



Fort A.P. Hill Down Range

Vol.45, No.1

"Where America's military sharpens its combat edge!"

May 21, 2010

RESILIENCY

**IMCOM develops plan
to help Soldiers endure
multiple deployments**

Notes from the IMCOM Commander:

Leaders challenged to maintain, develop resiliency programs

By Lt. Gen. Rick Lynch
Commanding General
Installation Management Command

Resilience is the ability to bounce back in the face of adversity ... it's mental toughness! Webster defines resilience as, "the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress" and "an ability to recover from or adjust easily to misfortune or change."

The strength of our Nation is only as strong as the Soldiers, Families and Civilians that courageously support and defend it.

Over the last eight years, more than one million Soldiers have deployed to combat, more than 3,900 Soldiers have sacrificed their lives, and more than 25,000 have been wounded in service to our country.

Army units and Families across the globe are relocating in compliance with the Base Realignment and Closure Law, and we continue to transform our business practices. To remain strong in this dynamic environment, leaders must proactively maintain and develop resiliency programs and services to enable the total Army Community (Soldiers, Civilians, Families and Retirees) to maintain healthy relationships and happy lives.

Our approach to supporting resiliency for the Army Community is to enhance their ability to adapt to stress by supporting, maintaining, and developing programs and services that promote total wellness. As I have said before, I am convinced that the Army spends too much time fixing Soldiers after they break, evidenced by the rise in suicide and substance abuse rates. We should be spending our time, energy, and resources to make the Army Community resilient to prevent them from breaking.

We will use the Public Health Model of assessment, education, intervention, and treatment to integrate and deliver services to help prevent Soldiers, Civilians and Families from breaking. By applying this model before a crisis happens we will be better able to keep the Army Community strong in all dimensions of resiliency.

Individuals must be fit mentally, physically and spiritually to achieve optimum resilience.

"To remain strong ... leaders must proactively maintain and develop resiliency programs and services ..."

Army Family Covenant, Army Community Covenants, the Installation Management Campaign Plan and the Comprehensive Soldier Fitness Program.

When I was the senior commander at Fort Hood, Texas, I built a Resiliency Campus to enable the Army Community to become resilient before deployments, during deployments and to solve many other challenges faced by Army Families.

Other IMCOM garrisons are also focusing on resilience.

Fort Bliss, Texas, has a Restoration and Resilience Center that offers a Warrior Resilience Program and a Family Resilience Program. Fort Jackson, S.C., is opening a Master Resilience Training school that will offer a 10-day Master Resilience Training Course to equip leaders to teach coping skills to unit members. At Fort Campbell, Ky., the Family Resiliency Council has teamed up with key organizations to be one of the first installations to publish an online resource guide to provide accurate and accessible information to Soldiers, Families and Civilians.

These are but a few initiatives underway dedicated to enhancing Soldier, Civilian and Family resilience.

The Installation Management Community will provide the best care, support and services for the Army Community by improving quality of life through initiatives, such as the Army Family Action Plan, the



Photo by Jean Skillman

Lieutenant General Rick Lynch, commanding general of the U.S. Army Installation Management Command, addresses an audience of garrison commanders in San Antonio.

The strain of multiple deployments and other stress factors may continue into the future.

Therefore, I challenge leaders and personnel throughout the Army Community to think of new ideas to enhance installation resiliency initiatives and to send your ideas to your installation leadership or me. I also challenge each of you to take advantage of existing programs and services on your installation and in your community to remain mentally, physically, and spiritually fit.

The Army Community is the strength of our Nation, and IMCOM garrisons are the Army's Home!

Plan focuses efforts to better serve Soldiers, Families

Since the Installation Management Campaign Plan was released recently at the Campaign Plan Rollout Conference in San Antonio, IMCOM Northeast Region has been hard at work implementing the plan.

The plan focuses the command on six lines of effort: Soldier, Family and Civilian Well-Being; Soldier, Family and Civilian Readiness; Installation Readiness; Leader and Workforce Development; Safety; and, Energy Efficiency and Security.

"These are our priorities," said Russell B. Hall, Region Director of IMCOM Northeast Region. "This is not foreign to us; we've been doing these things. But this campaign plan puts them all in a consolidated command playbook. We will focus on these lines of effort, we will resource these lines of effort and we will meet the

IMCOM Commander's goals."

