Casemate

Vol. 27, No. 13 | Published for the community of Fort Monroe, V | June 24, 2005

Spotlight Event

Trace Adkins Concert

This year's Fourth at the Fort festivities will be highlighted by a country music legend.

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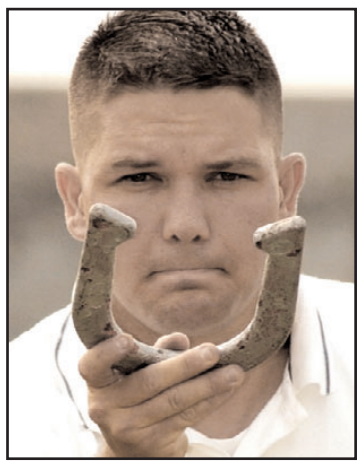

A Really Big 'Shoo'

TRADOC's annual Organization Day celebration promises friendly competition, food, and fun.

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Sister-Soldiers find another common bond among ranks of the Sergeant Audie Murhpy Club.

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Community Notice

Hampton unveils new War Memorial

The first Korean War Memorial in the peninsula region will be unveiled during a special ceremony at 10 a.m., Saturday, at Memorial Park near Hampton City Hall. The memorial consists of a seven-foot granite rendering of the map of North and South Korea. It honors those who fought in the Korean conflict, which began 55 years ago to the day. The event is open to the public.

Drill Sergeant Showdown

Photo courtesy of Fort Eustis Public Affairs

Sgt. 1st Class Herbert Randall demonstrates his knowledge of the M-249 Squad Assault Weapon during the 2005 U.S. Army Drill Sergeant of the Year competition hosted by TRADOC here this week. Nineteen drill sergeants from across the country entered the competition. It culminates with today's 8 a.m. award ceremony at Continental Park. Check out the Casemate's special 2005 DSOY pullout in the center section of this issue.

'Premier trainers' compete for Army title

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

Imagine a world in which your ability to transform raw recruits into combat-capable Soldiers could mean the difference between life and death on the battlefield.

The eyes of every Army leader are, figuratively, upon you. They're counting on you to deliver a Soldier who fully understands the privilege of defending a nation and living the seven Army values – loyalty, duty, respect, selfless service, honor, integrity and personal courage.

When others clock out at 5 p.m., you're still on the trail. Your alarm clock is permanently set at "o-dark-thirty." And a good amount of the limited free time you're allotted is taken up by preparations for the next day's training and squaring away uniforms.

That "world" was in the spotlight this week as 13 active duty and six reserve drill sergeants from across the nation competed for the title of 2005 U.S. Army Drill Sergeant of the Year. The event culminated with today's ceremony at Continental Park, Fort Monroe, in which one individual from each represented component was awarded the title and presented a slew of awards to include a Meritorious Service Medal and a gold watch. (Both winners will be featured in the July 8 Casemate).

"While this is a competition in which we look for the best of the best, it also represents the Army's respect for the drill sergeant," said Command Sgt. Maj. John D. Sparks, lead NCO for Training and Doctrine Command which hosts the event each year.

> ***"While this is a competition in which we look for the best of the best, it also represents the Army's respect for the drill sergeant."***
>
> **Command Sgt. Maj. John D. Sparks**
> TRADOC CSM

"Consider for a moment the position these men and women are in," the sergeant major continued. "The recruits they're training today may well find themselves in Iraq, or some other forward deployed area, within weeks of completion of their initial entry training. That's a reality these NCOs take very seriously. In fact, many of them (approximately 85 percent) have been deployed, and they're using every resource, to include first-hand experience, to ensure their recruits are properly trained."

New events were added to the 2005 contest to reflect this "warrior mentality." A land navigation course, road march and weapons qualification range supplemented the standards of

See DRILL SERGEANT, Page 16

Music Under the Stars, "Melodious Americana," 7 p.m., June 30, Continental Park

Columns & Commentary

Visit the Command Channel online at www.monroe.army.mil/monroe

It is our spiritual fitness that enables our service, our valor and our strength.

Army life brings departures, arrivals and honored events

Chaplain's Corner

Maj. Jerald Jacobs
Post Chaplain's Office

In a recent conversation about the Army, I told a non-military friend that one of the greatest things about being in the service is the constant movement of new people into your life and the special, fast-paced and often intense relationships that are part of life in America's Armed Forces. Unfortunately, the downside of that blessing is that you learn to say, "Good-bye" – and have to say it a lot.

I've had such a mixed blessing this past couple of weeks as I've had to bid "farewell" to Chaplain (Lt. Col.) Wilbert Harrison and his wife. That was tough. I'm grateful for telephones, AKO and mail, and for the way Soldiers just keep crossing paths as we progress through our careers. They soften the blow just a bit.

Providing a slight counter-balance to that parting is the joy of welcoming the new Post Chaplain, Chaplain (Lt. Col.) Steven Feehan, and his wife Joan. You will enjoy getting to know them and working with them.

Americans will celebrate our independence July 4. Please celebrate appropriately, responsibly and safely. It is right to celebrate, remember and honor the people and ideals that formed this great nation. We run the risk of forgetting altogether if we do not rehearse them regularly, especially in this age when we've become so secure and comfortable.

It's far more important that we recommit ourselves to the preservation of "life, liberty and the pursuit of happiness" which drove the Continental Congress to issue the Declaration of Independence on July 4, 1776. They took a huge risk: "And for the support of this declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our lives, our fortunes and our sacred honor." It cost many all three.

It is right to thank God for their commitment, resolve and, as Winston Churchill put it, "blood, toil, tears and sweat." It's also right to confirm again to ourselves, our families, our nation and our God that we offer those same valuable resources in the defense of freedom.

What gave the signers of the Declaration of Independence the strength to endure to the end?

I believe it was almost entirely their faith in God and commitment to His principles as spelled out in the Bible. That foundation has not weakened, shifted or changed one bit in 229 years. The "building" of democracy is as secure as ever on that solid base.

From that fertile soil grew their morality, their consistent ethic, their unbending honesty, their value for life and their willingness to give up their personal desires for the greater good of the nation when necessary. Their faith informed and shaped every area of their lives, and today we reap the blessings of that lived-out faith.

Jump forward 229 years. Nothing has changed for the citizen-soldiers of today. It is our spiritual fitness that enables our service, our valor and our strength. Spiritual fitness starts with a lived-out faith built on a solid scriptural foundation. It is our lived-out faith that will continue to bless America with stability and freedom.

On the Fourth of July – and every day we don the uniform – let us pledge anew "our lives, our fortunes and our sacred honor" in support of our freedom.

God bless you.

Casemate hosts writing, photo contests

"Quick Trip" travel features are a great way to get involved in your community newspaper, and they could result in a special prize at the end of the summer!

If you're visiting any of the parks, recreational facilities or historical sites within the Tidewater area (less than one hour's drive from Fort Monroe), the Casemate invites you to shoot photos and write a short story about your experience.

Photos can include friends and family members, as long as they're participating in the activities the vacation spot has to offer. When shooting photos of structures, exhibits, scenery, etc., you should look for unique perspectives (angles) and interesting lighting effects.

All photos must be high quality (in focus, well lit, free of distracting backgrounds), and individuals pictured must be fully identified with first and last name and their association with Fort Monroe.

Digital photos are recommended, however, the Casemate has the capability to scan hard-copy photos. The Casemate cannot pay for film processing. Please obey all rules regarding photography established by the particular venue you're visiting.

Stories should be approximately one typewritten, single-spaced page (10 or 12 point type) and include at least three observations about the travel destination, such as: what display/feature did you like the most and why?; what other features made the visit special and why?; and what travel tips would you recommend to others visiting the same site?

The story can also include tips for parking; places to eat within, or close to, the area; and general information about hours of operation, admission costs, and times when special activities occur.

Materials can be submitted to the Casemate via e-mail: casemate@monroe.army.mil, or hand delivered to the newspaper office in Building 27.

All "Quick Trip" features submitted will be edited for grammar, content and factual correctness. Regardless of editorial changes made, the submitting individual's name will appear as the byline and photo credit, where applicable.

In instances where more than one travel feature are submitted for a particular issue, the most comprehensive work (good quality photos and writing) will be published. Participants are encouraged to seek out unique travel destinations not yet featured in the Casemate – more than one story about a particular destination is repetitive and, per newspaper policy, will not appear in print.

All features received by the Casemate before Aug. 27, regardless of whether they are published, will be evaluated for a special prize at the end of the summer vacation period.

While there is no age limitation to this summer writing contest, participation is limited to Fort Monroe community members, including all post employees, retired military, family members and on-post residents. For more details, contact the Casemate staff at 788-3208/3531.

Yard of the Month

June

The Office of the Post Command Sergeant Major recently announced the winners for the June Yard of the Month competition. They are:

- Ingalls I — Col. Ronald and Virginia Buffkin
- Reeder Circle — Master Sgt. Teda and Curtis Cooks
- Junior Enlisted — Sgt. Chuck and Eleanor Griffin
- Ingalls II — Maj. Mark and Heather McCann, Lt. Col. Marsha and Ted Hansen, Maj. Lee and Shirley McQueen, Lt. Col. Richard and April Painter
- Moat Officer — Lt. Col. Christopher and Laura Carlson
- Moat Walk — Sgt. Wade and Zoge Roit
- Monroe Apts. — Maj. Thomas Barrett

The Yard of the Month competition continues through the summer. Judging dates yet to come are: July 11, Aug. 8 and Sept. 12.

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Casemate

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The editorial content of this publication is the responsibility of Fort Monroe Headquarters. Printed by Military Newspapers of Virginia, Inc., a private firm in no way connected with the the U.S. Government under exclusive written contract with Headquarters, Fort Monroe. Printed circulation: 5,000.

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Conference stresses force protection; features Pentagon attack victim

BY BELINDA BAKER
CASEMATE STAFF WRITER

The events of Sept. 11, 2001 have created a new sense of normal across the nation. It's now common to expect airport delays due to security issues and enter buildings that are equipped with metal detectors or have your person scanned by a hand-held equivalent.

Where security personnel once operated covertly, they now openly move about making their presence known. People have gotten used to routine catastrophe drills in their communities and daily broadcast of the day's national threat level color.

Recognizing this, U.S. Army Training and Doctrine Command converged on Newport News' Omni Hotel June 14 for its first multi-installation force protection workshop. Representatives from throughout TRADOC, HQDA Antiterrorism and Physical Security and Installation Management Control turned out for the three-day event.

Featured guest speaker John Jester, director of the Pentagon Force Protection Agency, set the tone on opening day by taking the audience back in time by way of a slide presentation that detailed how events unfolded at the Pentagon on 9/11 and days thereafter.

In his address, "Lessons from 9/11," the federal law enforcement veteran of over 30 years said those responsible for security on any level in the United States can ill afford the notion that "it won't happen on my watch."

"We have to think outside the box. Who – other than perhaps a screenwriter – would have ever imagined that something like this would happen. So it's important for you to look at all of the 'what ifs' and develop plans for all emergencies. And, the appropriate personnel need to be briefed about those plans. That's one of the main things we learned as a result of that day; you have to have a plan," said Jester.

