

UP AND DOWN THE HILL

SERVING THE FORT A.P. HILL COMMUNITY

Post waterworks among state's best

by **Mary A. Bodine**
Fort A.P. Hill Public Affairs

The Fort A.P. Hill waterworks operation was selected as one of the best by the Virginia Department of Health at a ceremony in Roanoke, Va., May 2.

Twenty-eight of the state's more than 3,000 waterworks operations received the 2004 Virginia's Excellence in Waterworks Operations Award, which recognizes "water systems that have demonstrated excellence in performance and operations and

for the treatment and distribution of drinking water to the public," according to a Virginia Department of Health news release. This was the first time Fort A.P. Hill has garnered a state waterworks award.

"Basically, we earned this award because of personnel cooperation; we all work together," said Ken Clark, waterworks operator with the Directorate of Public Works, Water and Wastewater Treatment Division. "We also have no notices of violation and have improved our processes."

Key to the division's success has been the development of a master telemetry system – a computer system that allows water operators to monitor the installation's 21 wells, Clark said. The division has worked 12 years on improving the scope of the telemetry's monitoring capabilities, he added.

"This system tells us exactly how many times a well runs, storage tank levels, trends in water usage, detects chlorine leaks, intrusion monitoring (for physical security), and provides equipment alarms if

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Logistics mobilizes for Jamboree support

by **Mary A. Bodine**
Fort A.P. Hill Public Affairs

One thousand tents, 6,800 cots, 14 water trailers, one 5,000-gallon water tanker, 10 buses – these numbers represent only a fraction of supplies and equipment required to house, feed, transport and support as many as 1,700 troops, 7,000 members of the Boy Scout staff and 35,000 Boy Scouts for the National Scout Jamboree here, July 25-Aug. 3.

The NSJ is akin to the support the Directorate of Logistics would be required to provide for a major unit mobilization, said John Hall, DOL director.

"This is a major logistics exercise for us," he said. "We are able to ensure all of our equipment is serviceable because it is all put up or used; it keeps us up-to-date on our resources and we use the same vendor sources we use to support units."

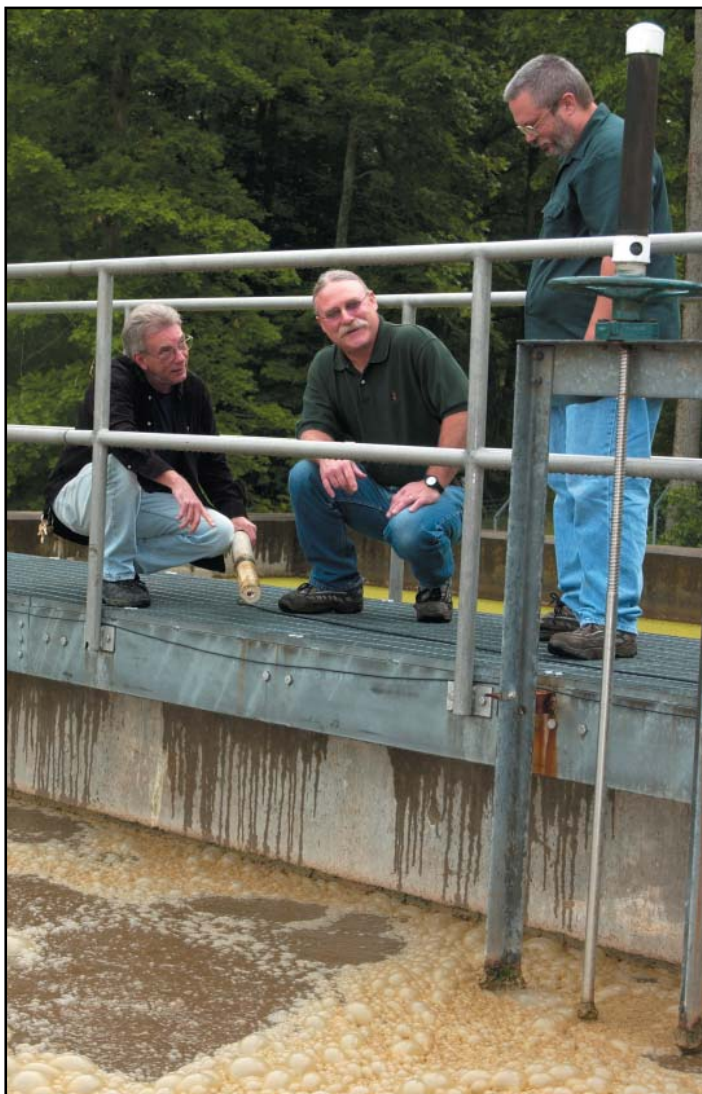
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James Jackson (left) and Elbert Jones, both laborers, place stakes in the ground for one of the 775 General Purpose Medium tents being erected for the National Scout Jamboree. (Photo by Mary A. Bodine)

