aid to the injured motorist. They stayed on scene until Spotsylvania County Fire and Emergency Services arrived and took over patient care. At the Fort A.P Hill command and staff meeting on Oct. 14 garrison commander Lt. Col. David A. Meyer recognized the two fire medics. Meyer thanked them and gave each a commander's coin of excellence for their selfless service and quick response at the accident scene.

U.S. Army photo by Michael C. Meisberger

It's been a busy time for the Fort A.P. Hill family



The Java Café at Wilcox Camp rolled out their new holiday coffee blends by Starbucks on Oct. 29 and baristas Shanda Stringer (left) and Shay McKellar (right) showed off their Halloween best to celebrate the event.

U.S. Army photo by Bob McElroy



Sgt. 1st Class Tomas C. Centeno (left), an instructor at the McMahon Explosive Ordnance Disposal Training Center gives new Staff Sgt. Brandon A. Partee (right) a congratulatory punch on his new stripes at Partee's Oct. 20 promotion ceremony.

U.S. Army photo by Bob McElroy



U.S. Army Garrison Fort A.P. Hill commander Lt. Col. David A. Meyer was the first speaker at the Caroline County Veterans Day observance in front of Caroline County High School on Nov. 11. Meyer praised Veterans and thanked them their service to America.

U.S. Army photo by Bob McElroy

Images from the past

A look back at Fort A.P. Hill



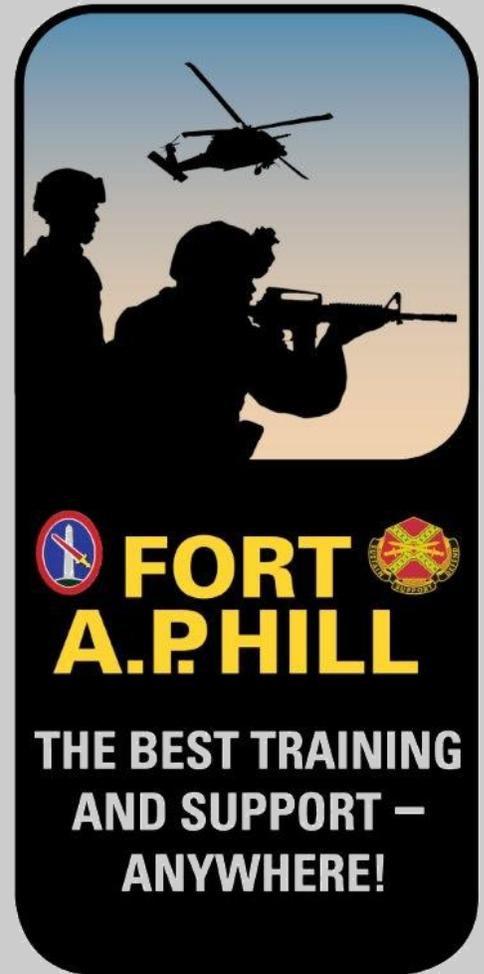
Before camps like Wilcox and Longstreet were built Soldiers stayed in modest dwellings.



Timber has been harvested for a long time at Fort A.P. Hill. It continues to this day and brings in thousands of dollars that help the post and nearby Caroline County.

Garrison Hours of Operation

Garrison Headquarters	Monday - Friday 8a.m. - 4 :30p.m.
Lois B. Wells Health Clinic	Monday - Friday 7a.m - 4p.m.
Directorate of Family and MWR	Monday - Friday 6 a.m. - 4:30p.m.
HQ Fitness Center	Monday - Friday 6 a.m. - 7p.m. Saturday - 8a.m. - 4:30p.m. Sunday Closed
Wilcox Gym	24/7
Downtime Zone	Monday - Wednesday - Friday 8a.m. - 4:30p.m. Tuesday - Closed. Friday - Saturday 11a.m. - 7p.m. Sunday Closed
PX at Wilcox	Tuesday - Saturday 10a.m. - 5p.m. Sunday Closed
Primo's Express	Monday - Saturday 11a.m. - 2p.m. Sunday Closed
Java Café	Monday - Saturday 6a.m. - Noon Sunday Closed
Outdoor Recreation	Monday - Friday 9a.m - 5p.m. Saturday 8a.m. - 3p.m.
Recreational Lodging	Monday - Friday 7:30a.m - 6p.m.



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

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