Up and Down the Hill

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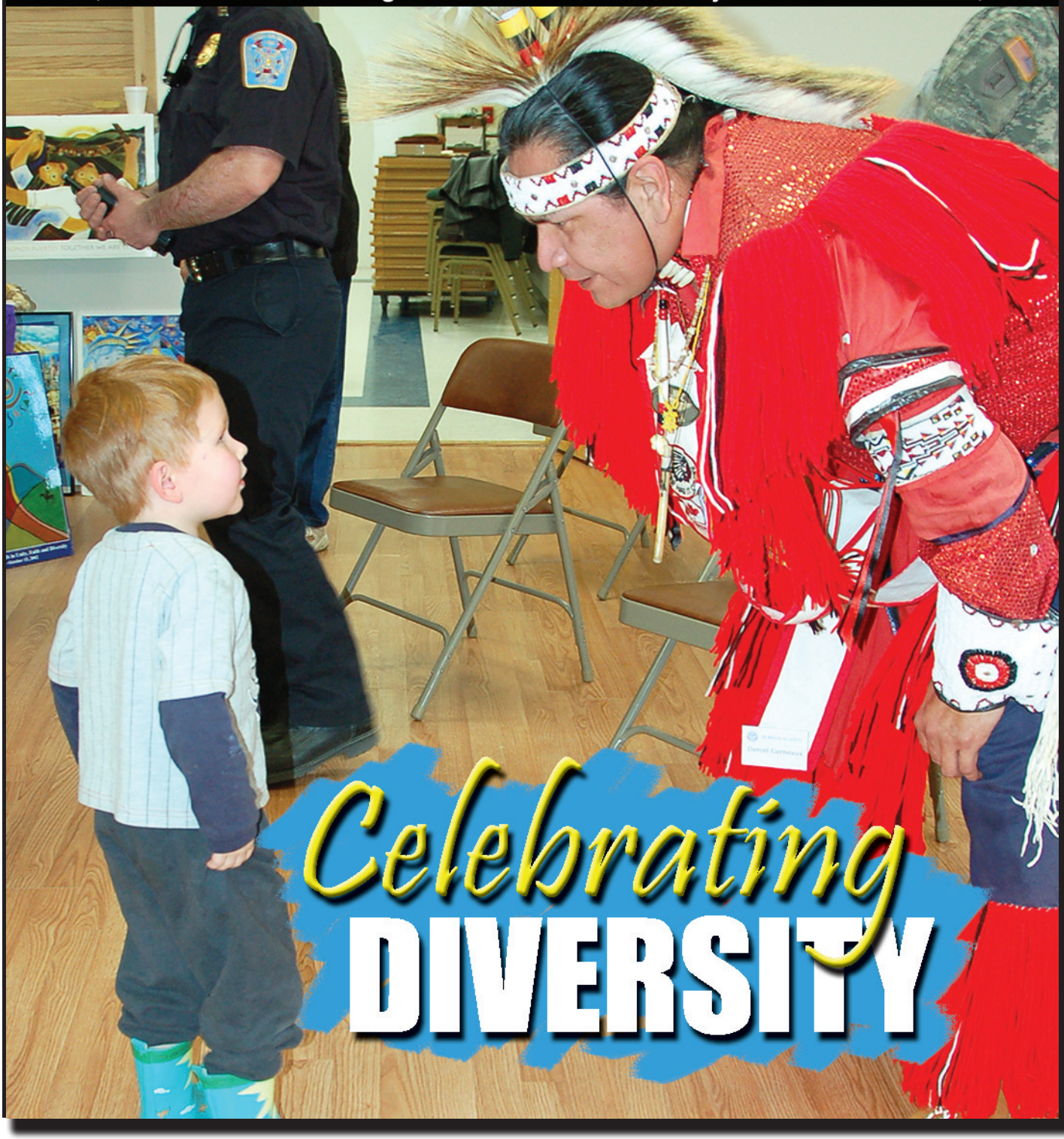

Celebrating DIVERSITY

First female 4-star credits diversity for strength of Army

By C. Todd Lopez
Army News Service

Diversity is one of the strengths of the Army, and as an organization, it is one of the best at leveraging that diversity, said the service's first four-star female general.