The real work of the Installation Management Campaign Plan begins with IMCOM employees at the region and on garrison staffs reading and understanding the campaign plan, which can be found online at <http://www.imcom.army.mil/hq/kd/cache/files/D46D0DD8-423D-452D-4213C8335482DBEC.pdf>.

"Every member of the region and the garrison staffs should print it out, read it, make notes in it and base their work on the priorities outlined in the campaign plan," said Col. Frederick Swope, Deputy Director of IMCOM Northeast. "We all have a role in focusing this organization on the lines of effort so we can better serve our Soldiers and Families."

For Northeast Region, implementation of the lines of effort will be overseen by the functional chiefs most closely associated with each area. Soldier, Family and Civilian Readiness will be lead by the Northeast Region Operations Division Chief, Steve

Hayward. The lead for Soldier, Family and Civilian Well-being is Art Webb, Family Morale Welfare and Recreation chief. Al Pagliarello, Northeast Region Human Resources chief is in charge of the Leader and Workforce Development line of effort.

Installation Readiness is assigned to the Directorate of Public Works headed by acting region DPW chief Jorge Blanco. He also leads the effort for Energy Efficiency and Security. Region Safety Chief Bob Bessette is charged with leading the Safety line of effort.

The leaders for each line of effort will develop working groups to be able to focus on all the aspects of each area.

"The working groups for each line of effort will assess the situation, develop a plan to improve, assess and reengage," said Steve Hayward, NE Region Operations chief. "That kind of focus means we can find and share the best way of doing business, so the entire region and IMCOM overall will gain from the experience."

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Garrison Command Sergeant Major

Command Sgt. Maj. Mark V. Brandenburg

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The *Down Range - Fort A.P. Hill* newsletter is an authorized publication produced on a bi-monthly basis by the Public Affairs Office editorial staff in accordance with AR 360-1 to provide the installation community with information on people, policies, operations, technical developments, trends and ideas of and about the Department of Defense, the Department of the Army and Fort A.P. Hill.

The views and opinions expressed in this publication are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of the Army or this command.

Send submissions and correspondence to Public Affairs Office, Attn: Editor, *Down Range - Fort A.P. Hill*, 18436 4th St., Bldg. 112, Fort A.P. Hill, VA 22427-3114. Telephone: (804) 633-8120, DSN 578-8120.

IMCOM rolls out plan, unveils new logo

Military community members will now see a symbolic icon representing the progressive goals of the U.S. Army Installation Management Command, headquarters of all Army garrisons worldwide.

The logo, developed to coincide with the 2010-2017 IMCOM Plan rollout is representative of the four major facets of Army Community life: stewardship, readiness, facilities and families.

Kathy Aydt, IMCOM chief of Strategic Communications of Assistant Chief of Staff was asked by Lt. Gen. Rick Lynch, IMCOM commander, to create a logo representative of the new goals.

Lynch wants to instill pride and ownership within the workforce as well as something that really symbolized the importance of that work, Aydt said. "He felt it should be a logo that people could really relate to and get behind."

The team drew on the creative efforts of the Family and Morale, Welfare and Recreation Command and the U.S. Army Environmental Command, as well as engaging members of the IMCOM Community to ensure the new image magnified

the most significant aspects of the Army.

"We extended it to our community at large in a type of contest format and solicited all the input," Aydt said.



The result, after only a one-week window for submissions, was more than 70 different versions. More than 2,000 people then voted on a symbol of which contained all the elements the project team had hoped for.

"We were thrilled that it was the one selected," Aydt said. "It was designed to invoke pride in our command and our mission. The symbols are strong and the colors are bold, as is our mission and our commitment to fulfilling that mission."

Aydt explained that each element of the logo represents specific facets of the Army community as well as the command's objectives for the coming years.

"You have the green with the tree which symbolizes our stewardship," she said. "You have the flag at the top that symbolizes our readiness in support of the Army."

See IMCOM LOGO, page 10

Obama signs Veterans, caregivers legislation

By Jim Garamone

American Forces Press Service

President Barack Obama signed legislation, May 5, to improve health care for Veterans and to recognize the role that family caregivers play in the recovery of wounded personnel.

Obama recognized retired Army Sgt. Ted Wade and his wife, Sarah, before signing the Caregivers and Veterans Omnibus Health Services Act at the White House ceremony.

