

UP AND DOWN THE HILL

SERVING THE FORT A.P. HILL COMMUNITY

Post conducts emergency readiness exercise

By Jason B. Cutshaw
Up and Down the Hill

Fort A.P. Hill recently concluded a two-day exercise in which staff members trained on what to do during unforeseen catastrophes.

The Installation Force Protection and Command Post Exercise took place May 30-31 with players in the exercise consisting of all essential personnel on post, from the command group to emergency services.

Several Fort A.P. Hill staff members are battle-hardened, with experiences gleaned during large scale events that have involved coordination with many agencies within and outside the Department of Defense.

"The CPX was fast-paced as would be a real world incident and gave our staff the opportunity to coordinate their decision making abilities," said David Hughes, installation security officer. "In fact, the controllers commented on the staff's proactive approach to making decisions.

"That is quite a testament about our staff, he added."

Assessing how well the post handled various situations was MPRI, a training, simulation and government services company.

During the exercise, Fort A.P. Hill simulated assisting with coastal evacuation efforts in advance of "Hurricane Karen," as well as accepting evacuees from a



Henry (Hank) Hanrahan, center, Directorate of Plans, Training, Mobilization and Security director, briefs Lt. Col. Michael S. Graese, post commander, and other members of the DPTMS staff during the two-day Installation Force Protection and Command Post Exercise. (Photo by Jason B. Cutshaw)

number of Department of Defense-related organizations.

Other scenarios included an aircraft crash near the installation perimeter and various criminal acts on post during the evacuation.

Members of the Fort A.P. Hill team also simulated working with local and state emergency management organizations, which may also be involved in a crisis response.

The MPRI contractors who ran the exercise said Fort A.P. Hill's

staff showed great maturity and experience as it worked through the hectic, changing scenarios confronting it over the two-day event.

Lt. Col. Michael S. Graese, post commander, agreed, noting, "Our positive staff relationships really showed through in the exercise. It was difficult to work this training event in on top of the constant sprint pace that we seem to find ourselves operating in today, but our team pulled it off and executed very well."

"I admire men of character, and I judge character not by how men deal with their superiors, but mostly how they deal with their subordinates, and that, to me, is where you find out what the character of a man is."

-- Gen. H. Norman Schwartzkopf

*“Commander’s Call”***Working relationships foster productive climate**

Team,

Congratulations to the entire Fort A.P. Hill team for an excellent showing during the recent Installation Force Protection Exercise, Command Post Exercise.

The inspection team, led by retired Lt. Gen. Joseph Kinzer, pointed out Fort A.P. Hill was the highest rated installation to date.

There were many reasons for this, not the least of which was the great staff interaction the evaluation team witnessed during the exercise.

Positive, healthy working relationships may be the norm to those of you who have served exclusively at

Fort A.P. Hill, but I am sure it isn't to those of us who have served in other, similar organizations.

The personal relationships we each build on a day-to-day basis make Fort A.P. Hill truly special.

I encourage each of you to continue to foster this type of climate.

Again, congratulations on a job well done.

V/R,

Michael S. Graese
LTC, AD
Commanding



Soldiers of the 772nd Military Police Company from Taunton, Mass., enjoy a game of football as they take a break from training at Fort A.P. Hill. (Photo by Jason B. Cutshaw)

This day in U.S. Army history

1917 - World War I: Battle of Messines - Allied ammonal mines underneath German trenches in Mesen Ridge are detonated, killing 10,000 German troops.

1942 - Japanese soldiers occupy the American islands of Attu and Kiska, in the Aleutian Islands off Alaska, as the Axis power continues to expand its defensive perimeter.

V-REMS meets to discuss environment

By Jason B. Cutshaw
Up and Down the Hill

Fort A.P. Hill hosted the quarterly Virginia Regional Environmental Management System meeting at Romenick Hall Wednesday.

After opening remarks and introductions, the V-REMS partners discussed several items such as air quality, E-85 fueling stations for engines modified to accept higher concentrations of ethanol, water quality and storm water management, land conservation and several other environmental issues.

Attending the meeting were members from: Fort A.P. Hill, Fort Lee, Fort Eustis, Virginia Army National Guard Bureau, U.S. Navy, Defense Supply Center Richmond, Richmond Planning District, Environmental Protection Agency headquarters, EPA Region 4, Virginia Department of Environmental Quality, North Carolina Department of Environment, Wal-Mart, Boar's Head Provisions Inc. and Phillip Morris.

Representing the Fort A.P. Hill command group was Command Sgt. Maj. Roger Chase, who spent the day with partners and learned more about the environment.

