

# CaseMate

**Spotlight**  
Event

## Kid's Day

Rides, games, food and prizes are among the offerings of Fort Monroe's annual Kid's Day.

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## Ceremony marks end of WO tradition

**BY PATRICIA RADCLIFFE**  
CASEMATE STAFF WRITER

Fort Monroe's small family of warrant officers gathered for a special retirement ceremony Wednesday at the post theater.

Ending an 86-year tradition in their ranks, the WOs removed their distinctive "Eagle Rising" insignia and replaced them with branch insignia worn by the Army's regular officer corps. The chief warrant officer 5s in the group also replaced their old "block and bar" rank insignia that's been around for 18 years with a new pin that sports a silver bar and black stripe.

Similar ceremonies have occurred across the Army in conjunction with the early July birthday celebration of the warrant officer corps. The move will allow warrants to be "recognized among their peers more quickly," as the insignia is better aligned with other services' rank designators, said Lt. Gen. John M. Curran, who presided over the Monroe ceremony.

Chief Warrant Officer Roy Gambino, Senior Warrant Officer Advisor to the U.S. Army Accessions Command here, said that one reason the change is being implemented is to allow branches to take ownership of warrant officers in the areas of pay, education and transformation.

Gambino has been actively involved in the  
**See WARRANT, Page 3**

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## Rockets Red Glare

### Clark, Bentley fire up July 4 crowd

Photos Page 10

Photos by Matt Thomas

*The spectacle of Fort Monroe's annual 4th of July fireworks display lights up the water along Mill Creek. Prior to the pyrotechnics, thousands of spectators turned out for a concert featuring country music stars Dierks Bentley and Terri Clark.*

## Disney example spurs Monroe 'Listening Post'

**BY PATRICK BUFFETT**  
CASEMATE STAFF WRITER

Counting on constructive "meat and potato" comments about community life, the Fort Monroe garrison commander implemented his "Listening Post" program this week.

The new program resembles a well-established employee and customer comment system used by the Disney Corporation, according to Cliff Whitehouse, chief of plans, analysis and integration. "It relies heavily on everyday conversation across service areas," he said. "That's when you hear the meat and potato comments — those things the customer likes, dislikes or wishes would happen."

*"It relies heavily on everyday conversation across service areas. That's when you hear the meat and potato comments — those things the customer likes, dislikes or wishes would happen."*

### Cliff Whitehouse

Chief of Plans, Analysis and Integration

Timeliness and open, honest communication will be key to the success of Listening Post, Whitehouse noted. When employees hear of a potential problem area, or even a great idea to improve Monroe's infrastructure or programs, they're asked to share it

with an immediate supervisor within 24 hours if possible.

"We want to catch customer input while it's fresh in your mind," Whitehouse said. "And we're hoping to avoid the possibility of a good comment or idea being forgotten, which tends to be the case after a day or two ... it's just human nature."

Sharing your thoughts can be as simple as a handwritten note or an email. The supervisor or facility manager who receives the comment serves as the initial "quality control point," Whitehouse noted. "If the supervisor is the process owner, he makes the decision as to the validity of the

**See LISTEN, Page 3**

# Columns & Commentary

Visit the Casemate online at [www.monroe.army.mil/casemate](http://www.monroe.army.mil/casemate)

*"Pending events have thrust the United States into a period of increased risk."*

## 'High profile' times call for extra precaution

**D**escribing the ongoing, "high profile" national election process as a "lucrative window for terrorists to conduct high-casualty attacks in this nation," the Department of Homeland Security is asking communities like Fort Monroe to be extra diligent in their efforts to spot potential surveillance activity.

Pending events have "thrust the United States into a period of increased risk with symbolic opportunities for terrorists," according to security experts. And areas of the country like ours, which are rich with tourist attractions, bridges and tunnels that draw large volumes of summertime visitors, could be tempting targets.

Terrorist attacks are nearly always preceded by pre-operational surveillance of the intended target to determine suitability, security and the probability of success. This activity can range from a seemingly innocent conversation about changes to base security to blatant attempts to gain access to a restricted area.

Monroe community members may not realize how important a part they can play in thwarting such activities. Simply becoming

### Commander's Corner



**William Moisant**

*Installation Anti-terrorism Officer*

more aware of your surroundings and applying a bit of common sense about those things that look out of place can be of enormous importance.

The following bullets describe some of the possible indicators of pre-operational terrorist surveillance. Keep in mind there could be several variations to these scenarios – especially when it comes to photography in and around a historical area like ours – but, if it seems suspicious, it's worth reporting to the proper authorities.

**Pedestrian surveillance** involving several cooperating individuals;

**Mobile surveillance** by bicycle, scooter, motorcycle, sport-utility vehicle, car,

truck, boat or small aircraft; **Individuals or vehicles** observed in the same location on multiple occasions, or for extended periods without apparent legitimate reason;

**Individuals** who do not "fit" the surrounding environment, wearing improper attire for conditions, drawing pictures or taking notes in an area not normally of such specific and compelling interest;

**Attempted covert surveillance** including cover activities such as that of a homeless person, shoe shiner, street vendor, street sweeper, or some other identity not previously present in the area;

**Individuals videotaping** or photographing security cameras or guard locations, or exhibiting unusual or prolonged interest in security measures or personnel, entry points and access controls, or perimeter barriers such as fences or walls;

**An increase** in any-

mous threats followed by individuals noticeably observing security reaction drills or procedures.

*"Based on the attack in Madrid and recent interdictions in England, Jordan and Italy, we know that they (al Qaeda) have the capability to succeed and hold the mistaken belief that their attacks will have an impact on America's resolve."*

**Homeland Security Secretary Tom Ridge**

*July 8 Press Briefing*

**Direct questioning** of security or facility personnel may also be attempted. "The safety and security of our community will always remain our number one priority," said garrison

*"Efforts each of you make to be vigilant – such as reporting suspicious items or activities to authorities – do make a difference. Every citizen using their common sense and eyes and ears can support our national effort to stop the terrorists."*

**Homeland Security Secretary Tom Ridge**

*July 8 Press Briefing*

commander, Col. Perry D. Allmendinger, in response to the recent call for increased awareness. "And, just like the awesome job we've done thus far practic-

ing summer safety, I'm counting on every community member – whether they're at work or away on vacation – to be even more aware of their surroundings and speak up if they spot a security concern."

Post law enforcement and anti-terrorism officials will also be on the job conducting

patrols, providing front gate security and continuing their random anti-terrorism measures. Occasionally, this may mean disruptions to traffic flow or the slight inconvenience of a vehicle spot inspection, but these activities are clearly necessitated by current events, to include the ongoing war on terrorism.

On post, Monroe community members can report illegal activities or suspicious behavior

by calling the MP desk at 788-2238 or 2239.

Off post, call your local law enforcement agency. For emergencies, dial 911.

*"Do you have the health to face life's uncertainties?"*

## Getting fit for Summer? ... Get fit for life!

**I** just finished reading another one of those fitness columns written by a famous fitness guru whose name I had never before seen. In the article she lays out a four-week guide to make the most out of this summer's fitness period.

She gives good hints on nutrition, weight training and cardio activity. While

### Chaplain's Corner



**Lt. Col. Keith Jones**

*TRADOC Chaplain's Office*

you are working out, getting prepared to show that eight pack (yeah, right) let me suggest that this is also a time to increase your spiritual fitness.

Too often we develop bodies by Fischer and spirits by Mattel. The truth is that your body can carry you to the top of any hill. Your spirit will help you endure the battle at the top.

How are your spiritual resources? Do you have the health to face life's uncertainties? Let me offer you a four-week guide to increased spiritual fitness.

**Nutrition:** Change your spiritual diet habits. Wean yourself off of the junk that can weigh you down with meanness, laziness and spiritual lethargy. Really, there is very little on televi-

sion that is intellectually or spiritually redeeming.

Instead, feed upon a good book. How about the Bible?

No Soldier can be proficient in his or her military performance unless they read their technical manuals. Neither can you be spiritually healthy without reading The Book. The mind is like a computer; **See CHAPLAIN, Page 19**

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## Casemate

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## WARRANT Continued from Page 1

*"They assume we get pay raises, but we get passed over."*

dissemination of information and education concerning the move, which is the result of a study conducted by the Army training and leader development panel – the group which recommended the uniform changes.

"Historically warrant officers are viewed in a large part by the senior officers and NCOs as a group in and of themselves," Gambino said. "Chief is back there making stuff happen. I don't know how he does it, but he makes it happen. They assume that we're being taken care of. They assume we get pay raises, but we get passed over. They assume that magically we get resources for our education, but we know it's a battle that we sometimes lose."

He said that the insignia will help change the cultural perception of warrant officers being "their own little club" or "doing their own little thing" by being easily recognized as part of the branch in which they hold their expertise.

"There's value in tradition, but we have to ask ourselves, 'at what point does the price you pay for tradition become too much?' Now when I look over at an aviation officer, I see he's an aviation officer because he wears an aviation branch insignia and I can actually take ownership of his training and be responsible for him," Gambino said.

