

# UP AND DOWN THE HILL

SERVING THE FORT A.P. HILL COMMUNITY

## *Celebrating 231 years*



Jeremy Heckler

*Lt. Col. James Mis, garrison commander and Command Sgt. Major Roger Chase, garrison command sergeant major, cut the cake at a ceremony celebrating the Army's 231st birthday. The Army was founded on June 14, 1775. This year's theme was Call to Duty, Boots on the Front Lines. See story on the Army Birthday 5K on page 6.*

## A.P. Hill firefighter remembered by many

by **Becky Robimette Wright**  
*Special to Up and Down the Hill*

*Editor's Note: Becky Robinette Wright is a local freelance journalist. Used with permission from the author.*

Rick Farley lived in Prince George, but served the entire world. The firefighter/paramedic succumbed to cancer on June 11. He was 43 years-old.

Farley was currently serving at Fort AP Hill Fire Department.

On Thursday, June 15, hundreds turned out at Nelson Funeral Home in Hopewell (Va), to say their final farewell and pay tribute in true firefighter family fashion. Fire officials, medics, rescue squad members, firefighters, law enforcement, family and friends from departments across Virginia showed

their support with honor flags stretched across high ladders on fire trucks, to a huge fire and rescue vehicle procession containing nearly a hundred apparatus units.

Farley began his firefighting career in Prince George, serving at Prince George Company One and Jefferson

*(See Memorial, Page 2)*

**“They that can give up essential liberty to obtain a little temporary safety deserve neither liberty nor safety.”**

*-- Benjamin Franklin*

# Committee uses class to help post

by Jeremy Heckler

Fort A.P. Hill Public Affairs

Trainers from the Defense Equal Opportunity Management Institute came to Fort A.P. Hill to provide ideas on running the post's Special Emphasis Program.

"This is information they can take to their co-workers, employees and to each commander and director," said Don Lancaster, EEO Instructor, DEOMI.

Lancaster said the institute travels to various military installations worldwide to educate and inform organizations about how to find and utilize resources to make their programs more effective.

The class covered a variety of topics from Equal Employment Opportunity, labor laws and regulations to programs for disabilities and minorities, said Christine Coates, special emphasis committee member.

During the day, the students sat in the post conference room and learned about how to prepare briefings and how to look for program resources.

"This has been pretty intense," said Debbie Moore, Director of Human Resources.

Moore said the class discussions were really interesting and really helped her tune into the material.

Unlike many training sessions, this one has homework at the end. They must incorporate their new knowledge into an assignment to complete the program.

Lancaster said special emphasis committees help



Jeremy Heckler

*Members of the Fort A.P. Hill Special Emphasis Committee take notes during a training session.*

organizations meet their goal of mission accomplishment.

"Morale and unit cohesiveness will ensure increased productivity and mission accomplishment," said Lancaster.

"I really feel that through this class we'll be able to serve the post much better," said Coates.

## Memorial

(Continued from Page 1)

Park Number Five Stations. Farley's service then extended to federal firefighting status at Fort Lee where he served for 17 years.

He was then assigned to Fort A.P. Hill Fire Department.

"Rick had a problem with names," Fort A.P. Hill Chief Daniel C. Glembot said. "He had a problem saying them and remembering them, so his firefighting buddies decided to help out in a true firefighting family way. They began to all introduce themselves as Steve and just add their last names. So everyone to Rick was Steve."

When Rick became sick, Glembot explained, the firefighters who covered his shift just used the name Rick.

In the spirit of their camaraderie they continued just call-

ing themselves Steve, so everyone was either a Rick or a Steve.

Glembot paused a moment then softly said, there is no way to count the endless number of lives Rick Farley saved or touched. He was an inspiration to us all.

"As soon as you met Rick you were his friend," Glembot reflected. "In five minutes you knew him, in 10 minutes you knew his life story. He was just that way. All he wanted to do was serve and he did. Everyone was his friend and he was a friend to everyone."

The procession was estimated to be nearly two-miles long. Farley was laid to rest after being carried for a last ride on the back of an antique fire engine to Sunset Memorial Park in Chester.