He said after developing emergency plans, agencies need to routinely conduct full-scale exercises that will allow them to evaluate and hone their response. "What good is a plan if you are going to allow it to collect dust?"

Full cooperation and positive working relationships among emergency response and law enforcement agencies is also key. "For instance, in Arlington County (Va.) a lot of us are on a first name basis with the fire chief, the police chief ... there has to be a unified command system." This, he stressed, alleviates confusion during times of crisis because everyone trusts one another to do their part, understands their particular role and can more effectively carry out their missions.

Jester said many would be surprised to discover that an organization's workforce can be a valuable asset to emergency response efforts. "Don't keep the ones you're trying to protect in the dark. The Pentagon is unique because about 20 percent of our workforce is military or has that background so they have a 'battle-ready' mindset. You can train your workforce to be 'augmentees' in a crisis; so again frequent drills are important to prompt peoples' quick thinking skills," he said.

"... look at all of the 'what ifs' and develop plans for all emergencies."

JOHN JESTER
DIRECTOR, PFPA

After emphasizing the importance of emergency response planning, Jester offered pointers on what to include in such plans. He said because an emergency situation is usually a whirlwind of activity that lends itself to chaos, there has to be a well thought out process for securing the site and controlling access.

John Jester

"This was a huge problem for (Pentagon officials) on 9/11. There were people all over the area that poured in from everywhere in a short period of time – the Red Cross, Salvation Army, volunteers, the press ... we were scrambling," he said.

He suggested things like color-coordinated vests, armbands and/or specialized identification badges as a means for site security. As for controlling the flow of information from a site, it is a good idea to preplan a system for dealing with the media.

The veteran Army artillery officer said emergency equipment is another important aspect of preparedness. The equipment needs to be identified in emergency plans, readily available to all personnel in a clearly designated location and regularly maintained and up-to-date so as not to hamper response efforts.

Additionally, noted Jester, agencies need to outline a plan for recovering classified documents.

"We recovered about 300 safes and had no way of knowing who they belonged to. We used everything imaginable to pry them open; finally a firefighter went to a truck and got the "jaws of life." That worked; we probably burned up about three or four of those working on the safes. We still had to pour through thousands of documents to determine what belonged to who."

He pointed out that safes should be routinely purged of useless documents and marked externally and internally with some type of indestructible material.

Considering that catastrophic events may have long-term effects on personnel, agencies should also include consequence management measures in their emergency plans to cover employee health issues and the like. Finally, when crises end after action reports are critical no matter the size of an emergency situation because agencies can use their reports to revise response plans.

Col. Wendy Lichtenstein, TRADOC command provost marshal here coordinated the workshop with her local team. She said the event was sparked by "a cry from the field" to meet under one roof and share ideas. By doing so TRADOC and others in attendance can enhance implementation of the Army Force Protection Mission.

That's why Jester was such a fitting speaker for the occasion.

"He gave hands-on tangible information that can help our anti-terrorism officers and those in the force protection business improve their planning and execution. As he stated you don't ever want to say, 'It'll never happen on my watch,'" said the colonel.

"More importantly, if it does happen you have to know what to do immediately and you can't be figuring out what do I do at that time.

"We want to improve everyone's knowledge here. More importantly we want to improve their actions on installations with respect to their planning and their exercises," she said. "It's not a matter of 'yes, I can get information about force protection online.' It's all about getting some hands-on training with respect to new tools and information systems. This is an invaluable experience."

Country favorite headlines second summer concert

Fort Monroe is proud to welcome Trace Adkins as the featured performer for its second 2005 summer concert scheduled for July 4 at Walker Airfield.

The concert is free and open to the public.

The Independence Day event is held in conjunction with the annual Fourth at the Fort observance, which features family activities, inflatable rides for kids, food and craft vendors and much more.

The festivities begin at 4 p.m. The concert's yet-to-be-determined opening act starts at 7 p.m., and the Adkins performance begins at 8 p.m. The annual Fort Monroe fireworks extravaganza finishes off the evening, starting around 9:30 p.m. The fort will also conduct its traditional 50-cannon salute to each state in the nation at noon. See Page 7 for more information.

For more than a decade, Adkins has enticed country music fans with his booming baritone voice and rugged persona that speaks to America's working class.

His latest album titled "Songs About Me" experienced record sales with 62,000 copies flying off shelves in its first week. The March 2005 release also made a speedy climb to No. 1 on the "Billboard" country chart and No. 11 on the all-genre "Billboard 200." Both of his earlier albums released in 2003 are also camped out on the chart.

Fans who plan to attend the upcoming concert should note that access to the post for anyone 18 years and older requires a valid picture ID. All three access gates, including Stilwell, will be open for the event. However, the Ingalls Road entrance is restricted to vehicles with a DoD decal.

No coolers, backpacks, food or beverages may be brought in to the concert area. In case of severe weather, the concert and Fourth at the Fort festivities will be cancelled.

The event is sponsored by Headquarters Fort Monroe, USO of Hampton Roads and Budweiser.

For more information, call the MWR special events hotline at 788-2850.

Their music skyrocketed R&B to new heights in the '60s and '70s and became the definitive sound of an industry giant called Motown.

Their undeniably smooth dance moves, stylish dress and magical delivery of such timeless hits as "My Girl" and "Baby I Need Your Loving" have enticed audiences worldwide. The Temptations and The Four Tops are still a hot ticket today, each group having thrilled crowds for just over four decades.

Fort Monroe is delighted to welcome the Grammy-winning group The Temptations as its featured performer for the third 2005 summer concert July 17 at Walker Airfield. Gates will open at 5 p.m. Admission is free and open to the public.

With the smash single "Something Special" soaring up the urban charts, the Temptations' latest album Legacy (2004) promises to be the legendary act's biggest hit since their heyday.

The Temptations

The Four Tops cut some of the Motown's most unforgettable singles including "I Can't Help Myself," "It's the Same Old Song," "Reach Out I'll Be There," "Standing in the Shadows of Love" and "Bernadette."

They will take the stage at 7 p.m. and The Temptations will perform at 8:30 p.m.

Temptations founder and sole original member Otis Williams declared that the group's "Legacy" is stronger that ever.

"Thanks to a powerful new lineup and a powerful selection of songs, we're on top of the game," said Williams. "This is my 41st year as a Temptation and I've never heard our blend of voices this smooth and exciting."

Long-time members Ron Tyson and Terry Weeks join Williams in a line up that also includes G.C. Cameron, former lead singer of the Spinners, and Joe Herndon. The result is an explosive confluence of old-school soul and right-now R&B.

Also a noteworthy super group, the Four Tops deserve recognition for both for their achievements and their longevity. The group performed for over four decades together without a single change in personnel — a record of consistency that is mind-boggling in the notoriously changeable world of popular music. The Four Tops' greatest records were recorded at Motown with the in-house songwriting and production team of Brian Holland, Lamont Dozier and Eddie Holland between 1964 and 1967.

Fans who plan to attend the upcoming concert should note that access to the post requires a valid picture ID for anyone 18 years and older. Motorists with a Department of Defense decal are encouraged to use the Mercury Boulevard route to enter the installation.

No coolers, backpacks, food or beverages may be brought in to the concert area. Food and beverages will be available for purchase. In case of severe weather, the concert will be cancelled.

The event is sponsored by Headquarters Fort Monroe, USO of Hampton Roads and Budweiser.

For more information, call the MWR Special Events hotline at 788-2850.

4 X 10
AD

2 X 3
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2 X 4
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Soldier ushers sister into SAMC

BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

The sultry, melodious strains of the classic, "Miss Celies' Blues (Sister)" played in the background as slides of two cocoa-brown siblings paraded across the computer screen.

"Sister, you've been on my mind; Oh sister, we're two of a kind; So sister, I'm keeping my eyes on you."

The images danced forward in time and soon revealed the moment when the sisters became Soldiers. A childhood filled with fluffy bangs, play clothes and tap shoes was replaced by BDUs and shiny black boots.

Sgt. Maj. Pamela Neal's computerized "looking glass" revealed her inseparable relationship with yonger sister, Sgt. 1st Class Cheryl Woodhouse.

Both Soldiers continue to make memories. Their most recent adventure was Neal's induction into the installation's chapter of the Sergeant Audie Murphy Club. The prestigious honor was made official during a June 13 ceremony at Continental Park.

"An Audie Murphy Club member should be a person who performs above and beyond other Soldiers," said Woodhouse, who is also a member. "(I'm not just talking about) rank, but also the sense of caring, being a counselor and being a mentor, and helping any Soldier no matter who they are. That's what she's done. So to me, she's always been Audie Murphy material — (someone) who reflects who he was."

Photo by Gregory Neal

Sgt. Maj. Pamela Neal and Sgt. 1st Class Cheryl Woodhouse

Sgt. Audie Murphy was the most decorated Soldier who has ever served in the Army. Regular membership in his namesake organization is reserved for Soldiers in the paygrades of E-5 through E-7 who meet specific criteria as determined by board examinations, physical fitness testing, career accomplishments and peer recommendations. Honorary members, like Neal, are admitted because of their proven track records.

"It's uplifting and it's inspirational," Neal said. "If you're (the sort of person) who aspires to the valor (offered by SAMC), it's achievable. Also, I think it's good because it's motivating ...,"

Neal is a chaplain's assistant for U.S. Army Training and Doctrine Command. She holds a bachelor's degree in health, physical education and recreation and delayed completing her master's in public administration. Woodhouse — who now holds a master's degree — said she steered her sister away from education to join the Army.

"It's probably in the genes," Woodhouse said referring to her father's Air Force service and that of two other Army-veteran sisters. Neal is the second of six children.

Becoming fatigued with study, Woodhouse decided she would join the Army.

"I used to watch the Army commercials. They would be jumping out of planes and they talked about adventure and camping. I was convinced that's what I want to do. Starting sophomore year, I didn't want to hear about college. So, after I graduated, I came in with a friend of mine in 1979," Woodhouse said tilting back in a black executive chair that dwarfed her 5-foot-2-inch frame.

"We used to do everything together from the time I was 2 years old to when I started going to day camp. She was working as a dance instructor and would always take me everywhere she went, until I was in high school. Then, I would ride my bike where she was working – she taught tap and modern dance. So, when I left to go in the Army, it was like a piece of her heart going away," Woodhouse said

See SISTER, Page 7

6X7
AD

Post celebrates fourth with traditional 50-cannon salute

Fort Monroe will celebrate America's 229th birthday July 4 with its traditional 50-cannon salute to each state in the union. The event is scheduled to begin at 11:55 a.m., at Continental Park. It is free and open to the public.

Col. Perry D. Allmendinger, garrison commander, will open the ceremony with brief remarks. He will then signal the salute battery, comprised of Soldiers from Headquarters Company, Fort Monroe garrison, to begin firing four 105mm Howitzers.

The name of each state will be announced as each volley is fired. The order will be according to the date each state joined the union. Each state flag will also be on display.

The salute is the first of many post activities planned for Independence Day. The annual "Fourth at the Fort" celebration, starting at 4 p.m., at Walker Airfield, includes children's activities, food vendors, fireworks and an evening performance by country music star Trace Adkins (see story, Page 3).

That event is also free and open to the public.