But it can still be difficult to accept a break in tradition, even if one understands and supports the logical reasons for doing so. Chief Warrant Officer Ronald Moring, Training Analyst, JCATD/DCSOPS&T, echoed that sentiment during a June interview and went on to disclose part of the warrant officer corps' history.

Moring explained that the rank "is not autonomous to the U.S. Army. It goes back two centuries before Columbus. It started in the British navy where captains and lieutenants were typically nobility. But, they needed someone who knew how to run the ship and work the cannons; and, that typically fell to the more experienced sailors. So, they appointed a royal warrant in order to accomplish those tasks. Even at the inception of the warrant officer rank, it

was provided to individuals who were technically proficient in whatever tool or weapon they were dealing with," he said.

The U.S. Army Warrant Officer Corps was established July 9, 1918. During that time, warrant officers were primarily in the mine-laying corps, Moring said, continuing on to list a few significant years in the corps' history.

In 1918, the Army opened a school to train their mariners at Fort Monroe, commanded by an officer who had graduated from the Naval Academy. A couple of years later, the Defense Act of 1920 was established to provide for clerical, administrative and band leader positions. In 1934, on Fort Monroe, "Music Under the Stars" was started by a warrant officer, Michael Quinto, who was the bandmaster of the 2nd Coastal Artillery.

He cited the year 1953 as important for aviators because it was the inception of the warrant officer flight program, which started the pathway for warrant officers to become helicopter pilots. They began flying medical evacuations during the Korean War and combat missions during the Vietnam War era. Moring has been

an attack helicopter pilot during most of his career.

Today, warrant officers make up only two percent of the Army and are experts in 45 specialties. Of these, 4,558 of the 11,077 warrant officers Army wide are aviators.

The branch insignia change affects the entire warrant officer community, but the rank designator only changes for the CW5s, and is more easily accepted.

"I'm all for it, I don't have to explain myself any more," Chief Warrant Officer David Morton, chief of warrant officer leader development said during a June interview. "People would say, 'CW5, but I only see four dots.'"

Some confusion came from the CW5's bar used by the Army since 1986. It has four open squares, instead of a possible five markings or the silver bar with a stripe down the center sported by CW5s in the sister services.

"It's just part of being a Soldier," is the way Chief Warrant Officer Coral Jones summed up the feeling toward the branch and rank insignia changes and received nods of agreement from her fellow warrants.



Photo by Matt Thomas

**Chief Warrant Officer George Gonsalves, TRADOC DCSOPS&T, receives his new rank pin from Lt. Gen. John M. Curran, commander of the TRADOC Futures Center, during a ceremony Wednesday at the Post Theater.**

## LISTEN Continued from Page 1

comment and initiates the change as appropriate. If not, he forwards the comment to the appropriate director."

Within two weeks, the employee who submitted the comment or idea can expect a letter explaining what actions were taken as a result of his or her input, or why a change could not be implemented at the given time. "A copy of that memo will also be forwarded to the Plans and Program Office where a thank you letter with the commander's signature will be generated and sent to the employee," Whitehouse said.

A Listening Post site is planned for the Fort Monroe Homepage. It will contain the SOP for the system and list changes resulting from its use.

All in all, the newly developed Listening Post process is distinct from the basic comment card program that has been in use here for a decade or more and can still be accessed online, via the Fort Monroe homepage. The Listening Post system is employee driven and based on interaction and daily conversation with other employees and customers, whereas the comment

card system is more formal – requiring direct customer input.

"Some people just aren't comfortable submitting information in the more formal system," Whitehouse said. "It lacks a lot of the human element. There's that uncertainty of who is processing the information; who else is reading it, and whether it will ever get to the right person."

"And, in many instances, the comment card gets extreme input – either really hot or really cold. To take the time and effort to fill out a comment card, someone is either really angry or frustrated with bad service or extremely satisfied with great service. But we often miss the honest middle of the road comments that could really impact change." Whitehouse added. "We want to mitigate those sorts of situations by welcoming our community to voice those same concerns and ideas they might chat about over a cup of coffee at the bowling alley or fitness center and turn that input into positive change."

Whitehouse said he's confident the Listening Post will become a valuable asset to employees because it "empowers them as a

change agent."

"We have to beat that stigma of not feeling like you can make a difference or that voicing your opinion will only result in a negative reaction," Whitehouse said.

"To be quite honest, we don't really know all of the things that would make life better for this community," he added. "How can we without your input? What is it about your particular worksite or the resources in this community that don't measure up, or should be expanded even further because they work so well? Those are the sorts of questions we need answered. We need to begin to imagine the future together"

Calling the new program an "exciting opportunity for the community," Col. Perry D. Allmendinger, garrison commander, encourages participation from every level. "Families, lower enlisted, junior and senior NCOs, retirees ... every individual who lives here, works here, or uses Fort Monroe services has a right to express their opinion about the quality of programs and the future development of the community."

"I like this program because it promotes open communication," the colonel added. "And it empowers employees. We're saying 'give us your input and, together, we'll make Fort Monroe an even better place to work and live.'"

Listening Post organizers are planning a near-future town hall meeting, and have set their sights on additional announcements through the Casemate and the commander's email network, to further inform the community about the program.

Monroe strategic planners are also eyeing near-future deployment of the online Interactive Customer Evaluation system – or ICE as it's more commonly known. ICE, an automated DoD system, will eventually replace the current online Monroe comment card, Whitehouse explained. ICE receives comments directly from employees and rolls up into national DOD trends. The Listening Post system is local and receives comments indirectly from customers through employees.

Keep reading the Casemate for additional details about ICE, and updates on the Listening Post.

# NewsClips



**Project Pride Clean Sweep Walk**  
**July 20, 11:30 a.m. to 1 p.m. Fitness Center**  
**Free beverages and MWR gift certificate raffle**

## ***PAC moves back***

The Personnel Assistance Center has returned to its regular office, Room 350 in building 82. Its hours of operation are 8 a.m. to noon and 1 to 4:30 p.m. Mondays, Tuesdays, Thursdays and Fridays; and 8 a.m. to noon Wednesdays.

## ***Fridays at the Fort***

Fridays at the Fort are back every week at Bay Breeze Community Center.

Beverage sales begin at 4 p.m., followed by grilling at 5 p.m. Food and drink will be served until 8 p.m.

Entertainment begins at 6 p.m., and if you need to cool off, the pool is open until 8 p.m. and is right next to the fun. For more information, contact Donald Houchins at 788-2406.

## ***Youth volunteer opportunity***

Child and Youth Services is looking for volunteers between the ages of 17 and 24 who have been members of the Boys and Girls Clubs or the Army Youth Services Program.

Volunteers can earn up to \$2,362.50 for college through the Boys and Girls Club Service Grant. Volunteer hours can be earned over a two-year period. Club service members can receive an Americorps education award for up to two terms of service. This award can be used to help pay student loans or to finance college, graduate school or vocational training.

Participants must be U.S. citizens, nationals or lawful permanent resident aliens.

A club service information briefing will be held at the Community Activities Center July 20 at 5:30 p.m. For information contact Dannielle Henderliter at 788-2698.

## ***Golden Knights needed***

The U.S Army Parachute Team, "Golden Knights," are accepting applications for their annual Assessment and Selection Program. Applications can be obtained via the internet at [www.armygoldenknights.com](http://www.armygoldenknights.com) and are to be sent to P.O. Box 70126, Fort Bragg, NC 28307.

Individuals must have a clean military and civilian record and have made 150 freefall parachute jumps.

For further information on becoming a Golden Knight contact the Golden Knight Administration Office at (910) 396-4800.

## ***Help restore nursery display***

Volunteers are needed to help restore the Winter Wonderland display at Coleman's nursery. Opportunities for volunteers are July 17-18, Aug. 14-15 and 21-22. Assist in keeping this piece of Hampton Roads history alive by lending your time and skills to benefit the community.

For information on how to help, contact Nancy Perry at 393-8718, or Martha Frances Fortson at 393-8983.

## ***Veterinary Clinic is open***

The Fort Monroe Veterinarian Treatment Facility is open for regular appointments. Anyone with a valid military ID is eligible to use the clinic.

Phone calls and over-the-counter sales can be made from 8 a.m. to noon and from 1 to 4 p.m. Various days are available for appointments.

For make an appointment or for any questions contact the clinic at 788-2623 or 788-2603.

## ***Volunteers needed for Homeland Security Exercise***

The City of Hampton, with other jurisdictions in Virginia, will participate in a National Homeland Security exercise.

"Determined Promise 04" will take place on Aug. 6 from 2 to 6 p.m. and volunteers are needed to be "victims" in the drill. Over 500 volunteers are needed to take part in the exercise.