A roadside bomb wounded Wade when he served in Iraq in 2004, and his wife was an important reason why the sergeant made it through, Obama said.

This legislation expands mental health counseling and services for Iraq and Afghanistan Veterans, including reserve-component servicemembers.

"We're authorizing the [Veterans Affairs Department] to utilize hospitals and clinics outside the VA system to serve more wounded Warriors ... with traumatic brain injury," the president added.

The new law also increases support

for Veterans in rural areas with the transportation and housing needed to reach VA hospitals and clinics.

It expands health care for women Veterans to meet their unique needs, including maternity care for newborn children, and it allows VA to launch a pilot program to provide child care for Veterans receiving intensive medical care.

The legislation also eliminates copay charges for Veterans who are catastrophically disabled, and it helps Veterans who are homeless.

"We're expanding support to homeless Veterans, because in the United States of America, no one who has served this nation in uniform should ever be living on the streets," Obama said.

The president said the legislation marks a major step forward in America's commitment to families and caregivers who tend wounded Warriors every day.

"They're spouses like Sarah," he said. "They're parents, once again caring for their sons and daughters. Sometimes they're children helping to take care of their mom or dad."

"These caregivers put their own lives on hold, their own careers and dreams aside, to care for a loved one," he continued. "As Sarah can tell you, it's hard physically and it's hard emotionally. It's certainly hard financially. And these tireless caregivers shouldn't have to do it alone."

The law gives caregivers a stipend to care for a severely injured Veteran from Afghanistan or Iraq. They also will receive lodging allowances and get the training they need to care for their loved ones.

"If you need counseling, you'll receive it," Obama said. "If you don't have health insurance, it will be provided. And if you need a break, it will be arranged – up to 30 days of respite care each year."

The president said the new law recognizes the obligation Americans have for those who served.

"Just as we have a responsibility to train and equip them when we send them into harm's way," he said, "we have a responsibility to take care of them when they come home."

Defense, Veterans Affairs step closer to integrated records

By Sgt. 1st Class Michael J. Carden

American Forces Press Service

The Defense Department soon will join the Veterans Affairs and Kaiser Permanente in a partnership designed to improve the way Veterans and the nation receive health care, said the VA's top health affairs policy advisor.

Kaiser Permanente and VA – the nation's two largest electronic medical records systems – have been working to integrate their standards for Veterans using the Nationwide Health Information Network.

The network was developed by the Health and Human Services Department in 2008, and allows government and several private sector health care providers like Kaiser to share health exchanges, such as integrated delivery networks, pharmacies, labs and patient information.

The partnership has been successful so far, and is the culmination of decades of work in the medical community, stated Dr.

Stephen L. Ondra, senior VA policy advisor for health affairs.

"This is the very first multi-party exchange to the nationwide health information network," he said. "[VA] feels committed and responsible to go forward to extend this to other providers and across the nation as we build on this effort."

The VA is the largest integrated health system in the nation, serving more than 5.4 million Veterans of which more than half of them seek some medical services elsewhere and, more than 1.5 million who don't use VA healthcare services at all, Ondra said.

Although, VA and the Defense Department are leaders in health information exchanges, Ondra said, it's important for their systems to be integrated into the private sector.

"We've got to take care of those patients, and we really need to have the visibility ... to understand conditions and to understand what treatment they've had, what medications, what allergies they've had,"

he said. "Those are all things that this exchange will do."

Ondra explained that the network isn't so much a system as it is a set of standards and protocols, meaning that no organization is tied to any single system.

Interoperability in sharing health record information and administrative data can occur in any system that follows the nationwide standard.

"[The network] empowers the private sector with standards to develop more choices that are always good for consumers," he said. "With a standard, it opens up space for new solutions and ultimately it aims to lower cost and better the health system for the public."

Ondra noted that such an integrated system will relieve the burden on patients and families who are often ill.

With the network, and with patients' consent, they won't have to "scurry back and forth between providers with records," he said.



Soldier candidates from the “Old Guard” converged at Fort A.P. Hill recently in pursuit of the coveted Expert Infantryman Badge. Here, the Soldiers plot their points during the day land navigation test.

‘Old Guard’ tests Soldiers for coveted badge

Story & Photo by Erica Vinyard
Public Affairs Office, 3rd U.S. Infantry Regiment

Soldiers from the 3rd U.S. Infantry Regiment (The Old Guard) converged at Fort A.P. Hill to conduct testing for the coveted Expert Infantryman Badge, Mar. 18.

