

Up and Down
the

Hill



Fort A.P. Hill, Virginia

Vol. 44, No. 9

"The Best Training & Support ... Anywhere!"

May 29, 2009



MEMORIAL DAY

Community
remembers
fallen Warriors

Notes from the Commander:

FAPH postured for success

Team mates,

I hope this edition of "Up and Down the Hill" finds each of you in good spirits and ready for a busy summer.

Over the past few months, I've taken the opportunity to point out how much the training load has increased at Fort A.P. Hill (FAPH) in comparison to previous years.

For the first eight months of FY2009, 59,099 Warriors trained at FAPH. This is the highest first eight-month total since 1995. That year, a total of 92,800 Warriors trained at FAPH. Remember, in FY2006, we had a total of "only" 45,000 for the entire year.

Obviously, the numbers tell a big story.

First, Warriors want to train here; they understand the value of our great maneuver and range capabilities. Second, this increase puts more demands on the installation as a whole. The vast majority of these Warriors stay overnight and most require support beyond training such as facilities for bed down, food services, logistics, recreation, etc.

While we are aggressively addressing personnel challenges associated with the increase, I want to encourage you to continue to be the human difference in the Warriors' experience

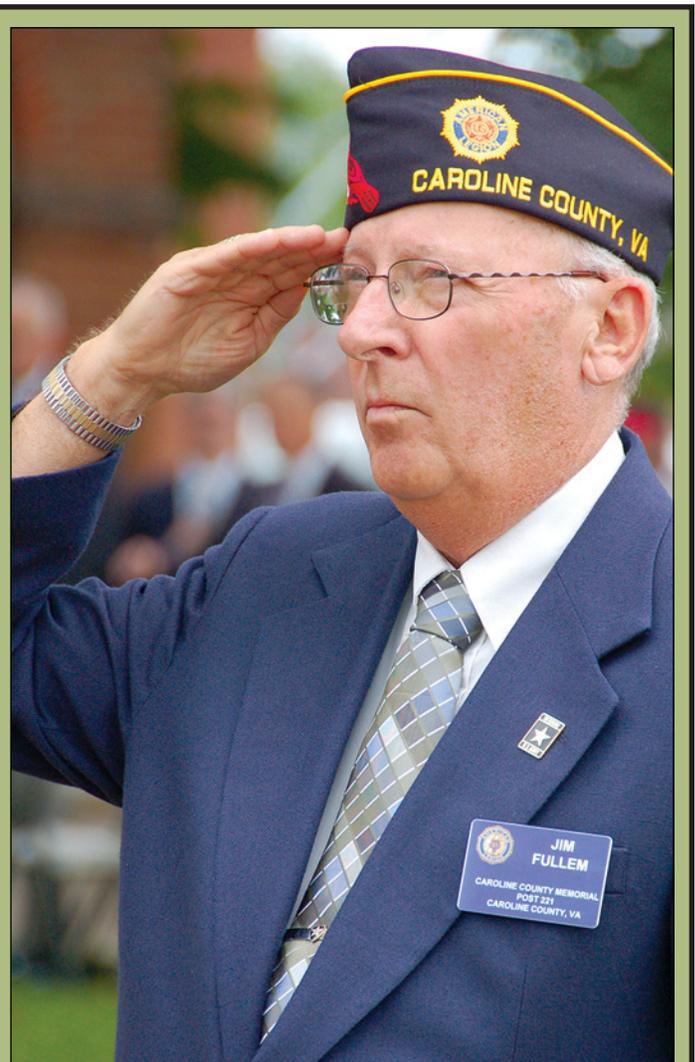
at FAPH. Each of you makes an impression on our Warriors; it is up to you whether it will be a positive or negative impression.

Next, the corporate board just returned from our annual offsite; it was held for the second straight year in West Virginia. The board worked very hard to ensure our strategic plan is sound and enables us to continue to most effectively serve our nation. We examined the post's strengths, weaknesses, opportunities and threats and reconciled those with our mission, vision, guiding principles, goals, objectives and actions. I am confident the work completed at the offsite postures us for continued success.

Of note, we adjusted the mission statement to "Fort A.P. Hill, a regional training center, provides realistic training support to America's Defense Forces". This is important because it succinctly informs interested parties of what we do. We also made significant additions and deletions of objectives and actions. We plan to provide more details about these adjustments at the July Town Hall meeting.