For information on becoming a volunteer, contact one of the following Hampton Health Dept. at 727-1172 or [Cort.Jensen@vdh.virginia.gov](mailto:Cort.Jensen@vdh.virginia.gov), Peninsula Volunteer Center at 262-0190 or [volunteer@volunteerpeninsula.org](mailto:volunteer@volunteerpeninsula.org), Hampton Neighborhood Office (Hampton Citizen Corps) at 727-6460 or [www.hampton.gov/citizen corps](http://www.hampton.gov/citizen corps)

**4X12 VERIZON**

# New 'Fitside Perk' features Starbucks coffee

**BY PATRICIA RADCLIFFE**  
 CASEMATE STAFF WRITER

The distinctive nutty fragrances of cappuccinos, lattes and mochas permeated the lobby of the Fort Monroe Fitness Center for the first time Monday with the grand opening of a new coffee shop called "Fitside Perk."

The new service will feature Starbucks coffees in varying sizes, with prices ranging between a buck to \$4.

"There are not a whole lot of breakfast type places for coffee here at Fort Monroe, and Starbucks seems to be the coffee of choice," said Paul Heilman, director of community and family activities.

"I tell you, if you go downtown anywhere you'll see lines at Starbucks. So, I think there is a high demand for what they have — different varieties and so forth. We are just trying to follow suit with what the civilian community has," Heilman said.

The low-key opening featured samples of muffins and Danish pastries served with aromatic specialty coffees and teas. Heilman referred to their current fare as "baby steps" they are taking until they grasp customers' desires.

"It's long overdue," David Clay, a small arms analyst at the Futures Center, said Wednesday. "It's a nicety to have it here. It's not just done in a military style, it caters to the public."

To some, a gym lobby may seem an unlikely location for a coffee shop, but not to Heilman.

"As far as the location, the majority of the people at Monroe are located right in this area," he said. "Most people come to work, they get out of their (cars) in the parking lot, and they don't move (them) until they're ready to go home, pretty much. Also, the fitness center gets a lot of usage with people working out — 200 to 400 (people) during the day. So, there's a built-in market. Hopefully, a lot of them drink coffee."

Heilman also made note of those on post who have no qualms driving downtown to the nearest Starbucks, which is about five miles away. "Hopefully they'll save some gas money and walk right over to the fitness center," he said.

A Starbucks-style franchise also complements the Fitness Center, Heilman said. "It is a very nice place ... it's classy."

Fitside Perk is open from 6 a.m. to 7 p.m. weekdays, and 8 a.m. to 3 p.m. weekends. Depending on sales, hours will be extended or shortened in the future.



*Marby Bernaola, an MWR food service worker, serves customer Kimon Theodore, JTF-CS, at the new "Fitside Perk" coffee shop operating in the Fort Monroe Fitness Center lobby. The new service features a variety of Starbucks coffees and pastries.*

Photo by Patricia Radcliffe

**BIG ALS  
 4 X 10.5**

**AD  
 2 X 4**

# Monroe officer earns Soldier's Medal after dramatic vehicle fire rescue

BY PATRICK BUFFETT  
CASEMATE STAFF WRITER

Drama ... danger ... heroism ... Lt. Col. Gerald P. Timoney, Jr.'s story has it all.

And it has a great ending that doesn't even ruin the plot if told up front. Timoney now wears the U.S. Army Soldier's Medal among the many ribbons and decorations on his class "A" uniform. Brig. Gen. Bernardo Negrete, deputy commanding general for Accessions Command here, presented the medal to Timoney, now an USAAC operations officer, during a June 30 ceremony.

"It all seems kind of surreal these days," Timoney said as he began to recount the events that unfolded during a late-October lunch hour last year. He and a friend – a former Army officer – were looking for a place to eat at a San Antonio shopping area called the Alamo Quarry Market.

"We saw this vehicle in the parking lot with a bunch of white smoke coming out of the back," Timoney said. "At first we dismissed it as some sort of Halloween prank ... maybe this guy was selling pumpkins or something. But then we noticed the vehicle had actually run into the concrete base of a light pole and the back tires were still spinning on the pavement."

The uncontrollable spasms of an epileptic seizure had rendered the driver unconscious with his foot still gunning the gas pedal. A passerby blurted out, "There's a man trapped in that car," and Timoney and his friend sprung into action.

"I guess the Army training kicked in ... we didn't even think about it, we just headed for the vehicle to see if we could get the driver out before it caught on fire."

Timoney recalled some sage advice he had received earlier in his career when he was a company commander at Fort Jackson, S.C. The battalion commander had a saying, "Scan, Focus, Act," that motivated young officers to make smart decisions quickly. That discipline – Timoney said he now realizes – motivated him to do the right thing even though it could have proved deadly if the vehicle's fuel tank exploded.

"The back wheels had caught fire by the time we got there," Timoney said. "The guy who flagged us down had a tire iron, so I grabbed that and smashed the driver's side window."

A jammed lock kept the driver's side door from opening, however, and the rescuers could not release the seat belt allowing extraction through the window. "I ran around to the passenger's side of the vehicle. The flames were coming up the sides by then, and we could feel the heat scorching our skin," the lieutenant colonel said with a slight brush of the arm, probably spurred on by the subconscious memory of singed hair.

Smashing the passenger window, Timoney was finally able to gain access into the vehicle and shut off the engine. An off-duty police officer entered the scene and assisted by cutting the seatbelt as Timoney supported the driver. The rescuers pulled the victim free of the vehicle.



Photo by Matt Thomas

**Brig. Gen. Bernardo Negrete, deputy commanding general for Accessions Command, pins the U.S. Army Soldier's Medal on Lt. Col. Gerald P. Timoney, Jr., during a June 30 ceremony.**

In an Oct. 27 letter, Officer Robert A. Ingram of the San Antonio Police Department wrote: "It is Lt. Col. Timoney's selfless act that compels me to write to you today. As a police officer, it is this type of citizen that makes my efforts to protect the public possible.

"This was a truly collaborative effort that ultimately saved a man's life," the letter continued. "As a veteran and current reservist, it makes me proud to serve alongside other military members such as Lt. Col. Timoney."

Timoney later learned there was even a fourth military member on the scene. The passerby who sought help by flagging them down was also an Army Reservist.

This tale concludes, of course, with a medal – equivalent to the Distinguished Flying Cross – that the Army created to recognize Soldiers who "distinguish (themselves) by heroism not involving actual conflict with an enemy." The words "FOR HEROISM," emblazoned across the bottom of the award certificate herald its significance.

"Hero is a big word, and I'm not sure what I did merits that title," Timoney said, with a bit of a sigh.

"You have firemen and policemen out there who do this sort of thing every day. And what about the rescue crews during 9-11? Those are the guys who deserve the title of hero, in my opinion."



Photo by Matt Thomas

**Lt. Gen. Oscar Izurieta, commander, Chilean Institutes Command, is welcomed by an honor guard from Headquarters Company Fort Monroe June 29. Accompanied by Maj. Gen. Carlos Oviedo, director of army education for the Chilean command, Izurieta was visiting TRADOC to gain insight into the U.S. Army Officer Education System.**

## July

### Yard of the Month

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

- Ingalls 1 – Capt. Matthew and Erin Jury
- Reeder Circle – Sgt. Maj. Dana and Iryna Carrier
- Commissary – Spc. Colin and Samantha Bridges
- Ingalls II – Capt. Derek and Christy Draper
- Moat officer – Maj. Gregory and Lisa White
- Moat walk – Sgt. 1st Class Lee and LaSunya Phillips
- Monroe apartments – Maj. Thomas Barrett

Two Yard of the Month judging sessions remain — Aug. 9 and Sept. 13.

Visit us online at [www.monroe.army.mil/casemate](http://www.monroe.army.mil/casemate)

## Fort Eustis Education Center adds computer certification course

The Fort Eustis Army Education Center, in cooperation with Thomas Nelson Community College's Office of Workforce Training and Continuing Education, will implement an A+ Certification Program this fall.

The first class will run from Oct. 15 through Dec. 11. Classes will be conducted on Fridays from 6 to 10 p.m., and Saturdays from 8 a.m. to 3:45 p.m., at the Eustis Education Center, build-

ing 1500, Room 102.

A+ is the industry standard for entry-level computer technicians. Every business uses computers and skilled technicians are in demand.

This 90-hour course covers a wide range of classroom and hands-on lab experience, including: fundamentals of operating systems, computer hardware basics and concepts, troubleshooting, maintenance and repair.

More information about the A+ Certification Program, including: eligibility requirements, tuition, and registration procedures will be provided during a July 28 briefing starting at 10 a.m. at the Eustis Army Education Center.

Contact the TNCC Registration Specialist at 825-3577 or the Eustis A+ Certification Coordinator at 878-2083 ext. 250 for additional information.

### **MP** *Roll Call*

*MP Roll Call provides a link between the Provost Marshal's office and the Fort Monroe community regarding law enforcement operations, services and crime statistics, and how operations and services combine with other initiatives to keep the community safe daily. Call 788-2220 with any comments or concerns that need to be addressed. Detailed information concerning the fort's security posture will not be published.*

### PMO reviews rules for child supervision

All children under 10 years old must be supervised at all times by a responsible individual at least 12 years old.