While Old Guard Soldiers conduct ceremonies on a daily basis, it’s crucial for them to maintain tactical proficiency. After spending weeks of training and testing their infantry skills, 22 of 266 Soldiers or just shy of 10 percent of the candidates, returned to Joint Base Myer-Henderson Hall with the badge.

Testing began with an Army physical fitness test in which the EIB candidates had to score at least 75 percent in each event for their age group. Candidates passing the APFT moved on to the day land navigation course where they were challenged to find three out of four points within a two-hour time limit. The candidates who passed this event moved on to night land navigation.

The same testing standards applied as candidates worked to find their points. Those passing the challenge advanced to mission-focused lanes testing where they rotated through urban traffic control point lane and mission patrol lanes. These new standards of testing were set to provide Soldiers with a testing environment similar

to what a Soldier may encounter while conducting missions in a combat zone. For the first time, these lanes were validated by the Fort Benning EIB committee.

“On the urban lane, a candidate would find themselves loading, firing and reducing stoppage on an M4/M16 (rifle), identifying terrain features on a map, operating an advanced system improvement program radio, performing first-aid on an abdominal wound, preventing shock, performing first aid for burns, calling for a nine-line medical evacuation, controlling a detainee using the native language of the detainee and identifying foreign weapons,” said Staff Sgt. Franklin Hayes, EIB noncommissioned officer in charge.

After completing the mission-focused lanes, candidates had to complete a 12-mile road march within three hours. Staff Sgt. Colton Smith, E Company, 4th Battalion, reached the six-mile turnaround point in 52 minutes and crossed the finish line first.

“EIB was the most motivating experience and this badge is a permanent mark of expertise,” Smith said. “Soldiers who didn’t make it through testing still left with a better knowledge of their job and the ability to continue the tradition of being fit to fight.”

EIB is about experienced Soldiers advancing their knowledge to other Soldiers to carry on the Army’s worldwide mission.

“EIB was a challenging but rewarding

event,” said Staff Sgt. Keith McDonald of Headquarters and Headquarters Company Regiment. The rewarding part was training my three young Soldiers who had never done anything like this before. They told me they learned more than they had before and that feeling was as good as actually earning my EIB.

“That was the big difference this year. Junior leaders got a chance to put their knowledge and experience and teach these young Soldiers how to put it in a combat scenario,” McDonald added.

At the badge-pinning ceremony, Maj. Matthew McCreary, HHC Regiment, received the 1st “Dam Beaver Award” for completing the day and night land navigation testing in the shortest amount of time. McCreary; Capt. James Stultz, HHC 1st Battalion; 1st Lt. Ruben Costa, A Co., 4th Battalion; 1st Lt. Brian Thompson, D Co., 1st Battalion and Staff Sgt. Keith McDonald, HHC Regiment earned the “True Blue” EIB, which means completing all of the testing without receiving a single “no go.”

“Being a ‘True Blue’ this year was one of the greatest feelings I have had in my time in the Army and being the only enlisted person to do it made it that much better,” McDonald said. “The big motivation for getting your EIB is so that you don’t have to go back out next year.”

NEC urges users to beware of Scareware

By Alan J. McCombs

Fort Meade

Something alarming could be a click away for computer users who are not cautious.

The Network Enterprise Center is experiencing a spike in virus-infected computers as machines are corrupted by a new type of Internet scam: Scareware.

Scareware is an emerging Internet threat in which people surfing the Web see a screen pop onto their monitor. The screen warns that a threat or vulnerability has been discovered on the computer. Scareware programs then prompt the user to run a system scan or download a patch that will "solve" the problem.

The "solution" is, in fact, a virus that could hide on a computer or potentially solicit the user's personal or financial information, said Joseph Carr, chief of the NEC's Information Assurance Division.

Last month alone, 10 computers out of the 2,000 garrison and tenant computers monitored by the center were infected by Scareware programs. Since then, the NEC, formerly known as the Directorate of Information Management, has been finding at least one or two infected computers each week, Carr said.

While scareware represents a rising issue, overall it remains a small concern for the NEC, Carr said.