Parking in the area of the salute will be limited. Guests are encouraged to arrive early and park in designated spaces only.

4X12

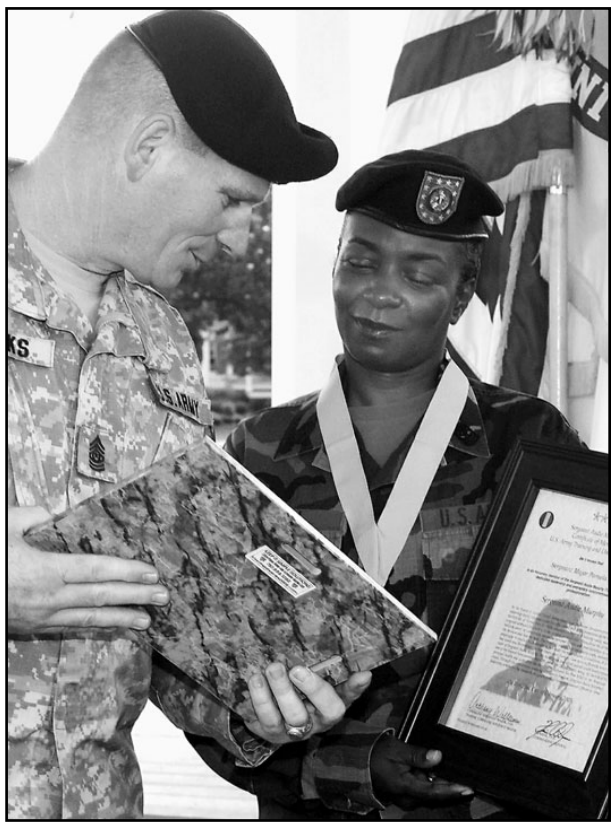

Photo by Katherine Franz

TRADOC Command Sgt. Maj. John D. Sparks presents a plaque to Sgt. Maj. Pamela Neal during an induction ceremony June 13 at Continental Park.

SISTER Continued from Page 6

as Neal nodded in agreement.

During a visit with her baby sister when she was stationed at Fort Story, Va., Neal said "I would like to come in the Army like you. What job should I come in as?'"

"In my heart I already knew," Woodhouse continued. "She was a counselor and a listener; she's been that all her life, even with her friends. 'Well,' I said, 'you should be a chaplain's assistant because ... when people's family members pass away, they talk to them and bring them back up to snuff. She's always been that type. That's where she picked up her MOS. She did everything I already knew she was going to do."

Neal is currently the Directorate Sergeant Major in the Office of Personnel Proponency in the Deputy Chief of Staff for Operations and Training for TRADOC. She has served as senior enlisted advisor to the European Command chaplain in Stuttgart, Germany. She also was assigned to Headquarters, U.S. Army Europe and Seventh Army, Heidelberg, Germany where she was deployed as the noncommissioned officer in charge, 1st Infantry Division (Forward), Bosnia.

"It's not necessarily like I needed it but it is another vehicle to help someone else," Neal said with a sincere smile and a slow drawl that sounds down-home friendly yet belies her Chicago roots. "If you don't give back, you don't get back. I will stop what I'm doing and help a Soldier ... I'm that kind of person," she said.

Visit the Casemate online at www.monroe.army.mil/casemate

Spotlight Event **Employee Town Hall Meeting**

All Fort Monroe employees are encouraged to attend the town hall meeting June 28 at 2 p.m. in the Post Theater. Presentations include ongoing garrison activities and upcoming summer events, followed by a question and answer session.

News Clips

Welfare funds

The Fort Monroe Thrift Shop is accepting requests for welfare funds from now until July 22.

Due to circumstances beyond the shop's control (two moves in one year), fewer funds are available than in previous years. Therefore, it can only fill an limited number of requests.

Organizations can bring requests to the Thrift Shop — Building 12, across from the PX — or mail them to Peggy Mertz, 4010 Monitor Drive, Hampton, Va. 23669.

For more information call 722-4348.

Civilian TSP change

Effective July 1 there will be no TSP Open Seasons. Employees will be able to make elections online and they will be effective the first day of the following pay period. Contact Pam Wells at 788-2457 for more information.

Ethics training

All Fort Monroe employees are reminded that the Secretary of the Army has made face-to-face ethics training mandatory for all DA federal workers — military and civilian — regardless of rank or position.

The next ethics training sessions will be July 5 and 19 in the Post Theater at 1 p.m. Training will last approximately one hour. All participants must sign in upon arrival to receive credit for the training.

The Office of the Staff Judge Advocate is also available to conduct training for individual offices or organizations at other times if desired.

Contact Capt. Lashanda Ellis-Ramsey at 788-4187 or lashanda.ellis-ramsey@monroe.army.mil for more information.

Archeological meeting

The Historical and Archaeological Society of Fort Monroe will meet July 11, at 11:30 a.m., at Delargy's Bistro, 1814-A Todds Lane, Hampton. The guest speaker will be John Quarstein, Newport News city historian. He will discuss "The Battle of Big Bethel." This event is open to the public.

For more information, contact David Johnson at 788-3935.

Toastmasters meet

The next Future Leaders and Thinkers Toastmasters Club meetings will be held in the TRADOC Public Affairs conference room, Building 27, at 11:40 a.m. on July 11 and 25. Structured, self-paced programs help members improve communication and leadership skills. Plan to attend and bring a friend.

The club is open to individuals working and living on post who are over 18 years old. For more information, contact Donna Satisfield at 788-3864 or Ella Skeeter-Webster at 788-7258.

VA physicals

The Veterans Administration Hospital performs all separation and retirement physicals for Soldiers who plan to file a disability claim. Personnel who do not plan to file a disability claim should receive their separation or retirement physicals from the McDonald Army Hospital or one of its clinics at Forts Monroe or Story.

Craven Clinic closures

Craven Army Health Clinic will be closed July 1 and 4 for the Soldier training holiday and the federal holiday, respectively. Other clinic closings are as follows:

- Optometry clinic: Closed June 27 and 28; July 1, 4-6, 8, 13-15, 18, 19, 25 -29
- Allergy/immunization clinic: Open Monday and Wednesday only, from 7:30 to 11 a.m. through the end of June.
- Laboratory and radiology services will be available from 1 - 4:30 p.m. today.

For emergency medical treatment, go to the nearest emergency room. Nearby are Sentara, Riverside; Mary Immaculate and Langley Air Force Base. For non-emergency medical needs, call TRICARE at 1-866-845-4584 or go to Fort Eustis, McDonald Army Community Hospital.

Veterans bonus

The state of South Dakota is paying a veterans bonus of up to $500 to certain military personnel who were legal residents of the state for no less than six months immediately before entering the Armed Forces. This applies to current active duty or those honorably discharged from the Armed Forces.

Application forms and specific information may be obtained by writing to: SD Veterans Bonus, 500 E. Capitol, Pierre, S.D. 57501; or call (605) 773-4656.

3X14
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ACS Corner

Single parent group

Fort Monroe Army Community Services now offers a Single Parent Support Group. It meets on the second Tuesday of each month from 11:30 a.m. to 12:30 p.m. at the Soldier & Family Support Center, Building 206, Stillwell Road. Lunch is provided.

The theme for the July 12 meeting is "Stages & Ages." Topics to be discussed include children's behavior, diet and exercise, budgeting and holiday planning.

For more information, or to sign up for the program, call 788-3878.

'Toddler Time'

The "Toddler Time" playgroup program, sponsored by the Soldier and Family Support Center, will depart from its regular schedule. However, a few special events are planned. During July and August the playgroup will only meet on the following dates:

■ July 11 - Meet at beach on the right side of the Bay Breeze Community Center from 9:30 to 10:30 a.m. Bring any beach toys you might have! The session will be cancelled if the weather is bad.

■ July 25 - Meet at the indoor pool from 10 to 11 a.m.

■ August 15 - Meet at the indoor pool from 10 to 11 a.m.

Toddler Time is designed to help children develop their social skills by providing unstructured playtime. It can lead to new friendships for the participating children and their parents.

The program gives moms and dads the chance to meet other parents It's a great opportunity to share experiences, swap stories and ask for advice about parenting issues.

Toddler Time is open to active duty service members, family members, DA civilians and retirees. To register or obtain additional information, contact Kathleen Miller at 788-3878.

Family Action Plan update

Fort Monroe Army Community Services will host an Army Family Action Plan update on June 29 from 1 to 3 p.m. at Building 206, 96 Stillwell Road.

The update will provide the status of issues that were raised at the AFAP Conference held in March. Topics include community services, availability of youth programs, housing maintenance and post access. Everyone in the community may participate in the discussion.

For more information, call Beverly Nicholson at 788-4132.

Anger Management Classes

An ongoing Anger Management Class is offered through Army Community Services. The classes meet each Monday from 11:30 a.m. to 1 p.m., at the Soldier & Family Support Center, Building 206, 96 Stillwell Road.

For more information, or to register for the class, call Allen Reed at 314-7910 or Kathleen Miller at 788-3878.

Participants are required to attend eight sessions in order to receive a letter of completion, as needed.

Monthly Newcomers Briefing

Army Community Services offers a Newcomers Briefing the second Thursday of each month.

Each session includes a short overview of the services available on post and in the surrounding community. Briefings are also given by the Post Commander, Post CSM, School Liaison Officer, Post Chaplain and an EEO representative.

Participants are also given a short tour of post. The Casemate Museum is among the areas visited. Spouses are welcome to attend.

Due to the garrison commander's change of command on July 14, the next briefing will be held on July 7 from 8:30 to 11 a.m., at the Soldier and Family Support Center, Building 206, 96 Stillwell Road.

Call Marie Hinton at 788-4344 or Kathleen Miller at 788-3878 to register.

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MP Roll Call — Post Parking

One of the most frequent problem areas MPs encounter is parking. Illegal parking contributes to congestion and impedes the flow of traffic. Ensuring that all drivers adhere to post parking statutes minimizes these conditions and greatly reduces the potential for accidents.

In an effort to limit the number of signs erected on Fort Monroe, there is no requirement to post signs where parking is prohibited. However, some "no parking" signs have been erected as reminders.

Common violations include: vehicles that are parked outside of the two white painted lines on streets or in parking lots (the lack of two white painted lines is indicative of unauthorized parking); vehicles parked on grass covered/seeded areas; parking in prohibited areas marked by signs or yellow lines (fire hydrants and fire lanes); and parking in housing areas, in or in front of another resident's driveway or their assigned space, except where permission has been obtained from the resident assigned that space.

Residents are normally assigned a parking space on Fort Monroe. These designated spaces are lined and/or signed. Residents are responsible for telling visitors where to park. Using available space in the housing area or in an overflow lot is an option.

Additionally, those in post housing are cautioned not to park motorcycles or other small vehicles with internal combustion engines on porches or adjacent to wooden structures due to the potential fire hazard posed by the gas tank.

"Close to the office" parking is a premium on post. Those who miss out on one of these prime parking spaces should park in clearly marked legal spaces to avoid being ticketed. The MPs are the only entity authorized to issue tickets for parking violations on post.

The parking lot behind the Fitness Center is for employees and patrons of the facility. Other motorists who park there will be ticketed.