According to AR 608-18 and Post Policy, "A finding of neglect is usually appropriate in any situation where a child, under the age of nine, is left unattended (or left attended by a child under the age of 12) for an inappropriate period of time.

A finding of neglect is also appropriate when a child, regardless of age, is left unattended under circumstances involving potential or risk to the child's health or safety."

#### Lost and Found

- Blue, 6 speed, Huffy mountain bike
- Black, zipper-style wallet containing various documents
- Military dog tags with chain and two keys
- Tan, hat, fisherman's style with "Dora" on front
- Blue, American Discounters fanny pack
- Black, Raleigh mountain bike
- Black, Stalker 12-speed bike
- Coolers, two green, one blue
- BB gun, Daisy Model 1894, 40 shot, lever action

**SUNCOM**  
**5 X 12**

**Photos by  
Patrick Buffett**

*With a good mix of popular hits that speak of country livin' and love gone wrong, Terri Clark wowed the audience during 4th at the Fort festivities here. Concert goers "numbered well into the thousands," according to unofficial estimates. Clark's performance was followed by the post's much bally-hooded fireworks show.*



**4th at the Fort Scrapbook**

# Monroe welcomes thousands for Clark, Bentley show



*Backed up, literally, by one of her band members, Terri Clark shows off her guitar skills.*



*Audience members demonstrate their enthusiasm for the show.*



*Terri Clark performs a song from her award-winning album "Pain to Kill."*



*Photo left, rising country star Dierks Bentley fires up the crowd — especially those of the female persuasion — with hit songs from his latest album during 4th at the Fort festivities at Walker Airfield. Photo above, Backup singer and steel guitarist Michelle Poe shows off her vocal talents during the performance. Poe's debut album is due out in August.*



Photos by Matt Thomas

## Proud Salute

*Photo above: Staff Sgt. Linwood Baker, left, NCOIC of the Fort Monroe Salute Battery, and Staff Sgt. Shannon Reynolds, detail "watchman," await the order to begin a 50-gun "Salute to the Union" as part of the July 4 observance at Continental Park. Photo right: Salute battery member, Sgt. Tiffany Stephens, center, fires while her unidentified teammate stands ready to reload the 105mm (towed) Howitzer.*



## Music Under the Stars

### 'Ramblers' show brings rock, Motown, country

Dixieland, Motown, classic rock and country — The U.S. Continental Army Band's noted small ensembles do it all. And the next opportunity to hear the "James River Ramblers" and "Crossfire" is just around the corner.

Both groups will perform Thursday evening during Fort Monroe's "Music Under the Stars" outdoor concert series. The program begins at 7 p.m. at the gazebo at Continental Park. The concert is free and open to the public.

The James River Ramblers, the Dixieland component of the band, will be performing well-known favorites such as "When the Saints Go Marching In," "Bourbon Street Parade" and the "St. Louis Blues." Maj. Andrew Esch, the band's commander and conductor, said the Ramblers are the most requested small ensemble in his organization.

"Crossfire" will be also demonstrating its distinctive show band style during the evening — performing selections like Pat Benatar's "Hit Me With Your Best Shot," Stevie Wonder's "Signed Sealed Delivered," and John Michael Montgomery's "Letters from Home," among others. "Crossfire" recently performed at the NASCAR race in Richmond and will be participating in Hampton's Bay Days celebration on Aug. 6.

Guests are encouraged to bring lawn chairs and blankets. Organizations like Better Opportunities for Single Soldiers — BOSS — and the Casemate Community Connection will also be on hand with food, beverages and a wide assortment of crafts for sale.

For more information, including a full schedule of the "Stars" summer outdoor concerts, visit TUSCAB's website at [www.tradoc.army.mil/band](http://www.tradoc.army.mil/band) or call 788-3620.

AD  
6 X 7

## Other winners ...

Additional team and individual winners not named in the captions on these pages are as follows:

### Canoe Races

#### 1st Place Men

Col. Rodney Phillips  
Maj. Don Stoner

#### 1st Place Women

Heather Stoner  
Lisa Lamb

#### 1st Place Mixed

Maj. Don Stoner  
Heather Stoner

#### 2nd Place Men

Col. Peter Limoges  
Lt. Col. Matt Lissner

#### 2nd Place Women

Carolyn Gillroy  
Audrey Lusby

#### 2nd Place Mixed

Col. Steve Campbell  
Allyn Larochell

### Three-Legged Race

#### 1st Place

Maj. Don Stoner  
Hayle Stoner

#### 2nd Place

Susan Glover  
Jessica Glover

### 2-on-2 Basketball

#### 1st Place

Staff Sgt. Thomas Scott  
Sgt. James Dix

#### 2nd Place

Sgt. 1st Class Darrel Hinson  
D.J. Hinson

### Softball

#### 1st Place

Post

#### 2nd Place

DCST

### Stars vs. Stripes

Stripes - 14

Stars - 7

(See photo Page 15)

### Tennis

#### 1st Place

Larry McKnight  
Sunga Gunn

#### 2nd Place

Sgt. 1st Class Ronald Martinez  
Lt. Col. Douglas Carr

## Special thanks ...

This year's organization day was one filled with fun, competition and overall enjoyment. Wherever I traveled in my little golf cart, I witnessed adults and children having a great time and doing some fun and wonderful activities.

All of this would not have taken place were it not for the efforts and commitment of the planning committee. Your hard work and willingness to plan and direct your "piece of the puzzle" made for a picture-perfect day.

Again, thank you! I know my memories of the day will stay with me for a long time.

- Laine Beckwith  
TRADOC Org Day Coordinator

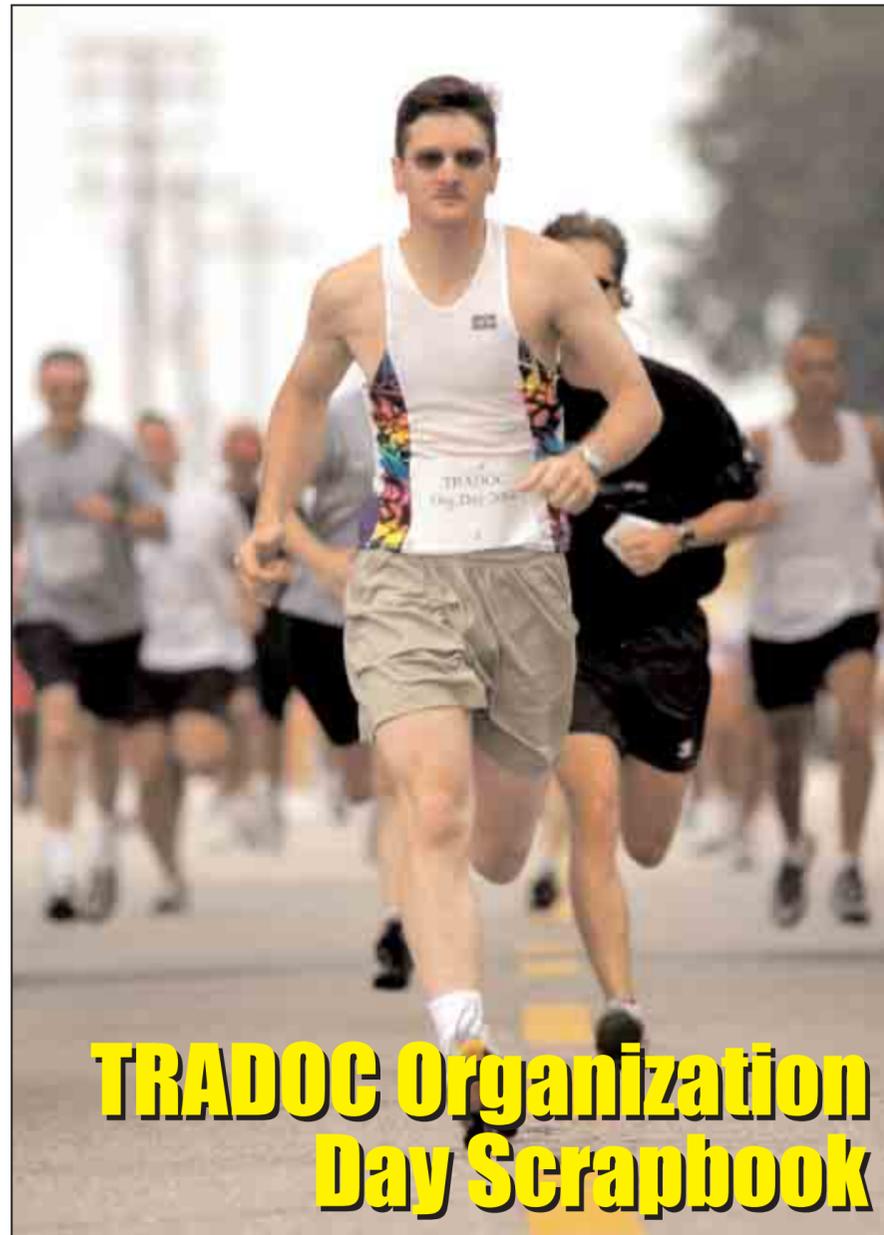


Photo by Matt Thomas

Photo above: Sgt. 1st Class Christopher Helisek of the TRADOC Commanding General's Office leads the pack at the start of Organization Day's 3K fun run/walk June 25 near Continental Park. Winners of that event included Maj. Don Stoner (1st place men), Michael Holm (2nd place men), Tesan Carper (1st place women), Cindy Carpenter (2nd place women), Kesite Williams (1st place child), and Marissa Williams (2nd place child). Photo right: Capt. Stephen Trotter lines up his shot during the horse-shoe competition. The DCG team of Maj. Gen. Stephen Thompson and Lt. Col. Matt Lissner went on to win the event. Placing second was the Cadet Command team of Capt. Vaughn DeLong and Trotter.