"Your Army considers diversity a strength -- and we proudly lead the nation in offering equal opportunity to all," said Gen. Ann E. Dunwoody, Commanding General, U.S. Army Materiel Command. "Our Army is nourished and energized by the diversity of the men and women in our formations. And women today are contributing at every level and on every battlefield."

Gen. Ann E. Dunwoody, Commanding General, U.S. Army Materiel Command, challenges cadets to continue to build on legacy earned by women pioneers.

Dunwoody spoke at a program highlighting Women's History Month, March 6, at a lunch for female Reserve Officer Training Corps and U.S. Military Academy cadets at the U.S. Capitol Visitor's Center in Washington, D.C. The program also featured panel discussions on sexual assault and on opportunities available to women in the Army.

Dunwoody told the cadets that "diversity" is more than having different kinds of people - it also means having different perspectives.

"It is not only having some of each, but is (about) having the voices of each heard at the table," she said. "This is the true value of diversity. The best solutions and the best decisions will be made because we will have leveraged the strength and power that diversity brings to the entire team. More than ever before, we need to understand the complexities of the problems we face. The consequences of not doing that are far too great."

Dunwoody made history when on Nov. 14 she became the first woman in the military to attain the rank of four-star general.

The general told the cadets to remember the female officers that came before them who pushed through the ranks to achieve notable "firsts" for women in the military.

Such notable women include: Army Brig. Gen. Anna Mae Hays, the first to enter the general officer ranks; Air Force Maj. Gen. Jeanne M. Holm, the first to earn a second star; Vice Adm. Patricia A. Tracey, the first to earn a third star; and Marine Corps Lt. Gen. Carol A. Mutter, the first to be nominated for a third star.

"As we celebrate Women's History Month, we must not forget those who have gone before us," Dunwoody said. "But let's also recognize that we know the current and future leaders sitting here in this room will continue to build on our proud legacy -- a legacy earned by our pioneers -- women who knew no fear, and by women who risked everything they had to serve their country."

The general said she had faith in their ability to succeed individually and to bring their talents to the Army.

"You are the next generation of our military leaders and I have no doubt you'll bring incredible energy, incredible talent and incredible capabilities to this Army," she said. "You'll find our Army a place where you'll be challenged, a place of unlimited opportunities, and a place where you can truly make a difference for our nation."

"For you cadets who are getting ready to embark on this journey: fasten your seatbelts, work hard, challenge the institution, and brace yourselves for a wild ride," she added.

During discussions on career opportunities, several cadets questioned the panel on current restrictions female Soldiers face in getting assigned to certain combat roles.

Lt. Gen. Michael D. Rochelle, Deputy Chief of Staff for G-1, told the cadets he believed one day those restrictions could be lifted, but that it would need to be further investigated by the Department of Defense.

Today, women can serve in 93 percent of Army occupations and they make up about 15 percent of the active Army.

Up and Down the Hill

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Maj. Gen. Richard J. Rowe, Jr., Commanding General, Military District of Washington, takes a moment to talk with a unit commander while his troops qualify with their assigned weapons.

(Photos by David San Miguel)

General lauds installation's contribution, service

The Navy's Riverine Squadron 3, Detachment 1, conducts proficiency training with the MK44 Gau-17 gatling guns.

By David San Miguel
Editor

During a recent visit to Fort A.P. Hill, Maj. Gen. Richard J. Rowe, Jr., Commanding General, Military District of Washington, paused to recognize the installation's workforce for its support of the Presidential Inauguration and for the military forces who come here to train.

> *"It's a tremendous training platform for joint, interagency and Army forces ... to build strength to do what we are so proud of as an Army."*

The whirlwind tour gave the general a unique opportunity to observe progress on installation construction projects and units training.

They included stops at the newly completed cabins on Travis Lake and the refurbishment of the barracks at Wilcox Camp.

The tour also gave the general a chance to observe the Navy's Riverine Squadron 3, Detachment 1, conducting proficiency training with the MK44 Gau-17 gatling guns on Range 33.

Riverine Squadron 3 had returned from Iraq in October and came here to refamiliarize the crews with the weapon system and to begin the training cycle for future deployment missions.