Thank you for everything you do on a daily basis to support our Warriors!

— Lt. Col. Michael S. Graese



Remembering our fallen heroes

Jim Fullem, American Legion Post 221 Commander, renders a salute in honor of those Warriors who died in service to the nation during the annual Memorial Day Ceremony held in front of the Bowling Green Courthouse.

Following brief comments, Fullem joined the Commander of Veterans of Foreign Post 10295, Doug Fortune, in laying wreaths at the foot of the Caroline Veterans Memorial.

(Photo by David San Miguel)



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(Photos by David San Miguel)

Edythe A. West of Ladysmith proudly wears the red, white and blue during the Memorial Day ceremony. Her husband, William, is a World War II veteran.

City hosts Memorial Day Ceremony

For members of the Bowling Green community, Memorial Day is more than just another long holiday weekend.

It is a day the city pauses “to reflect and to remember those Warriors who died in military service to the nation.”

Boy Scout Troop 173, Girl Scout Troop 617, representatives from American Legion Post 221 and Veterans of Foreign War Post 10295 as well as a host of Veterans, friends and family gathered for a solemn wreath-laying ceremony at the Caroline Veterans Memorial in front of the city court-

house.

The Caroline County Sheriff’s Department Color Guard posted the red, white and blue and led the gathering to recite the Pledge of Alligance.

Robert G. Smith, charter member of the American Legion Post 221, and Robert A. Vetter from Woodbridge, Va., played the National Anthem and later followed with a song medley representing each of the military branches.

With the wreaths laid, the ceremony was concluded with the playing of Taps and a final salute.



Commanders Doug Fortune of Veterans of Foreign Wars Post 10295 and Jim Fullem of American Legion Post 221 render their salutes during the playing of Taps.



Robert A. Vetter plays taps at the conclusion of the Memorial Day ceremony.



Veterans from each of the military branches attended the solemn event.

Sacrifice, service remembered

Culminating the annual observance of National Police Week, local law enforcement personnel gathered at Liberty Church for Fort A.P. Hill's first Police Officers' Memorial Service, May 15.

Established by joint resolution of Congress in 1962, the week-long observance recognizes those law enforcement officers who lost their lives in the line of duty for the safety and protection of others.

The ceremony here solemnly recognized the lives of four such

officers killed while executing their duties.

The fallen officers include: Special Agent Thomas J. Byrne from the DEA Area Office; 2nd Lt. Francis J. Stecco of the Fairfax County Police Dept.; Detective Jarrod B. Shivers of the Chesapeake Police Dept.; and, Sgt. Jeffery A. Reed, a native of Chesterfield, Va., who was killed in Iraq while assigned with the 411th Military Police (MP) Company, 720th MP Battalion, 89th MP Brigade from Fort Hood, Texas.



(Photos by David San Miguel)

Officer James A. Livingstone of the Henrico County Police Department plays "Amazing Grace" on the bagpipes during the Police Officers' Memorial Service held at Liberty Church on Fort A.P. Hill.



Lieutenants Thomas Grejda, Ron Henson and Hunter Pack with the Fort A.P. Hill Police Department and Staff Sgt. Jennifer Hurt with the 217th Military Police Det. from Fort Belvoir, Va., pause to reflect on the lives of fallen police officers.

Stanley Pauley, Director of Emergency Services, leads area law enforcement personnel in a service to honor those who died while executing their duties as police officers. The service concluded the annual observance of National Police Week.



Fire safety campaign focuses on awareness, inspections

Increased fire prevention awareness is the goal of a campaign launched March 31 throughout the Installation Management Command.

Campaign actions include promoting fire safety and increased inspections.

The campaign extends through national Fire Prevention Week, Oct. 4-10, and concludes Oct. 31.

"We've seen a disturbing increase in the number of fires," said John B. Nerger, executive director of the Installation Management Command.

"During the first six months of fiscal year 2009, IMCOM garrisons experienced more than 130 fire-related incidents that resulted in one death, 14 injuries and more than \$13.6 million in property damage," he said. "All fires were preventable. We must take aggressive action."

Garrison Safety and Fire and Emergency Services personnel will team up on the command-wide fire safety campaign to raise awareness and provide guidance to Soldiers and Families on how to recognize, improve and practice fire safety.