Editor's Note: The spelling of the various names used in this centerspread were verified to the best extent possible using the Monroe email system, post phone book or the winner's rosters provided by event organizers. If any misspellings still exist, we sincerely apologize.



Photo by Matt Thomas



Photo by Matt Thomas

Photo left: In a close heat during the canoe races Megan Guillian and Mark Kurek (red vests) struggle to stay ahead of Sgt. 1st Class Lee Phillips (green vest) and Lt. Col. Dan Dillon. Photo below: Fort Monroe family members Sarah Serio, left, and Chelsea Portuese compete in the three-legged race.



Photo by Patricia Radcliffe

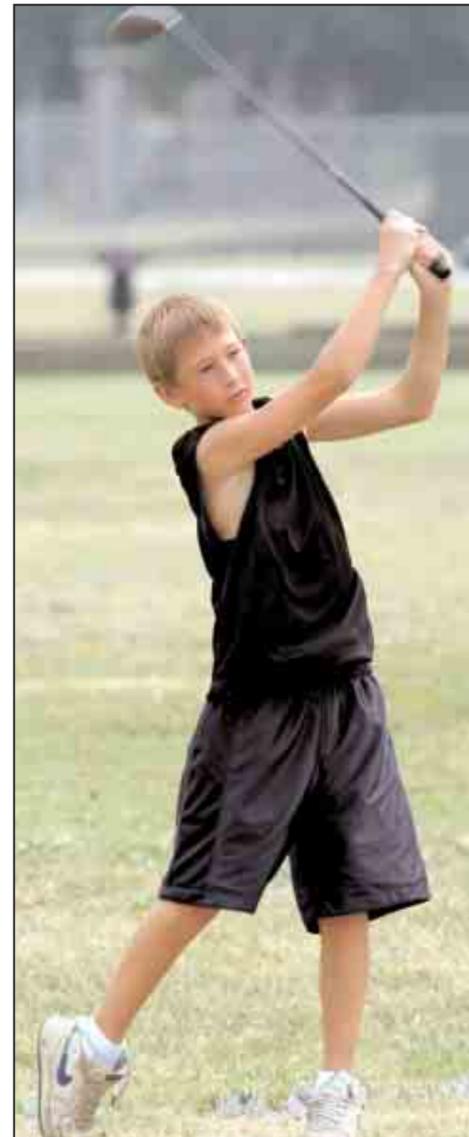


Photo by Matt Thomas



Bill Neff, Fort Monroe Auto Craft Shop manager, shows off the Org Day fishing tournament's first catch of the day. The June 25 tournament took place at the newly rebuilt Engineer Pier, adjacent to Continental Park. More than 40 participants took part in the event. Eleven-year-old Charles Hobb, III, an MWR family member, went on to win the tournament by reeling in a 16.5-inch flounder. Second place went to Pam Goode of U.S. Army Cadet Command.

Photo by Matt Thomas



Photo by Patricia Radcliffe

Photo left: Fort Monroe family member Logan Brown takes his shot during the closest to the pin competition. Winners of that event included the TRADOC Command Group (1st place team), CIO (2nd place team), Sam Tanguy (first place male), Katherine Swisher (1st place female), and Gabby Tal (1st place child). Photo above: Kenny Bone and Gail Clinch of the Fort Monroe Post Team cover the net during the volleyball competition. The post team went on to win the event. Second place went to CIO.

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



## Sports mini-clinics help teens beat summertime boredom

BY TREVOR FRY  
CASEMATE STUDENT INTERN

Dozens of Fort Monroe kids have discovered a healthy alternative to just sitting around the house watching television and playing video games.

Adolescents are now practicing free throws and riding the waves, all while learning good sportsmanship skills, thanks to six mini sports clinics

"These clinics are a great way to keep sports going during the summer months," said Program Director Mike Jones.

Jones added, "The youth really benefit because it helps keep their fitness levels up."

Certified Association of American Universities coaches run the clinics. Most sessions are one week long with three-hour blocks each day.

Jones said he is quite impressed by the enthusiasm of the youth during the camp. They are learning in 15 hours what would take some much longer to master. Children tend to like the sports enough that they are seen

again the following year.

Jones said they teach the teens basic sportsmanship and the rules of the game. After the kids digest all of the information, they quickly put it to use in hands-on training for the rest of the clinic.

Feedback from participants and parents is nothing but positive. Jones said it's no wonder kids come back each year because of the level of fanaticism and the parents enjoy it because it gives their children something to do.

Spots are still available in the remaining clinics. Clinics still open for participation are gymnastics, basketball, cheerleading, fishing and tennis. For more information or to enroll, contact Jones at 788-3957.

## Youth sought for fall soccer

Youth Services will open registration for the 2004 fall soccer season July 19.

Children ages 3 to 15 are welcome. All partici-

pants must be a member of Child and Youth Services.

For more info on registration costs and requirements, call 788-3957

## Racquetball tourney champ

**Master Sgt. Edward Martin of the TRADOC AG, DCSPIL office, wacked his way to first place in a debut racquetball tournament that concluded Monday at the Fitness Center. Martin took on Steve West, Futures Center, in the final match. The double-elimination tournament went to a tie-breaker with a final score of 11-7. Trophies and MWR gift certificates were awarded to the first and second place winners.**



Photo by Patricia Radcliffe

AD

AD



Photo by Matt Thomas

### Stripes topple Stars ... finally

*The Fort Monroe "Stripes" finally toppled the "Stars" with a 14-7 blowout during TRADOC Organization Day June 25 at DeRussy Field. The ongoing softball series between the post's top two enlisted ranks and top three officer ranks, began just over a year ago. With an 0-3 record, the Stripes "placed extra emphasis" on hitting and base running during this latest game, according to team coach Ray Harp. "We knew that once we had them down we just needed to keep on kicking, and that's exactly what we did.*

### Kingsmill resort offers military special

Kingsmill Resort and Spa invites military members to play golf after 2 p.m. for \$55 (includes cart).

Tee times can be booked up to 30 days in advance. This special rate is good through Aug. 31.

Call 253-3906 to make reservations. Be sure to identify yourself as a military member (active, reserve or retired). Valid identification must be shown at check in to receive the special rate.

**AD  
3 X 7**

## ***Intramural*** Standings

Softball		Golf
<b>National League</b>	<b>American League</b>	DCSOPS&T 40 pts
1 CMS 7-0	FM-DCST 6-2	DCSPIL/NERO 52 pts
1 CONS 6-1	FM MOAT DOGS 5-1	HQ 40 pts
1 OSS 6-1	1 DGS #1 6-1	DPW 35 pts
ACC/CG 6-2	1 LRS #1 5-1	JTF-CS 40 pts
ACC/IG 6-3	AMX #1 3-1	
1 LRS #2 5-4	1 MDG 3-1	Standings as of July
ACC/SF 3-2	1 MDG SFS 3-3	14. Numerous
EMS #2 3-3	FM MPs 3-3	win/loss totals have
12 ALF 2-4	ACC/LG 3-3	not changed as
ACC/DP 4-5	1 CES 3-4	inclement weather
DGS-2 2-7	EMS #1 3-4	has postponed many
FM CADET 2-5	480 IG 2-2	games. For more
FM JTFCS 2-4	119 FW 1-5	information about
AEF CENTER 2-4	MOS 1-5	game schedules call
ACC/DR 2-6	ESC ACF 1-5	788-2783.
DCS-2 1-7	1 CS 0-7	
AMX #2 3-6		

**The Bay Breeze Patio Grill is back! Call 788-5656**

**AD  
3 X 10**

# Moat Notes

## UPCOMING SPOTLIGHT EVENTS

MUTS James River Ramblers . July 22 | MUTS 'Cartoon Classics' . . . . July 29  
 GO Retirement Ceremony . . . . July 23 | Post Retirement Ceremony . . . July 30  
 Post Run . . . . . July 27 | Kid's Day . . . . . Aug. 7  
 For more on these and other upcoming events, see calendar below or other stories and briefs in this issue.