**"For a people who are free, and who mean to remain so,
a well-organized and armed militia is their best security."**
-- Thomas Jefferson, message to Congress (November 1808)

Waterworks (Continued from Page 1)



Water and Wastewater Division employees Paul Gaucher (left), supervisor, and Louis Brooks (center) and Mark Swisher, both state-certified waterworks operators, inspect a pipe used for wastewater tanks. Five employees and two environmentalists run the installation waterworks operation. (Photo by Mary Bodine)

a well isn't working right," Clark said.

The master telemetry system has multiple schematics showing the condition of Fort A.P. Hill's stand-alone and looped distribution systems so that if there is a malfunction in one well, an additional well or valve from another system can be opened and the water diverted, he added.

One of the unique functions of this system is the ability to be remotely monitored 24 hours-a-day which "has reduced overtime response requirements by 90 percent," according to the division's award submission packet, written by Gwynne Indseth and Gef Fisher, both environmental specialists with the Environmental Division, DPW.

The Water and Wastewater Treatment Division still physically checks each well several times a day or weekly, depending on population and campsite activity.

During physical inspections, operators log each well's chlorine feed rate, remaining chlorine gas, system pressure, and read the well's production meter to track usage, Clark said. This information is sent monthly to the Virginia Department of Health.

The Water and Wastewater Treatment Division also conducts mandatory water sampling of more than 100 parameters to include organics and inorganics, metals, radon, trihalomethanes and volatile organic compounds, Indseth said.

In addition to water system management and water quality monitoring, the Virginia Department of Health reviewed Fort A.P. Hill's waterworks laboratory, financial and equipment management, water conservation, public education, emergency response, and cross-connection control programs, for the award.

Water and Wastewater Treatment Division and Environmental Division employees recognized by the Virginia Department of Health are: Paul Gaucher, division supervisor; Kenneth Clark, Louis Brooks, Mark Swisher, and John Vandevender, all state-certified waterworks operators; and environmentalists Indseth and Fisher.

Help conserve water on Fort A.P. Hill. Follow these simple tips:

- Repair dripping faucets. If your faucet is dripping at a rate of one drop per second, you can expect to waste 2,700 gallons per year.
- Don't let the water run while brushing your teeth, shaving, or washing your face.
- Check for toilet tank leaks by

adding food coloring to the tank. If the toilet is leaking, color will appear in the toilet bowl within 30 minutes.

- Never put water down the drain when there may be another use for it like watering a plant, garden, or cleaning.
- Operate automatic dishwashers and clothes washers only when they are fully loaded or properly

set the water level for the size of load you are using.

- Store drinking water in the refrigerator rather than letting the tap run every time you want a cool glass of water.
- A hearty rain eliminates the need for watering your lawn for as long as two weeks, so watering is not necessary most of the time.

Logistics (Continued from Page 1)

For the NSJ, DOL is responsible for putting up and maintaining tents for use by Boy Scout staff, a food court and security teams; housing and feeding troops supporting the Jamboree; providing transportation for those troops to and from the billets and the Jamboree area; and coordinating for other support equipment like water trailers and tankers, and fire trucks.

DOL also issues other Class II equipment, like cots, field refrigerators, linen, blankets, and folding tables and chairs, said Doug Treblic, installation property book officer.

Tent cities

The most challenging DOL task is “getting the tents up and in the right place,” Hall said. About 100 General Purpose Small, 775 GP Mediums, 65 modular, nine maintenance, and 21 fly tents must be up and ready for use by July 25, Treblic said.

