

Up and Down
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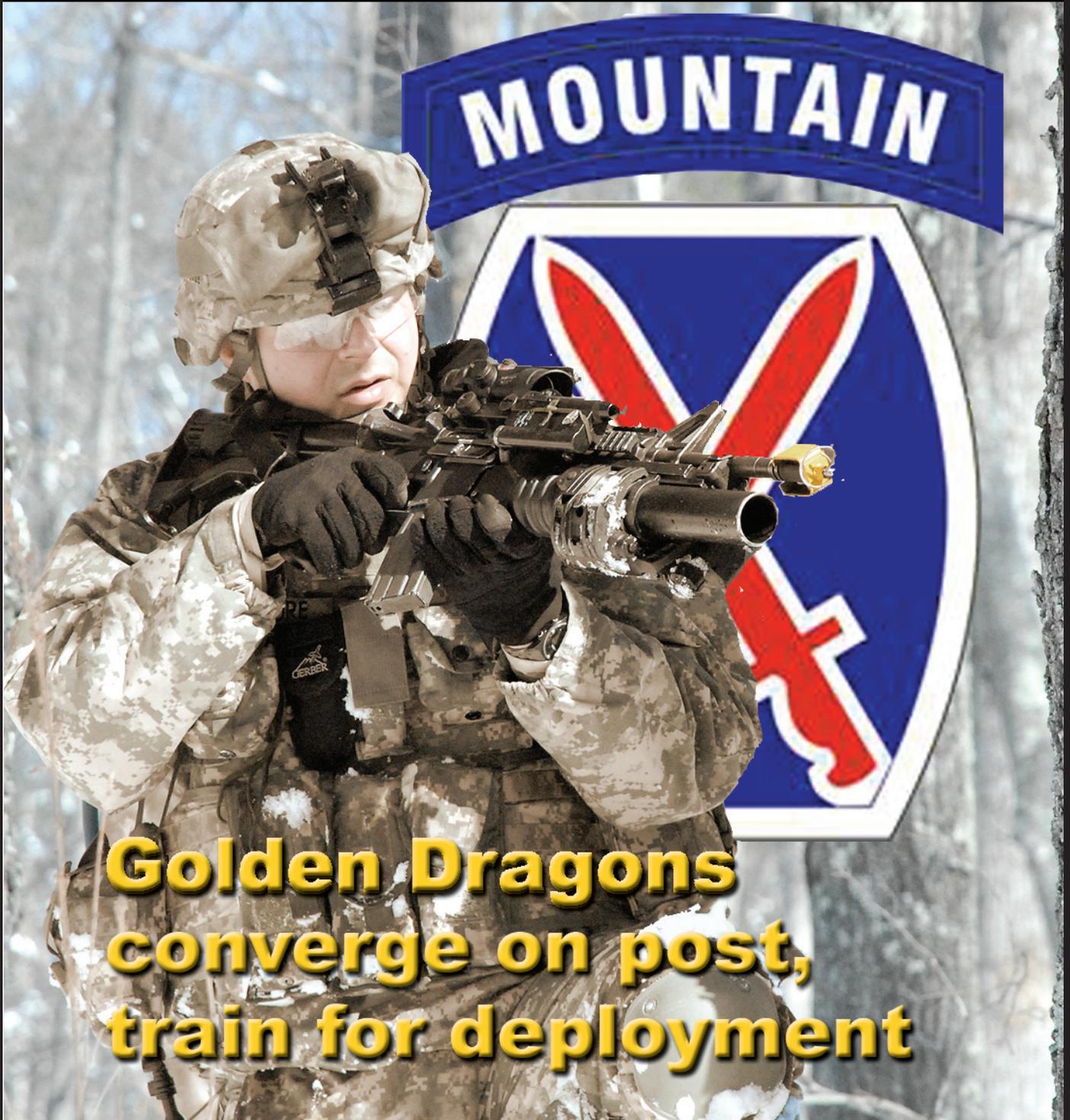
Hill



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Serving the Fort A.P. Hill Community

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**Golden Dragons
converge on post,
train for deployment**

Year of the NCO

Sergeant shares combat experiences, challenges Soldiers to excel

By Christopher B. Joyner
Public Affairs Officer

"The first time I deployed, I didn't know what to expect," said Sgt. Brandon J. Kennedy, 58th Brigade Combat Team, Maryland National Guard.

Kennedy's unit trained at Fort A.P. Hill's Engagement Skills Trainer (EST) March 7 while his unit teamed with elements of the 29th Infantry Division for collective training.

