

UP AND DOWN THE HILL

SERVING THE FORT A.P. HILL COMMUNITY

Upgrade enhances training capabilities



Sonny Zarecki (left), carpenter, Structure Branch, and Patrick Driscoll, maintenance mechanic assistant, Utilities Branch, both of the Directorate of Public Works, build frames before filling the new rail target system base with concrete at Range 10A.

by **Mary A. Bodine**

Fort A.P. Hill Public Affairs Office

Modifications to the new Access Control Point range, 10A, will provide a more dynamic and realistic training environment, said Jim Locklerr, range operations, Range Control, Directorate of Plans, Training, Mobilization and Security.

Construction to place a rail system for mechanized targets -- a moving target array -- and establish a new field of fire began last week on the range.

Construction is expected to be complete in early October, Locklerr said.

Once complete, two rails of at least 100 feet will move mechanized targets toward an access control point, simulating a moving vehicle, said

(See Upgrade, Page 2)

Employees take time for fun, reflection

by **Mary A. Bodine**

Fort A.P. Hill Public Affairs

Members of the Fort A.P. Hill work force and their families gathered Sept. 9 at the Picnic Area for the installation Organizational Day.

Employees and their family members could elect to participate in their directorate team to compete for the Commander's Cup or simply relax and watch the games.

"This is your one-day at the end of the long fiscal year of 2005 to relax and enjoy yourselves while engaging in some friendly competition and team-building," said Lt. Col. James M. Mis, installation commander, at the Organizational Day opening ceremony. "Though we have directorates competing

against each other, it is assured that at the end of the day, it will be a Fort A.P. Hill team that is the winner."

Five teams competed in 12 events for the coveted Commander's Cup -- won by the Directorate of Public Works over the last two years. With five event wins and 23 points, the Directorate of Plans, Training, Mobilization and Security denied the DPW team a third win and secured the cup.

DPW placed second with 19 points. The Combined team, comprised of smaller offices within the Headquarters area, placed third with 14 points. The directorates of Emergency Services and Logistics placed fourth (8 points) and fifth (5 points), respectively.

(See Employees, Page 3 and 4)

"Untutored courage is useless in the face of educated bullets."

-- General George S. Patton Jr.

Facilitators help improve work place, resolve issues

by **Mary A. Bodine**

Fort A.P. Hill Public Affairs Office

Fewer and fewer employees have volunteered to serve as Consideration of Others facilitators, which has led to larger and less-effective group discussions, said Christine Coates, installation Consideration of Others (CO2) program manager.

With only 10 volunteer facilitators, "small" groups have grown to nearly 40 employees per session, Coates said. At least 10 more volunteers are needed to support quarterly CO2 training, which is required training for all Army civilian and military personnel.

With more facilitators and smaller groups, CO2 sessions will cover topics with more depth, be more interactive, and will allow more employees to express their thoughts on the topics, Coates said.

Volunteers to serve as a facilitator will not only improve their communication skills, but will also assist in determining topics for training, and guiding installation improvements.

"Being a facilitator helps you develop professionally because it

gives you an opportunity to learn how to express yourself in front of a group," Coates said. "You select topics of discussion and write (after action reviews) that help improve things in the work place."

Coates said that facilitators from all pay grades and positions are needed. Facilitators should know how to present topics, ask stimulating and pertinent questions of small group members, ensure the group stays on topic and be able to maintain control of the session, she said.

Following a session, facilitators write AARs and collect and review AARs from session members. Facilitators use employee AARs to determine session topics, Coates said.

"Last year, there was a lot of juicy and malicious gossip going around and it was mentioned on some of the AARs," she said. "We decided that it would be good CO2 topic for this last session."

Facilitator training is conducted once every three years; the next training session will be in fiscal year 2006, Coates said.

Interested individuals should attend the next meeting tomorrow, 1-2 p.m., in the Dolly Hill basement, or call Coates at 633-8366.

Upgrade

(Continued from Page 1)

Randy Robillard maintenance supervisor, Structure Branch, Directorate of Public Works. Troops and police officers using the range will be required to engage the moving mechanized targets, which will travel at 6 mph on the rails, Locklerr said.

The range officer will be able to direct the target's movement and when the target will pop-up, Locklerr said.