"This is a minor problem but it has the potential of going crazy," he said. Once a computer is infected with a virus, the Army's anti-virus software, Synamtec, should pick up the intruder and notify both the computer user and the NEC. The computer user is prompted in an E-mail to power down the machine to prevent further infection across the DoD network.

DoD's only cure for a scareware infection is to haul away the blighted machine, erase its hard drive and restart the computer's system from scratch.

Resetting a machine takes anywhere from 20 minutes to two hours. Most computer users should have their machine returned after a day, said Gwen Hamilton, a NEC information specialist who handles the resetting process.

Once the computer is reset, the user loses any notes or files stored on the machine,

Hamilton said.

"It used to be that we'd try and save the person's files, but now the requirement is that it be totally deleted," Hamilton said.

It's an experience those working at the NEC are familiar with.

After a week-long vacation in December, Shaun Cronk, a NEC Information Assurance network officer, returned to work to find that a scareware program had infected his computer.

"No one's immune to this," he said.

The damage was minimal for Cronk as he made a habit of saving most of his files to a network drive, but he still lost some items, he said.

"It was not that someone found me or

went after me, it was just something that was sent out," Cronk said. "I felt a little violated."

The long-term solution for scareware is unclear.

Previous threats to computers tend to be fixed by patches to the computer or the anti-virus software, Carr said. But Scareware is usually concealed in ads on Web sites ranging from popular search engines to social networks.

DoD could potentially decide to limit access to those parts of the Internet.

Limiting the number of scareware infections now could forestall such action, Carr added. "We're trying to avoid locking people out of stuff or blocking it off."

Guard launches new 'Moments' campaign

By Spc. Darron Salzer

National Guard Bureau

ARLINGTON, Va. -- Over the last few years, social media platforms such as MySpace, Facebook and Twitter have revolutionized not only person-to-person communication, but how organizations such as the National Guard communicates with current members and reaches out to potential new recruits.

To capitalize on this phenomenon, the Army National Guard kicked off a new recruiting campaign in April with the release of a new personal video experience called "Moments of Pride."

The video aims to promote the Guard to its target demographic of 18- to 32-year-olds and is found at www.nationalguard.com/momentsofpride.

"What we have developed is a video experience that uses [the participants] public information on Facebook, and integrates it into a typical drill weekend or state active duty situation," said Chief Warrant Officer Bonny Bell, the marketing officer for the Army Guard's Strength Maintenance Division.

In this case, the situation is a flood rescue, which is timely because we are currently in flood season, said Bell.

Holding up a storyboard, Bell explains how the participant moves through the story, seeing their name on a uniform, their public Facebook photos being integrated into a hometown news story, and then

sifting through debris and finding a photo album with a user photo on the cover.

Bell said that over the past four months, the division developed ideas and images for the video campaign internally and worked with an outside firm to create the actual application that would pull a participant's information from their Facebook profiles.

"The application only pulls information that you already have public on your Facebook profile," she said. "We are not taking anyone's privacy away from them."

The new "Moments of Pride" video campaign uses footage from the Guard's other campaign titled "At This Moment."

Bell said she hopes this campaign will encourage potential recruits to find out more about what the Guard is all about.

"It's a pretty powerful message that makes you feel like a part of something bigger," she said.

"In the last 30 days on our Facebook page, we've had 19,426 referrals go to our Website to find out more about the National Guard," Bell added. "Of those, 101 interested parties filled out a recruiter contact card."

Army National Guard recruiters also have a presence on MySpace, Twitter and YouTube.

All of these social media sites are inexpensive ways of marketing, Bell said. They help the National Guard reach its target demographic, and the numbers show just how successful these sites are for the Guard.

FIRST RESPONSE READY!

Fire engine enhances area support, post's training mission

By David San Miguel
Editor

Committed to maintaining a first-rate emergency response capability, the Fort A.P. Hill leadership has recommissioned the last remaining fire engine to be upgraded with a traditional "Push In" ceremony, Mar. 23, at Fire Station 7.

The "Push In" ceremony is an age-old tradition dating back to the 1700s when manufacturers would deliver the "new pumper" wagon to the fire station with a team of horses, explained Chief Daniel Glembot, Fort A.P. Hill fire department.

Since the team of horses couldn't back up, he added, the receiving party would unhitch the wagon, push it into the station, then load up the equipment and hitch their own team of horses - ready for its initial response.