### July 16

#### Movie music

Combining the best of their popular Buckroe events – the “POMOCO Family Movie Series” and “Groovin’ by the Bay” – the Hampton Parks and Recreation Department is touting a “one-of-a-kind” evening tonight at Buckroe Beach beginning at 7.

The Virginia Youth Symphony Orchestra will perform selections from various film scores while clips from the respective movies are shown in the background. The movie melodies include E.T., Magnificent Seven and Star Trek VII.

The event is free and open to the public. For more information, call 727-8311.

#### Jazz festival

Legendary performers will turn up the heat during the two-day Norfolk Jazz Festival, which begins today at Town Point Park. Enjoy food, beverage and shopping opportunities. For more information, call 441-2345 or visit [www.townpoint-jazz.org](http://www.townpoint-jazz.org).

#### Chappelle show

Tickets are now on sale for Dave Chappelle’s highly touted comedy show coming to Norfolk’s Constant Center Oct. 1.

Best known for the hit television series bearing his name on Comedy Central, Chappelle has also hosted his own HBO special and has appeared in many feature films.

Admission prices start at \$36. Tickets can be obtained from the Constant Center Box Office, through Ticketmaster outlets, or by calling 671-8100. The Constant Center is located on the campus of Old Dominion University.

### July 17

#### '60s sing-along

Children and grown-ups with music in their heart are invited to join a '60s folk music sing-along at 11 a.m., Saturday at the Main Street Library, Newport News.

No registration is required ... just show up. For more information about this event or others being offered by Newport News libraries, call 247-8875 or visit [www.nngov.com/library](http://www.nngov.com/library).

### July 18

#### Tidewater Winds

The Tidewater Winds’ 20th Season Summer Concert Series contin-

## Sharing a journey

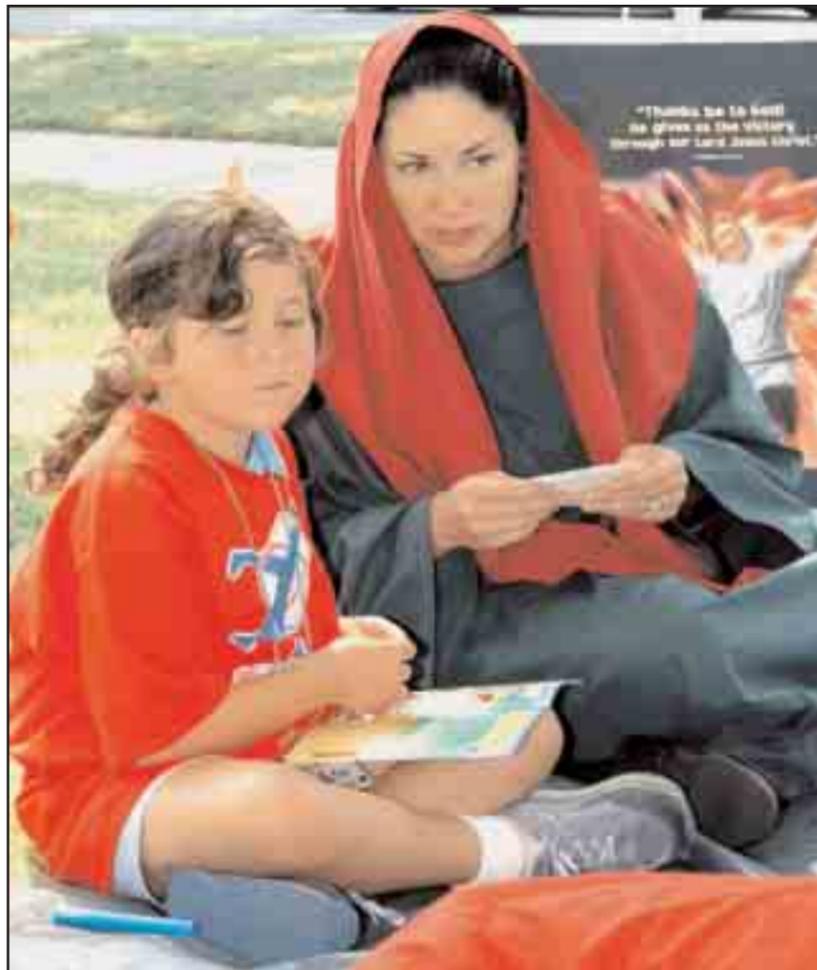


Photo by Patricia Radcliffe

**Lisa Wyatt shares the details of the Apostle Paul's missionary journey with Clarissa Baker, 6, on the final day of Vacation Bible School July 1 on post.**

ues Sunday at the Harrison Opera House, Norfolk, with a show titled “TV, Movie and Broadway Extravaganza.” Additional performances are scheduled throughout the week at various high schools south of the tunnel. All shows begin at 7:30 p.m.

The series concludes Aug. 1 with a grand season finale performance at Willett Hall in Portsmouth. All shows are free and open to the public. For more information, visit the Winds’ website at [www.homestead.com/tidewaterwinds](http://www.homestead.com/tidewaterwinds).

### July 21

#### 'Chessie the Manatee'

The true story of “Chessie the Manatee” will be told during a Rainbow Puppets’ presentation beginning at 11 a.m., Wednesday at the Poquoson Public Library.

Based on the true story of Chessie, the Florida manatee who wandered into the Chesapeake Bay, this fast-paced family program features songs, dances and delightful effects in an exciting blend of art and science.

Participants are asked to pre-

register for the event at the library’s circulation desk. The library is located at 500 City Hall Avenue in Poquoson. For more information, call 868-3060.

#### Chevy car show

An international convention for Chevy and Camaro show-car lovers kicks off Wednesday at the Holiday Inn along Mercury Blvd (near I-64).

Pre-registration is required for anyone who wishes to display their car during the event. For more information visit [www.camarolegends.com](http://www.camarolegends.com).

### July 22

#### Endview child's play

Junior interpreters describe the plantation from a child’s point of view and teach games on the lawn as part of Endview Woods “Child’s Play in the 19th Century” program from 10 a.m. to 1 p.m., Thursday.

Additional programs are scheduled for Aug. 12 and 26.

The living history program is designed to teach visitors about some aspects of life for children

growing up in the 1800’s. Participation is included with regular admission, which is \$6 for adults, \$5 for seniors age 62 and up, and \$4 for children ages 7 – 18. For more information, call 887-1862.

#### Gallery special exhibit

A special exhibit titled “Heroism & Rescue from Nazi Tyranny” opens Thursday at the Courthouse Galleries in Portsmouth, Va.

Featuring artifacts from the U.S. Holocaust Museum in Washington D.C., and paintings by artist and Holocaust survivor Emil Brand, the exhibit tells the stories of two unlikely heroes – Varian Fry and Oskar Schindler – who saved the lives of thousands of Jews during the occupation of Nazi Germany during World War II.

The exhibit will continue through early October. To attend to opening reception or obtain further details about special events scheduled during the exhibit, call 393-8543.

### July 24

#### Concert band performs

The Peninsula Concert Band will give a free outdoor performance at Reformation Lutheran Church in Newport News on July 24 beginning at 5:30 p.m.

Food and beverages will be on sale. Participants can also pre-order boxed meals, containing a roast beef, grilled chicken, turkey or vegetarian sandwich. A portion of the food sales will go to the church’s organ fund. A collection for the fund will also be conducted during the concert.

Tickets for the meal are available at the church office located on Warwick Blvd., between Young’s Mill Lane and Oyster Point Road. For more information, call 249-0374.

#### AT THE MOVIES

Showing at the Langley Air Force Base Theatre

Friday, July 16

7 p.m. — Stepford Wives (PG-13)

Saturday, July 17

2 p.m. — Harry Potter - Prisoner of Azkaban (PG)

7 p.m. — The Chronicles of Riddick (PG-13)

Friday, July 23

7 p.m. — The Terminal (PG)

Saturday, July 24

2 p.m. — Around the World in 80 Days (PG)

7 p.m. — Garfield (PG)

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](mailto:LowJ@aafes.com) or 766-1237 for details.

# ACS Corner

For information on ACS events, call 788-3878

## Monthly Newcomers Briefing

ACS offers a Newcomers Briefing the second Thursday of every month. A short overview of the services available on Monroe and in the surrounding community is discussed. Briefings are also given by the garrison commander, post CSM, school liaison officer, post chaplain and an EEO representative. A short tour of the Casemate Museum is also offered. Call Marie Hinton at 788-4344 or Kathleen Miller at 788-3878 to register.

## Anger Management Classes

ACS sponsors ongoing Anger Management Classes. The classes are held at Quarters 1 (inside the moat), and run continuously on Mondays from 11:30-1 p.m. Call Allen Reed at 314-7910 or Kathleen Miller at 788-3878 to register. All persons must attend eight sessions in order to receive a letter of completion.

