



Looking for ways to spend your pass?

By Sgt. Emily Suhr
81st HBCT Public Affairs

Soldiers of the 81st Heavy Brigade Combat Team have been training exceptionally hard these past weeks at Fort McCoy. Before they depart for Iraq, many will get a four-day pass.

While some Soldiers may fly home, many others will be staying in the area. Whether flying family and friends in or spending the pass here on Fort McCoy, there is much to do.

For Soldiers looking for a lot of activities and variety, the closest major cities are Minneapolis, Milwau-



Minneapolis, Minn. (Photo courtesy of www.city-data.com)

kee and Chicago. All three offer a multitude of choices when it comes to dining, museums and entertainment.

Minnesota's largest city has an impressive art and music scene and is about 167 miles away. The number of theaters per capita in Minneapolis is second only to that of New York. Minneapolis is also home to the largest mall in America, which has an amusement park and underwater exhibit inside.

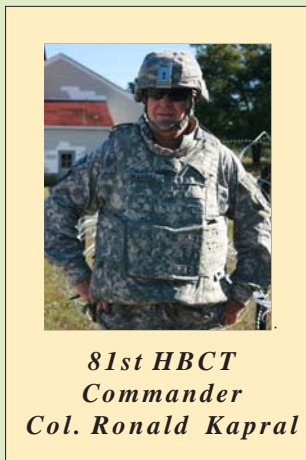
Milwaukee, Wisconsin's largest city, combines the friendliness of the midwest with the amenities of a big city. Milwaukee is home to the Miller beer company, which provides tours through its historic brewery daily. It

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Brigade Commander's Message

By Col. Ronald Kapral
Commander 81st HBCT

Our brigade has grown by leaps and bounds during the past few weeks. We are in the final stages of the current phase of our mobilization and we must now concentrate on the final push. We traveled to Fort McCoy so the Army could verify our readiness for deployment overseas. The final step for this process is a formal validation. We cannot attain validation unless everyone completes the mandatory training and the final Soldier Readiness Check. I expect that each leader will ensure that all their Soldiers have completed the required training tasks to standard prior to our departure.



81st HBCT
Commander
Col. Ronald Kapral

As we prepare to leave, maintenance of our equipment and weapons must be a priority. I am committed to building positive relationships with the personnel here at Fort McCoy. We can contribute to this goal by returning their equipment and facilities in better condition than when we assumed responsi-

bility for them. I want the personnel at Fort McCoy to remember the 81st as the professional and dependable Soldiers that we are.

Many of you will be taking a four-day pass. Some will be going home and many will stay here at Fort McCoy. I encourage every Soldier to take advantage of this time off.

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Ft. McCoy Mailing Address:

Soldier's rank & name
Soldier's Unit & Platoon
1868 Regimental Ave
Ft McCoy, WI 54656



The Mayor's Cell: Keeping the FOBs together

By Sgt. Amanda Gauthier
81st HBCT Public Affairs

As much of the brigade prepares for convoy operations missions, Headquarters, 181st Brigade Support Battalion, Headquarters, 2-146 Field Artillery and Headquarters, 81st Heavy Brigade Combat Team are preparing for a different mission. They are preparing to operate mayor's cells while in Iraq.

The mayor's cell is in charge of base operations. They are the infrastructure. Since the Army base is temporary, the Army decided there should be a mayor's cell to keep everything running correctly, according to Chief Warrant Officer 3 Marty Sable, with HQ, 181st BSB.

Much of their time will be spent managing the base. They are slated to be in charge of things like billeting, the department of public works, contracting, morale welfare and recreation and food.

"It's sort of like a small city. You've got the electrical, the water issues, sewer issues and the



Soon-to-be mayor Lt. Col. Bryan Grenon talks to his team at COL Freedom Sept. 20 (Photo by Sgt. Emily Suhr)

housing issues. In our case, it would be billeting. You'll have office space issues. Also for the base, there's the construction issue," said Lt. Col. Bryan Grenon, who is slated to be the mayor of one of the task forces. "There's all kinds of stuff that goes into running a base to make sure the Soldiers, Marines and airmen who live on it are able to get everything they need, whether it's food, water or shelter, so they can go out and do their job outside the wire or in-

side the wire and can complete the mission in support of the base and the war," said Grenon.

Running a base mayor's cell is not as simple as making sure everyone has a roof over their head. There is a lot of time and planning that goes into making sure everything on the base runs smoothly.