“We started putting the tents up April 18; we had a late start,” Treblic said. “It takes a long time to put up 1,000 tents and they have to be put up in a specific location. There are latrine and shower tents that have to be put up on time so that other workers -- like plumbers -- can do their jobs.

“It is quite a job to get all of the tents up with a small crew. A lot of their success depends on ‘mother nature’; you can’t put up tents when it’s pouring down rain and the ground is wet. We could also get one bad storm and all of the tents may be wiped out,” he added.

The tent crew averages 17 tents per day for GP Mediums, but just one maintenance tent may take an entire day, Treblic said. Once a tent is erected, it must be maintained and routinely inspected, he added.

It takes the tent crew just as long to take down all of the tents as it does to put them up, Treblic said.

“A lot of people think the Jamboree ends Aug. 3; we’ll still be involved with it until the end of the year,” he said. “All of the tents will be down by the end of October, but they must be cleaned and (Direct Support) Maintenance must inspect and repair them.”

Home away from home

Troops supporting the National Scout Jamboree stay in billets – mainly Wilcox and Anderson camps. Augmentees – those assisting Fort A.P. Hill staff in NSJ preparations – will reside in Hopemont housing if space is available, said Maj. Sheba Waterford, operations officer.

Although barracks space isn’t assigned by name, DOL requires an accurate unit “head count” in order to assign billets to a unit, Waterford said.

“That has been a real challenge for the reserve units,” said Karen Busch, operations officer. “A lot of the Warriors didn’t know they were coming to support



Laborer leader Robert Myers hammers a tent stake into the ground near Longstreet Camp. (Photo by Mary A. Bodine)

the Jamboree, other units are coming from overseas and a lot are coming here as volunteers. It’s hard for a unit to lock down a number and unfortunately assigning billets depends on that number.”

Despite their difficulties assigning billets, Waterford said that DOL has enough space to accommodate as many as 2,500 troops.

Chow time

Accurate head counts are also required to determine the level of dining facility support DOL needs to provide, said Jim Salisbury, chief of Supply and Services Division. He said he needs to know how many troops will have meal cards and what service the troop supports to decide if another DFAC is needed.

“If (DOL is) paying \$6 a meal for example, and 600 people that were suppose to eat don’t come, then that’s \$3,600 of food we’ve wasted,” Salisbury said. “I also need to know what type of troops I’m feeding; if they’re Army, I know they get 30 minutes to eat, if they’re Marines, they get 15. There are 200 chairs in a DFAC, so if there’s a large number of Marines we can feed more troops out of one facility.”

The DFAC will serve hot breakfasts and dinners. Troops with meal cards have priority when eating at the DFAC, but those troops not on meal card and civilians supporting the Jamboree may also eat

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Program recognizes installation's best

by **Mary A. Bodine**
Fort A.P. Hill Public Affairs

The July 15 nomination deadline for Fort A.P. Hill's top civilian employees is fast approaching.

Recipients of the Fort A.P. Hill Employee of the Year awards, which is sponsored by the Federal Women's Program Committee, will be honored Aug. 26 as part of the Women's Equality Day Program.

"Every year since 1995 I've had the opportunity to observe the importance of this award to the employees who are nominated in one of three categories," said Yvonne Smith, Federal Women's Program Committee chairperson. "A lot of the time an employee does not realize their significance to Fort A.P. Hill's mission until it is put into writing and they get an opportunity to really reflect on how their individual jobs contribute to the success of our overall mission here."

Military and civilian employees may nominate peers, first-line supervisors or directors for one of three categories:

- Appropriated fund employees in grades GS-8 and below and non-appropriated fund employees in grades NF-3 and below, but does not include Federal Wage System employees and non-appropriated fund employees performing trade and labor work;
- Federal Wage System employees and non-appropriated fund employees;
- Appropriated fund employees in grades GS-9 to GS/GM-13 and non-appropriated fund employees in grades NF-4 and 5; however, the nominee does not have to be a supervisor.

Temporary employees may also be recognized. Each directorate may nominate one outstanding temporary employee; the directorates of Logistics, Emergency Services and Public Works may nominate two employees, Smith said.