"I got the opportunity to spend eight productive and valuable hours with the Fort A.P. Hill environmental team, along with V-REMS partners," Chase said. "You cannot educate others if you do not know the importance of environmental management," he added. "I thank the committee for all that they do to make this a better world to live in."

Throughout the day, V-REMS partners identified key priorities and opportunities for collaboration.

"The focus of the V-REMS group is environmental and stewardship



Tad Davis, standing, Deputy Assistant Secretary of the Army for Environment, Safety and Occupational Health, addresses members at the quarterly Virginia Regional Environmental Management System meeting Wednesday at Romenick Hall. (Courtesy photo)

issues," said Rick W. Cole, a contractor with the Directorate of Public Works' Environmental Division. "Our group is comprised of professionals from private industry, state, county and military facilities.

"Our members are typically responsible for implementing Environmental Management Systems at their facilities," he added.

Cole said the group meets to discuss ways to help industries thrive while also protecting the environment.

"We get together to share information and ideas on how to support business operations and mission, while maintaining regulatory compliance and focus on sustainability, pollution prevention and good environmental practices," Cole said.

"It provides a great opportunity

to interact with the Virginia Department of Environmental Quality and EPA regulatory personnel and engage them in discussions of our mission and stewardship concerns and how we can work collaboratively to meet regulatory requirements and not compromise our mission and customer satisfaction.

"V-REMS provides A.P. Hill a good forum to exchange technical information on environmental initiatives and new ideas," he added.

Making a surprise visit during the day was Tad Davis, deputy assistant secretary of the Army for Environment, Safety and Occupational Health, who said he was very pleased to see such a dynamic and constructive group of addressing environmental issues from a regional perspective.

The V-REMS Website can be found at www.vrems.org.

Stay hydrated during summer months

by Col. Catherine Digilio-Grimes
Lois Wells Medical Clinic

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. But always remember, heat injuries are preventable.

When you are working your body as hard as you do in "training," you need more water, more often than you do when sitting at a desk. This is because your active muscles are heating up and your body is rushing water to them to keep them cool -- the same way a car's radiator flushes water through a hot engine to keep it from overheating.

Water is the most important nutrient for both physical and mental performance. Not drinking enough water during physical activity can hurt your performance and your health.

In severe cases, lack of water can lead to serious physical problems, even death.

Active muscles can create heat up to 100 times more than that of inactive muscles.

If you did not have a way to cool your body, your internal temperature would go up more than a degree every five to eight minutes of moderate exercise, such as walking.

Water flows to hot muscles, cools them down, and then works its way out of the body as sweat. The evaporating sweat cools your body.

However, when you sweat, you lose water from your body. To keep cooling your muscles, you need to replace that water frequently.

DEHYDRATION: IT CAN HAPPEN TO YOU

It does not matter how fit you are, what your body composition is, or how old you are, you can easily become dehydrated.

It can happen quickly without you even realizing it, especially in the hot summer heat when you are usually more physically active.

It is just as easy to become dehydrated in military training. Even mild dehydration can slow your performance. Severe dehydration can lead to heat exhaustion and death.

WEIGHT LOSS = WATER LOSS

Weight loss is an easy way to measure water loss.

The weight you lose over a period of several hours of physical activity is the body water you have lost in the form of sweat.

WATER LOSS = PERFORMANCE LOSS

It does not take much water loss for your performance to suffer.

At only five percent weight loss, your speed and concentration are reduced.

In intense military training and combat, that reduced performance could make a critical difference in whether the mission is accomplished.

Even small percentages of weight loss can reduce your performance.

PREVENTING DEHYDRATION

To avoid dehydration that can harm your performance and health, you might have to make yourself drink when you are not thirsty.

Get into the habit of following these steps for preventing dehydration.

Make Water Your First Choice of Fluids

a. Cool, plain water is the best performance fluid replacer for any physical activity lasting fewer than 90 minutes.

b. Water is always better than soda, coffee or fruit juice, and equal to sports drinks for replacing fluid you lose.

c. Cool water is absorbed into your bloodstream quickly and has none of the drawbacks other fluids can have.

Don't Wait Until You're Thirsty To Drink

By the time you feel thirsty you have already lost two quarts of water and are already dehydrated.

Drink Beyond Your Feelings Of Thirst

a. If you stop drinking when your thirst is satisfied, you have replaced only about two-thirds of the water you have lost.

b. Drink one or two glasses after your thirst is satisfied.

Monitor Fluid Loss

a. Monitor urine color -- When you have enough water, urine is clear or pale yellow. When you need water, it is dark yellow or brown.

b. Weigh yourself before and after activity to see how much water you have lost. Drink two cups of water for every pound you lose during activity.