"For the billeting, it's just maintaining and making sure everything is in operation. You need to make sure the air conditioners are working properly, because Iraq is a very hot place. You need to make sure the lights come on and it's safe and there are no electrical hazards, and that it's inhabited in a manner that's not going to get people sick, i.e. there's no mold, mildew, or other things in there that would cause an unsafe or unsanitary condition for our Soldiers," said Grenon.

Being a National Guard unit, the 81st HBCT has some unique advantages that active component units may not.

"We are able to draw more from our civilian job skill sets than what the active duty personnel or more junior folks might be able to. So from that standpoint we are a little better prepared," said Lt. Col. Ronald A. Bahr, who worked in a mayor's cell in Iraq during his last deployment. "We have folks that deal with contracting specifically, not only in the Army, but on the outside as well, that are able to deal with outside contractors. They kind of already understand the process with them."

"Maj. Robert Paulson is going to be in charge of the infrastructure [for one of our units]." Said Grenon. "In his civilian life he is a civil engineer for the city of Tacoma, doing much the same job. So he brings all of that experience and expertise to us."

While at Fort McCoy, all three units will be participating in exercises to prepare them for their mission in Iraq.

Command Sergeant Major's Message

By Command Sgt. Maj.
Robert Sweeney
Command Sgt. Maj. 81st
HBCT

Our time here at Fort McCoy is coming to end soon and that means we will all be going on pass! You have worked hard and deserve a break to unwind and rest up for the next phase of our deployment.

I know many of us will not be going home, but staying in the local area or heading to some of the major cities covered in our pass policy. I need everyone to practice safety first. Everyone needs to have a "Battle Buddy" everywhere you go. The benefits of having a battle buddy greatly outweigh not having one. Essentially, your battle buddy is an extra



81st HBCT
Command Sgt.
Maj. Robert
Sweeney

set of eyes and ears. Remember, there is strength in numbers. When you depart for your pass make sure you have all the appropriate emergency contacts and telephone numbers you need just in case an emergency arises while you are gone. Your unit will give you specific information as to the date and time you must report back to duty. The

penalties are painful for those who miss reporting back on time or fail to report back.

Continue to train hard and learn all you can in the time you have left. All of your efforts means mission accomplishment and brings everyone home safely.



BRIGADE CHAPLAIN'S CORNER

By Lt. Col. Carl Steele
81st HBCT Chaplain

Don't forget your faith.

As we move further away from the normal routine of everyday, we forget things. We forget what driving a real vehicle is like, how to tell time, what a restaurant meal tastes like. Don't forget your faith during deployment.

Time in the desert can help you grow in faith. Take advantage of ways to grow in your faith. Spend time in quiet. Get away from the activities around you and find a quiet place. Read books, articles and devotionals that are part of your faith community. Pray, not only when things are not going well, but try and make it a habit to pray daily. Meditate on scripture, a song or other material. Listen to music that allows you to relax and think about other things for a time.

Take advantage of the worship opportunities that are happening now at Fort McCoy and those that will happen in Iraq. Use this time to be part of a worship team or to help in your faith communities, Bible studies or worship.

Thank you for serving. 




Commander (continued from page 1)

Spend quality time with family and friends, and prepare yourself and your family mentally for the upcoming mission.

Remember, safety is paramount – it is one of my top concerns. Use the buddy system and think safety at all times. I expect all of you to have fun during your pass, but keep in mind that you are a professional American Soldier. We set high standards for our people and I won't tolerate those who fall short of those standards. You have accomplished much and have much to be proud of. Don't throw it all away by making a stupid decision. Take care of each other.

You have become the best trained and prepared Soldiers in the U.S. Army. All your hard work and training will pay off in the coming months. Having said this, don't rest on your laurels. The enemy will not rest. Continue to improve on what you have learned after you leave here.

In closing, I would like to say that I am proud to be a member of an organization that provides the opportunity for our people to contribute to their maximum potential while serving their country. Our service reflects the diversity of American society, but we are all members of one team. 

Chapel Services

Sunday:

- ~Protestant Worship Chapel 1 (B 2672) 9:30 a.m.
- ~Roman Catholic Mass Chapel 10 (B 1759) 9:30 a.m.
- ~Fellowship following services Chapel Center (B 2675) 10:30 a.m.
- ~Contemporary Christian Worship (B2559) 7:00 p.m.
- ~COL Freedom Contemporary Christian 8:00 a.m. & 8:00 p.m.
- ~COL Liberty Contemporary Christian 11:00 a.m.

Wednesday:

- ~PWOC (Protestant Women of the Chapel) 9:00 a.m.
- ~Bible Study 7:00 p.m.