Only the garrison commander can assign or designate reserved parking spaces. Anyone who believes that there are inadequate reserved parking slots may submit a request through the garrison commander.

The Provost Marshal Office also has rules governing recreational vehicle (boats, boat trailers, motor homes, campers, and house/baggage trailers) parking and/or storage.

RV registration at the PMO is required if visiting Fort Monroe for more than 30 days. Registered RVs may be parked or stored only in designated MWR storage locations, as space is available. Contact the Directorate of Community and Family Activities for availability and arrangements for RV storage.

RVs are authorized to temporarily park in the Fort Monroe RV Park only. RVs may park in housing areas for up to 24 hours only for cleaning, minor repair, preparing

See ROLL CALL, Page 12

ROLL CALL

Continued from Page 11

for or unloading from a trip.

In housing areas, RVs are only authorized to park in driveways or adjacent to quarters authorized by the occupants, as long as the vehicle does not block access to other authorized spaces, create a traffic safety hazard, or impede the flow of traffic. The only authorized area to empty and flush sewage tanks is in the Fort Monroe RV Park designated area.

As for handicapped parking, such spaces are marked and violation of handicapped parking rights is enforced on a 24-hour basis. Numerous handicap parking spaces are located as reasonably possible throughout Fort Monroe according to Federal Accessibility Standards.

Parking regulations are strictly enforced on post. Those who commit two parking violations (receiving DD Form 1408) within a six-month period will receive a notice from the garrison commander through their chain of command, announcing that they are at risk to have their vehicle towed and lose their installation driving privileges.

Those who receive three parking tickets within a six-month period will have their vehicle towed at their own expense and lose driving privileges on Fort Monroe for one month. Violators who receive six parking tickets within a six-month period will be towed at the owner's expense and lose driving privileges for three months.

Lastly, nine parking violations within a one-year period will result in vehicle tow at the owner's expense and suspended driving privileges on post for up to six months.

'Picnic in the Park' concert promises uplifting family fun

Hampton radio station Star 94.1 FM brings its 3rd Annual Picnic in the Park to Walker Airfield on Fort Monroe July 16 at noon.

The concert has been dubbed "the biggest outdoor gospel festival on the East Coast" with featured performers J. Moss, The Preacher's Kid, Lori Perry, Joann Rosario, Virtue, Rizen, Sounds of Blackness, TaMyya J. and Andra Cross.

Each artist and group will bring with their own unique brand of inspirational music.

Available now, tickets are $15 for general admission and $9.41 (plus a .59 service charge) for military ID card holders and DoD civilians. Children under 12 enter free. Tickets can be purchased at the Bay Breeze Community Center and the Fitness Center; online at www.ticketmaster.com or at any Tickemaster outlet.

Maria Jackson, post MWR special events coordinator, said in addition to enjoying good "uplifting" music, fans can take advantage of food and craft vendors who will be on site. She stressed that no alcoholic beverages or tobacco products will be sold or allowed at the venue.

Brought in conjunction with Monroe's MWR Commercial Sponsorship division and CFSC Army Entertainment, the concert will be postponed until late September in the event of severe weather, said Jackson.

"I'm excited about the concert and our partnership with the community by way of WXEZ radio," she said. "Also, the opportunity to work on the project with Army Entertainment is a wonderful experience. We have a fantastic line up of performers that I'm sure the entire family will enjoy.

Joann Rosario

Preacher's Kid

This is the first time that Commercial Sponsorship is able to bring something of this nature to Fort Monroe and I'm very pleased. I hope everyone will come out to fellowship and be inspired by the great music."

Fans who plan to attend the upcoming concert should note that access to the post for anyone 18 years and older requires a valid picture ID. All three access gates, including Stilwell, will be open for the event. However, the Ingalls Road entrance is restricted to vehicles with a DoD decal.

No coolers, backpacks, food or beverages may be brought in to the concert area. No weapons are allowed on post.

For more information, call the MWR special events hotline at 788-2850.

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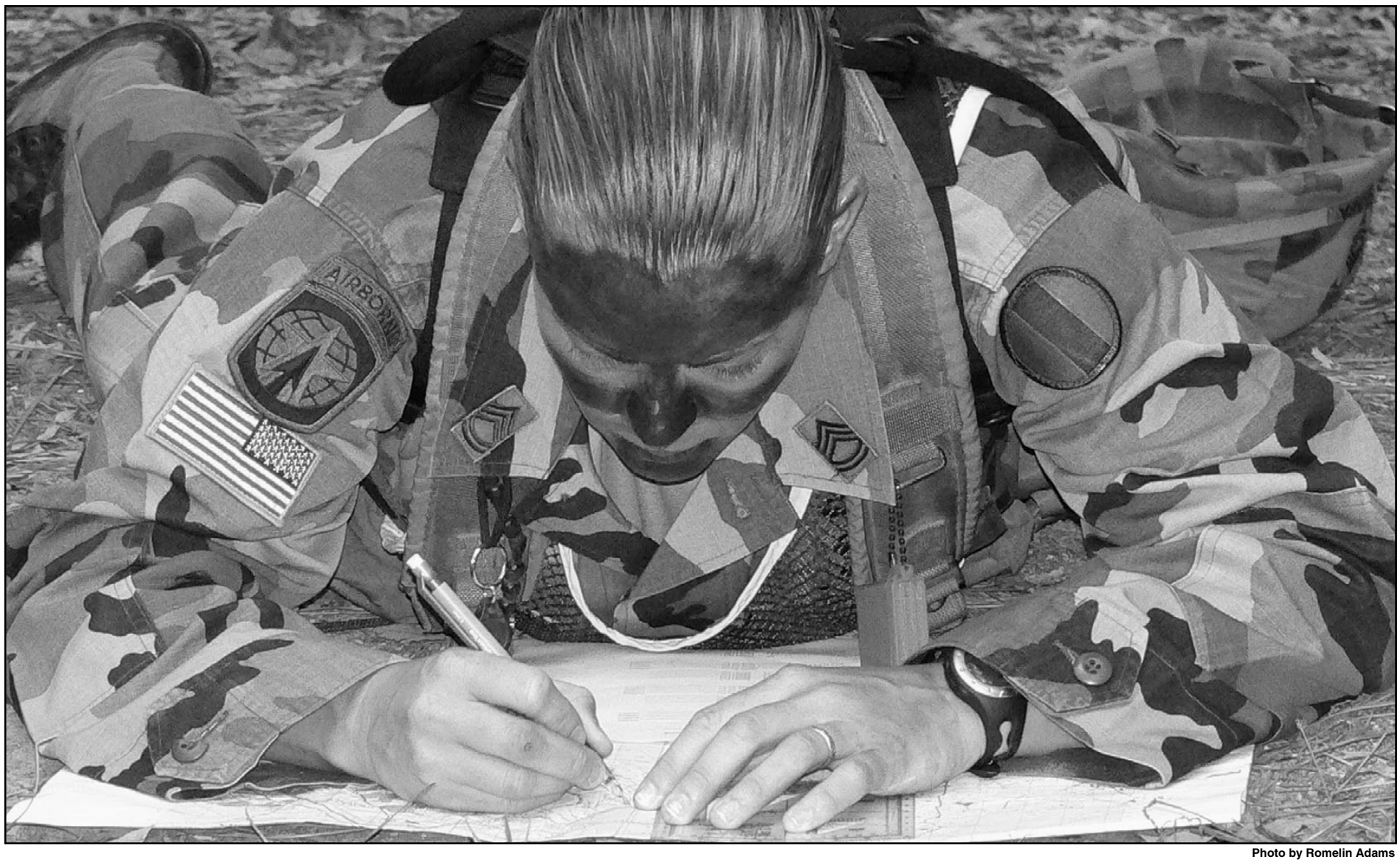


Photo by Romelin Adams

Sgt. 1st Class Nicolette Clara, representing Fort Leonard Wood, Mo., plots points on a map during Wednesday morning's land navigation portion of the 2005 Army Drill Sergeant of the Year competition. Nineteen active duty and reserve drill sergeants from across the nation travelled to Fort Monroe, Va., to take part in the competition. The land navigation course was one of several new "warrior task" events conducted for the first time this year.

Photo by Patrick Buffett

Sgt. 1st Class Lloyd Mason, representing Fort Sam Houston, Texas, demonstrates his ability to teach and conduct a physical training exercise during the "hands-on" task phase of the competition at the Fort Monroe Fitness Center.

2005 Army Drill Sergeant of the Year

Photo by Patrick Buffett

Sgt. 1st Class Daniel Snyder, representing Fort Eustis, Va., knocks out pushups under the watchful eye of grader, Sgt. 1st Class Laura Reyes, during the Army Physical Fitness Test Monday.

Photos by Patrick Buffett

Participants of the 2005 Drill Sergeant of the Year competition begin the APFT 2-mile run.

Photo left: Staff Sgt. Daniel Mendez demonstrates his ability to instruct inspection arms. Photo above: Staff Sgt. Todd Drickel appears before the Sergeant's Major Board at TRADOC Headquarters.

Photo left, a 2005 Drill Sergeant of the Year competitor prepares to fire at the weapons qualification range conducted at Fort Eustis, Va. Photo above, Staff Sgt. Roger Matherson walks an initial entry training student through the procedures for clearing a room, one of four "warrior tasks" introduced to the competition.

Staff Sgt. Eugene Yockey fires the M-249 Squad Assault Weapon.

Photo left, Staff Sgt. John Olson applies a tournaquet in the field as part of the hands-on warrior tasks. Photo above, a DSOY competitor plots a point on the map during the land navigation event.

Photo by Sgt. 1st Class Rodney White

Sgt. 1st Class Jennifer Fowler, far left, and Sgt. 1st Class Jason W. Maynard, far right, the 2004 U.S. Army Drill Sergeants of the Year for the reserve and active duty components, respectively, pose with participants of the 2005 Army DSOY competition. Individual pictured and organizations they represent are as follows: (back row, from left to right) Sgt. 1st Class Lloyd Mason, Fort Sam Houston, Texas; Staff Sgt. Detrick Smiley, Fort Rucker, Ala., Staff Sgt. Orlando Gonzalex, Aberdeen Proving Ground, Md.; Staff Sgt. Todd Drickel, 98th Division (USAR); Sgt. 1st Class Herbert Randall, Fort Lee, Va.; Sgt. 1st Class Daniel Snyder, Fort Eustis, Va.; Staff Sgt. Clint Mitchell, Fort Jackson, S.C.; Sgt. 1st Class Spencer Swearingen, Jr., 100th Division (USAR); Staff Sgt. John Olson, 95th Division (USAR); (front row, left to right) Staff Sgt. Reynolds Jolly, III, Fort Sill, Okla.; Staff Sgt. Roger Matherson, Fort Benning, Ga.; Sgt. 1st Class Nicolette Clara, Fort Leonard Wood, Mo.; Staff Sgt. Daniel Mendez, Jr., Fort Knox, Ky.; Sgt. 1st Class Benjamin Hartwig, Fort Bliss, Texas; Sgt. 1st Class Cedric Davis, 100th Division (USAR); and Staff Sgt. Eugene Yockey, 104th Division (USAR).