Drink Regularly and Frequently

a. Drink at least eight to ten cups of water a day, at regular intervals.

b. Ten to 12 cups is even better. In extreme climates, you will need even more water to prevent dehydration.

(See Hydration, Page 5)

Hydration (Continued from Page 4)

Drink Before, During And After Activity.

Get into the habit of drinking regularly and frequently all day.

BEFORE: Drink two to two and a half cups of water throughout the two hours before physical activity.

Then drink up to two more cups of cool water 15 minutes before activity.

DURING: One half to one cup of water every 15-20 minutes. About one and a quarter quart canteens per hour is the most fluid your stomach can empty in one hour.

This may not be enough to prevent dehydration in some hot-weather situations.

Watch for signs of dehydration even if you are drinking the maximum amount.

For exercise lasting 90 minutes or longer, sports drinks may help you to sustain your pace.

AFTER: Drink two cups of fluid for every pound lost during activity. Drink until urine is clear or light yellow.

Avoid alcohol as a fluid replacement. If you do drink beer after activity, drink one to two cups of water or juice at the same time to counter the dehydrating effects of alcohol.

Optimize glycogen refueling by consuming 50 - 100 grams of carbohydrate in beverage or food within 30 minutes of exercise and every two to four hours thereafter. A complete balanced meal within three to four hours of activity will replace electrolytes

REDUCE HEAT BUILD-UP

Observe work-rest cycles.

Schedule heavy activity for the coolest time of the day. When possible, do not exercise outside during the middle of the day, when the temperature is highest.

Gradually build up tolerance to the heat. Work outside for a short time, then increase the length of your workout each day.

Wear the lightest-weight clothing possible, such as mesh jerseys, lightweight shorts and low-cut socks. They allow more sweat to evaporate.

Wear light-colored clothing. Cover as much of your body as possible to prevent sunburn. Sunburn decreases your ability to sweat and increases your risk of heat illness

DRINK ENOUGH WATER

Whether you are in a training exercise, organized PT, or doing



your own exercises, follow these guidelines for replacing body water in the heat:

Force Yourself To Drink Even If You Are Not Thirsty!

Drink four to six quarts of water a day for light work in warm weather.

Drink up to 10-12 quarts of water a day for heavy work in hot humid climates.

In extreme heat, especially when wearing protective clothing, you may lose as much as 28 quarts of water a day. However, 22 quarts is about the most water your body can absorb in 18 waking hours.

Drink smaller amounts frequently rather than large amounts only occasionally — ideally, four to six fluid ounces every 15 minutes. Drink these amounts:

Four cups of water in the morning.

Four cups of water at each meal.

Two cups of water every half hour during activity.

Take more rest breaks in the heat. Drink at every rest period.

Following these quick simple guidelines, can help prevent heat injuries and allow you to have a summer filled with fun.

WARNING SIGNALS OF DEHYDRATION

% Body Weight Loss Symptoms

15 - 20%	Numb/cracked skin, inability to urinate, stiffened eyelids, deafness, death.
12 - 15%	Shriveled tongue, sunken eyes, dim vision, inability to swallow, painful urination.
8 - 12%	Swollen tongue, muscle spasms, delirium.
6 - 8%	Cotton-mouth, headache, weakness, shortness of breath, indistinct speech.
4 - 6%	Flushed skin, difficulty concentrating, loss of muscular endurance.
2 - 4%	Thirst, verbal complaints, vague discomforts.
0 - 2%	Increased body temperature.

Dropped cigarette sparks interest in fire safety

by Jason B. Cutshaw
Up and Down the Hill

Smoking near your office may satisfy a nicotine habit, but it can start a fire under your boss and lead to serious consequences.

On May 30, a small fire was started next to the Fort A.P. Hill headquarters building by a visiting employee who dropped an unextinguished cigarette butt in the mulch next to the entrance. This could have been avoided if someone had simply obeyed regulations when it comes to smoking.

Army Regulation 600-63, Section 7-3 states; "If possible, designated outdoor smoking areas will provide a reasonable measure of protection from the elements. However, the designated areas will be at least 50 feet from common points of ingress/egress and will not be located in areas that are commonly used by non-smokers."

There are two purposes behind this section of the regulation. One purpose is so non-smokers are not affected by second hand smoke when entering and exiting a federal facility.

The second purpose of is that smoking materials not fully extinguished when can create a fire.

Additionally, AR 420-90 and A.P. Hill 420-1, section II, part 2 (b) prohibits the use of smoking material inside any building and further only allow such activity 50 feet from any structure and only when the designated area is approved in advance by the installation fire chief and the commander/supervisor of the unit.