Thursday:

- ~Alcoholics Anonymous [B 2675] 7:00 p.m.

Friday:

- ~Prayer And Praise Worship Chapel 1 (B 2672) 7:00 p.m.

For information or chaplain support, call the installation chaplain's office. Information on other faith services are also available, 388-3528, Building 2675.



Inspector General

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BLDG 2769
(608) 388-3594

Useful Fort McCoy Numbers

Services

Barber shop, B1664	22366/23690
Chaplain, B2672	24203
Clothing Sales, B1538	23220
Commissary, B2134	23542
Post Exchange, B1538	24134
Post Office, B1654	23825
Red Cross	1-800-837-6313
Western Union, B1668	269-5420

Recreation

Equipment rental, B8053	22619
Fitness Center, B1122	22290
Library, B2000	22410
Recreation Center, B2000	23213
Recreation Hotline	24300

Food

McCoy's, B1571	22065
Rustic Inn, B2000	24968
PX Foot Court, B1538	269-5603




(Photos by
Sgt. Emily
Suhr and
Sgt. Amanda
Gauthier)

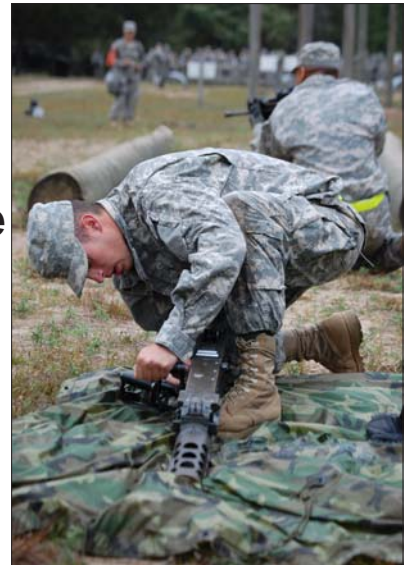


C Trp 1-303rd Cav. dominates obstacle course

Soldiers from Charlie Troop, 1-303rd Cavalry built teamwork and muscles during a friendly competition through Fort McCoy's obstacle course Sept. 11th.

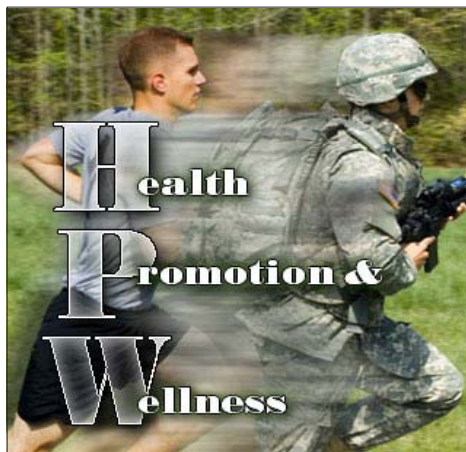
The three-man teams navigated through water and mud, over logs and walls, under barbed wire and across monkey bars and ropes. They also integrated in weapons maintenance, radio communications and medical assistance. Soldiers averaged 30-45 minutes to complete the course.

"It was wet, muddy, cold and actually pretty fun," said Spc. Mark Kehoe. 





Wellness Corner



Brigade Surgeon's Cell

Lt. Col. Stephen Anderson
Maj. Kurt Shevalier
Staff Sgt. Scott Borkin
Pfc. Ashley Smith

*By Lt. Col. Stephen Anderson
81st HBCT Surgeon*

The Army Medical Department's (AMEDD) motto is: "To conserve the fighting strength." We, the medical section of the brigade, physicians assistants, nurses and medics want to extend that motto to ensure the health of all our Soldiers as individuals. We want to mob, deploy and recover while maintaining each individual's optimal health and return home as healthy, or healthier, than when we left.

Please listen to your first-line leaders, medics and PAs. Ask questions, report unsafe or unhealthy activities and always watch out for each other. Future columns will include tips for maintaining good health.

Keeping the 81st Fit



*By Staff Sgt. Derrick Grasty
HQ, 81st HBCT Company Fitness NCO*

When most Soldiers think of physical fitness, they think about having to pass a PT test. But health and fitness are so much more than being able to do push-ups, sit-ups and run two miles.

Overall health, wellness and physical fitness is not only good for the Soldier, but good for the unit and can greatly enhance the unit's readiness. Now that we are all fulltime Soldiers, we can take this time to focus on the things we need to do to improve our level of physical fitness and conditioning for the sake of long term improvement.