"We want to increase awareness of fire dangers and encourage all Soldiers, Family members, and civilian employees to practice fire safety," said Mario Owens, IMCOM Safety Office Director.

"Fires and burns are the third leading cause of unintentional home injuries and deaths according to the Home Safety Council," Owens stated. "During this fire safety campaign, Safety will team with Fire and Emergency Services in conducting joint inspections to identify possible fire sources."

Major causes of fires were malfunctioning electrical devices, misuse of space heaters



(Photo by David San Miguel)

Fort A.P. Hill firefighters demonstrate techniques used to rescue victims from a crashed vehicle. The demonstration was part of the installation's Fire Safety program.

and unattended cooking.

Mishandling of flammables, candles and smoking materials also caused many fires, said Rocky Cook, chief of Fire and Emergency Services for IMCOM.

"These fires could have been prevented," Cook said. "Unattended cooking and burning candles caused half of the fires on Army installations in 2008.

"Fires have displaced Families, disrupted the mission and, tragically, taken several Family members' lives and one active-duty Soldier's life," he added.

Education is essential to reducing fires on Army installations, Owens said. Safety officials will target where people work and live with awareness programs on hazard identification and elimination, safety demonstrations, and reporting and evacuation proce-

dures.

Fire safety information is available on the IMCOM Web page at www.imcom.army.mil under the fire prevention heading.

"Safety personnel will aggressively communicate fire prevention information, tips and lessons learned," Owens said. "Soldiers, civilians and Family members need to know how to practice fire safety and what to do when there is a fire."

Everyone should be trained to perform a fire safety inspection and recognize faulty fire safety equipment, such as fire extinguishers, Cook said.

Fire and Emergency Services personnel will inspect and test smoke and fire detection equipment in all facilities on IMCOM installations as part of the fire safety campaign.

There is strong emphasis on

testing, preventive maintenance inspections and ensuring installed fire detection and suppression systems are adequate, he said.

"We also want people to know what to do when there is a fire," Cook added.

Fire and Emergency Services will introduce fire drills and ensure you know how to report a fire. Many people don't know what to do when there is a fire. The sooner a fire is reported, the sooner the fire fighters can douse the blaze, Cook said.

Fire Prevention Week is Oct. 4-10, but Owens said fire safety must be practiced every day.

"Soldiers, civilians and Family members are all valuable to the Army, which compels us to continue to promote fire prevention even beyond the end of the campaign," he said.

— IMCOM PAO

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. Considered amongst

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.

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.

The Downtime Zone 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.



Sheri Sabie, CAC recreation assistant, comes in early to take advantage of the available fitness equipment.

Working out, keeping fit



Retired Air Force Lt. Col. Robert R. Luiggi of Ladysmith works out at least three times a week at the Community Activities Center on Fort A.P. Hill.



The CAC offers individuals a variety of exercise equipment to work out and stay fit.

(Photos by David San Miguel)

Take anti-flu drugs only after diagnosis, doctor warns

By Fred W. Baker III
American Forces Press Service

Senior military health officials are warning against taking antiviral medicines to fight the H1N1 flu virus until a doctor has confirmed the diagnosis.

Most patients treated at military medical treatment facilities for flu-like symptoms don't actually have the H1N1 or any other kind of flu virus, officials said.

"Everything that looks like flu is not flu. Most of the cases where people think they have the flu, they actually have some other respiratory disease," said Lt. Col. (Dr.) Wayne Hachey, Director of Preventive Medicine for the Defense Department's Health Affairs Office.

Taking the flu medicine without having the virus causes several problems, he said. First, the medicine will have no effect on what actually ails the patient, so the symptoms may only get worse.

The antiviral medicine does not act like a flu vaccine to prevent the flu. Taking the antiviral medicine before diagnosis simply depletes the national stockpile available to those actually diagnosed with the H1N1 virus, Hachey said.

Finally, the doctor warned that all drugs have potential side effects. "Taking a medication that you don't need subjects you to increased risks," he said.

Military treatment facilities are not prescribing antiviral drugs such as Tamiflu unless they suspect the H1N1 virus. Tests done locally cannot determine conclusively that a patient has the virus, but Hachey said they are fairly accurate at pinpointing it.