Nearly all of the modifications are being completed by Fort A.P. Hill personnel in DPW and DPTMS.

The targets are provided by ATA Defense Industries Inc., who will initially assemble and mount the targets and train Fort A.P. Hill employees on the target system.

The amount of savings to the government by completing most of the modifications in-house will be estimated once the range is complete, Locklerr said.

Range 10A was used routinely by Department of the Army police officers, Marines and Reserve forces in fiscal year 2005.

"This range is useful for anyone who (may have to man) an access control point especially for units going to Iraq," Locklerr said.

It will be a more challenging range with moving targets instead of the stationary pop-up targets, he added.

FEEDBACK:

What do you think Fort A.P. Hill should do with \$750,000 Army Communities of Excellence monetary award?



"Start a rod and gun club."

*Officer Mark Richards,
police officer, DES*



"Put a covered Olympic-size swimming pool at Wilcox Camp site for the Warriors training here."

*Wanda Fortune,
lead budget analyst, RMO*



"Build an Olympic-size swimming pool."

*Latasha Woolfolk,
office automation clerk, DMWR*



Photos by Mary A. Bodine



(Left) Lenny Gallo (front), Utilities Shop, and Allan Chenault, Roads and Grounds, help bring home first place in the canoe race for the Directorate of Public Works team. The DPW team completed the race in less than 2 minutes. (Above) Matt Wilson, Direct Support Maintenance, contributed to the Directorate of Logistics team's second place finish in the football toss. (See Page 4 for more photos)

Employees (Continued from Page 1)

Events and the corresponding first place winners were: 3-legged race, DPTMS; balloon toss, DES; basketball, DPTMS; canoe race, DPW; chip shot (golf), DPW; darts, Combined; fishing derby, DPW; football toss, DPTMS; Fort A.P. Hill Idol, Combined (Cynthia Taylor); horseshoes, DPW; tug-of-war, DPTMS; and volleyball, DPTMS.

"I will definitely sleep well tonight – I'm kind-of tired," said Mis, who competed in several of the day's events, at the Commander's Cup award ceremony. "These have been some great team-building events. I think everyone's a winner here, but the trophy goes to one team. We're lucky that it will still remain on Fort A.P. Hill – that's the benefit of running your own competition."

Other than awarding the Commander's Cup and building esprit de corps, Mis said Fort A.P. Hill team members should use the day to remember fellow team members who died during the past year – Ralph Holmes, Bob Britt, Ken Clark, Command Sgt. Maj. Steve Faulkenburg, and the four Scout volunteers and contractor who died in an electrical accident; reflect on the four years that have past since the Sept. 11 terrorist attacks and Fort A.P. Hill's contribution to the War on Terror; and to acknowledge the accomplishments of the Fort A.P. Hill team.

"During (the National Scout Jamboree) tragedy did strike here and weather inflicted additional hardship. But I tell you this – it was one of your finest hours," Mis

said to the work force. "At every turn it was a Fort A.P. Hill team member who was leading from the front ... who was bringing calm where there was panic ... who provided care to the injured. And when you were tired (and) exhausted, you didn't shrink from your mission. You soldiered on."

Mis also mentioned Fort A.P. Hill's recent third place finish as an Army Community of Excellence, despite being one of the smallest installations in the Army's inventory as far as personnel strength.

"They put you down sometimes by calling you a small installation," he said. "Well, the Warriors who train here can tell you that small is better. Small installation? Not in your heart and not in your accomplishments."



Photos by Mary A. Bodine

Organizational Day, continued: Robert Mountjoy (left) and Installation Commander Lt. Col. James M. Mis, flipped their canoe, which lead to a staggering loss for the Combined team during the canoe race.



The Directorate of Emergency Services was no match for tug-of-war second place winners DPW. DPTMS placed first in tug-of-war.



(Above) Greg Edmonds, ITAM, scores a point of the DPTMS team during the basketball competition; DPTMS placed first. (Left) John Milliken, Military Support Office, helped the Combined team place second in horseshoes behind DPW.



DPW scores against DPTMS, during volleys. DPTMS went on to win the championship.



More pictures available on the Marks drive, under PAO Photo

● CIVILIAN, MILITARY UPDATES

AROUND THE ARMY

DoD seeks civilian employee volunteers

by Donna Miles

American Forces Press Service

In light of the ongoing need for volunteers to support hurricane relief efforts in the Gulf, the Defense Department is encouraging its federal civilian employees to consider participating.