Nominees for Employee of the Year awards are measured against the following criteria:

- Accomplished supervisory or non-supervisory duties in an outstanding manner;
- Demonstrated initiative and skill in devising new or improved equipment, work methods and procedures or conceiving inventions that resulted in considerable savings in manpower, time, space, materials, or other items or expenses;
- Demonstrated leadership or public relations service that resulted in increased productivity of the unit;
- Rendered professional or public relations service that resulted in considerable favorable publicity in the community;

- Demonstrated courage or competence in an emergency, while performing assigned duties, resulting in benefit to the government or its personnel.

Nominations must include Part I of DA Form 1256 and written supporting justification of the employee's accomplishments since Oct. 1.

Employee of the Year awards recognize outstanding employees and motivate other Fort A.P. Hill employees, Smith said.

"Their smiles broaden, shoulders straighten, and you can tell by looking at them that any uphill battles they've endured seem to be at that very moment worth it," Smith said. "This award also provides an incentive for the rest of us to take a look at what we do here and somehow recognize the fact that in some way, big or small, it's a contributing factor to the success of Fort A.P. Hill's mission."

Once nominations are received, Deputy to the Commander Charles Munson selects a panel to "review all applications and then vote on a winner in each category," Smith said. "Voting ballots are created with the nominees listed for each category. The votes are counted, winners selected, and then the FWP committee begins their process of preparing the awards for presentation at the Women's Equality Program."

Employee of the Year nominations are due July 15. Submit nominations to Yvonne Smith at the Directorate of Emergency Services; or Christine Coates at Headquarters.

Logistics (Continued from Page 3)

at the DFAC if space and food is available, Salisbury said.

Additional support

Nine full-size buses and one short bus will shuttle troops throughout the day to and from the dining facility and billets and the Merit Badge Midway and

Army Adventure Area, Busch said. Most of these buses will be driven by members of the Fort A.P. Hill Troop Motor Pool.

DOL has also coordinated for water buffalos, water trailers and a tanker, and fire trucks from military units in Texas, Georgia and Virginia, Busch said.

"This is the best DOL team we've ever had," Hall said. "They work well together and have truly made this a joint -- Fort A.P. Hill and 1st U.S. Army -- effort. If we're safe and get this (Jamboree) done in a professional manner, then it will be a success. We're making progress every day to that end."

● CIVILIAN, MILITARY UPDATES

AROUND THE ARMY

New personnel system launch delayed

by Donna Miles

American Forces Press Service

The first phase of the Defense Department's new National Security Personnel System has been adjusted slightly, to later in the fiscal year, NSPS officials said June 7.

The Defense Department will work with the Office of Personnel Management to adjust the proposed NSPS regulation based on public comments and the meet-and-confer process with employee representatives, said Mary Lacey, NSPS program executive officer.

These revisions will be published in the Federal Register later this summer, and implementation of NSPS could begin 30 days after the publication. However, officials stressed that the start date is "event driven" and that implementing instructions must be in place and training must be under way before the system gets rolled out.

Officials had hoped to begin the first phase of the rollout, called Spiral One, July 1, but noted all along that the launch date could change. "That (implementation) date is flexible, because we are not going to implement it until we are ready," Charles S. Abell, principal deputy under secretary of defense for

personnel and readiness, said during an interview last December.

NSPS officials said the labor relations part of the program is now expected to begin by September, followed by the performance management element of the human resources system early in fiscal 2006.

All civilian employees will receive the 2006 general pay increase before the pay-for-performance provisions of NSPS begin, officials said.

Spiral One, which will initially affect 60,000 employees, will eventually include about 300,000 U.S.-based Army, Navy, Air Force and DoD-agency civilian employees and managers. After that, the system will be introduced incrementally over the next two or three years until all DoD civilian employees eligible for NSPS are included, officials said.

The National Security Personnel System is one of the many initiatives designed to transform DoD operations. It replaces an outmoded, 50-year-old civilian personnel management system that had rewarded employees for longevity.

Instead, the new system incorporates a performance-based pay system in tandem with a restructuring of the civilian workforce to better support department missions.

Military tops public confidence in poll

by Donna Miles

American Forces Press Service

The American public has more confidence in the military than in any other institution, according to a Gallup poll released in June.