At a cost of \$300,000, the upgrade has saved the installation what it would have cost to purchase a new fire engine, said Glembot. "A new truck costs a little more than half a million dollars."

The upgrade brings the 1999 E-1 Fire Truck up to 2010 standards and will better accommodate today's mission. Refurbishing the fire engine took six months and includes the addition of a new 750-gallon water tank, a 50-gallon foam tank, a scene-lighting system and a completely re-



Photo by David San Miguel

Installation fire department personnel "push in" their new fire engine -- "ready for action."

built water pump, engine and transmission.

The "new" engine complements the installation's existing fleet and will provide area fire departments added first response capability as part of an ongoing Mutual Aid Agreement with the local community, the chief said.

Chief David E. Layman, Caroline County Fire and Emergency Services, said that any asset that the installation can provide to the county

is certainly a resource it can utilize.

"It's been part of an ongoing relationship that's been established over the years," he said. "I think we've made it even stronger within the last 12 months."

Just this past November, the installation commissioned a \$350,000 fire training facility which offers area firefighters the opportunity to practice live fire strategies and fire rescue tactics in a safe and controlled

environment.

According to Lt. Col. John W. Haefner, garrison commander, The upgrade will increase Fort A.P. Hill's ability to support all members of the local community, the installation and Caroline County with that essential aid expected out of local government, he added.

Presently, the installation provides more than \$250,000 a year in mutual aid support to the county.

FIRE INVESTIGATORS

Academy conducts extensive training, graduates 32 fire marshals

By David San Miguel
Editor

"It was arson! ... cold-blooded murder!"

Steve Phillips, a veteran firefighter and newly commissioned fire marshal with the Hannover County Fire and Emergency Medical Services, snapped another photo.

Collecting evidence is crucial if the case should go to court, he commented. "Justice has to be served."

He, like 31 other recent graduates of the Fire Marshal Academy recently held here, now have joined the ranks of those fire investigators in Virginia who will be charged to enforce the law.

According to Bob Bailey, division chief for the State of Virginia Fire Marshall Academy, this course is mandatory for any

individual seeking to earn a fire marshal appointment.

He said the 360-hour academy includes three weeks of basic investigative techniques for fire, followed by nine weeks of law enforcement training.

Ed Fuzy, Virginia Department of Fire Programs, explained that the law enforcement phase provides candidates instruction on marksmanship, shoot/don't shoot scenarios, building searches, car stops and negotiating the shoot house.

After all, he said, they will also serve as law enforcement officers with full police powers.

The training culminates with a field training exercise in which each candidate must investigate several fires in succession, Bailey added. "They must apply the lessons learned."

See MARSHAL, page 9



Photos by David San Miguel

Uriel Barnes, fire marshal candidate from the City of Suffolk, collects evidence from the crime scene.



Firefighters respond to a vehicle fire before fire marshals can investigate its cause.

MARSHAL

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The lessons learned here, Fuzy said, will serve them well when they present their cases before the court.

“They’ll have to determine the cause of the fire, identify the suspect, make the arrest and pursue a court conviction,” he said. “The investigation has to be thorough and able to withstand court scrutiny.”

Eight out of the nine weeks provided the candidates extensive training on the Virginia state legal system, its laws of arrest and the proper handling of evidence,” added Marshall J. Flournoy, instructor, Virginia Department of Fire Program.

On the ninth week, a field exercise evaluated the candidates practical application of all this training.

“The facilities here are phenomenal,” stated Barbara Quick, role player and cadre member with the Prince William County fire department.

“Fort A.P. Hill was very

hospitable – anything we needed, the installation staff provided,” she added.

The facilities included ranges

for marksmanship training, classrooms, training facilities to run various shoot/don’t shoot scenarios, meal and billeting

accommodations.