Here are a few easy-to-follow tips that will point you in the right di-

rection toward achieving your fitness goals.

The first step in improving our health and fitness is to set realistic goals for ourselves. Whether it's that you want to reach a certain pants size by the end of the deployment or if you want to gain a specific amount of weight in lean muscle, the key is to make attainable goals and when you reach them, aim higher.

I know this will surprise you but, DRINK WATER! The worst thing you can do is drink a high amount of calories. Cut down on sodas, energy drinks and coffee. These things are great, but water is the key to keeping the body functioning properly.

Diet can make or break any workout plan. All the working out in the world isn't going to help if you consume food with a high fat content. Eat lean meats whenever possible and stay away from saturated fats.

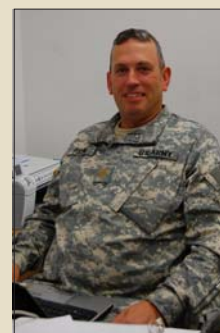
When you are trying to lose weight, you want to work on exercising the larger muscles in your body. This will help you burn calories at a faster rate and accelerate fat loss.

What training has been most beneficial for deployment?



*Pfc. Lang
Kandalisa, Alpha
Company, 1-
184th Infantry
Battalion*

"Cross training to be a driver and T.C. on the convoys has really been beneficial. Also, learning the rules of engagement when dealing with insurgents."



*Maj. Paul Fison,
81st Heavy
Brigade Combat
Team S-6*

"The lanes training was just a lot of stress, wearing all that gear, having to run and dive around. You get used to what it'd be like if you got in an emergency situation with all that garb on. It's a little different than wearing just your regular ACU's."



*Spc. Steven Pena,
Alpha Company,
1-184th Infantry
Battalion*

"The training that has been good for me has been the convoy and QRF on FOB Freedom. I am looking forward to more training on FOB Liberty"



PASS (Continued from Page 1)

is about 177 miles from Fort McCoy.

Chicago is not only the largest city in Illinois, but in the Midwest as well. Soldiers can take in such sights as Millennium Park, the Sears Tower and 29 miles of lakefront paths on Lake Michigan.

For those not wishing to make the 247 mile drive, a train ride from La Crosse, Wis. to Chicago will run riders \$41 to \$92 round trip.

Football fans have some options too. For those on pass Oct. 12, the Minnesota Vikings will be playing the Detroit Lions at the Metrodome in down-



Sparta, Wis. is known as "The bicycling capital of America" (Photo courtesy of www.city-data.com)

town Minneapolis. The Green Bay Packers will be playing the Atlanta Falcons at Lambeau Field in Green Bay, about 162 miles from Fort McCoy, on Oct. 5.

For Soldiers looking to stay a bit closer to base, but still have the amenities of a bigger city, there's La Crosse, which is approximately 30 miles away. With a population of about 52,000 people, La Crosse has one of the largest commercial historic districts in Wisconsin. La Crosse will be hosting its annual Oktoberfest through Oct. 4. There will be live music, German food, a parade and

beer.

Though the larger cities may appeal to some, others might enjoy the convenience of the surrounding

Soldiers might enjoy the surrounding towns of Fort McCoy, Sparta and Tomah

towns of Fort McCoy, Sparta and Tomah. These pleasant cities, with about 8,500 people each, offer entertainment for all ages.

Both cities have many scenic bicycle trails featuring rock tunnels, stone bridges and an old railway. Bikes can be rented at Speed's Bicycle Shop in Sparta (608-269-2315). Sparta and Tomah also have hiking trails, fishing spots and horseback riding. Redrock trails, just outside of Sparta, provides 90-minute trail rides through their 300+ acre farm (608-823-7865).

For those willing to brave the Wisconsin cold, both Sparta and Tomah have golf courses open through October. The phone numbers for the two courses are: Sparta (608-269-3022) and Tomah (608-372-5589).

The area outside base also boasts the largest Amish community in Wisconsin. Sightseers can explore both the area and shops on their own or in a guided tour.

Sparta and Tomah have a variety of hotels, restaurants and bars, as well as a movie theater and bowling alley in each.

For those looking to save some money, there is always plenty to do on Fort McCoy. Just remember the ground rules. While Soldiers will be permitted to wear civilian clothes and drink alcohol at McCoy's, they may not bring any alcohol into the barracks.

Soldiers are reminded that everyone is not taking their pass at the same time, so they need to be mindful and respectful to those still training. Also, Soldiers must keep a copy of their DA-31 leave form on them at all times while on pass.