"When smoking material is discarded near a building (50 feet or closer) the embers from the smoking material can cause ground cover or duff to be ignited, which than can spread to the building before the fire is identified, as was the case last week when carelessly discarded smoking material spread to mulch near a building on Fort A.P. Hill which spread to the building causing fire and smoke damage," said Fort A.P. Hill Fire Chief Daniel C. Glembot.

Also there can be repercussions to a person if they smoke less than 50 feet from a building, or if they were to catch a building on fire.

AR 600-63 section 7-5 states that failure to comply with the prescribed policy subjects Soldiers, civilian personnel, retirees and family members to a variety of penalties.

The penalty depends on the nature of the violation, the status of the offender, and other relevant factors.

Violation of Army policies subjects military personnel to a variety of possible administrative or disciplinary actions, and civilian personnel to



possible disciplinary actions.

Repeat violations also can result in the removal of personnel from activities or barring them from activities or installations."

The offender may also be barred from smoking or using tobacco products on post.

Also, if discarded smoking material were to cause damage to property, government or private, the offender under Commonwealth of Virginia Code, section 18.2-88 could be charged with a Class 4 misdemeanor, and "shall be liable for the full amount of all expenses incurred, damage as well as firefighting expenses."

If the offender were charged and convicted of a Class 4 misdemeanor the offender would also be subject to criminal punishment.

Army policy states that all Army staff, civilian as well as military members, are safety monitors and have the right and authority to question any other person regarding safety concerns.

If a person is not comfortable engaging or confronting others about these types of concerns they may contact the Fort A.P. Hill Fire Prevention Branch at 633-8455 or the Provost Marshall Office at 633-8888.

The Post Fire Prevention Officers are charged with specific responsibility and authority to address these issues.

The Fire Protection Inspector will issue a written citation for failure to comply with Army regulation which will be forwarded to the offender's supervisor and the Garrison Commander for potential appropriate action.

"It is a misconception that fires are more likely to occur or more dangerous in the summer months

(See Safety, Page 8)

Safety office conducts first aid classes

by Jason B. Cutshaw
Up and Down the Hill

The Fort A.P. Hill Safety Office conducted a series of three workplace emergency first aid courses May 5-7.

The courses instruct individuals how to provide limited care to a sick or injured patient until definitive medical treatment can be accessed.

Matthew Ewoldt, Fort A.P. Hill safety officer said, "We place our employees in areas where they are at risk of serious injury or death and we are morally obligated to provide them with the knowledge, skills and tools to identify and eliminate or control those risks.

"Secondly - it's something we have to do," he added.

The Occupational Safety and Health Administration has directed that in the absence of an infirmary, clinic or hospital in near proximity to the workplace which is used for the treatment of all injured employees, first aid training and first aid supplies shall be readily available.

Ewoldt explained that every employee needs to understand how they are an important link in protecting each other.

"The installation safety program is owned and operated by the workforce and every employee is a safety officer," he said. "The role of our office is to be their advisor and mentor, help them identify and assess risks and to help them develop risk controls. The



Kelly Hinnant, Fort A.P. Hill Safety Office, talks about first aid in the workplace during his class May 5. (Photo by Jason B. Cutshaw)

Installation Safety Office role changes from advisor to intercessor if the employee or leader need help getting the tools to control these risks."

Although many who attended the course have had previous first aid courses, they said the class was a reminder of situations to look out for.

"This was an outstanding class," said Andre Barber, Fort A.P. Hill range control. "I think everybody who works on post should attend, even if it is a refresher course.

I know, for me, these are some things you don't practice on regular basis and it is nice to come back and refresh my memory," he added.

Army set to celebrate its 232nd Birthday

Soldiers prepare to celebrate the Army's 232nd birthday June 14.

"Today's Soldiers symbolize the nobility of selfless service," said Sergeant Major of the Army Kenneth O. Preston. "Today's Soldiers are motivated by an unwavering belief that they will be victorious on the field of battle, because we have fought this way since

1775 and always will."

Acting Secretary of the Army Pete Geren, Army Chief of Staff Gen. George W. Casey Jr. and Preston will participate in a wreath laying ceremony at Arlington National Cemetery June 14.

A list of Army birthday events is available at www.army.mil/birthday.

Hot Dog Day dubbed big 'Wiener' by all

by Jason B. Cutshaw
Up and Down the Hill

Hot Dog Day was a wiener, according to Fort A.P. Hill team members who participated.