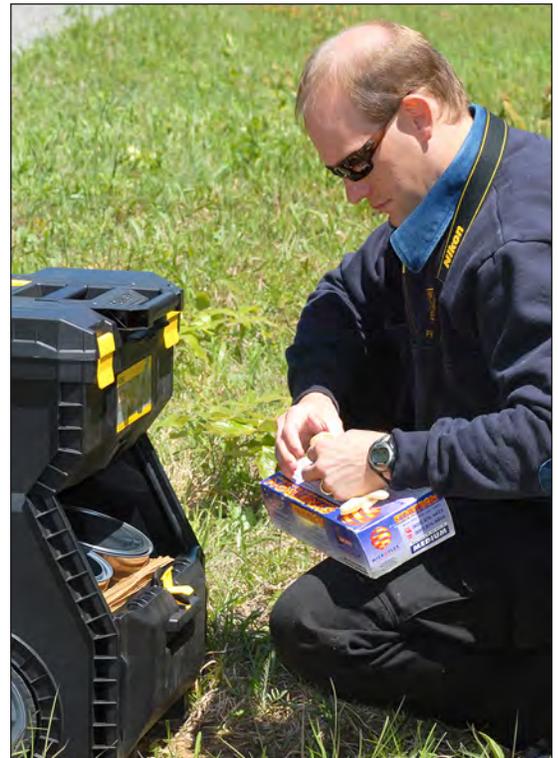
“It is good stuff,” added Flournoy. “We couldn’t have asked for any better support!”



Fire marshal candidates converge on the scene of a “residential fire” to collect evidence.



Barnes and classmate, Matt O’Daniel from the Lynchburg Fire Department, pause to discuss possible causes of the fire.



Jeremy Luttrell, fire marshal candidate, Winchester City Fire and Rescue, prepares to gather evidence.

NEWS NOTES

Veterans invite all Americans to show military appreciation

The freedom and security that America enjoys today are direct results of the bloodshed and continued vigilance given by the U. S. Armed Forces throughout this nation's history.

In 2004, Congress passed a resolution proclaiming May as National Military Appreciation Month.

In keeping with the intent of the resolution, the Veterans of Foreign Wars calls on all Americans to pause and recognize those who gave their lives in our nation's defense and to honor those who've served as well as those who are presently serving in the Armed Forces.

For more information, visit the National Military Appreciation Month Website at www.nmam.org/participate.htm.

Activity Center offers fitness classes

Summer is right around the corner and there's no time like the present to shed those extra pounds.

The Community Activities Center offers a multitude of exercise programs to help individuals achieve their fitness goals.

Classes include:

Mondays

4:15 p.m. -- Butts and Guts
4:45 p.m. -- Cardio Combat

Wednesdays

4:15 p.m. -- Step Express
4:45 p.m. -- Muscle Pump

Fridays

4:15 p.m. -- Wellness Workshop
4:45 p.m. -- Go with the Flow

Individuals participating in the Our Walk-to-Hawaii program will receive 80 miles for each one hour class taken or hour of exercise and 40 miles for each 30-minute class. Participants will also receive 80 miles for the Friday Wellness Workshop class!

All participants reaching the 1,500 mile mark will be invited to attend the Luau Celebration at the end of May.

Individuals can accumulate a number of miles by enrolling in the Commander's Fitness Program or by participating in the many wellness-related activities offered at the installation.

For more information or to set up a fitness consultation, contact Chrissie Mack at (804) 633-8219.



**FMWR
Memorial Day
Fun Run/Walk**

May 28, 2010
8 a.m.

The 5K course will start at the CAC, proceed behind family housing and loop around Beaverdam Pond, ending at CAC.

The 1 mile course will start at Romenick Hall and loop around Beaverdam Pond to end back at Romenick Hall.

POC: Judy Collins at 633-8201
Email judith.c.collins@us.army.mil



T-shirts will be given to all individuals who complete the course.

Child care assistance available for eligible Soldiers, DA Civilians

Fort A.P. Hill Soldiers and Department of the Army Civilians may be eligible to receive financial assistance and help finding high quality child care because no such facilities are currently available on post.

The Military Child Care in Your Neighborhood is for eligible Families of Active Duty, Active Guard and Reserve Soldiers and DAC employees.

Spouses of eligible personnel must be working, looking for work or attending school. The same rules apply to unmarried legal parents living in the same household.

Contact the Child Care Aware staff at (800) 424-2246 for a personal consultation or search online at www.naccra.org under the MCCYN program for more information and/or application requirements.

IMCOM LOGO

"You see the facilities -- the structures which represent the infrastructure that we're responsible for and, of course, you see the family grouping at the bottom," Aydt said.

"You may note that you can't tell who are Soldiers or if there are Soldiers there ... we also have a large civilian workforce that is very important to us. In this day and age not only Soldiers deploy but [so do] civilians," she explained. "Those things were intentionally built into this logo, and probably on some level it's why it has such a wide appeal."