In a Sept. 8 memo to department leaders, David S.C. Chu, undersecretary of defense for personnel and readiness, urged DoD employees to offer their services, as long as it doesn't impact on their immediate defense mission.

Chu also announced DoD's participation in an emergency leave transfer program to help employees affected by Hurricane Katrina.

That measure, authorized throughout the federal government by President Bush, will allow DoD civilian employees to donate unused annual leave to other federal civilian employees who need more time off from work due to the hurricane.

DoD components are establishing programs and are expected to begin seeking leave donors as well as requests for help soon.

In his memo regarding the volunteer program, Chu noted that the Department of Homeland Security anticipates the need for 2,000 volunteers to help with the federal government's response and recovery efforts under way. As a result, he said, the Federal Emergency Management Agency is offering federal civilian employees the opportunity to volunteer for 14- to 30-day deployments to affected areas to help support DoD efforts.

Volunteers will remain on the DoD payrolls and will be in a temporary-duty status while performing their volunteer service,



Petty Officer 2nd Class NyxoLyno Cangemi, U.S. Coast Guard

Coast Guard Petty Officer 2nd Class Shawn Beaty looks for survivors in the wake of Hurricane Katrina in New Orleans, La., on Aug. 30. Beaty, 29, of Long Island, N.Y., is a member of a Coast Guard HH-60 Jayhawk helicopter rescue crew sent from Clearwater, Fla., to assist in search and rescue efforts. The Defense Department is now asking federal civilian employees to assist in rescue and aid efforts.

Chu said.

Mark Smith from the Defense Civilian Personnel Management Service said he expects the program to become an ongoing effort between DoD and FEMA, with ongoing volunteer rotations for the foreseeable future.

While encouraging employees to volunteer, Chu emphasized that they must receive their supervisor's approval before volunteering, and that their temporary absence from the workplace "cannot diminish or compromise service or support to our critical DoD mission."

Volunteers must go through their Defense Department component point of contact, not FEMA, to offer their services, Smith emphasized.

Details about both the leave-donation and volunteer programs

are posted at: www.cpms.osd.mil, under the "Hurricane Katrina" link. The site also includes points of contact within DoD about where to apply for the volunteer program, Smith said.

All volunteers must be physically able to work outdoors all day in a disaster area, with long work hours under arduous conditions, officials said. They also must require no refrigeration for medications.

Skills particularly in demand are bilingual capabilities in all languages, a commercial driver's license, logistics capabilities and expertise in information technology, officials said.

Before deploying to the affected area, all volunteers will receive one day of training in Orlando, Fla., before moving to the hurricane disaster area, officials said.

RECREATION

•TRAVEL •COMMUNITY •SPORTS

Park commemorates ‘Americans At War’

How far away can you feel the heat from a flamethrower? How fast can a Gatling gun fire? How do you disarm a land mine? Experience this and much more at Pamplin Historical Park’s 3rd Annual “Americans At War” event 9 a.m.-5 p.m., Sept. 17 and 18.

Four hundred years of our country’s military history come alive through weapons demonstrations, military maneuvers, recreated encampments, hardware displays, and more than 25 military vehicles. Talk with veterans, active duty military personnel, and costumed re-enactors from nine American

conflicts to learn more about the lives and duties of our military men and women throughout history. Participate in activities that range from coordinating a simulated dog-fight to writing messages to our soldiers abroad.

“Americans At War” will be held at Pamplin Historical Park’s Hart Farm complex. Admission rates are Adults \$13.50, Seniors (62+) \$12, Children (6-11) \$7.50 and free for children under 6. There is no admission fee for active duty military personnel.

Event admission also entitles you to visit Pamplin Historical Park’s four museums, three

antebellum homes, and the Civil War battlefield of April 2, 1865.

Pamplin Historical Park is just 30 minutes from downtown Richmond. To get there take I-95 south, then I-85 south to Exit 63-A (U.S. 1 South). Go through two traffic lights and turn left onto Duncan Road (Route 670). Follow Duncan Road for about 1 mile. The Hart Farm is on the left.

For a schedule of activities visit: www.pamplinpark.org or call (804) 861-2408. Pamplin Historical Park is a non-profit organization.