According to Rowe, it's this joint, interagency training platform that makes the installation such "a valuable training asset" for all the military services.

"It's a tremendous training platform for joint, interagency and Army forces to be able to take their individual and collective skills and to build strength to do what we are so proud of as an Army," he said.

Among the individuals recognized were: Police Officer John D. Hill from the Directorate of Emergency Services; and, Douglas A. Treblic, Marcella A. Norris, Richard A. Harris, Jr., Rebecca R. Blanton, Armando L. Flores, Warren Hills, Jr., Alfred F. Spurlock, Jamar L. Wallace, Geronimo E. Sarangay, Linda A. Meckel, Luis F. Morales, Nancy K. Parker, Gary J. Seibert and William E. Briggs from the Directorate of Logistics.

Celebrating DIVERSITY

(Photo by David San Miguel)

Daniel Garneaux, Lakota Indian dancer, demonstrates a Native-American dance to the delight of the Fort A.P. Hill workforce during the installation's "Celebrating Diversity" multi-cultural event held Feb. 26 at Romenick Hall.

In a celebration of diversity, Fort A.P. Hill employees were given an opportunity, Feb. 26, to experience first-hand the different cultures that comprise this nation.

The "Celebrating Diversity" multi-cultural event held at Romenick Hall began at 10 a.m. with a "snake" dance designed to bring attendees into the circle in a demonstration of unity and purpose.

Benjamin Allen, the Special Emphasis Program Committee (SEPC) member and chairman for the event, said that this program highlights the contributions of the various groups represented here and helps to educate the workforce on the diverse makeup of the nation.

Understanding each other's heritage brings us closer together, he said.

Marion "Okie" O'Connell, owner of a farm in Williamsburg, Va., believed to be the site where slaves first landed in America, gave a talk on how that land was passed down to him over the ages.

He commented on how hard life was on the farm and how his grandfather made him promise to keep it for future generations.

Though, he said, it was not until later that he realized its full importance.

Daniel Garneaux, Lakota Indian dancer, followed the talk with a demonstration of Native-American dance.

"Programs like this bring out our cultural ideals and ways of life to the eyes of the public," he said. It's a journey he challenged the attendees to take to heart.

A journey he said didn't come so easily during his service with the Marines in Desert Storm.

"It was a huge leap of faith for me," he explained. "Putting on the uniform is different in a sense that we had our people to fight for – our ways of living."

"Lakota Indians are born Warriors," Garneaux said. "Our ways of living pre-date this country's entire existence."

He felt he knew the way of the Warrior and that he didn't need their help.

But working alongside his peers, Garneaux learned that "good things happen if you let them."

Indeed, it was this mingling of cultures that allowed him to understand and to better relate to his combat brethren.

"We have a lot to learn from each other," he said.

After his dance demonstrations, attendees watched as the Lord of Rapha Dance Ministry from the New Bethel Pentecostal Holiness Church in Fayetteville, N.C., illuminated the floor with their colorful dance routines that were meant to move and inspire the audience.

In addition to the displays and demonstrations, attendees were afforded a sample of the various ethnic cuisine from each of the cultures represented to celebrate Black History, Native-American History, Hispanic Heritage, Women's History and Disability Awareness.

"Swift Fox," (Col. John R. Fortune, Jr.) and his wife, "Singing Wind" (Wanda), belong to the Rappahannock Tribe here in Virginia.

"Swift Fox" demonstrates a traditional Indian dance during a recent program to raise awareness of the diverse cultures that comprise this nation.

This display illustrates the significant role women have played throughout the nation's history.

Marion "Okie" O'Connell, farm owner from Williamsburg, Va., spoke about growing up on a farm believed to be the site where slaves first landed in America.

The Lord of Rapha Dance Ministry, New Bethel Pentecostal Holiness Church, out of Fayetteville, N.C., moved spectators with the "power" of their dance.

Army Ten Miler ups field to 30K

By Carol E. Davis
Army News Service

To mark the 25th anniversary of the Army Ten Miler this fall, the field for the race will be increased to 30,000 runners.

Each year the race has incrementally increased the running field and has maintained a safe, competitive run, said Jim Vandak, director of the Army Ten Miler.