Photo by Patrick Buffett

After three days of intense competition, the Drill Sergeant of the Year competitors share their warrior spirit with Fort Monroe during a Thursday morning run. The training session was led by Command Sgt. Maj. John D. Sparks, TRADOC CSM, front center. Several Monroe Soldiers also took part in the run.

DRILL SERGEANT

Continued from Page 1

previous years – the Army Physical Fitness Test, hands-on tasks and the appearance before a board of sergeants major representing several TRADOC training centers and schools.

"The warrior tasks added a whole new dimension to the competition," said Sgt. 1st Class Jason W. Maynard, the 2004 active-duty DSOY. He and Sgt. 1st Class Jennifer R. Fowler, last year's title holder for the reserve component, choreographed the many components of this year's contest and spent the past week pointing candidates in the right direction and constantly monitoring safety.

"Why shouldn't we expect these candidates to demonstrate the same warrior skills they teach on a regular basis?," Maynard posed. "We incorporated events that highlight all of the drill sergeant's strongest attributes – innovation, attention to detail, the ability to perform under pressure, and the desire to lead and train."

The new tasks also offered more opportunities to advance in the competition, Fowler noted. In previous years, a whole lot was riding on the opening APFT event where a maximum score, according to Army standards, was only considered "average" among competitors. Low scorers had to be nearly perfect in the three remaining events to remain in the running for the title.

"When I competed last year, it was fairly easy to size up the competition almost on the first day. But that wasn't the case over the past week," Fowler said. "There were a lot more events to emphasize strengths and weaknesses, and that aspect made it far more psychological."

Maynard and Fowler also highlighted one of the surprise tasks they wove into this year's competition. Shortly after lunch on Monday, candidates took turns filing into a Fort Monroe Fitness Center classroom where they were given ten minutes to correctly place an assortment of ribbons, badges, name tags and insignia on a male and female Class A uniform jacket. Incorrect measurements of even a fraction of an inch resulted in a point deduction.

"We used NCO uniforms with a good assortment of ribbons and badges, so it was pretty tough," commented Sgt. 1st Class Bradley Scott, the event grader from U.S. Army Accessions Command. Other installation NCOs who served as graders during the competition included Sgt. 1st Class Mark Mounce, Sgt. 1st Class Michael Menapace, Sgt. 1st Class Mitzie Walters, Sgt. 1st Class Laura Reyes and Sgt. 1st Class George Shell. Initial entry Soldiers from Fort Eustis also took part in the event.

Each DSOY candidate was asked to demonstrate his/her ability to instruct an Army fitness exercise and in-ranks inspections with and without weapons during the indoor, hands-on portion of the competition. The reservists were the first to appear before the sergeants' major board. Their questions differed from the active-duty board, also conducted earlier in the week. General topics for both sessions included current events, wear and appearance of the Army uniform, and regulations associated with Army training. Each appearance lasted up to 40 minutes.

The competition moved to Fort Eustis on Wednesday. DSOY candidates used a map and compass to locate four points in a heavily wooded training area. That was followed by the road march and an additional set of surprise tasks – load, fire and clear an M-249 SAW; apply a tourniquet and call for a medical evacuation; and teach a class on proper building clearing procedures. The final event was the weapons range where participants qualified on the M-16 rifle. The standard "pop-up" range presented targets 50 to 200 meters away. The drill sergeants fired from kneeling and standing positions.

As predicted by the TRADOC command sergeant major prior to the start of the competition, only a few points separated the 2005 DSOY winners from the rest of the pack. "It's a close race every year. Drill sergeants are highly competitive by nature. They play to win," Sparks said.

But they are also creatures of respect, honor and integrity. They may return home doubting some aspect of their performance, but "they'll look you in the eye and honestly tell you it was a good competition," Sparks said.

"Everyone uses the expression 'they're all winners' during this type of event, but this is a case where they truly are winners," the sergeant major added. "Each candidate got to this level because of their accomplishments within their training battalion, brigade, regiment and so forth. They are the best of the best."

They have also played an important role in an annual event that brings well-deserved recognition to the drill sergeant corps. "This puts a face on our profession," Fowler said. "It downplays the Hollywood image of what we do. And it hopefully encourages young NCOs to sign up for drill sergeant duty."

Both Fowler and Maynard offered the same words of advice to candidates and the overall competition winners. "First off, communicate," said Maynard, who will be heading for Fort Carson, Colo., and a possible deployment to Iraq, once he wraps up his duties here. The new active Army DSOY winner will eventually take his place at Monroe and become the TRADOC advisor on drill sergeant issues.

"You may have an idea or training method that works at Fort Jackson (S.C.) or Fort Sill (Okla.) that could actually benefit the whole Army," Maynard continued. "And the NCO who sits in this chair can't do his or her job effectively without input.

"Secondly, tell it like it is," he added. "Commanders need our honesty. Speak up if it's broken."

"Remember also that its always about the people, not the image," said Fowler, who is on her way to nursing school at Lenoine Rhyne College in Hickory, N.C. "Think of the private who recently earned a Purple Heart just six weeks out of BCT. Never speak in terms of 'if we deploy,' but 'when we deploy.'"

"Keep in mind that what we truly emphasized here is the impact of the drill sergeant," Fowler said. "We have an enormous responsibility as the Army's first leaders, and it's our job to maintain the positive image of our profession."

Sports & Health

Got any sports results?
Need to advertise an upcoming event?
Give us a call at 788-3208 or e-mail casemate@monroe.army.mil.

TRADOC Organization Day

Annual post event celebrates employees, families

Organization Day is shaping up to be a great event for the employees and families of Fort Monroe.

The annual celebration commemorates the anniversary of U.S. Army Training and Doctrine Command. All organizations in the community are invited to participate in this traditional day of sports, food and fun.

The event begins with opening remarks at 7:50 a.m., Thursday at Continental Park. The 3K Fun Run/Walk will immediately follow, along with numerous other sporting events throughout the morning and early afternoon.

Run/Walk participants are asked to arrive early. The registration table will be open from 6:45 to 7:45 a.m., in the "Army of One" tent also at Continental Park. Trophies will be awarded to top competitors and the first 300 runners and walkers to cross the finish line will receive "Army of One" pins.

Fenwick Road between Continental Park and the Child Development Center will be blocked off between 7:45 and 9 a.m. for the safety of the run/walk participants. MPs will have the area clearly marked and barricaded.

The Casemate Museum will also offer a historic walk starting at 8 a.m. Check out the accompanying story for more information about that event.

Additional sporting events begin at 8:45 a.m. at various locations around post. Teams have already formed for horseshoes, volleyball, softball, canoe races and 2-on-2 basketball. Organization Day guests are welcome to walk up and take part in the 3-legged race, fishing contest and the closest to the pin golf event. If you plan to fish, remember your license.

Additional information about each sporting event and the point of contact is available on the Organization Day Web site www.monroemwr.com/tradocorg.htm. The site includes a printable guide that lists events, times and locations.

In addition to the scheduled sporting events, several organizations are hosting fundraising activities that can be enjoyed by all. Funds raised will support future social and morale boosting activities for employees.

Cadet Command is running a dunking booth. For a small fee, you take a shot at dunking one of our courageous leaders.

DCSOPS&T will conduct a silent auction between 11 a.m. and 1 p.m. with final open bidding between 1 and 1:30. While previously owned, the auction items are definitely "classy." They include appliances and golf clubs.

Around mid-day, employees will gather with their individual organization for a picnic lunch. In addition to good food, fun activities are planned that will make this a special time for children and adults. Check with your unit POC to find out what your planning team has in store for you.

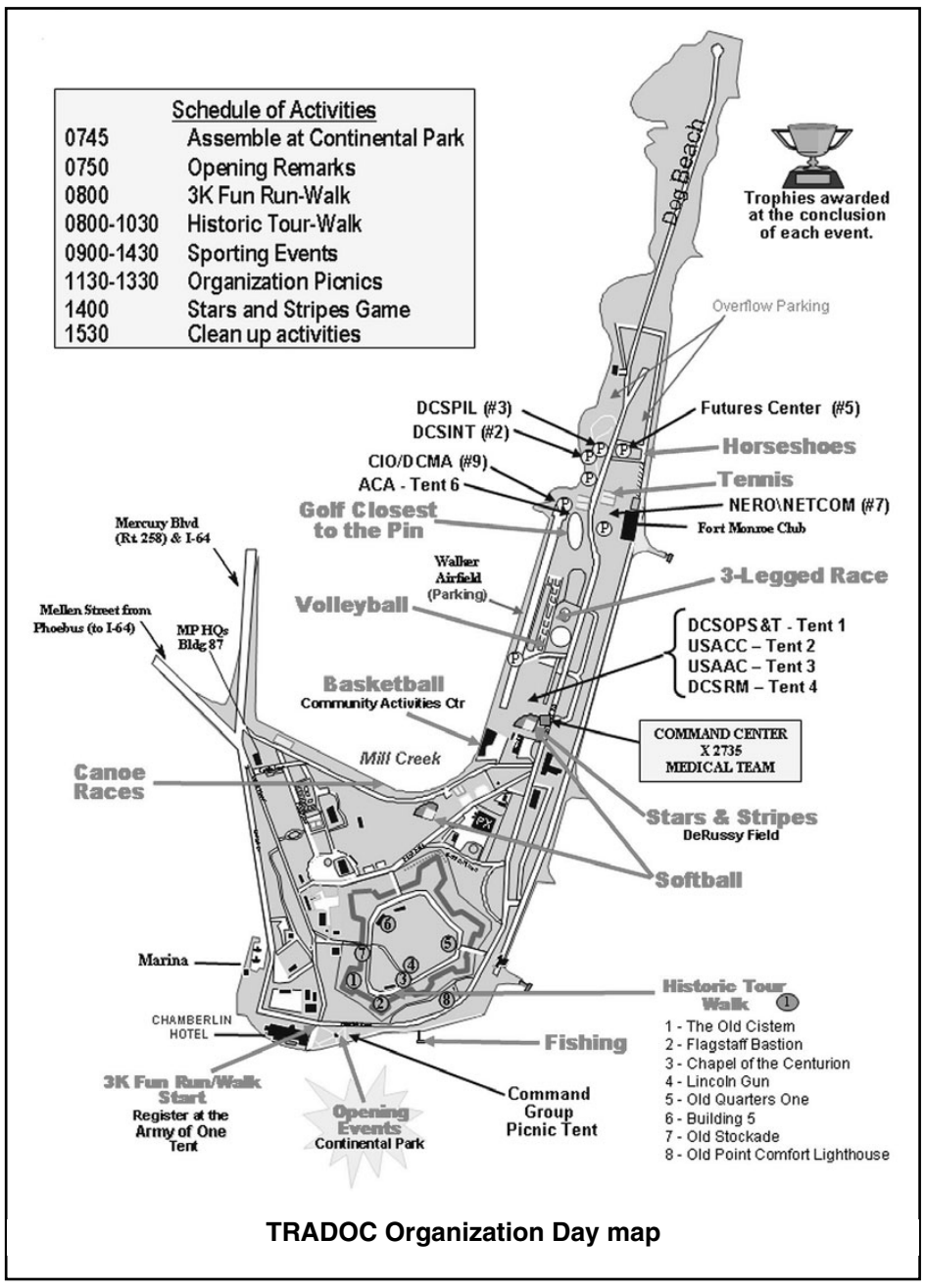
All participants should come prepared for summer weather by carrying a water bottle, wearing sunscreen and bringing chairs or blankets to take a break in the shade. Water will also be provided at several event locations.