(Pamplin Historical Park & the National Museum of the Civil War Soldier News Release.)

OFF Sides

Offsides is open to all employees. Players submit picks for two weeks worth of play (one entry per person, per issue). The person with greatest number of wins during regular season will win a \$50 gift certificate to Applebees. The earlier you begin to play, the greater the chance to win. For information about Offsides, call 633-8120 or e-mail: mary.bodine@us.army.mil.



Name: Someone Has to Be Last
Picks and Pans: Hey, I got Atlanta and Washington right. Picking with the heart and not the head isn’t really a good way to come out on top. I still say Indianapolis is the team to beat.
Scorecard: 6-10



Name: Florida Boy, because all three FL teams will come out on top.
Picks and Pans: Broncos, perfect in preseason and perfectly awful in week two.
Scorecard: 10-6



Name: Hokie Fan
Picks and Pans: Monday night’s game is the classic rivalry. I’m a ‘Skins fan and like Joe Gibbs but Bill Parcells has the Cowboys coming together. Cowboys take it.
Scorecard: 10-6



Name: Offensive Offensive Line
Picks and Pans: It’s a good thing Washington switched starting QBs, considering they couldn’t even find the end zone against the Chicago Bears -- of all teams! I’m guessing Dallas will beat the Redskins 34 to ... oh let’s say ... three field goals, Monday night (Sept. 19).
Scorecard: 10-6

Other players: AE, 7-9; JM 9-7



● WELL BEING ● SAFETY

HEALTHY LIVING

Glaucoma treatment minimizes effects

by Dorothy Lopez

*Kimbrough Ambulatory Care Center,
Fort George G. Meade, Md.*

Glaucoma is a condition of increased fluid pressure inside the eye (intraocular pressure).

Increased pressure occurs when the aqueous humor, which is produced continuously, does not drain properly.

The pressure pushes on the retina, reducing the blood supply to the nerves of the retina and causing them to die. As the optic nerve deteriorates, blind spots and vision changes develop.

Glaucoma is the leading cause of blindness, but the chances of blindness can be reduced if glaucoma is caught early and controlled by medication.

It is estimated the glaucoma affects 3 million Americans. At least half of those do not know they have it because glaucoma usually has no symptoms until the disease progresses to an advanced stage.

While damage from glaucoma cannot be reversed, early

detection can result in treatment to minimize the risks or effects of the disease.

Certain factors elevate the risk of developing glaucoma. These apply if you have a family history of glaucoma.

- Older than 45 years
- African ancestry
- Diabetes
- High intraocular pressure
- Severe nearsightedness
- Use steroids or cortisone for a long time
- Had a previous eye injury.

In the early stages of the disease, glaucoma develops gradually and painlessly. In the late stages, the following symptoms may occur: frequent change of prescription glasses; difficulty adjusting eyes to the dark; headache and eye pain; difficulty focusing on close work; seeing colored rings or halos around lights; loss of peripheral vision; and vision loss

Vision loss from glaucoma is irreversible. Therefore, the American Optometric Association recommends annual eye exam-

inations for people at risk for glaucoma. An eye examination should include a tonometry test to measure the pressure in your eyes, an examination of the inside of your eyes and optic nerves, and a visual field test to check for changes in the central and side vision. If glaucoma is detected, treatment includes prescription eye drops and medications as well as continued monitoring. An eye-care professional can detect glaucoma during a comprehensive eye examination through dilated pupils and may also identify other ocular conditions which may require attention.

If you have any of the risk factors for glaucoma, have your eyes tested every two years before age 45 and once a year after age 45. If you have no risk factors for glaucoma, have your eyes tested every four years before age 45 and every two years after age 45.

Although there is no cure for glaucoma, studies suggest that ongoing treatment can help slow the risk of further vision loss.

Canine ear infections common, preventable

by Catherine McManus

Veterinary Treatment Facility, Fort George G. Meade, Md.

When a dog shakes its head or rubs its ears on the floor, it's usually the sign of an ear infection. Ear infections are a relatively common, and painful, illness for dogs. Ignoring the problem can lead to ear damage and to more expensive treatments.

The signs of ear infection can include: shaking of the head, rubbing the head on the ground or furniture, scratching at the ear, redness or odor in the ear.