The 101st Airborne Division Combat Veteran with two tours in Iraq behind him shouts challenges to lower enlisted teammates engaging multiple targets flashing on the screen.

"Double or nothing, come on," he says

while trying to encourage his teammates to fire more true, to remain patient and to hold for the best shot.

The scores flash at the end of the sequence and Kennedy's count of hits dwarfs the Soldiers firing with him.

No money exchanges hands in this bet, nor is it even about bragging rights. Kennedy is motivating his buddies in ways he knows they'll respond.

According to Kennedy, he didn't know what to expect during his first deployment, but during his second, he felt like his experiences helped the younger Soldiers prepare for the challenges they faced.

Kennedy doesn't set quiet with his knowledge, he uses opportunities like the

EST to impart that knowledge.

"The EST gives us a unique opportunity to simulate battle conditions and practice interacting in different scenarios," the sergeant added. His unit spent much of that Saturday going through different scenarios displayed on a large screen.

Fort A.P. Hill has two ESTs and each is outfitted with electronic equipment that allows individuals to engage targets and scenarios much like a video game. Instead of futuristic plastic weapons, however, real Army weapons are converted to respond to electronic targets and situations. Individuals watch the scenarios on a large screen and engage the targets under realistic ammunition limitations and weapon recoil.

Kennedy provided positive feedback to the challenges of EST scenarios.

"It prepares you for combat because we can simulate civilians on the battlefield, multiple scenarios and shoot versus no-shoot situations."

He is quick to point out the fun factor of the training as well.

"We can even have turkey shoots," he said motioning to his team mates actively engaging a field of tom turkeys. "[Soldiers] tend to pay more attention and learn more when there is a fun component in the training."

The Year of the NCO may be showcasing NCO contributions, but Citizen Soldiers like Kennedy have been living the NCO creed for years.

Five minutes with Kennedy and you know he is a Noncommissioned Officer -- a leader of soldiers.



(Photo by Christopher B. Joyner)

Sgt. Brandon J. Kennedy, 58th BCT, Maryland National Guard, leads his Soldiers through various EST scenarios in an effort to challenge and motivate them to excel.



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Commander's Comment

Feedback illustrates rock-steady support

Teammates,
It has been a couple of months since I last shared my thoughts for "Up and Down the Hill" and as usual, the post has been busy.

If you feel like you've been busier than normal, you have been!



Lt. Col. Michael S. Graese
Garrison Commander

We track many different pieces of information and one of those is how many Warriors train on the post.

In the first six months of FY09, 43,000 Warriors came through our gates to train. To put this in perspective, 45,000 Warriors trained at Fort A.P. Hill in all of FY06! Thirty-three thousand is the highest start to an FY since we began tracking Warriors by month in 1995.

Important to all of us of course is that these Warriors continue to experience the *Best Training and Support ...*

Anywhere!

As I review Warriors' comments and ratings from the After Action Reports, they continue to confirm you are rock-steady in support of Warriors.

The following are just a few examples:

"Outstanding staff at every facility visited. [We] would love to be able to qualify here every year ... just too far to drive from Mississippi. The ranges were excellent and the people at your facilities were even better."

"The best assistance I ever had."

Question: If you could improve one thing at Fort A.P. Hill, what would it be?

Response: "Hard to determine -- you provided outstanding support."

The 2nd Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, 10th Mountain Division from Fort Drum, N.Y., recently completed their very busy training iteration here and were blown away by your great support. They shared very similar comments with me and Command Sgt. Maj. Roger Chase.

If you don't hear it enough from Warriors, your supervisor, your peers, or folks that work for you, I just want to encourage you by saying you are doing awesome!

I'll see you all around post. Until then, thank you, for all of your great work and dedication. Hooah!



(Photo by David San Miguel)

Sean Coleman with the Directorate of Plans, Training, Mobilization and Security clocked in at 29:36.

St. Patrick's Day Run/Walk draws fitness enthusiasts

Runners from the various directorates on post gathered in front of the Community Activities Center for a brisk St. Patrick's Day Run/Walk held March 17.

Placing first in this year's 5K run was none other than Lt. Col. Michael S. Graese, Garrison Commander, with a time of 21:58 followed by Billy R. Harris of the Directorate of Public Works with a time of 22:06.

GOLDEN DRAGONS

10th Mountain Division Soldiers converge on Fort A.P. Hill, prepare for deployment

By David San Miguel
Editor

Undeterred by the accumulation of snow here, the 10th Mountain Division's "Golden Dragons" hit the ground hard to train for an anticipated deployment to Afghanistan later this fall.