Parking is available on Walker Airfield and next to picnic sites. Although parking has not posed a serious problem in previous years, carpooling with co-workers can eliminate some of the congestion. Handicapped spaces are being set aside by each organization.

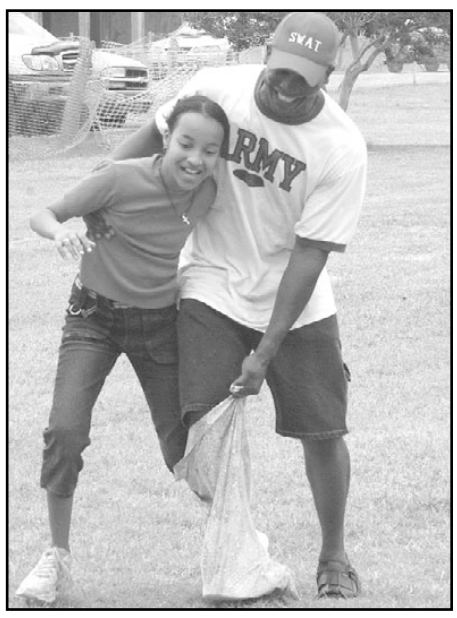
In addition to Organization Day, post employees are setting up for the annual Fourth at the Fort festivities. Their preparations will not hinder any events, but snow fences will be erected and some areas blocked off. Organization Day clean-up activities must be given special attention in order to leave the area in good shape for future guests.

Participants are reminded that general photography is not permitted due to current threat conditions. There will be some allowance for photographs, but keep your backgrounds in mind.

Telephone numbers for the Organization Day Command Center will be 788-4929 or 2735.



TRADOC Organization Day map



TRADOC employees and family members participate in various sporting activities during Org Day '04.

Org. Day festivities include walk into Fort Monroe's past

As the fate of Fort Monroe is being decided, many are looking at our fortress with renewed respect for the history that surrounds us.

TRADOC Organization Day on Thursday will again include an eight-stop Historical Walking Tour from 8 to 10:30 a.m. Devised and presented by the Casemate Museum, this event is well-suited for those who are new to post or who have school-aged children. It's a wonderful way to become acquainted with the fort's magnificent history. The event also offers a rare opportunity to go inside the Old Point Comfort Lighthouse.

The tour covers a significant portion of the area inside the moat. Stops also include: the Old Cistern near the museum entrance; the Flagstaff Bastion; the Chapel of the Centurion; the Lincoln gun at the edge of the parade ground; the stockade within the main sally-port; Building No. 5; and Quarters No. 1., the oldest residence on the installation. Quarters 1 will also be open to the public.

As in past years, information will be handed out, which will include a map of the tour. At each stop a qualified museum representative will discuss the history of that site and answer questions.

You can walk at your own pace and start and stop when you like.

The event begins in front of the Casemate Museum. For more information, call 788-3391.

'The King' pitches to Monroe

An "all-star" squad of Fort Monroe softball players will face off against renowned professional softball team, The King and His Court, in an exhibition game July 8 at 6 p.m. at DeRussy Field.

Gates open at 5 p.m. for the free event, which is open to the public.

The game is expected to feature cameo appearances by a few players from the post's own Stars and Stripes teams, according to organizers.

"Originally this was billed strictly for Stars and Stripes players but TRADOC Commander Gen. (Kevin) Byrnes wanted to extend an opportunity to the post at large because this is such as unique opportunity," said Col. Kevin Shwedo of U.S. Army Accessions Command and Stars fame.

"This is a professional team with phenomenal talent so why not let the best of the best from Fort Monroe come out and show off their talent as well."

A four-player team, the King and His Court is in its 60th and final year of touring. They have been barnstorming the United States since 1946 when Eddie "the King" Feigner formed the group on a dare.

Feigner, a Walla Walla, Wash. native, achieved regional star status as a fast-pitch softball pitcher. The retired Marine's fastball was once clocked at over 100 mph earning him the nickname "The King" around the softball circuit.

The team earned its moniker after soundly defeating a nine-player squad in Oregon.

They have played over 14,000 games in 104 countries, traveling over 3.5 million miles in the process. They have been to softball what the Harlem Globetrotters have been to basketball with Feigner pitching from second base, through his legs or while blindfolded.

The King and His Court gives audiences five to seven innings of pure family-friendly entertainment. The team was so good and so enjoyable that Sports Illustrated magazine named it one of its top 10 favorite teams of the 20th century in 1999.

Despite being sidelined due to medical issues , the 80-year-old "King" still travels with his team providing animated play-by-play for the fans while his wife and first baseman Anne Marie, pitcher Rich Hoppe, shortstop Jack Knight and catcher Dave Booth work their magic on the field.

The Provost Marshal Office reminds fans planning to attend the event that access to the installation for anyone 18 years and older requires a valid picture ID.

For more details, contact the Fort Monroe Sports Department at 788-2783 or Maj. Wayne Hardy at 788-4116.

Courtesy photo

Rich Hoppe (left) and Dave Booth are members of the fast-pitch ball team.

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Ten-miler slots fill fast

Race coordinators are projecting that maximum capacity for the 21st annual Army 10-Miler will be reached by the end of July.

Due to limited available space at the Pentagon, this year's registration capacity is restricted to 20,000 runners, and already over 13,000 racers have applied.

Set to begin at 8 a.m. on Oct. 2, the race starts and finishes at the Pentagon. Runners pass historical landmarks such as the Lincoln Memorial, Washington Monument and the Capitol Building as it makes its way through our nation's capital.

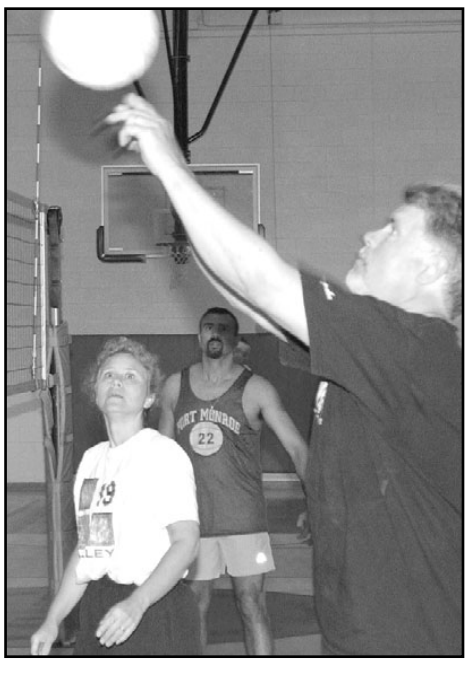
Individuals and teams – military and civilian – are encouraged to register for America's largest 10-mile race by July 31 to take advantage of the discounted $35 entry fee. After July 31, the entry fee is $40.

In addition to race day activities, the weekend also features an expo, clinics, and a Geico pasta dinner on Oct. 1. Dinner tickets may be purchased online for $25.

Runners and spectators can enjoy the post-race festivities that include live music, a youth activity zone and a HOOAH tent zone where Army teams from around the world can meet and show their spirit.

For additional race information and secure online entry and dinner ticket purchase, visit www.armytenmiler.com.

Over the Top



Bob Bessette knuckles the ball over the net during an intense interchange in a tight intramural volleyball game at the Community Activities Center on June 16. Fellow NERO team members Pam Hess and Geraldo Cruzado anticipate their next moves.

Photo by Patricia Radcliffe

New youth program starts

Triple Play is a new game plan for the mind, body and soul and it's coming to Fort Monroe next month.

Through the Triple Play experience, youth will challenge peers to become healthy and active by learning new ways to manage stress, maintain healthy fitness levels and form positive relationships with other Youth Services members.

Triple Play will teach kids ages 6 to 18 to adopt a healthy lifestyle. The youth will learn daily fitness challenges through a variety of sports.

Fort Monroe Youth Services is looking for youth to join this new sports club.

For more information, contact Mike Jones at 788-3957

Lifeguard class

Junior lifeguard tryouts will be held July 8 from 4 to 6 p.m. at the Bay Breeze outdoor pool.

Youths between the ages of 11 and 15 are eligible for the program which begins July 11 and runs Monday through Friday from 9 a.m. to 2 p.m.

The junior ifeguard program is managed by the Aquatics Staff.

Call 788-4181 for more information.

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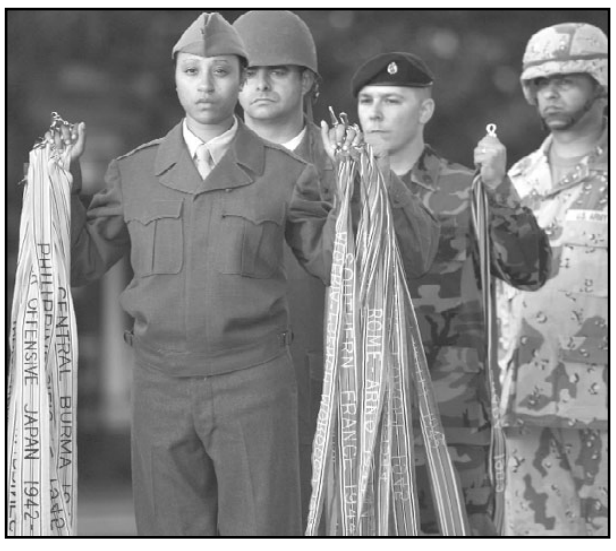
Soldiers dressed in uniforms worn from the inception of the Army to present-day attire stood as reminders of the changes made because of prevailing warfare tactics during the Army birthday celebration.

Army's 230th birthday

Post celebrates with U.S. Military Academy Band, Army Battle Streamers

Photo above: Garrison commander, Col. Perry D. Allmendinger, greets Fort Monroe's youngest Soldier, Pfc. Elmore Brown. Allmendinger and Brown cut the Fort Monroe Army birthday cake during the commemorative celebration. Photo right: The Hellcats from the U.S. Military Academy Band, West Point, N.Y. perform various patriotic melodies at the June 14 bash.

Photos above and below: Fort Monroe Soldiers await their turn to place Army battle streamers on the Army flag.



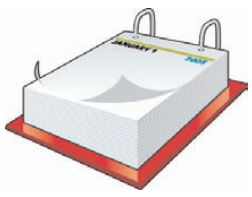
Photos by Katherine Franz

Moat Notes

Upcoming Spotlight Events

Post Run . . . . . June 28
TRADOC Org. Day . . . . . June 30
Music Under the Stars . . . . . June 30
Forth at the Fort . . . . . July 4
Ethics Training . . . . . July 5
Music Under the Stars . . . . . July 7

For more on these and other upcoming events, see calendar below or other stories and briefs in this issue.



June 24

Jazz festival

With big name performers like Al Jarreau, Angie Stone, Al Green and Chris Botti appearing on stage, the Hampton Jazz Festival today through Sunday could easily be considered a "must see" event. The festival is held annually at the Hampton Coliseum.