## Boots 'n Booties Program

The Soldier & Family Support Center will host Boots 'n Booties on July 20 from 1 to 4:30 p.m. This program is designed to assist expectant parents in preparing for a baby's arrival. New parents will also find this program helpful. Subjects to be addressed include infant growth and development, budgeting for a baby, car seat installation, and childcare options. Each participant will receive a free layette. This program is open to active-duty service members, family members, DA civilians and retirees. To register, contact Kathleen Miller at 788-3878. This program will be held at the Soldier & Family Support Center, Quarters 1.



File photo by Patricia Radcliffe

**Hulk wannabe, Liam Carr, 4, does his best imitation of one of his favorite comic book heroes during last year's Kids Day at Fort Monroe.**

## Kid's Day 2004

Fort Monroe's annual Kid's Day will take place Aug. 7, on the parade field inside the moat. The opening ceremony is scheduled for 10 a.m. with a parade around the field. There will be games, prizes, and activities for children of all ages. Every child will win a prize and qualify for door prizes. There will be face painting, balloons, and clowns. We will also have information booths for parents. Free hot dog, soda, and chips for all who come. As always, in order to make this event a success, we need volunteers. For more information on this program or if you would like to volunteer contact Army Community Service at 788-3878.

## New building coming soon

Keep your eye out for our new office building soon to be constructed right next to the Community Activities Center.

## Free consumer handbook

Get your free copy of the 2004 Consumer Action Handbook. It lists contact numbers and addresses for many of the large companies that you might patronize. This resource can help you save money and resolve consumer complaints. It is divided into three parts to provide helpful hints before you buy, after you buy, and who to contact to fix a problem. It also has an example of a consumer complaint letter. To get your copy, contact Beverly Nicholson, Consumer Affairs/Financial Assistance Program Coordinator at 788-4132, via e-mail at nicholsb@monroe.army.mil or stop by the Soldier and Family Support Center/ACS.

## Newsome presents 'loving threads'

The Newsome House Museum and Cultural Center will open "Loving Threads, Stitching Quilts," an exhibit of recent creations by the 54-40 African-American Quilters' Guild, on July 24 from 1 to 3 p.m. The exhibit continues until Nov. 2.

Newsome House is also open for tours Mondays and Wednesdays through Saturdays from 10 a.m. to 4 p.m.; and Sundays from 1 to 5 p.m. Admission to the house is free, but a \$2 donation is suggested.

Newsome House is located at the corner of 28th Street and Oak Avenue in the heart of Newport News' historic East End neighborhood. Take the Aberdeen Road exit off I-664 and follow the museum signs.

For information, call 247-2360 or visit [www.newsomeshouse.org](http://www.newsomeshouse.org).

## July 26

### Civil War kid's camp

Boys and girls age 8-12 are invited to participate in a Civil War Children's Camp scheduled for July 26 through 29 at Endview Woods. Additional camps are also scheduled for Aug. 9 through 12 and Aug. 23 through 26.

The program focuses on Civil

War camp life, skirmishes, drills and basic equipment. The cost is \$150 per child. Supplies are provided.

Pre-registration is required. For more information, call 887-1862.

## July 28

### 'Miss Wanda' explores manners

The Poquoson Public Library wants to show children who will be heading into first through fifth grade next school year how to "put their best foot forward" during a special program July 28 from 1 to 3 p.m.

Miss Wanda will explore good manners in an event styled after the "American Girl" programs. There will be crafts to make, food to eat and cards to create.

Participants are asked to pre-register for the event at the library's circulation desk. The library is located at 500 City Hall Avenue in Poquoson. For more information, call 868-3060.

## July 29

### '50s rock at Poquoson

The Poquoson Library is inviting the public to dig out those poodle skirts and bobby socks and join

them for an evening of '50s rock-n-roll July 29 from 6:30 to 8:30 p.m.

Participants are encouraged to bring their favorite games and a CD or two containing "oldies but goodies," appropriate to the evening's theme. Pizza will be available for \$2. Also on the menu are moon pies and coke floats.

Those who would like to join in the fun are asked to sign up in advance at the library's circulation desk.

The library is located at 500 City Hall Avenue in Poquoson. For more information, call 868-3060.

## July 30

### 'KidPop' concert

The six-week "Storytelling in the Park" series, sponsored by Freedom Ford, will conclude July 30 with a KidPop concert featuring Judy Pancoast, an award-winning children's author and composer. The show begins at 12:30 p.m. at Bluebird Gap Farm in Hampton.

The concert will last 45 minutes, leaving plenty of time to explore the farm - which features more than 250 domestic and wild animals including a mountain lion, bobcat, pheasants, ponies and birds of prey.

For further information, call 727-8311 or visit [www.hampton.gov/parks](http://www.hampton.gov/parks).



Photo by Patricia Radcliffe

**Nathan Clark, 11, left, races for a base as Chris Thomas, 13, takes aim to tag him out during a kickball game on the last day of Fort Monroe Vacation Bible School July 1. Also pictured is Brianna Jasnak, 10. Clarke and Thomas were VBS volunteer helpers.**

Visit us online at [www.monroe.army.mil/casemate](http://www.monroe.army.mil/casemate)

# Summer camp takes teens to new extreme

BY TREVOR FRY  
CASEMATE STUDENT INTERN

These teens may not be jumping out of planes or sailing 50 feet into the air on motorcycles, but they are taking the term extreme and making it their own.

Camp Xtreme is a youth development program that teaches young adults basic life and character skills, according to Renee Hockaday, camp director.

Hockaday said the objective of the camp is to make the teens well-rounded people so they will be able to perform to the best of their abilities once they reach high school and adulthood.

The camp has courses such as: academic support, citizenship, sports fitness, health and the arts.

In this first week alone they have done various types of activities. Monday began with a

drama session in which participants had 10 minutes to design a sketch comedy. With vast knowledge of Saturday Night Live, the kids came up with some very original, and amusing works.

By day two, small groups were working to design, build and advertise roller coasters out of everyday items. A volunteer from the Virginia Air and Space Museum led the session.

After using their brains, it was time to use some of their brawn. Wednesday morning found camp participants in the fitness center running laps and lifting free weights.

"We do this (a variety of activities) to give them a balance and to broaden their horizons," said Hockaday, who also added that the best part of the camp for her is taking the youths out and showing them new things.

The 11-week program spans most of the sum-

mer and allows kids to get out of the house and interact with other children their age in a safe environment.

"It's been great," was the simplest way Joshua Wright, a member of the camp, could put it when talking about meeting new people.

The camp also caters to some of the participant's career aspirations, and it offers others an opportunity to travel to new places.

Leah Johnson said, "I want to be an actress," so it's understandable that the drama classes being taught each week are her favorite part.

Meghan Dugan "can't wait" for the day that the group is going to King's Dominion, an amusement park near Richmond.

Although the camp is not accepting any more teens this year, Hockaday encourages any child who is going to be in seventh, eighth or ninth grade next school year to consider joining them next summer.



**Photo Above: Chelsea Rhoades and Andre Blockett do squats during circuit training at the fitness center. This is one of the many activities scheduled each week. Photo Left: Renee Hockaday and Caitlin Smith try to find a way to keep the roller coaster track in place for the test run**

Photos by Trevor Fry



**Photo above: Mike Carlomany mounts a board during the rescue relay in which he, Alan Rogers and Christian Congrove (not pictured) teamed up to win first place in men's rescue board competition during the 5th Annual Buckroe Beach Lifeguarding Competition June 26. Photo right: Lifeguards Alan Rogers and Laura McManus participate in a "rescue." About 15 Fort Monroe lifeguards competed in various events taking first place in men's rescue board relay and men's run-swim-run, and second in two other events.**



Photos by Terry Richey

# 2004 POW/MIA poster enroute to troops, vets

BY RUDI WILLIAMS

AMERICAN FORCES PRESS SERVICE

WASHINGTON, July 14, 2004 — “As the poster is unveiled, you will see the flag of free-



*The 2004 POW/MIA poster*

dom — the American flag — flying proudly. Its presence underscores our commitment, our pledge — our solemn pledge — to account for our missing wherever it takes us.”

That’s what Jerry D. Jennings, deputy assistant secretary of defense for prisoner of war and missing personnel affairs, told the audience during the recent unveiling of the 2004 National POW/MIA Recognition Day poster. The ceremony was held during the annual government briefing to families of service members missing in Southeast Asia, at the Crystal City Hilton Hotel in Arlington, Va.

In describing the poster’s design, Jennings said, “You will see our fellow servicemen, once held in captivity, now awaiting their freedom.

“You will see a stark silhouette of men at war today ... atop a tank, with the somber black POW/MIA flag fluttering from the antenna,” Jennings continued. “This flag reminds us all of the nation’s promise to warriors past and present: We will bring you home.

“In the faces of the POWs we see the pain of uncertainty, yet defiance,” Jennings noted. “Many seem to be asking, ‘When are you coming?’ (This is) symbolic of the more than 88,000 who remain unaccounted for from all conflicts.

The images span the decades, Jennings said. “They span the conflicts in which dedicated Americans have gone into harm’s way. They speak of today’s warrior on today’s battlefields. They are drawn together, though, in these stark images.”