"Since the 2008 race sold out in a record 21 days, we looked at the logistics and felt that we could incrementally increase participation in this year's 25th anniversary race," Vandak said.

The race formally started in 1985 when the Association of the United States Army joined with the Military District of Washington (MDW) and got involved with a race that was started by the Pentagon recreation services and the Army Ten-Miler was born, said Vandak.

"We have more than 750 teams from around the world who come out to compete in the race," said Jim Vandak, director of Army Ten Miler. "A little more than half of those teams are Soldiers teams that compete for the Commander's Cup ... in addition to the trophy, they go for the bragging rights too."

Race officials confirmed that they will use a wave start to release runners for this year to ensure a safe, competitive race.

The expanded size of the race has led to other changes as well. The free, two-day expo preceding the race will move to the D.C. Armory, enabling twice the number of exhibitors and longer packet pick-up hours for runners. The pasta dinner will move to a larger ballroom at the Gateway Crystal Marriott, thereby adding an additional 300 seats.

The race will be held Oct. 4 in Washington, D.C., with the pasta dinner Oct. 3.

"It has a rich tradition of military and civilian runners," said Vandak. "It's the spirit of the Army; it's the spirit of the nation."

The Army Ten Miler provides a venue for military and civilians to compete for awards in more than 27 divisions.

The race starts and finishes at the Pentagon. Race weekend activities include fitness clinics, youth runs, a post-race party and HOOAH tents from Army installations around the world.

The race is produced by MDW, with proceeds benefiting Army Family Morale, Welfare and Recreation, a comprehensive network of support and leisure services designed to enhance the lives of Soldiers and their families.

The mission of the Army Ten Miler is to promote the Army, build esprit de corps, support fitness goals, and enhance community relations.

Registration will open April 1 at www.armytenmiler.com. Despite the increased runner field, race officials said they expect to sell out by mid-May and encourage runners to sign up early to assure entry.

About 26,000 runners crossed the starting line of the Army Ten Miler held last October at the Pentagon. *(U.S. Army Photo)*

Fun and Fitness

Community Activities Center

Headquarters Area (Bldg. 106)
(804) 633-8219 or 633-8335

Hours of Operation

Monday through Friday
6 a.m. until 7 p.m.

Saturday and Sunday
8 a.m. until 4:30 p.m.

At the Community Activities Center (CAC), individuals will find a recreation room complete with pool tables, vending machines, air hockey, foosball, ping pong and satellite television for their entertainment.

Other CAC features include: basketball, volleyball and racquetball courts; free weights; strength training fitness machines; treadmills; exercise bikes; an Internet cafe; an Information, Ticket and Tours (ITT) where individuals can purchase single and group tickets to various local attractions; recreational sports equipment sign outs; board games, Play Station, X Box, televisions, DVD players; as well as pop-up canopy tent rentals.

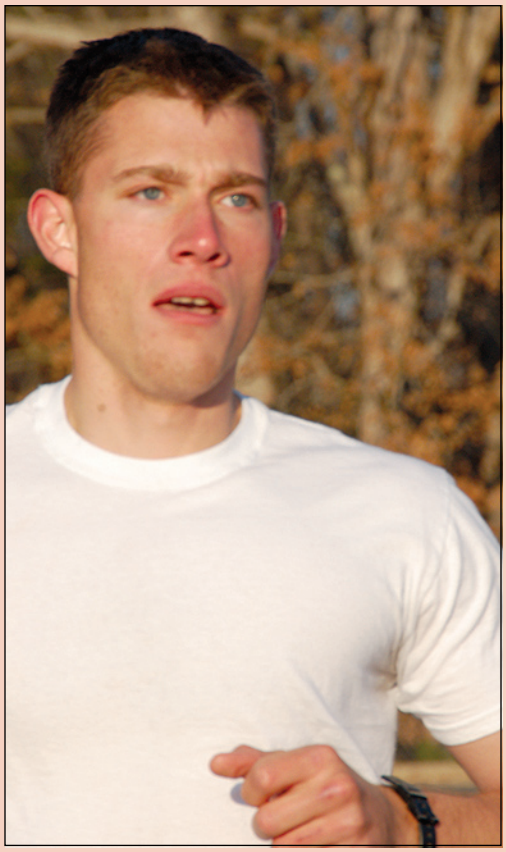
Outdoor enthusiasts can obtain their hunting and fishing licenses at the Game Check office, located at building 390 off of Fort A.P. Hill Drive. Considered amongst the best hunting and fishing in the Atlantic region, sportsmen won't be disappointed. Call (804) 633-8244 for more information.