The first day's performances begin at 7:30 p.m. "Hot Summer Nights" featuring Jarreau, Boney James and Yolanda Adams opens the evening followed by Ruben Studdard of "American Idol" fame and Earl Klugh. Day two also begins at 7:30 p.m. with Al Green opening the show followed by Ashford & Simpson and Chris Botti who tours regularly with the pop singer Sting. Day three kicks off at 2 p.m. with "Maze," featuring Frankie Beverly. Also appearing is Angie Stone and "Jazz Attack" with Rick Braun, Jonathan Butler, Richard Elliot and Peter White.

Tickets are $45 per performance, plus applicable service and handling fees. To reserve seats by phone, call 838-4203.

Cultural celebration

The Peninsula Association for Sickle Cell Anemia will celebrate the 15th Anniversary of the Afrikan American Festival today and tomorrow at Millpoint Park in Downtown Hampton.

The festival begins at 4:30 p.m. and will feature several local groups. The celebration continues tomorrow at 11 a.m. with opening ceremonies, an Afrikan Street Market featuring 75 vendors selling clothing, art, jewelry, African artifacts and woodcarvings as well as national and international foods.

National gospel recording artist Earl Bynum will perform Saturday at 2 p.m. The Unifics will also headline the evening show at 8 p.m. with a slice of early '70s-style soul.

For more information contact the Peninsula Association for Sickle Cell Anemia at 838- 4721.

Stories in the park

Experience the art of storytelling through music, mime, puppetry and prose as the Freedom Ford Hampton's Storytelling in the Park returns to Bluebird Gap Farm. The six-week series will run every Friday through July 29, beginning at 11 a.m.

Admission to the event and Bluebird Gap Farm is free. Performances will last about 45 minutes.

In the event of inclement weather, the show will move indoors to the West Hampton Community Center located at 1636 Briarfield Road. For further information, call 727-8311 or check out our Web site at www.hampton.gov.

'Stepping up'

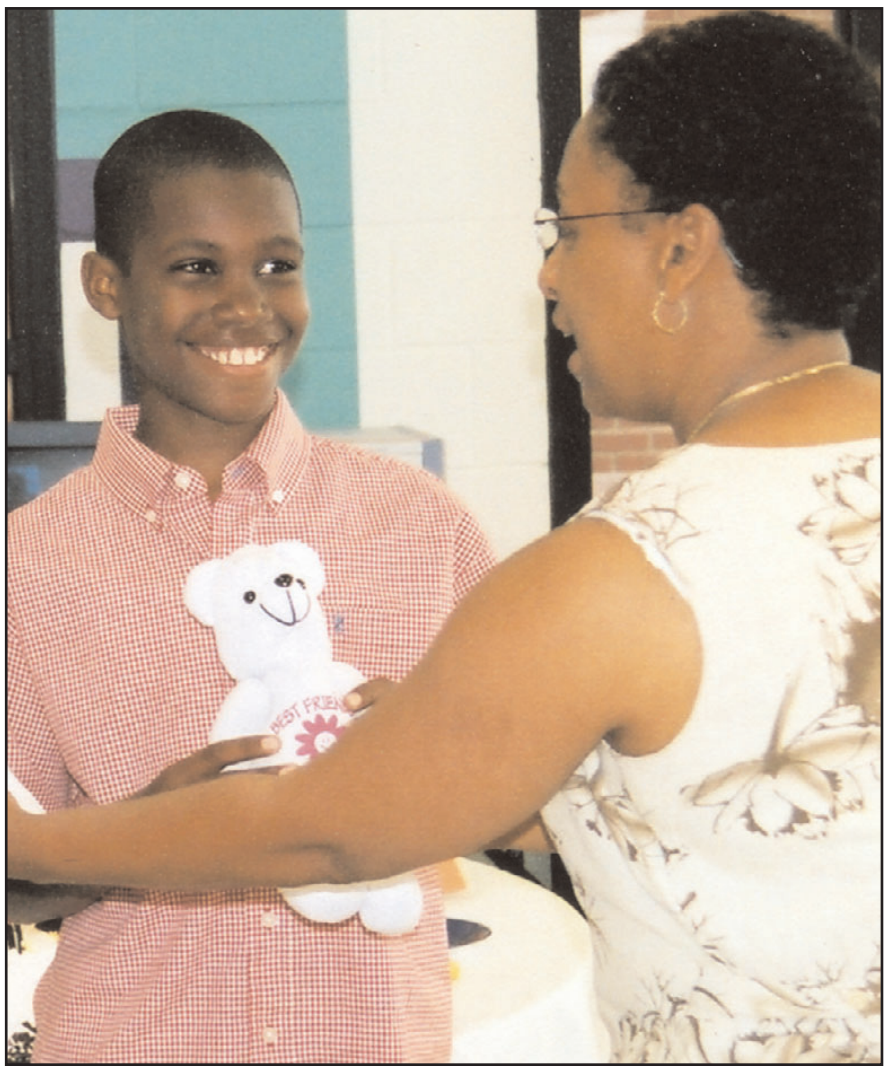


Photo by Tiffany Mitchell

Renee Nixon presents welcome bears to Devyn Moore, 10, and others who moved from elementary to middle school or middle- to high-school programs at the CAC during a June 9 ceremony.

Museum fun

The Children's Museum of Virginia has begun its Summer Fun programs, free with paid admission to the museum.

"Sound, Sound, Sound" will educate children about waves, resonance and communication. This program will be held today, June 28 and 30 at noon, 1:30 p.m., and 3 p.m.

"Come in for a Little Jolt" explores static electricity, poles, domains and electromagnets. This class runs July 4, 5 and 6 at noon, 1:30 p.m. and 3 p.m.

The Children's Museum of Virginia is located at 221 High St. in Olde Towne Portsmouth. During the summer, it is open from 9 a.m. to 5 p.m. Monday through Saturday and from 11 a.m. to 5 p.m. on Sundays.

Admission is $6 per person; children under 2 are admitted free. Call 757- 393-5258, ext. 17 for additional information.

June 25

'Design Time'

Often, spring cleaning leads to redecorating and The Courthouse Galleries, Portsmouth, has an all-new class to get folks started.

"Design Time" will be offered Saturday from 10 a.m. to 5 p.m. Richmond-based room designer Lonna Sapozhnikov will lead the instruction. The class will cover basic design elements and principles.

The class fee is $20, which includes admission to The Courthouse Gallery exhibits on the day of the class. Members of the Portsmouth museum group receive a $5 discount. Participants are asked to bring a notepad, pencil and lunch. For reservations and further information, call 393-8543.

June 27

Kid's Civil War camp

The City of Newport News' Division of Museums and Historic Services is offering a Civil War Children's Camp at Endview Plantation which will be held June 27 to 30 from 9 a.m. until 3 p.m.

The camp includes drills, skirmishes and cover basic soldier's equipment. Camp is for children ages 8-1. The fee is $150 per child.

For more information, contact the camp at 887-1862.

July 1

Dance performance

The Elisa Monte Dance Company is celebrating its 25 anniversary with performances at the American Theatre in Hampton July 1 and 2 at 8 p.m.

To purchase tickets, call 722-2787 or visit www.theamericantheatre.com. Prices are $27.50 or $32.50 with discounts for students, seniors, groups of 10 or more and military personnel.

Flea Market

The Olde Towne Portsmouth Flea Market will be held July 2 from 10 a.m. to 2 p.m. at the Middle Street Garage. About 112 vendors will sell their wares which include jewelry, books, antiques, toys, furniture, silk flowers and household items.

Admission and parking are free. For more information, call Laura Ferguson at 393-1622.

July 3

Theme park salute

Paramount's Kings Dominion salutes our nation's military with a discounted ticket and all-you-can-eat picnic package for one day. In addition, guests won't want to miss the USAF Heritage of America Band - Blue Aces at 7 p.m. and fireworks spectacular at 10 p.m.

Tickets are $25 and must be purchased in advance on Kings

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At The Movies

Showing at the Fort Eustis Theater

Friday, June 24
7 p.m. — Kingdom of Heaven (R)
Saturday, June 25
7 p.m. — Monster In Law (PG-13)
Wednesday, June 29
7 p.m. — Monster In Law (PG-13)
Thursday, June 30
7 p.m. — Unleashed (R)

*The Langley Air Force Base movie theater is closed for renovations.

Adults $2, children 6-12 years old $1.50 and children under 6 are free. If a child under 6 occupies a seat at a G-rated movie, admission is $1.50. Special movie showings are available. Contact John Low at LowJ@aafes.com or 766-1237 for details.

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Dominion.com by midnight on June 29. Click "Tickets," then "Corporate Partner." The special event ID is: SALUTE6.

Park hours on July 3 are 10:30 a.m. to 10 p.m. For more information about the park, call (804) 876-5000 or visit the park's Web site at KingsDominion.com. The park is located 20 miles north of Richmond.

Patriotic concert

Grace Episcopal Church, Yorktown, will host a free patriotic music performance by the Peninsula Concert Band on July 3, starting at 5 p.m. The event is open to the public.

Guests are asked to bring their own chairs or a blanket to sit on, and picnic suppers are welcome. Grace Church is located at 11 Church Street in Yorktown. For more information, call 890-4490.

July 4

Chesapeake celebrates

A Fourth of July Celebration will be held at Lakeside Park, Chesapeake from 11 a.m. to 5 p.m. The celebration includes a parade, food, games and more.

For more information, call 382-6411.

'Stars in the Sky'

A Fourth of July "Stars in the Sky" celebration will be held at 26th Street and Washington Avenue in downtown Newport News from 6 to 10 p.m. The celebration includes food, kids' activities, live music and fireworks.

For more information, call 926-1400.

Main Street party

Games, arts and crafts, a parade, a classic car show, food, music and fireworks and more can be found on Main Street in downtown Yorktown from 9 a.m. to 10 p.m., July 4. Admission is free.

For more information, call 890-3500.

'Stars and Stripes'

A Stars and Stripes spectacular will be held at Constant's Wharf Park in Suffolk. It will feature fireworks, food, family activities and more.

For more information call 923-2360 or visit www.suffolk-fun.com.

Oceanfront celebration

A Stars and Stripes Explosion can be found on the Virginia Beach oceanfront. It will feature music by the Virginia Beach Symphony Orchestra and Chorale, food and fireworks over the ocean. For more information call 491-SUNN or visit www.beacheventsfun.com.

July 9

Founders Day

A full day of family fun is planned for Hampton Founders Day July 9. The 395th founding celebration will take place from 10 a.m. to 7 p.m. at Healthy Families Partnership, Carousel Park, the Virginia Air and Space Center and the Hampton History Museum.

Hampton residents receive free admission to the Air & Space Center, the history museum, and Hampton Carousel. Regular fees are required for admission to the Riverside IMAX Theater. Call 727-6072 for more information.

Tired tot

Photo by Patricia Radcliffe

Victoria Ejide goes into pre-nap mode during Toddler Time at the Community Activities Center Monday.

6X7
Ad

Post drinking water passes tests

Fort Monroe Consumer Confidence Report on the Quality of Tap Water for 2004

Fort Monroe's goal is to provide a safe and dependable supply of drinking water for post employees and residents.