Military doctors send their suspected samples to the Centers for Disease Control (CDC) and Prevention in Atlanta to confirm the diagnosis. In the meantime, if doctors suspect the virus based on local tests, they take the necessary precautions with the patient and prescribe treatment, Hachey said.

In the next few weeks, military doctors should be able to conduct the tests locally, he said. In the meantime, the Defense Department has a robust system of detection across the globe to protect its servicemembers and families.

Defense Department health officials are "pretty familiar with being able to control and limit the impact of those kinds of diseases, especially influenza," he said.

The department has been preparing for a pandemic for the past decade, and has been ramping up its abilities to detect and provide services for the past five years, he noted. A robust surveillance system of 200 sites in 100 countries is tied into a network that reports on patients' symptoms. If several patients in the same region report similar symptoms, the system shows a spike in that area.

Doctors are tied into the system locally, and senior commanders at the Pentagon can view the results globally in near-real time.

"We really do have a nice global perspective using a multitude of different surveillance assets across the [Defense Department] community that all channel into one site," Hachey said. "That way we can shift resources, we can do further investigations, and ... we can also tell someone in a particular area [they may] have a problem."

All the information is shared with the

CDC and other state and federal agencies, he said.

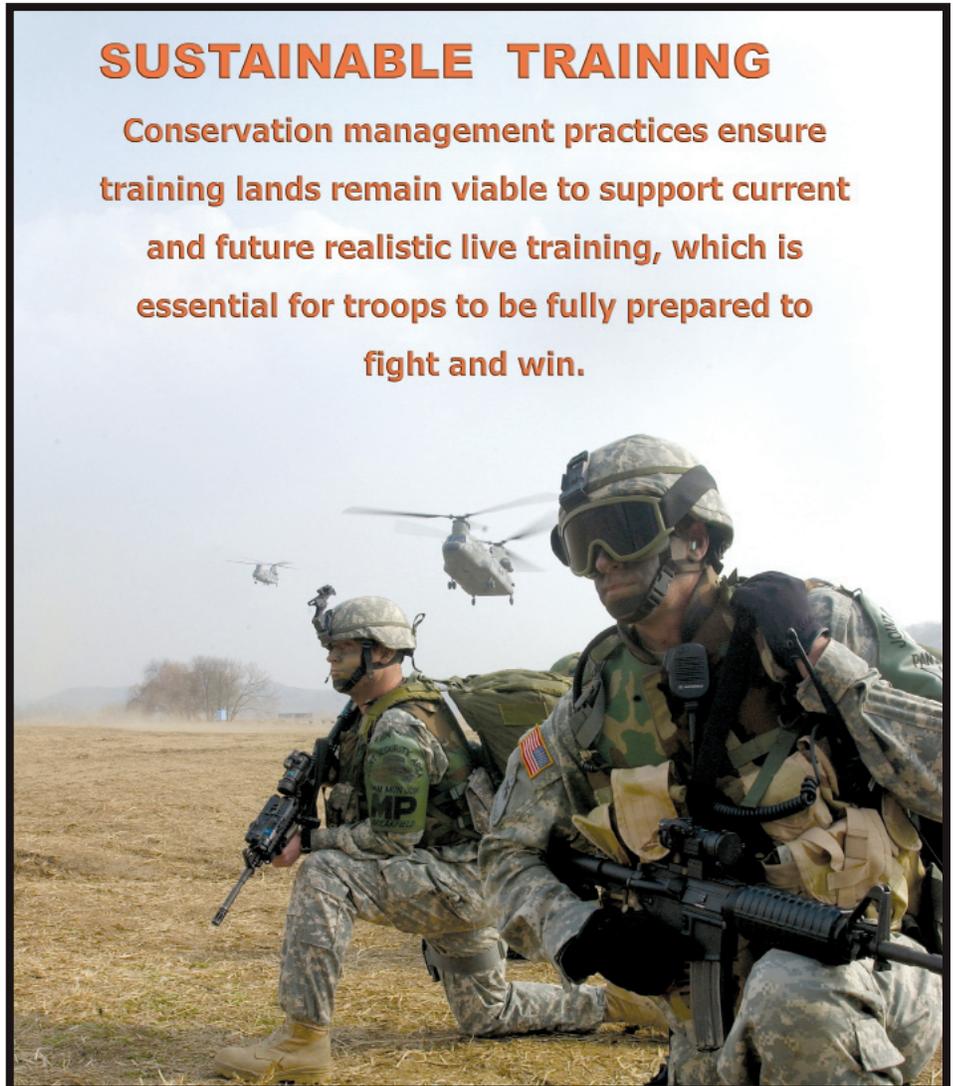
The Defense Department is not an island, the doctor noted. "We're part of the national community, so what happens on one part of the fence really impacts what happens on the other side of the fence," he said. "So the more we share information, the better off both of us are."