Memorial Contributions may be made to Jefferson Park Volunteer Fire

Department, 4225 Jefferson Park Road, Prince George, VA 23875 or Bon Secours Hospice, 5875 Bremono Road, Suite 710, Richmond, VA 23226.

**"In five minutes  
you knew him, in 10  
minutes you knew  
his life story. He  
was just that way."**

-- Daniel C. Glembot  
chief,  
Fort A.P. Hill Fire Department

**"Friendship make prosperity more shining and lessens adversity by dividing and sharing it.. "**

-- Cicero

# Fort A.P. Hill supports local career day

by **Jeremy Heckler**  
*Fort A.P. Hill Public Affairs*

Bowling Green Elementary School children had an opportunity to get a look inside the world of work during career day held June 8.

Members of the Fort A.P. Hill Directorate of Emergency Services as well as the Directorate of Public Works discussed their jobs and inspired them to pursue different careers.

“Career day is a way to get kids prepared for jobs in the real world,” said Katrina Everette, guidance counselor.

She said the post’s support has been crucial to making career day a success.

“I don’t know if we could do a career day without Fort A.P. Hill’s help,” Everette said.

Everette said the program makes students aware of the different careers out there.

“A lot of people don’t realize how widespread our tasks can be,” said Brad Thomas, Fort A.P. Hill fire department. “Here the kids get a chance to see what we really have to offer.”

Thomas and other members of the department showed students the different types of equipment the firefighters wear as well as how each vehicle operated.

Next to the fire department, students got an in-depth display of what police officers do as part of their everyday duties.

Inside, the children received a hands-on first aid demonstration.

“I got a chance to interact with all of the kids and show them what we do as medics,” said Sgt. Matt Gladkowski, Wells Clinic.

Gladkowski said the students asked a lot of questions. He said many children are afraid of doctors and hospitals and he tried to help reduce their fear.

“I hoped that at the end of the day



Photos by Jeremy Heckler

*Brad Thomas, a Fort A.P. Hill firefighter, shows children from Bowling Green Elementary School one of the air tanks he uses while on the job during the school’s career day held June 8.*

they find out that hospitals aren’t all bad and understand that the people want to do good and help,” said Gladkowski.

Another presenter opened the world of science and the outdoors.

Mark Indseth, a wildlife biologist, discussed his job at Fort A.P. Hill. He showed them the jars that had snakes in them. He taught them the difference between the poisonous and non-poisonous ones. He also showed the skulls of animals found in different areas of the post.

Indseth said he hopes his presentation gets them interested in science and and perhaps even a career.

“I try to show that them that if you go to school and finish college you get to do what you want to and get paid for it,” said Indseth.

“They show the kids that the community at large cares about our progress and our students,” said Everette.

**“They show the kids that the community at large cares about our progress and our students.”**

*-- Katrina Everette  
guidance counselor,  
Bowling Green Elementary*



*Mark Indseth, a wildlife biologist at Fort A.P. Hill, shows the skulls of different animals found on the installation.*

# VA loss of personal information

by Steven Chucala

*Fort Belvoir Staff Judge Advocate's Office*

The recent disclosure by the Department of Veterans Affairs that in May 2006, a computer containing personal information of over 26.5 million veterans, National Guardsmen and Reservists, some military spouses and some disability data was stolen has resulted in a surge of inquiries as to what clients may do to protect themselves.

The VA has notified appropriate agencies in an effort to identify the burglar(s), apprehend them, retrieve the computer software and preserve the privacy of millions. A multi-thousand dollar reward has also been offered for the return to the stolen computer.

The VA has also teamed up with the Federal Trade Commission to provide additional information at a web site [www.firstgov.gov](http://www.firstgov.gov), or by calling 800-333-4636, from 8 a.m.-8 p.m., Monday through Saturday.

As of this writing, it is not known whether the burglar(s) knew the content of the stolen laptop computer, whether whoever has the computer knows of its contents, or whether anyone will use the data to commit fraud. Nevertheless, some veterans are suing the VA for the loss of the data and asking for \$1,000 each in damages. Your legal assistance office does not recommend such a premature action as it is without merit since no damages due to use of the data has surfaced and the sum requested for all persons in the files is without foundation.

