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# The Real McCoy®

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## SRT training

Members of the Fort McCoy Special Reaction Team (SRT), all officers with the Directorate of Emergency Services Police Department, participate in training Nov. 5 on the cantonment area at Fort McCoy.

The SRT is a team of specially trained police officers who are ready to respond installationwide to a hostage-taking or related event at any time.

See more about the team on page 6.

*Photo by Scott T. Sturkol*



## Post observes 100th Veterans Day with prayer luncheon at McCoy's

**STORY & PHOTOS BY AIMEE MALONE**  
*Public Affairs Staff*

The Fort McCoy Religious Support Office held its annual Veterans Day Prayer Luncheon on Nov. 7 at McCoy's Community Center.

Guest speaker Chaplain (Col.) R. Scott Brown, First Army command chaplain, spoke about the importance of remembering all veterans on this day, whether they were drafted or volunteered, whether they served overseas or in the United States, and whether they served for a year or 20 years.

"Our veterans all signed on the dotted line, and they enlisted. I don't care if you were drafted; you still had

to sign something. And you raised your right hand and you repeated (the oath)," Brown said. "We raised our hands to support and defend the constitution of the United States."

Like most chaplains, he said, he doesn't approve of four-letter words. However, in his opinion, the worst four-letter word is "just."

"Just is one of the worst words when we start using it to minimize what we've done," Brown said. "I just served for a year. No. You served for a year."

The effects of serving in the military last throughout a lifetime, Brown said.

"The veteran's service doesn't end because they take off the uniform. (See **VETERANS**, Page 3)

## Veterans Day color guard

Soldiers from Fort McCoy make up a color guard Nov. 11 during the Veterans Day observance at Sparta High School in Sparta, Wis.

Dozens of Fort McCoy members supported related events in local communities and on post before, during, and after Veterans Day.

Veterans Day 2019 also marked 100 years of the observance. Veterans Day was first observed as Armistice Day on Nov. 11, 1919.

*Contributed photo*



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## NEWS

# Fort McCoy earns honors in Army OPSEC Awards competition

The Department of the Army recently recognized the staff within the Directorate of Plans, Training, Mobilization and Security (DPTMS) Multimedia-Visual Information Branch and Security Branch for achieving top recognition in the 2018 Army Operations Security (OPSEC) Achievement Awards competition.

Fort McCoy was recognized for achievements in all four categories.

Fort McCoy's **Corey Allen**, as the installation OPSEC program manager, earned second place in the individual achievement category. Fort McCoy Garrison earned second place in the Organization Achievement Award category.

The installation also achieved three placings in the Multimedia (Print) Achievement Award category and the Multimedia (Video) Achievement Award category. A second-place multimedia achievement award for video was given for the video "Family OPSEC." A second place was given for the poster "No OPSEC



Downtime," and a third place was awarded for the poster "Task Force OPSEC."

"This is a great achievement for Fort McCoy," said David Cochran, chief of the DPTMS Plans, Operations and Security Division. "This is the fifth year in a row the Department of the Army has recognized Fort McCoy's OPSEC program."

Awards like this are possible only through the collaborative efforts of the DPTMS Security Branch, Visual Information Branch, and support from the Fort McCoy leadership and

workforce, Cochran said.

According to Army Regulation 530-1, "Operations Security," OPSEC is a process of identifying critical information and analyzing friendly actions attendant to military operations and other activities. Additionally, OPSEC protects sensitive and critical information from adversary observation and collection in ways that traditional security programs cannot.

The Army OPSEC Achievement Awards recognize Army personnel and organizations for significant OPSEC accomplishments and the creative and innovative application of techniques and methods to solve problems related to OPSEC and the promotion of OPSEC programs through the creation of OPSEC awareness products, such as videos and other media, Cochran said.

*(Article prepared by the Fort McCoy Directorate of Plans, Training, Mobilization and Security and the Fort McCoy Public Affairs Office.)*



Photo by Scott T. Sturkol

## November snow

Garrison Headquarters is shown covered in snow Nov. 6 at Fort McCoy. Several inches of snow fell at the installation providing a bright cover of white. The snow was followed by unseasonably cold temperatures for several days.

## PAO's Theresa Fitzgerald awarded Civilian Employee of the Month



Photo by Aimee Malone

**Theresa Fitzgerald with the Fort McCoy Public Affairs Office listens to Deputy Garrison Commander Lt. Col. Sheila Coker talk as Fitzgerald is awarded the Garrison Civilian Employee of the Month for October on Nov. 7 in building 102.**

Theresa Fitzgerald with the Garrison Public Affairs Office was awarded the Fort McCoy Garrison Civilian Employee of the Month for October 2019.