Capt. Richard Thompson, Jr., Company Commander, D Company, 2nd Battalion, 2nd Brigade Combat Team, 14th Infantry Regiment, said the "Dragons" chose Fort A.P. Hill for its warmer climate and for a different training venue other than what the Soldiers are accustomed to at Fort Drum, the unit's home base.

Located in the upstate New York region, Fort Drum averages more than 100 inches of snow each year with wintry temperatures dipping well below freezing.

So, according to Thompson, the Soldiers were already more than familiar with the snow and wintry climate.

Despite the weather, Sgt. 1st Class Matthew A. Sroka, platoon sergeant, 3rd Platoon, D Co., said the training provided Soldiers here will benefit them later in combat.

He, like many of his NCO counterparts, has been deployed multiple times. His combat experiences tell him that fighting in Afghanistan will be a return to the "basics" – standard infantry fighting – coupled with constant changes in battlefield tactics



(Photos by Christopher B. Joyner)

Soldiers with the 10th Mountain Division run through a squad lanes exercise in preparation for a deployment to Afghanistan.

Infantry squads were able to practice fire and maneuver tactics here despite the wintry conditions.

See GOLDEN DRAGONS, page 5



Golden Dragons — continued from page 4 —

according to the dictates of a hardened and imaginative enemy.

“I have been deployed to Iraq three times,” Sroka said. “Each time it’s been a different type of fight and it’s a challenge to keep your Soldiers always informed of the dangers you may encounter.”

It’s this ever-changing concept that Thompson relies on his NCOs to exploit and to incorporate into each training scenario. Modifications of which would not

be possible without the support staff’s flexibility and responsiveness in meeting the unit’s training needs, he said.

“The range control staff here has been great at setting up these maneuver ranges,” Thompson added. “Every time we wanted to incorporate something that they may or may not have seen, the staff did everything within its power to allow us to conduct the training that we need to prepare us for deployment. We couldn’t have asked for anything more.”



As part of the scenario, the infantry squad was tasked to take control of the trench position, render first aid and evacuate an injured member.



A squad member runs the length of the trench to account killed and wounded enemy.



The squad stands by, checking to ensure its members and equipment are ready to undergo its mission.

(Photo by David San Miguel)

Warriors welcome Wilcox Camp renovations

By Christopher B. Joyner
Public Affairs Officer

Warriors planning a training expedition to this Caroline County Army Garrison will find a welcome change at Camp Wilcox.

The new changes at Camp Wilcox will bring a more sanitary environment for our guests and modern latrine amenities suitable for all Warriors.

Two barracks have undergone a thorough interior restoration with seven more slated to have bathrooms completely restored.

The projects at Wilcox are a result of planned upgrades to improve the quality of life for Warriors visiting the installation.

Initially, the installation's Corporate Board committed \$200 thousand per year to barracks restoration, said Ben

McBride, Director of the Directorate of Public Works. That figure was later bumped up by the Army after barracks' condition nationwide became an issue.

To date, Fort A.P. Hill has pumped \$4.8 million into barracks renovation and restoration in the past two years, McBride said.

We've always been concerned about the living conditions of our guests, and conditions at other installations brought the concern to the forefront, he said. We have made marked improvements in all of our Wilcox Camp locations with much more on the way.

The barracks at Camp Wilcox were built in the early 1970's and have always housed transient units while they're undergoing training here. They've experienced the pain of those years and much of their aches have shown in the way of moisture problems. In many cases, the moisture has led to mold.

"Mold can be found anywhere in the environment where there is moisture, oxygen and something to feed on," said Terry L. Banks, chief of the Environment Division, Fort A.P. Hill.

According to Banks, mold is important

in the decomposition of dead organic matter such as dead trees and leaves but inside a home they can present a problem.

According to the Center for Disease Control (CDC), mold presents a safety risk for most people and some people are hyper-allergic to mold making them far more sensitive to exposure.

The CDC recognizes that extended exposure to mold may cause some people to develop respiratory problems leading to lung infections and labored breathing.

"We needed to waterproof our showers and latrines in [watertight] envelopes

to keep moisture from spreading through ceilings causing the spread of mold through multiple floors," said Teresa Walker, an electric engineer contractor and project manager for the Wilcox Camp restoration project. "There was a reoccurring mold problem in the shower

areas, specifically with water finding cracks to seep through to lower floors."