Seventy-four percent of those surveyed in Gallup's 2005 confidence poll said they have "a great deal" or "quite a lot" of confidence in the military - more than in a full range of other government, religious, economic, medical, business and news organizations.

The poll, conducted between May 23 and 26, involved telephone interviews with a randomly selected sample of 1,004 people 18 and older, Gallup officials said.

Those surveyed expressed strong confidence in the military, with 42 percent expressing "a great deal" of confidence in the military and 32 percent, "quite a lot" of confidence. Eighteen percent said they have "some" confidence, 7 percent, "very little," and 1 percent, "none."

Public confidence in the military jumped following the terrorist attacks of Sept. 11, 2001, and has remained consistently high, Gallup officials noted. The 2002 survey reflected a 13 percent increase in confidence in the military over the previous year's poll. The public expressed a 79 percent high-confidence rate in the military in 2002, an 82 percent rate in 2003, and a 75 percent rate in 2004.

This year's 74 percent confidence

level exceeded that of all 15 institutions included in the 2005 survey. Police ranked second, with 63 percent of responders expressing "a great deal" or "quite a lot" of confidence in them.

Health maintenance organizations bottomed out the list, with just 17 percent of responders expressing high confidence in them. Big business and Congress tied for the second- and third-lowest rankings, with 22 percent of responders expressing "a great deal" or "quite a lot" of confidence in them.

Public trust in television news and newspapers reached an all-time low this year, with 28 percent of responders expressing high confidence in them.

● WELL BEING ● SAFETY

HEALTHY LIVING

Blood pressure danger zone lowered

by Norma Suarez

Tripler Army Medical Center, Hawaii

It's been almost two years and I can still remember distinctly how happy a patient of mine was after being told his blood pressure was normal. After all, his mother, father, grandmother, and grandfather all had high blood pressure.

Two months later, I received a frantic phone call from this patient asking me what he had done wrong. A nurse at a health fair he attended earlier that day checked his blood pressure twice and informed him his blood pressure was in a danger zone. It seemed unlikely that he could have possibly developed high blood pressure in such a short period of time. So what did happen?

Over the past several years we have learned more about the nature of blood pressure and its effects. Because of this new understanding, government officials revised the blood-pressure guidelines that included a new category: pre-hypertension.

What is pre-hypertension? A systolic (top number) reading of 120-139, or a diastolic (bottom) reading of 80-89. Twenty-three percent of American adults were diagnosed with pre-hypertension with the blood-pressure guideline revisions. Patients with this diagnosis are at increased risk of heart disease and stroke. Add to this percentage, the one-in-four Americans who have full-blown hypertension, and we've got nearly half of all American adults age 18 and older in a blood-pressure danger zone.

Why did the blood-pressure guidelines change? Simply put, blood pressure in the pre-



Sgt. Normand Jarrett (left), health care specialist with the Fort A.P. Hill Health Clinic, checks coworker Sgt. Robert Sellmer's blood pressure. Sellmer is also a health care specialist at the clinic. (Photo by Mary A. Bodine)

hypertension range is not considered normal anymore. Many of those with pre-hypertension continue on to hypertension unless there is serious intervention. Consider these statistics:

- Starting as low as 115/75, the risk of heart attack and stroke doubles for every 20-point jump in systolic blood pressure or every 10-point rise in diastolic blood pressure.

- People with blood-pressure levels between 120/80 and 140/90 -- levels once considered normal -- have twice the risk of heart disease as those with low blood pressure.

- People with blood pressure above 140/90 -- the definition of high blood pressure -- have four times the risk of heart disease as people with low blood pressure.

The good news for people with pre-hypertension (without

diabetes or kidney disease) is that there is no need to take any medications. Unfortunately, for those with pre-hypertension to avoid hypertension, means more work than just taking a pill. The work involves moving into a healthier lifestyle which will be very good news in the long run. Healthy lifestyles help people live longer with more energy.

Healthy lifestyle changes to prevent (and control) high blood pressure include maintaining a healthy weight, being physically active, following a healthy-eating plan, reducing sodium in your diet, drinking alcohol only in moderation, stopping smoking, and if needed for control of high blood pressure, taking prescribed blood pressure medicine as directed by your health-care provider.