He said the words “Wherever it takes us; how-

ever long it takes; whatever the cost” are a “solemn pledge.”

Larry Greer, spokesman for the POW/Missing Personnel Office, said his organization has already started to receive requests for the poster. However, he added, veteran’s organizations and military units are getting automatic distribution of the poster, as they do each year.

If organizations don’t get enough posters through normal channels, they can request additional copies through Greer’s office, he said. The poster also can be downloaded from the office’s Web site..

Greer noted that 142,000 posters were printed this year.

POW/MIA Recognition Day is set aside to honor the commitment and the sacrifices made by prisoners of war and those who are still missing in action, as well as their families.

The recognition day is one of six days out of the year that Congress has mandated flying the black POW/MIA flag over federal facilities and cemeteries, post offices and military installations. The other days are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day.

By custom, POW/MIA Recognition Day usually is observed in Pentagon ceremonies on the third Friday in September. However, it has been moved in the past to avoid conflicts with religious observances. Consequently, this year’s ceremony will be observed on a Tuesday, Sept. 14, out of respect for the Jewish holiday of Rosh Hashanah.

## New cookbooks benefit CCC scholarship fund

“Freedom’s Fortress: A Collection of New Recipes and Old Memories from Historic Fort Monroe” is a new hardcover, ring-bound cookbook available from the Casemate Community Connection. Proceeds from book sales support the CCC’s scholarship and welfare funds.



**Shae Inglin is among the CCC members who are selling the new cookbook.**

Its 800 recipes were submitted by people who live, work and frequent our post and its photographs pay tribute to the fort.

About 2,000 copies remain. The cost is \$17 per book. Contact Erin Jury at 722-0005 or info@monroecc.com for more information.



## Signal Celebration

**Diane Devens, director of the Northeast Region Office here, and Spc. Elisha Johnson, Directorate of Information Management, cut the cake during a U.S. Army Signal Corps 144th birthday celebration June 21 on the parade field inside the moat. The celebration also included a reading of signal corps history followed by a recital of the signal corps creed. The event “recognized the partnership between civilians and military and their valued contributions to the Army,” according to organizers.**

Photo by Matt Thomas

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*“It is not difficult to recognize a person with a bad heart.”*

garbage in, garbage out. Choose carefully the things that you accept into your spirit (and the people that you allow to speak to your spirit). Begin a diet of praying several times during the day. Prayer will give you balance.

**Weight training:** I lift weights about four times a week. Between each set I take a 1 minute break. At least once a week I lift heavy which requires concentration more than muscle strength. Let me suggest that true spiritual fitness will require that we concentrate on lifting some of the weights that are before us.

Bad habits and bad relationships are two examples. We like to pray that God will remove obstacles in our lives that we have the ability to remove ourselves. Start off with the light stuff (try laziness or profanity). Work your way up to the heavyweights ... negative work environments and mean-spirited people. You will be amazed at how much you can lift at the end of four weeks.

**Cardio:** It is not difficult to recognize a person with a bad heart. They are clogged with meanness and selfishness. They connive and are seldom honest in their dealings.

How is your heart? Maybe it needs a workout. Nothing can do this better than getting up at the time of worship and going to a place of worship. We like to think that we can worship at home. Few of us have the discipline to maintain a consistent physical workout at home and few of us have the discipline to maintain a spiritual workout at home.

Without a worship life, our hearts become clogged and sickly. Start your day with prayer, praise and Bible study. You will be less likely to skip God during the day, if you start each day this way. Then

at the end of the day, spend a few moments thanking God for getting you through the day’s challenges. At the very least you’ll develop a more grateful and even generous heart.

If you modify your spiritual training program with these simple steps, you will see fantastic results in four weeks.

This is my last contribution to this column before I transition to another ministry (retire). Yet, I will be around the gym getting fit for the summer and I’ll look for you wherever there are folks who are staying fit for life.

# Big crocs highlight Nauticus Norfolk exhibit

BY PATRICIA RADCLIFFE  
CASEMATE STAFF WRITER

"Gorgeous" is not a word I'd use to describe crusty, scaly, forty-foot crocodiles that ruled North Dakota about 60 million years ago ... but "interesting" is.

These fearsome creatures existed in a murky, swamp-like, sub-tropic realm, which is replicated in dioramas in a traveling exhibit titled "When Crocodiles Ruled." This exhibit will be on display at Nauticus, the National Maritime Center, in Norfolk until Sept. 6.

The exhibit is based on the Wannagan Creek Quarry located in North Dakota. Paleontologist Bruce Erickson led 25 years of research into the quarry and helped create the exhibit.



Photo by Patricia Radcliffe

**Skelton of 14-foot crocodile (above) is part of the "When crocodiles Ruled" exhibit currently at Nauticus.**

When Crocodiles Ruled is great for the entire family because, as with the other displays in Nauticus, it has interactive stations where visitors really "get into" certain aspects of the exhibit. There is an area that represents a paleontologist's work site where guests can handle tools of the trade. Visitors can assemble an eight-foot, wooden croc skeleton, test the force of a croc's bite or test their knowledge of prehistory at stations throughout the exhibit.

Nauticus' houses the Naval Museum, USS Wisconsin (BB 64), the National Oceanic Atmospheric Administration, and has over 1,000 stimulating displays of nautical activities. One can stroke sleeping sharks, design a naval warship or learn about oil-drilling roustabouts.

The USS Wisconsin - featuring a rather impressive set of gun turrets - provides a glimpse of ship life to those who have never had the opportunity to step aboard a Navy vessel.

Nauticus is educational and entertaining for all age groups and people with varying nautical knowledge and interests.

Nauticus is located in Downtown Norfolk at One Waterside Drive. From Fort Monroe, take I64 east and exit onto 264 toward Downtown Norfolk. Take the Waterside Drive exit (exit 9). Nauticus is four lights down on the left. A parking garage is on the right, directly across the street.

It is open from 10 a.m.-6 p.m. during the summer. Admission is \$9.95 for adults, \$7.50 for children four to twelve and free for those three and under. When Crocodiles Ruled, and other traveling exhibits, are included in the admission price.



Photo by Patricia Radcliffe

**Robert Matteson, curator of education at the Naval Museum, shows typical money, food and games used by sailors on wooden ships in centuries past.**

There is no cost to visit the Naval Museum and the USS Wisconsin.

Nauticus is within walking distance to Townpoint Park, Waterside, the MacArthur Memorial and the MacArthur Memorial mall.

Call 664-1000 or visit [www.nauticus.org](http://www.nauticus.org) for more information.



Photo by Patricia Radcliffe

**Colleen Gower, a Fort Eustis healthcare worker, withdraws blood from a finger of Tunce Andleton during the June 15 cholesterol screening at the Fitness Center. Cholesterol screenings and blood pressure checks are held the third Tuesday of each month in conjunction with the Project Pride clean sweep walk. The next clean sweep walk, and cholesterol screening, will be held July 20 at the Fitness Center.**

## NEWS CLIPS Continued from Page 4

### **101st Convention in Hampton**

The 101st Airborne Division Association National Convention will be held at the Hampton Holiday Inn and Convention Center from Aug 4-8.

This will be the 59th annual reunion and will feature a variety of activities around the Hampton Roads/Tidewater area.

Any member of the division, past and present, and their families are invited to attend. For more information contact Jim Shamblen at 838-554; fax 727-4070 or email [slick77@cox.net](mailto:slick77@cox.net).

### **Mandatory ethics training**

The Honorable Acting Secretary of the Army R.L. Brownlee has mandated that all 2.1 million active, Reserve, National Guard and Army civilian employees receive face-to-face ethics training by December 31, 2004.

The Office of the Staff Judge Advocate-TRADOC will conduct the one hour training sessions at the Post Theater every month.

The upcoming training dates in July and August are July 20, Aug. 3 and 17.

### **Hampton Cup Regatta help**

Individuals are needed to help with the 78th Hampton Cup Regat-

ta from Aug. 20 to 22. Volunteers are needed for security, beer sales (must be 21), handing out programs and issuing pit passes, and ice sales. People are also needed to help on Aug. 19 with bridge set up.

For more info contact Robin Truman at 851-5973 or [trumanrs@hotmail.com](mailto:trumanrs@hotmail.com).

### **AAFES saves you money**

According to a national independent market basket survey of AAFES, compared to retailers, you can save an average of 21.89 percent at the military exchanges.

The survey focused on the most popular items sold at both AAFES and retail stores. Of the 150 items surveyed, AAFES beat out the competition in every category.

So before you go off post, remember to check your AAFES store for great deals. Also keep in mind that AAFES offers a "We'll Match It!" pricing program.

### **Safe Boating Course**

The Hampton Roads Power Squadron is offering a free safe boating course Aug. 3. Materials are \$35-45. The two-hour course will explain the essentials of boating.

Registration begins at 6 p.m., and the class will run from 6:45 to 9 p.m. at 915 "G" St., Hampton.

For more information on the class call 850-9294 or 357-6319.