But for now, military doctors are reporting that the H1N1 virus is relatively mild and is not having much of an impact on the young, healthy troops who make up most of the military. They are, however, urging caution for those who feel they are showing symptoms, and pushing preventive measures to prevent the disease.

"The most important thing right now ... is if you're sick, stay home," Hachey said. "Right now it's a mild disease, so staying at home is a very effective treatment."

SUSTAINABLE TRAINING

Conservation management practices ensure training lands remain viable to support current and future realistic live training, which is essential for troops to be fully prepared to fight and win.



Coordinator to visit post, offer employee assistance

The Employee Assistance Program (EAP) Coordinator, Carol Frazelle, will be on-site at the Dolly Hill Guest House basement on Fort A.P. Hill, June 1 from 9 a.m. until 3 p.m.

Individuals wishing to schedule an appointment or who desire more information on services provided should call her directly at (703) 805-5980 or

contact a staff representative from the Directorate of Human Resources at (804) 633-8332.

The EAP is designed to provide free, confidential services, to include: screening, short-term counseling, and when appropriate, a referral to a facility or service that can assist the employee and/or family member in resolving problems.

Problems include, but are not limited to: alcohol and substance abuse; emotional or behavioral problems; Family responsibility issues; financial and legal difficulties; and, dependent (child/elder) care needs.

Individuals eligible to receive assistance include: Department of Defense civilian employees, both appropriated and non-appropriated; retired military and federal civil service employees; Family members of eligible civilian personnel and active duty military personnel; and National Guard and Reserve personnel when not on active duty.

Training offered by the EAP consists of supervisors' training on Drug Free Workplace; Substance Abuse Prevention training for all employees; and, other training as needed or requested.

Pool now open for swimming fun, recreation

The Fort A.P. Hill Directorate of Family, Morale, Welfare and Recreation staff announce the opening of the swimming pool located adjacent to the Community Activities Center near the post headquarters.

From now through June 17 the pool will be open Tues., Wed. and Thurs. from 3:30 until 6:30 p.m.; Fri. from 3:30 until 8 p.m.; and, Sat., Sun. and holidays from 10 a.m. until 6 p.m.

Beginning June 18 through Sept. 7, the pool will be open Tues., Wed. and Thurs. from 11 a.m. until 6:30 p.m.; Fri. from 11 a.m. until 8 p.m.; and, Sat., Sun. and holidays from 10 a.m. until 6 p.m.

The pool will be closed Mondays.



Luke A. Knode, lifeguard, welcomes patrons to swim and keep fit.



(Photos by David San Miguel)

Luke takes a quick dip into the pool as Hartwell "Gerry" Stoneham looks on. The installation's swimming pool recently opened for business during the Memorial Day weekend and will remain open throughout the summer.

Post team seeks Army Ten-Milers

The race date for the 25th annual Army Ten-Miler is Oct. 4. Runners interested in joining the Fort A.P. Hill team, please fill out the "Army Ten-Miler Interest" form and return it to the Community Activities Center no later than June 1.

An eight-member male/female combined team will be selected, July 13, from those runners with the fastest certified times.

Fort A.P. Hill's Directorate of Family, Morale, Welfare and Recreation will provide each team member with: paid entry fees; transportation; uniform (running shorts, top, jacket and pants); and, overnight accommodations.

For more information, please visit the Army Ten-Miler Web site at: <http://www.armytenmiler.com/>.

CAC now offers Kings Dominion VIP passes

Kings Dominion VIP season passes are now available through the Community Activities Center for \$67 each.

These passes include free parking.

To purchase these passes, visit the Community Activities Center across from post headquarters or for more information call (804) 633-8219.