What is your blood pressure? If you don't know, you should!

SALUTES

● HAILS, FAREWELLS ● ACHIEVEMENT ● FAMILY



Several Fort A.P. Hill employees were recognized for accomplishments furthering the installation's mission May 31 during a brief ceremony in the Range Control classroom. Honorees were presented coins of excellence by the Installation Management Agency's Northeast Region Director Diane Devens and Maj. Gen. Galen Jackman, commander of the Military District of Washington. (From left) Lt. Col. James M. Mis; Joe Balum, DOL; Dennis Getty, DPW; Boe Satterwhite, DPTMS; Jackman; Devens; JoAnn Nadeau, MSO; Jean Schofield, DPW; Mark George, DES; Cathy Brooks, RMO; Katrina Hunter, DHR; and Virginia Stokes. (Photo by Ken Perrotte)



(Left) Directorate of Emergency Services Police Lt. Tom Grejda's residence at Greenland Mobile Home Park was honored as the June Yard of the Month. (Above) Bonnie and Sgt. Zach Williams, 276th Engineer Battalion, residents in Hopedmont housing, won for May's Yard of the Month. Ben McBride, director of Public Works, presented the awards. Yard of the Month winners receive a commander's letter and AAFES coupons. (Photos by Mary A. Bodine)

NEWS NOTES

Legal help available June 14

The next legal assistance services at Fort A.P. Hill will be June 14 at 9 a.m.

Legal services are available for active duty, retired military and their authorized family members of all the services possessing a valid Uniformed Services Identification Card. (Reserve and National Guard personnel must be on active duty.)

Call Debbie Moore, director of Human Resources, at 633-8326 to schedule an appointment.

Baseball season specials



vs.



The Washington Nationals are hosting an Armed Forces Appreciation Night June 24. The Nationals will play the Toronto Blue Jays in Washington at 7:05 p.m.

Depending on Fort A.P. Hill interest, tickets may be available for military personnel.

The Joint Services Military Family Day at Camden Yards will be held in conjunction with the Baltimore Orioles game against the Boston Red Sox July 10.



vs.



This Department of Defense outing starts at noon with a picnic lunch followed by the Orioles-Red Sox game at 1:35 p.m.

This event is open to the military, DoD civilians and family members. Tickets are \$25.25.

For more information about these events, call Tina Collier at 633-8219.

Extinguisher training available

Fire extinguishers can prevent a small fire from escalating. But will you have time to read the directions on the fire extinguisher after a fire's started?

Every Wednesday at 10 a.m., in the picnic area near housing, the Fort A.P. Hill Fire Department is conducting fire extinguisher training.

For more information, call Cindy Tate at 633-8317.



Community runs for cause



The 20th Annual Torch Run will be June 10. Volunteers interested in running some or all of the 14.5 miles from Spotsylvania to Hanover are encouraged to meet at the Provost Marshal's Office at 9:30 a.m., tomorrow. This run benefits Special Olympics of Virginia.

For more information, call Lt. Vance Dunlap at 633-8288.

Summer fun at discounted costs

The Community Activity Center has the following tickets available at discounted costs:

Kings Dominion 1-Day passes

Adult and Child General Admission tickets: \$24

Kings Dominion Season passes

Family Pack: \$245

Add-On: \$65

Individual: \$75

Busch Gardens

Adult General Admission ticket: \$41

Child General Admission ticket (ages 3-6): \$35.40

Water Country USA

Adult General Admission ticket: \$29.80

Child General Admission ticket (ages 3-6): 24.20

Colonial Williamsburg

1-Day Adult Voucher: \$24.50

1-Day Child Voucher (ages 6-17): \$14.50

For more information, call Tina Collier at 633-8219.

Special July 4 fun at theme park

Paramount's Kings Dominion is hosting a "Star Spangled Salute to the Armed Forces," July 3 with discounted tickets and meal package for \$25 (a \$57.94 value). Ticket price includes all-day admission to the park and WaterWorks water park, fireworks, and an all-you-can-eat picnic.

Tickets must be purchased by June 29.

For information about ordering your ticket, call Tina Collier at 633-8219.

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

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