The campaign plan outlines the goals and areas deserving particular focus over the next seven years.

Lynch, who implemented the campaign, outlined the purpose of the plan in the mission statement: "To provide standardized, effective and efficient services, facilities and

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infrastructure to Soldiers, families and Civilians for an Army and nation engaged in persistent conflict," - emphasizing the focus on increasing the effectiveness of post programs and agendas.

Lynch further underlined his aspirations for garrisons by choosing six major topics on which to focus funds, energy and manpower.

"My intent is to provide the facilities, programs and services required to support Army readiness, sustain the All-Volunteer Force and provide the infrastructure for current and future mission requirements," Lynch wrote.

"I will do so through six Lines of Effort: Soldier and Family Readiness, Soldier and Family Well-being, Leader and Workforce Development, Installation Readiness, Safety, Energy Efficiency and Security as imperatives in all that we do," he said.

NEWS NOTES

VA updates online application for health benefits

Veterans will find it easier to apply for their health care benefits now that the Department of Veteran Affairs has updated its online Form 10-10EZ, "Application for Health Benefits."

"VA is committed to tapping into the best that technology has to offer to ensure Veterans receive the benefits they have earned," said Secretary of Veterans Affairs Eric K. Shinseki.

"We continue to look for new ways to improve access to care and benefits."

This revised online application provides enhanced navigation features that make it easier and faster for Veterans to apply for their health care benefits.

The most significant enhancement allows Veterans to save their application to their desktop and return to the applica-

tion at any time without having to start over. Previously, Veterans had to complete the form in a single session.

This updated online form, along with the revised VA Form 10-10EZ, reduces the collection of information from Veterans by eliminating some questions.

Further enhancements to the online application are expected to be delivered in increments

throughout 2010.

Veterans may complete or download the 10-10EZ form at the VA health eligibility website at <https://www.1010ez.med.va.gov/sec/vha/1010ez>.

Veterans may also contact VA at 1-877-222-8387 (VETS) or visit the VA health eligibility website at www.va.gov/healtheligibility.

-- Washington

DOD Releases Net Generation Guide

The Department of Defense has released the Net Generation guide, a 128-page report by the Federal Chief Information Officers Council that focuses on preparing for change in the Federal Information Technology workforce.

The report identifies the challenges agencies currently face to backfill IT positions with the shrinking workforce, as 957,000 federal workers will become eligible to retire in the next few years. It also discusses how to attract workers between 17 and 31 years old, known as the Net Generation.

"Clearly one of the things we want to do with the report is create a sense of urgency around the idea that we have to embrace new ideas and approaches to attract and retain the workforce of the future," said David Wennergren, DoD Deputy CIO.

The Net Generation is a cohort that has grown up with the Internet and expects to work with cutting edge technologies.

Wennergren noted that "the report addresses the importance of providing the Net Generation workforce with access to information age tools and capabilities, as well as providing them with an environment that unleashes and nurtures the fire of their innovation and creativity."

The guide is available online at <http://www.cio.gov/Documents/NetGen.pdf>.



Photo by David San Miguel

Veterans to commemorate Memorial Day

The public is invited to join the American Legion and the Veterans of Foreign War Post 10295 for their annual Memorial Day ceremony to be held on the Caroline County Courthouse lawn in downtown Bowling Green.

The memorial event will start at 11 a.m. and will be followed by a wreath laying ceremony to commemorate those military men and women who paid the ultimate sacrifice.

For more information, please contact James Koch, VFW Post 10295, at (804) 690-7348.

Our Fort A.P. Hill **FAMILY**



SERVICE WITH A SMILE! -- Whether greeting or assisting customers over the telephone or in person, Inez Jeter, desk clerk at the Lodging Office, ensures each visitor's stay is memorable.

Working at Fort A.P. Hill since July 2006, Jeter enjoys every opportunity to meet and help customers.



WATCHING OUT FOR THE TROOPS! -- Billy Briggs, Wilcox Camp manager, has worked at Fort A.P. Hill for the past eight years.

He says keeping the troops happy by providing them with the best available mess and billeting accommodations is his top priority.

POST PRODUCTION! -- James Sanford, an electronics technician, joined the Fort A.P. Hill staff two years ago. Employed at the Faulkenburg Range Operations Center, Sanford edits video to afford commanders a chance to review their unit's actions while negotiating various combat scenarios.