The Fort A.P. Hill Employee Morale Committee hosted a "Hot Dog Day" and bake sale Tuesday for those wanting to take a break from the normal lunch routine and try something different.

"The event appeared to be well received and we are planning more Hot Dog Days this summer," said Mary Arcand, Directorate of Human Resources

Besides hot dogs, chips, sodas and baked goods were also sold.

"I liked that the hot dogs were grilled instead of boiled and there were plenty of desserts to satisfy my sweet tooth," said Amanda Johnson, DHR.

All proceeds help support Fort A.P. Hill employees and their families through scholarships, retirement gifts, births, sympathy and get well cards and holiday parties.

"I think we did great today; we had an awesome turnout," said Karen Mountjoy, committee member from the Directorate of Public Works.

"I would like to thank all employees who gave their time and effort to make this a successful event," she added.

To afford greater access by the post community, food was served at two locations: the pavilion by the swimming pool and the EP4 compound.

"I am just trying to support a good activity for the employees of Fort A.P. Hill" said Brian Taylor, Plans, Analysis and Integration Office. "The thing I enjoy is that you get to see people you haven't seen



Mike Brandt, Plans, Analysis and Integration Office, and Karen Mountjoy, Public Works, cook up the main course at the Employee Morale Committee's Hot Dog Day Tuesday. (Photo by Jason B. Cutshaw)

in a while, or don't often interact with and, on top of that, it is a good meal for a good value.

SAFETY *(Continued from Page 6)*

than in winter months. This is not true," Glembot said. "Fires are equally dangerous and likely to occur during summer months as well as winter months.

"Due to several factors such as dry duff, fall foliage, humidity, dry air, air temperature and the very nature of carelessness, fires are as likely every day of the week, every month of the year as any other day, week or month," he added.

"The Installation Forestry Branch of the Directorate of Public Works measures the Fire Spread Index every day for Fort A.P. Hill," Glembot said.

"It varies from day-to-day based on the previous factors listed but varies from low to extreme throughout the year with no correlation from summer to winter," he added.

The five leading causes of fire and fire death in the United States (in order) are: Carelessly discarded smoking material, arson, electrical failures, cooking accidents and heat sources, such as furnaces and space heaters.

"Fort A.P. Hill suffered very minor fire and smoke damage to one of our buildings last week as a result of carelessly discarded

smoking material," Glembot said. "This very easily could have resulted in a much worse outcome and much greater damage from fire had it not been for the actions of the building occupants in identifying the fire and contacting the fire department for response.

"Please be vigilant in protecting yourselves and the Army by paying particular attention to detail regarding fire safety," Glembot said. "If you are a smoker, please enjoy your smoking material at the proper time, in the proper location and fully extinguish your material when you are finished."

Pool opening makes summer season splash

by Jason B. Cutshaw
Up and Down the Hill

As the weather gets hotter, the pool stays cool. Fort A.P. Hill's swimming pool opened June 1 for the summer months.

"The pool is a huge morale booster, not only for the A.P. Hill community, but for warriors that have the opportunity to 'cool off' and relax," said Brian Poe, chief of recreation. "To date we have had requests from four units in training to use the pool not only to train in drown-proofing, but also for recreation.

"We anticipate a successful season, just as we did in 2006," he added.

Poe said the directorates of Morale, Welfare and Recreation, Public Works and Resource Management played key roles in the opening of the swimming pool for this season.

Other MWR team members talked about how the pool will give people a chance to spend time together during the summer months.

"The pool will really be nice for the families to spend some time together and get cool," said Judy Collins, MWR.

"Coming here today was great," said Steven Crumpler, who was visiting friends at Fort A.P.



Luke Knode was the first person in the post swimming pool on opening day June 1. (Photo by Jason B. Cutshaw)

Hill. "This is a great way to end a long day. I might just have to come back tomorrow."

The pool is open Friday, Saturday and holidays, noon-8 p.m.; Sunday, 1-5 p.m. and Tuesdays, 5-8 p.m.

Romenick Hall dedication

Fort A.P. Hill will be hosting the dedication of Romenick Hall June 14 at 12:15 p.m. There will be an invocation, dedication speech and refreshments.

For more information call John Hall at 633-8204.

Army Birthday 5K Fun Run

Fort A.P. Hill will host a 5K fun run to celebrate the Army's 232nd birthday at the Community Activity Center June 14 at 8 a.m.

There will be a cake cutting ceremony after the run. For more information call 633-8219.

Submit ideas for post newsletter

Please provide any story ideas to Up and Down the Hill by calling 633-8120.



The summer volleyball league got started at the Community Activity Center June 5. (Courtesy photo)

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