When a pet comes to a clinic with the symptoms of an ear infection, vets look for the cause of the ear infection with an ear swab. The swab is then tested to find yeast or bacteria. Yeast infections are often caused by water being trapped in the dog's ear canal from bathing or swimming. Bacterial infections can

have multiple causes.

Never treat this problem yourself. The vet should examine the eardrum to ensure that it is intact and diagnose the cause to prescribe the proper medication. Improper handling of ear infections can lead to chronic damage of the ear and the ear canal.

To avoid ear problems, develop a maintenance schedule with your dog. Cleaning the ears once or twice a week will help remove wax and will encourage you to look at the ear. Always clean your dog's ears after swimming or a bath. Also, ask your groomer to pull out the hair in the dog's ear.

If ear infections are chronic, look for the underlying cause. Often environmental or food allergies can cause them, but some ears get infections because of their anatomical design. These ears may need surgical intervention.

NEWS NOTES

Fire Prevention event slated



The Fort A.P. Hill Fire and Emergency Services will host the 5th Annual Fire Prevention Week Celebration at the National Guard Armory across from the installation Main Gate, 5-8 p.m., Oct. 12.

Attendees will have an opportunity to meet local and installation firefighters. The celebration will include a vehicle extrication demonstration, fire extinguisher training, fire escape house, medical evacuation helicopter, fire and rescue displays and other live demonstrations.

Families will also be treated to hotdogs, chips and beverages.

For more information, call 633-8780/8267.

State Fair tickets available

Virginia State Fair tickets are now available at the Community Activity Center for \$14.75 per ticket -- more than \$5 off regular gate prices.

The fair will be open 10 a.m.-9 p.m., daily, Sept. 22-Oct. 2, at the Richmond Raceway Complex.

Some of the activities and events available at this year's fair include: livestock shows; Classic K-9 show; Mad Science demonstrations; sand sculptures, motocross stunts and races; a bike stunt show; racing pigs; demolition derby; lawn mower racing; a technology center; and a daily parade will be conducted.

For an additional costs, fair attendees may attend amphitheater concerts by Hank Williams Jr. with James Otto; Grethen Wilson with Jimmy Wayne; Trace Adkins; and Diamond Rio.

Free show entry with a fair admission ticket is offered for the following shows; Colgate Country Showdown, Sept. 23; The Click 5, Sept. 25; Senior Day Entertainment, Sept. 28; Kings of Swing, Sept. 28; Betty Anne Steele & The Russell Wilson Trio, Sept. 28; and the Step Show and Competition, Oct. 1.

Fair ticket holders may also attend the daily Miller Time Music Fest Stage shows.

Complete fair information and daily schedules are available at: www.statefairva.org, or call (800) LUV-FAIR (588-3247) or (804) 569-3200.

SALUTES

● HAILS, FAREWELLS ● ACHIEVEMENT ● FAMILY

Hails

Fort A.P. Hill welcomes the following new employees:

- Kelly Hinnant, safety technician, ISO, joined the Fort A.P. Hill team. Hinnant served in the Virginia National Guard 24 years, including a one-year tour in Afghanistan. He has worked as a Hampton Roads police officer and volunteer firefighter. He is married and has four children.

Achievements

- Susan Botkin, recreation assistant, DMWR, was promoted to GS-6.
- The following employees are

to be commended for their environmental stewardship: Richard Harris, George Caldwell, and Dave Frank, all of DOL, have been critically important in ensuring Fort A.P. Hill remained in full exemplary compliance with our storm water permit since its inception at the POL facility. These POL employees maintain one of the cleanest POL facilities, according to regulators, and fully support all environmental efforts associated with fuel tanks upgrades and improvements. Jose Delgado, DPTMS, for assisting ENRD with several pollution

prevention initiatives associated with helo ports and refueling operations of helicopters and in developing several noise aviation contours. Jim Locklerr, DPTMS, continues to provide ENRD with great support and assistance in several range cleanup activities.

Family Members

- Francoise Sibley, DPTMS scheduler, is the proud grandmother of twin grandsons Benjamin and Cameron, born Aug. 25 to mother Christine Sibley. The twins have an older brother, Jordan, and everyone is doing well.

Winner of the 2004 Keith L. Ware Award for best newsletter in the Department of the Army

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