Of immediate concern to us is the potential frauds by thieves that did not steal the computer but seek to take advantage of the theft by sending e-mails, telephone calls and other communications soliciting verification of personal information as officials of the government. Be advised, the VA and other government agencies do not solicit personal information by sending e-mails or by telephoning us. Should such communications occur, do not answer them and report them immediately to the VA at 800-333-4636.

All personnel are urged and continually reminded to inspect closely all financial institution statements from banks, checking accounts, credit/debit cards, etc., that are received monthly or quarterly to ensure that they are correct and that unauthorized charges have not been made. Should an unauthorized charge appear, immediate notification to the financial institution is required.

The failure to promptly notify a financial institution including debit and credit card purchases may result in their denial of reimbursement for a theft on the grounds that the consumer was negligent. Remember, the purpose of sending us the periodic statements is to permit us to verify accuracy and to speak up if the transactions are incorrect.

Due to the I.D. theft epidemic which is mounting with each day, it is recommended that this information and cautions be passed on to family members as a continued reminder into the future.

*Editor's note: Chucala is chief of the Fort Belvoir Staff Judge Advocate's Legal Assistance Division.*

## STAND-TO! offers Daily Army news at your fingertips

by Julie Cupernall

*Army News Service*

WASHINGTON – For Army news look to STAND-TO!

A free electronic newsletter, STAND-TO! is distributed daily via email.

The one-page newsletter serves as a link – or table of contents – leading to Army-related news around the Internet.

It includes a daily focus, news about the Army and the war on terror, as well as links to blogs and commentaries.

Because it presents readers with two-to-five word pegs describing the linked information, the newsletter saves readers time they'd otherwise spend surfing various news agencies.

The publication shows both favorable and negative opinions of the Army.

"We try to show more than just what

the Army thinks of the Army," said Robert Schell, senior Web developer for Army.mil. "The new section linking readers to different blogs helps us show that full spectrum."

"World View" features articles from around the globe and helps readers get a big-picture look at how other nations' media is telling our Army story.

"The stories we link to in the World View section show how everybody else views the U.S., broadening the narrow picture we get from following our national media alone," said Michael Anastasio III, editor of STAND-TO!

Getting the big Army picture is also part of what drives the "Today's Focus" section of STAND-TO! The focus changes daily, and explains lesser known or complex elements of Army doctrine and programs.

Anastasio canvases military and civil-

ian media sources each morning to find information to include in "News About the Army," "War on Terror News" and "Of Interest."

Categorizing the day's news allows subscribers to tailor their news-scanning time to articles that meet their specific interests or informational needs, Anastasio said.

An "Information You Can Use" section rounds out the newsletter with additional links to web sites covering upcoming events or information outlets. Since its first edition in October 2004, STAND-TO! is available to anybody, the common bond among subscribers being an interest in the Army.

To receive the daily STAND-TO! newsletter, go to <http://lists.army.mil/mailman/listinfo/stand-to>, or view today's edition of STAND-TO! at [www.army.mil/standto](http://www.army.mil/standto).

## ● CIVILIAN, MILITARY UPDATES

## AROUND THE ARMY

## National Guard unit features Stryker

by Pfc. Elizabeth Jones

American Forces Press Service

FORT INDIANTOWN GAP, Pa. – The Pennsylvania National Guard's 56th Combat Stryker Brigade became the first National Guard unit to welcome the Stryker light armored vehicle to its fleet during a rollout ceremony at Fort Indiantown Gap, Pa., June 10.

The ceremony marked the unit's transformation from a heavy combat brigade to a Stryker brigade, one of seven elite rapid-mobilization brigades in the Army and the only National Guard unit selected for the program.

"The experience of this brigade from concept development to material fielding is not only serving as a catalyst to lead change across the Army National Guard here in Pennsylvania, but across the entire force," said Army Vice Chief of Staff Gen. Richard A. Cody. "We in the Army's senior leadership are committed to producing units that are fully ready in terms of training in modernized equipment ... in whatever capacity they may be called on to serve this nation as citizen Soldiers."