Stay safe and have fun!

81st HBCT Retention Team



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We are getting close to heading off to Iraq, so now is the time to think of your future. Staff Sgt. Joe Wysock and I, Sgt. 1st Class Jerry Frazier, want to help you with your future. Continuing service with the National Guard is our number one priority. We want to help each and every one of the Soldiers of the 81st Heavy Brigade Combat Team.

There are many things to consider when extending, like bonuses, retirement and college money. There are many other things available to you in the Guard. Take the time and meet with us and make your future brighter. We want the best for you and to make the Guard a lasting experience. Currently the bonus is \$15,000 for six-year extensions and \$7,500 for three-year extensions. Our new update should come on Oct. 1, 2008.

Please take the time to reach us if you should have any questions. We look forward to helping each and every one of you. Thanks!!



The Raven Gallery



Brig. Gen. Gordon D. Toney, the commander of the WAARNG, practices clearing rooms with Spc. Michael Land and Pvt. David Joyce from C Co., 1-303rd Cav. Sept. 15 (Photo by Sgt. Emily Suhr)



Spc. Brian Kruckenberg from 1-303rd Cav. throws a dummy grenade at the "enemy" while conducting battle drills as part of the Warrior Training Platoon Sept. 8 (Photo by Sgt. Emily Suhr)



Maj. Kurt Shevalier, Maj. Scott Taylor and Capt. Kurt Rorvik, all from HQ, 81st HBCT, play a game of Frisbee football Sept. 14 (Photo by Sgt. Amanda Gauthier)



Spc. Shane Carney from A Btry., 2-146 FA stands guard at COL Freedom Sept. 15 (Photo by Sgt. Emily Suhr)



Sgt. Malcom Polu from A Co., 1-161 CAB reloads his M240 B while qualifying Sept. 9 (Photo by Sgt. Emily Suhr)



1st Sgt. Charles Lia and Sgt. 1st Class Michael Dasaro, both from HQ, 81st HBCT, point out the Shadow, an unmanned aerial system, shortly after take off (Photo by Sgt. Emily Suhr)



ESGR

EMPLOYER SUPPORT OF THE GUARD AND RESERVE

ESGR is a Department of Defense organization with over 75 volunteers throughout the state that assist both employers and members of the Guard and Reserve with employment situations. This can be education, information and, if required, mediation regarding the Uniformed Employment and Reemployment Rights Act (USERRA).

The ESGR recently awarded a Pacific, Wash. Employer the "Seven Seals" certificate. Ken and Anita Scroggins of Puget Sound Truck Sales were nominated by Staff Sgt. Jonathan Smith from Delta Company, 1-161st Combined Arms Battalion for their outstanding support of him and his wife during pre-mobilization.

To contact the Washington ESGR, call (253) 512-8489. 



Soldiers from C Trp, 1-303rd Cav. display their team spirit with a Seahawks "12th man" flag Sept. 11th (Photo by Sgt. Emily Suhr)

Football Scores



 Seattle Seahawks vs. St. Louis Rams
Seahawks 37 - 13

 Dallas Cowboys vs. Green Bay Packers
Cowboys 27 - 16

 Oakland Raiders vs. Buffalo Bills
Bills 24 - 23

 San Francisco 49ers vs. Detroit Lions
49ers 31 - 13

1-184th Joins the team


By Sgt 1st Class Paul McKenna

1-184th Inf. Bn.

During the first week of September, Company A, 1-184th Infantry Battalion completed a field training exercise at Fort McCoy's COL Freedom in preparation for deployment in support of Operation Iraqi Freedom. The training included cordon and search procedures, combat patrols, convoy logistics patrols, establishing and operating a command post and base defense.



2nd Lt. Max Phillips and Spc. Stanley Brandstater run to send a nine-line MEDEVAC Request
(Photo by Spc. Rick Ayala)

Co. A is one of two California Army National Guard light infantry companies supporting the 81st Heavy Brigade Combat Team. Co. A is based out of Visalia in central California, but Soldiers travel the length of the state to remain part of the unit. For many of the Soldiers this is their second or third deployment. Past deployments include the Sinai, Bosnia Herzegovina, Kosovo, Afghanistan and Iraq. 

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PLEASE INCLUDE A MICROSOFT WORD DOCUMENT.
IDENTIFY WHO IS IN THE PHOTO, WHO TOOK THE
PHOTO, WHEN AND WHERE.
(IDENTIFICATION = FULL NAME, RANK, UNIT, DUTY
POSITION AND HOMETOWN).