Drinking water quality must meet state and federal requirements administered by the Virginia Department of Health (VDH). The water produced by Newport News Waterworks (NNWW) – Monroe's supplier – meets or exceeds established water-quality standards.

General information

Sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and radioactive material and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water include:

■ Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife.

■ Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming.

■ Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff and residential uses.

■ Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff and septic systems.

■ Radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities.

To ensure that tap water is safe to drink, the Environmental Protection Agency (EPA) prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water, which must provide the same protection for public health. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk.

More information about contaminants and potential health effects can be obtained by calling the EPA Safe Drinking Water Hotline (800-426-4791).

Special populations

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as those with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers.

EPA and Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

Chloramines, a combination of chlorine and ammonia, have been used as part of the disinfection process since 1998. As a reminder, tropical fish owners should remove chloramines from the water before use with fish. Kidney dialysis centers are fully aware of the chloramines treatment.

Water Sources

During 2004, the drinking water at Fort Monroe was purchased from NNWW. Waterworks water comes from rain, streams and as withdrawals from the Chickahominy River. This water is stored, prior to treatment, in five reservoirs owned and operated by NNWW.

NNWW operates two water treatment plants: Lee Hall Water Treatment Plant and Harwood's Mill Water Treatment Plant. These treatment plants are supplemented with brackish groundwater from deep wells, which is treated via a reverse osmosis process.

Over 3,000 water analyses are conducted each month to assure safe water. Water treatment includes chemical coagulation with aluminum sulfate (alum), clarification, ozonation and/or chlorination (primary disinfection), filtration, pH control, fluoridation, corrosion control and chloramination (chlorine and ammonia for secondary disinfection).

Alum is added to remove large particles from the raw (untreated) water. The alum causes the water to become acidic, so lime is added to maintain a proper pH balance. Filtration removes small particles and protozoans.

Chlorine with ammonia is added to create disinfectants to kill bacteria and viruses. Zinc orthophosphate is added to control corrosion and lead contamination in the distribution system pipes. Fluoride is added to strengthen children's teeth and reduce tooth decay. Water treatment at the Hardwood's Mill plant utilizes ozone as the primary disinfectant; however, chloramines are still used as secondary disinfectants.

Surface water source assessment

The Hampton Roads Planning District Commission conducted a Source Water Assessment of the NNWW in 2001-02. NNWW surface water sources were rated as relatively high in susceptibility, while their deep groundwater wells were rated as low in susceptibility to contamination using the criteria developed by the state in its approved Source Water Assessment Program.

The assessment report includes maps showing the source water assessment area, an inventory of known land use activities, a susceptibility explanation chart, and definitions of key terms. The report is available by contacting NNWW, the Virginia Department of Health or the Hampton Roads Planning District Commission.

Water quality testing

All sources of drinking water contain some naturally occurring contaminants. Because water is the universal solvent, many materials are easily dissolved upon contact. At low levels, these contaminants generally are not harmful in our drinking water.

NNWW employs a system of multiple barriers that help prevent a range of contaminants that may be present in source water, such as bacteria and parasites, from reaching our treated water supply. This complex water treatment system includes watershed protection, filtration, and disinfection, which greatly reduces the risk of serious waterborne illness.

Contaminants in post drinking water are routinely monitored according to federal and state regulations. The tables on page 25 show the results of monitoring for the year 2004. Every regulated substance that was detected in water provided by NNWW, even in the minutest concentration, is listed in the two tables.

The tables contain the name of each substance detected, the highest level allowed by regulation (MCL) the ideal goal for public health (MCGL), the amount detected, the typical sources of each substance and whether or not a set regulation was violated. Tests reveal that the water distributed to post personnel is free of bacteria or parasites and meets all federal and state drinking water standards.

Definitions of key table terms

■ Action Level (AL) – the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

■ Maximum Contaminant Level (MCL) – the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

■ Maximum Contaminant Level Goal (MCLG) – the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Residual Disinfectant Level (MRDL) - the highest level of a residual contaminant allowed in drinking water. MRDLs are set as close to the MRDLGs as feasible, using the best available treatment technology.

■ Maximum Residual Disinfectant Level Goal (MRDLG) – the level of a residual contaminant in drinking water below which there is no known or expected risk to health.

■ Nephelometric Turbidity Unit (NTU) – nephelometric turbidity is a measure of the clarity of the water. Turbidity in excess of 5 NTUs is just noticeable to the average person.

■ Not Detected (ND) – laboratory analysis indicates that the substance analyzed is not present, or was not detected above the analytical method detection limit.

■ Parts per million (ppm) – one part per million corresponds to one minute in two years, or a single penny in $10,000.

■ Parts per billion (ppb) – one part per billion corresponds to one minute in 2,000 years, or a single penny in $10,000,000.

■ Picocuries per liter (pCi/L) – picocuries per liter is a measure of the radioactivity in water.

■ Secondary Maximum Contaminant Level (SMCL) – EPA recommended MCLs for Secondary Drinking Water Standards.

■ Treatment Technique (TT) – a required process intended to reduce the level of a contaminant in drinking water.

More information

Personnel with questions concerning this report or those who wish to obtain additional information about any aspect of post drinking water, contact Fort Monroe's Water Program Manager by calling 788-5367 or through e-mail at ronald.pinkoski@us.army.mil.

This report is available on the Fort Monroe DPW/L Environmental Division's

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Water Continued

Web site at: http://147.248.251.93/dpw/environmental.asp, in the Program Areas section.

Additional copies can be obtained by sending a written request to: Directorate of Public Works and Logistics, Environmental Division, 318 Cornog Lane, Fort Monroe, Va. 23651-1110.

For more information concerning Newport News drinking water quality, contact Newport News Waterworks at 757-926-1000 or visit their Web site at www.nngov.com/wwdept.

Newport News Waterworks Regulated Substances [1]

Substance (units)	MCLG	MCL	Max Conc.	Range	Violation	Sample Year	Typical Source
Barium (ppb)	2000	2000	27	5-27	No	2004	Erosion of natural deposits
Fluoride (ppm)	4	4	1.51	0.72-1.51	No	2004	Erosion of natural deposits; Water additive which promotes strong teeth
Nickel (ppm)	100	100	4	ND - 4	No	2004	Erosion of natural deposits
Nitrate (ppm)	10	10	0.13	ND - 0.13	No	2004	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Nitrite (ppm)	1	1	0.007	ND – 0.007	No	2004	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Gross Alpha (pCi/L)	0	15	0	0.9	No	2001[2]	Erosion of natural deposits
Gross Beta[3] (pCi/L)	0	50	3.6	3.0-3.6	No	2001[2]	Decay of natural and man-made deposits
Turbidity[4] (NTU)	N/A	TT	0.19 100%[7]	0.04 - 0.19	No	2004	Soil runoff
Total Organic Carbon (TOC) Removal[5,6]		TT	1.49	1.08 – 1.68	No	2004	Naturally present in the environment

Fort Monroe Distribution System Regulated Substances

Substance (units)	MCLG	MCL	Level Found	Range	Violation	Sample Year	Typical Source
Copper (ppm)		AL= 1.3	0.48	ND – 1.29	No	2003[2]	Corrosion of household plumbing systems; Erosion of natural deposits
Lead (ppb)		AL= 15	6.0	ND – 13.8	No	2003[2]	Corrosion of household plumbing systems; erosion of natural deposits
TTHMs[5] (ppb)	0	80	40.3	16 – 68	No	2004	By-product of drinking water chlorination
HAAs[5] (ppb)	0	60	24.3	3 - 41	No	2004	By-product of drinking water chlorination
Chloramines[5] (ppm)	MRDLG 4	MRDL 4	1.21	0.00 – 2.94	No	2004	Additive used to control microbes

Footnotes

(1) Although many more tests were performed, only the listed contaminants were detected. All substances detected were below the MCL.

(2) The state allows NNWW to monitor for some contaminants less than once per year because the concentrations of these contaminants do not change frequently. Some of the data, though accurate, is more than one year old.

(3) The MCL for beta particles is 4 mrem/yr (mrem = millirem; a measure of radiation absorbed by the body), but the EPA considers 50 pCi/L to be the level of concern.

(4) NNWW monitors turbidity, which is a measure of the cloudiness of water, because it indicates how well the filtration systems are working. 100% of samples met the turbidity limit.

(5) The detected level is the compliance level based on a running annual average. The range numbers are the results from individual sample locations.

(6) TOC removal is regulated based on the percentage of how much is removed in the treatment process divided by the target removal percentage set by the EPA. Compliance is based on the average removal over the year.

(7) The lowest monthly percentage of samples meeting turbidity limits.

AUSA holds conference, presents awards

The Virginia Peninsula-General Douglas MacArthur Association of the United States Army (AUSA) held its 23rd annual TRADOC Industry Days on June 6 to 8 at the Omni Hotel and Conference Center in Newport News.

Soldiers and area industry representatives attended the conference which focused on training and leader development for a new era.

Representatives from Headquarters TRADOC, the U.S. Army Accessions Command, the TRADOC Futures Center, the Rapid Equipping Force Office, Joint Forces Command and recent veterans from Fort Eustis, Va. loaned their expertise as speakers and panel members.

The keynote speaker for the Awards Banquet was Brig. Gen. Phillip Coker, Director of Capabilities Development, Army Futures Center at Fort Monroe.

The Boeing Company was recognized as the Virginia Peninsula General MacArthur 2005 Corporate Sustaining Member of the Year for its support and sponsorship of the Chapter and its activities, local Soldiers and their families in conjunction with the Army's missions and values. Kenny Kunstel accepted the award on behalf of Boeing. Kunstel, the local Boeing representative for Army programs, is the immediate past president of the AUSA 2nd region and served on the AUSA Council of Trustees from July 2001 through June 2004.

Old Point National Bank was recognized as the Corporate Member of the Year. Accepting the award were Old Point Bank CEO Robert Shuford, Sr. and Jean E. Parra, an electronic banking officer of the bank. Parra was also recognized for excellence in executing and expanding the chapter awards program.

Dick Winter was recognized as the Executive Committee Member of the Year. Winter, business development executive, Army programs business unit for Computer Sciences Corporation received an award for "his selfless contribution of hundreds of hours of personal time in his commitment to AUSA and the service members it supports." Winter, chapter treasurer, provides guidance for the effective expenditures of funds for Soldiers and Soldier programs.

AUSA is committed to the men and women who serve in the Army by highlighting plans and programs influencing today's Army, looking to the future and advocating issues that pertain to Soldiers and their families.

The Virginia Peninsula-General Douglas MacArthur Chapter provides support to military members based at Forts Eustis, Story and Monroe.

For more information, visit www.ausa.org.

Visit the Casemate Museum at 20 Bernard Street inside the moat.

Historical moment

This image from the early 1880s depicts Fort Monroe's Main Street looking toward the waterfront. At that time, Capt. James Ingalls, for whom the road would be named in 1923, was an instructor of ballistics at the fort's Artillery School. The wooden buildings at the right were destroyed during the Chamberlin Hotel fire in March 1920, and this land was used for the second Chamberlin. The adjacent fenced-in area was a munitions storage yard and is now occupied by Building 133. The pharmacy on the left side is the approximate site of Building 83, the former post office.