Other activities include a car wash and picnic sites complete with full restroom facilities, a sheltered pavilion, a softball field, horseshoe pits and a volleyball court.

Nestled in Archer Camp and named after Gen. A.P. Hill's horse Champ, this RV park offers 49 full hook-up sites and a full service center complete with showers, latrines, laundry center, wireless internet/digital satellite TV and game tables.

For those units training here, there is the Downtime Zone located in building 1663 at Wilcox Camp. This new facility is available for sign out only through unit commanders or their unit designee. It offers two large flat screen television sets equipped with DVD players, theater-style seating, pool tables, an Internet and video game activity center as well as separate comfort areas for board games and small group activities.

For reservations or for more information on the availability of any of these facilities, contact the CAC office staff at (804) 633-8219 or 633-8335.



Lance Cpl. Thomas Dehart, a visiting Marine from Miramar in San Diego, Calif. and son of Thomas Dehart, Sr., a Fort A.P. Hill employee, came in first with a time of 17:53. He was visiting his folks in Ladysmith.

Valentine's Day 5K Run/Walk kicks off 'Year of the NCO'

Braving the brisk February morning, more than a few runners gathered for the annual Valentine's Day 5K Run/Walk held Feb. 13.

The run kicked off the Army's Year of the NCO observance in front of the Community Activities Center at 8 a.m. moments after Lt. Col. Michael Graese, Garrison Commander, and Command Sgt. Maj. Roger Chase commented on the role NCOs have played in service to the nation.

(Photos by David San Miguel)

The installation's workforce and a few visitors enjoy the brisk run.

Command Sgt. Maj. Carl A. Ashmead, battalion command sergeant major for 2nd Battalion, 14th Infantry Regiment, 10th Mountain Division, shares his reading talents with students from Bowling Green Primary.

(Photos by David San Miguel)

'Read Across America'

Soldiers come from the "Mountain," read to local elementary students

A team of Soldiers from the 2nd Battalion, 14th Infantry Regiment of the 10th Mountain Division, converged on Bowling Green Primary School in the neighboring community of Bowling Green, March 9, to encourage its students to read.

This "Read Across America" program was initiated 12 years ago by the National Education Association on the birthday anniversary of children's author Theodor Geisel, a.k.a. Dr. Seuss, to promote good reading habits among the nation's youth.

School officials at this rural community invited local business and community leaders, as well as Soldiers of the 10th Mountain Division who are training here, to help ignite students' interest in reading.

The Soldiers included: Command Sgt. Maj. Carl A. Ashmead, the battalion command sergeant major, 2nd Battalion, 14th Infantry Regiment; Sgt. Anthony Zegarelli, Chemical, Biological, Radiologic, Nuclear and Explosions (CBRN-E) specialist with B Co.; Spc. Dominic DeLuca, infantryman with C Co.; and, Spc. Tarik Lazri, intelligence analyst with Headquarters and Headquarters Company.

Reading to a child let alone a group of children was a new experience for Zegarelli.

"I'm 27 years old and have had very limited exposure with children," he said. "I was raised as an only child without any nephews or nieces. So this was going to be my first real introduction."

Despite his initial doubts, the young sergeant learned to "like" his newfound friends.

It's an introduction, he hopes fostered the children's appreciation for reading.

It came only natural for Ashmead who is a father of four children.

"I've read Dr. Seuss to my kids growing up," he said. "So, I've had a little practice."

Debra Holt, the school principal, was quite pleased by the children's response to the Soldiers' visit.

"We really appreciate them coming out to read," she said. "Anything we can do to motivate the students and get them interested in reading -- we just can't lose."

Sgt. Anthony Zagarelli, Chemical, Biological, Radiologic, Nuclear and Explosions specialist with B Co., 2nd Bn., 14th Inf. Regt., overcomes his fears to encourage students to read.