"We appreciate the confidence that the Department of Army has placed in the Pennsylvania Army National Guard," said Maj. Gen. Jessica L. Wright, Pennsylvania National Guard



Master Sgt. Dick Breach

*The Pennsylvania National Guard's 56th Combat Stryker Brigade became the first National Guard unit to welcome the Stryker to its fleet during a ceremony at Fort Indiantown Gap, Pa., June 10.*

adjutant general. "And I assure you that our Stryker brigade combat team will be the best in the inventory."

The brigade began training in 2003, adding 20 extra days to their yearly training calendar so Soldiers would have extensive instruction on new electronic surveillance systems, visual communications equipment and driver training for the Stryker.

Fort A.P. Hill has been working with the Pennsylvania National Guard and other organizations to support the unit's maneuver and live-fire training said Henry Hanrahan, director of plans,

traing mobilization and security.

"I feel like I'm ready to go whenever they need me," said Spc. Scott Jones, Calvary scout for Company A, 2nd Squadron, 104th Cavalry Regiment.

"They are enthusiastic about change; they embrace technology and they are warriors," Wright added. "The combination of Soldier and machine will prove formidable forth anywhere in the world, as well as a tremendous asset here at home."

Lt. Governor Catherine Baker Knoll and U.S. Reps. Tim Holden and John Murtha also attended the ceremony.

## FORT A.P. HILL SALUTES

## Hails

- Steven Cecil, laborer, DPW
- Jesse Lewis, laborer, DPW
- James Heffler, laborer, DPW
- Ben Jackson, laborer, DPW
- Jacob Jackson, laborer, DPW
- Quandra Holmes, office automation clerk, DOL
- Kathleen Oliver, office automation clerk, DPW

- Ashlee McDearmon, office automation clerk, DPTMS
- Megan McDearmon, office automation clerk, DOL
- Michael Baker, maintenance worker helper, DMWR
- Robert Samuel, recreation assistant, DMWR
- John Fortune, recreation assistant, DMWR

- Tyler Kittle, recreation assistant, DMWR
- Brandon Byerson, laborer, DES

## Farewells

- Katrina Hunter, human resource assistant, DHR
- Ernest Malone, police officer, DES
- Grover Abernathy, firefighter, DES

# RECREATION

● TRAVEL ● COMMUNITY ● SPORTS

## Fun run marks Army 231st birthday

by **Jeremy Heckler**  
Fort A.P. Hill Public Affairs

As rain pelted Fort A.P. Hill June 14, a group of runners and walkers thundered for the finish line.

The Directorate of Morale, Welfare and Recreation organized the run in honor of the Army's 231st birthday.

"Many posts have a run to celebrate the Army's birthday and we felt that a lot of people would want to participate," said Betty Mayfield-Currington, MWR Marketing.

Thirteen people took on the challenge on a wet and muddy course.

The course took runners through a wooded area near the softball field and led out to the Hopemont housing area. Each participant made three laps on the track before returning back to the start point.

"The path is one a lot of people run everyday and allowed us to keep our runners safe and incorporate our track facility," said Mayfield-Currington.

The wet weather provided some difficulty for the runners.

"The hardest part for me was the transition from the gravel to the bridge because it got kind of slippery," said Richard Pickens, range control, DPT-MS.

"It was good infantry weather," said Patrick Jones, directorate of public works.

While it was intended to be a fun run, each of the competitors pushed themselves to the end.

"I was just trying to run at a decent pace and keep up with the leader, but I just couldn't do it," said Jones.

At the end of the event, members of the Fort A.P. Hill community gathered at the Community Activities Center for the traditional cutting of the Army birthday cake. Post Commander Lt. Col. James Mis and Command Sgt. Major Roger Chase cut the cake for those assembled.



Photos by  
Jeremy Heckler

*Kelly Hinnant, installation safety office, sprints toward the finish of the Army Birthday 5K Run held June 14.*



*Gregory Hall and Roxanne Pizarro, a husband and wife couple who entered the run, finish the way they started, together.*

# HEALTHY LIVING

● WELL BEING ● SAFETY



Army Corps of Engineers Kansas City District

*When heading out for a day on the water boaters must wear a personal floatation device.*

## Think safety when travelling on the water

by **Jeremy Heckler**  
Fort A.P. Hill Public Affairs

As the summer heat bears down, many take to the water for a swim or a day of boating.