Staff members at Fort A.P. Hill identified seven additional buildings with almost identical problems, Walker added.

"The two recently completed buildings were the first to receive completed roofs and ceilings; therefore, they were chosen the first to get new bathrooms," she said.

"It makes me feel proud of Wilcox Camp," said Gary J. Seibert, camp manager. A 20-year veteran of the Air Force, he anticipates units will notice the changes.

The bathroom renovations make an enormous improvement to the quality of life for visiting Servicemembers, Seibert said. "Fixing the bathroom improves the appearance of the whole barracks."

Seibert is quick to point out that bathroom renovations bring a complete sense of dignity by affording our visitors with simple things like partitions between toilets that before were only curtains.

The camp manager is visibly excited about the changes at Wilcox Camp and is eager to see Servicemembers enjoying their new accommodations.



Wilcox Camp Manager Gary J. Seibert issues building keys to Soldiers of a unit who came here to train.



Before



After

Installation Excellence

TISA staff aims to please

Activity supports U.S. military throughout east coast region

By Christopher B. Joyner
Public Affairs Officer

Gregory “Greg” Torres counts boxes while Soldiers from the 23rd Quartermaster Brigade recount and sign their names in receipt.

“Make sure your numbers match the paperwork,” Torres says as he assists the Soldiers with the Unitized Group Ration (UGR)s.

Torres began work at the Troop Issue Subsistence Activity (TISA) here in 1995 and his motto, “I aim to please” is echoed throughout the entire staff. This concept of cooperation and assistance resonates with the TISA staff creating a wave of satisfaction with the diverse population of Warriors training on the installation.

You may not have realized, however, that this TISA’s actions have far reaching influences throughout the eastern U.S. military community. The Fort A.P. Hill TISA is the Regional TISA responsible for supplying Class 1 items (food, health and comfort items) to military installations along the east coast. If a Soldier ate it in a dining facility at Aberdeen Proving Ground, Md., or Fort Story, Va., chances are, it came from here.

“There are a lot of challenges to providing support to so many installations,” said Gail H Wallace, TISA subsistence supply manager here.

She is quick to point out, that “our shelves may be empty at times, but that doesn’t mean we’re not busy.”

According to Wallace, Fort A.P. Hill is responsible for sup-

porting dining facilities from Virginia to Massachusetts.

Those installations supported include: Fort Eustis, Fort Story, Aberdeen Proving Ground, Fort Belvoir, Fort Myer, Fort McNair, Fort Detrick, Fort Meade, Fort Lee, the Soldier Systems Center (Natick) and Edgewood Chemical Biological Center.

The Fort A.P. Hill TISA supports them by ordering and receiving supplies and working with vendors to fix problems as they arise. Destination installations use a web-based program to place the initial requests for items they need. From there, the requests are sent here and the order is placed to the prime vendors. Problems are managed by the Fort A.P. Hill staff.

Commanders will tell you, servicemembers typically want to know two things: when will they eat and when will they sleep.

As it turns out, commanders along the east coast can answer that first question thanks to the hard work of our staff right here.

Without the efforts of all our logisticians, Fort A.P. Hill would have one of the most impressive static displays of equipment you’d find anywhere.

Wallace has worked in TISA since 1986 and says she enjoys the challenges of supporting so many Servicemembers.

“Everyday is something different,” she adds, “and that keeps things exciting.”



(Photo by David San Miguel)

Greg Torres loads up pallets of Meals-Ready-To-Eat for Soldiers of the 10th Mountain Division who were here training recently.

Fun and Fitness

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. Consid-

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.

ered 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.

Post plays host to area sportsmen, compete for 'biggest' trout catch

Kicking off the Spring season, Fort A.P. Hill's Directorate of Family, Morale, Welfare and Recreation staff hosted two trout fishing tournaments: one for adults on March 7 and the other for youth, March 21 at the Beaverdam Pond.

In the youth tournament, Gregory

Celesky won first place with 3.1 pounds and Sierra Celesky won second with a total weight of 1.5 pounds of trout.

In the adult contest, Toan Dehes won first place with a total weight of 9.4 pounds and Dusty Remington won second with a total weight of 6.9 pounds of trout.



Along the tranquil banks of Beaverdam Pond, fishers from throughout the region sought to net a prize-winning catch during the recent Trout Fishing Tournaments held March 7 for adults and March 21 for youth.



(Photos by David San Miguel)

This lucky fisherman shows off his catch during the recent Trout Fishing Tournament held at Beaverdam Pond, March 7.