Boaters and swimmers must keep safety in mind so they all return from their trip in one piece. The key to being safe out on the water is that everyone is familiar with their surroundings.

“The big thing people need to realize is that they will have to do the rescue themselves,” said Matt Ewoldt, installation safety officer.

Ewoldt said there are rarely lifeguards on the area’s lakes and rivers so each person needs to know their own limitations.

If a swimmer has limited abilities they should confine their swimming to an area where they can quickly and easily reach safety if something goes wrong.

Even if there are lifeguards they may not arrive at the scene for 15 minutes.

Ewoldt said to swim in approved swimming areas where the depth is clearly indicated with no obstructions,

holes or step offs.

Ewoldt said before leaving the house swimmers and boaters should check the weather reports to ensure there are no storms in the area that could make those activities more dangerous.

According to the Army Combat Readiness Center there have been 141 incidents of drownings in the past 10 years with only one death occurring at a pool with an Army lifeguard. The majority of the drownings have occurred on in lake and river settings.

For those who have a home pool, people should make sure it is fenced in and covered so that children don’t play in the area and risk drowning.

In addition to being safe in the water, many lake and river visitors need to be careful when riding in a boat.

Ewoldt said those who plan to boat during the summer should take the Red Cross’s first aid course before they take to the waves.

Boaters also need to be familiar with all of the boating laws and follow them.

Once they arrive at the lake they need to have a life jacket.

According to the National Center for Injury Prevention and Control in 2004, 3,363 people were reported injured and 676 died in boating incidents. Of those 90 percent weren’t wearing life jackets.

On Fort A.P. Hill, post police officers ask those entering the installation with watercraft if they have personal floatation devices for all those who plan on boating, said Ewoldt.

Just having them isn’t enough, having ones that fit properly is important.

“You don’t cut corners when it comes to buying safety equipment,” said Ewoldt.

Once out on the water Ewoldt recommends that boaters and swimmers take it easy on the alcohol.

“You shouldn’t drink alcohol when you’re outside for too long because you’ll get dehydrated and your muscles can’t react as quickly,” said Ewoldt.

Ewoldt said alcohol is a factor in nearly half of the drownings that occur each year.

By thinking safety, everyone can have a fun time on the water during the summer.

## Picture from the past



File photo

*During World War II Vilboro Street served as the main entrance to Camp A.P. Hill. On the street corner is a small store. The entrance is now closed off but can be seen from Route 2..*

## Wilderness Challenge

The fifth annual Wilderness Challenge will be held Oct. 5-7 on the New River, near Fayetteville, W. Va. The Army's Installation Management Agency's Northeast Region Office will pay the required \$650 registration fee for the first six teams to sign up under this offer.

Competitors must pay for their own transportation, food and lodging. Army teams will compete against other services. Active duty soldiers and reservists are eligible. The challenge is conducted by Navy Morale, Welfare and Recreation.

The challenge contains a series of six outdoor adventure races in a team format designed to bring camaraderie, competition and team spirit between all five branches of the Armed Services.

Teams participating in this year's challenge will compete in a 5 to 7-mile mountain run, a mountain bike race, a 14-mile forced hike through the mountains, a 13-mile whitewater raft race on the Gauley River, a ½ mile swim in the swift moving waters of the Gauley River, and a 7-mile kayak race on the New River

## Summer pool tournament

The Directorate of Morale, Welfare and Recreation is sponsoring the Beat the Heat Summer Pool Tournament scheduled for July 10 at the Community Activities Center. For more information, contact 633-8219.

## Beach volleyball on A.P. Hill

The Directorate of Morale, Welfare and Recreation is sponsoring a sand volleyball league. The season is scheduled to run from July 17-Aug.25. Registration will be July 10-12. For more information, call 633-8219

## Legion post in region

Current and former members of the US Armed Forces in Caroline County are forming an American Legion post. If you are already a member of the American Legion, or if you are a veteran and would like to become a charter member of this new post contact Bob Smith (804) 241-5843 or [smithrgdcfm@aol.com](mailto:smithrgdcfm@aol.com)

### Winner of the 2005 Liberty Bell award for best newsletter in the Installation Management Agency

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