Fitzgerald serves as a public affairs specialist, performing and coordinating a wide variety of public affairs duties and functions for the office, such as community relations duties and serving as lead coordinator for the post's annual Armed Forces Day Open House. She conducts installation tours and assists in working with customers to meet public affairs requirements for the installation.

Fitzgerald also assists in maintaining communication and working relationships with a number of key community groups, including business and civic organizations, according to her position description. She maintains current and accurate lists of area civic and business leaders, elected officials, and military leaders for use in developing mailings associated with news events or community interest.

Fitzgerald was nominated for the award by Fort McCoy Public Affairs Officer Tonya Townsell.

"Each year, Theresa coordinates the Army's support of dozens of guest speaker requests, equipment requests, color-guard requests, facility requests, recruitment tours, job shadow requests, and leadership engagements," Townsell said. "She has a positive effect on all community relationships as the first impression many external organizations have of Fort McCoy."

"Theresa also schedules, coordinates, and executes more than 50 professional tours of Fort McCoy and the History Center annually for more than 2,000 civilian personnel," Townsell said. "Her efforts result in a greater public awareness of Fort McCoy's mission and increased business traffic to McCoy's Community Center. Theresa is also part of our award-winning command information team, contributing history articles each month for the re-occurring column in The Real McCoy newspaper titled 'This month in Fort McCoy history.'"

Fitzgerald was presented with a commander's coin for excellence by Deputy Garrison Commander Lt. Col. Sheila D. Coker on behalf of Garrison Commander Col. Hui Chae Kim.

"It is nice to be recognized as a valued employee at Fort McCoy," Fitzgerald said. "I am grateful to have been selected. I work to apply the Army values (loyalty, duty, respect, selfless service, honor, integrity, and personal courage) in performing all aspects of my job every day."

*(Article prepared by the Fort McCoy Public Affairs Office.)*



## NEWS



Chaplain (Col.) R. Scott Brown, First Army command chaplain, gives his presentation during the annual Veterans Day Prayer Luncheon on Nov. 7 at McCoy's Community Center.

## VETERANS

from Page 1

The conflicts continue," he said. "It's the family stressors. ... It's the spiritual injury I never addressed. It's the physical injury that comes back. Those are all battlefields that they continue to engage, day in and day out."

Brown finished his speech by talking about the importance of remembering and honoring the service of all veterans.

"Veterans Day is all about remembering. Remember the service of those who have gone before, those who are still here, and those who are to come," he said.

"Remember that everyone who enlisted served, endured the hardships, and engaged in warfare of some type — internal or external."

Several local veterans were invited to attend and honored as special guests, as well — retired Sgt. 1st Class Gilbert Poff, who served in the Army during World War II and the Vietnam War; former Tech Sgt. Floyd Pratt, who served in the Army during World War II; and retired Chief Petty Officer Lawrence Abbot, who served in the Navy during the Korean and Vietnam wars.

Music was provided by Michelle Jones, contracted pianist for Fort McCoy Garrison, and Pastor Paul Frey of InFaith of Wisconsin.

Prayers were conducted by Chaplain (Maj.) Amy Noble with the 88th Readiness Division; Chaplain (Maj.) Wyne Hutchings with the 181st Multifunctional Training Brigade; Chaplain Candidate (1st Lt.) Jonathan Render; Chaplain Jef Skinner, police chaplain for the Monroe County Sheriff's Office; Pastor Brian Young with Sparta Faith Evangelical Free Church; and Frey.

The first Veterans Day, called Armistice Day, was observed on Nov. 11, 1919.

For more information about services offered by RSO, call 608-388-3528.



Community members sing a song as part of the prayer luncheon activities Nov. 7 in McCoy's Community Center.



## NEWS

# Fort McCoy personnel support local Veterans Day observances, events



*Contributed photos*

Sgt. 1st Class Kristofer Hellstrom with the Fort McCoy Noncommissioned Officer Academy gives a speech as the guest speaker Nov. 11 for the Veterans Day observance at Meadowview Intermediate School in Sparta, Wis.



Maj. Eddie Woody, commander of Headquarters and Headquarters Company, U.S. Army Garrison Fort McCoy, gives a presentation Nov. 11 for the Veterans Day observance at Bangor High School in Bangor, Wis.



Master Sgt. Cynthia P. Johnson with the Fort McCoy Garrison gives a Veterans Day presentation Nov. 11 at the Liberty Village Assisted Living facility in Tomah.



Fort McCoy Garrison Commander Col. Hui Chae Kim gives a Veterans Day speech Nov. 11 to the Tomah Veterans Association in Tomah, Wis.



Capt. Michael G. Carkhuff with the 181st Multi-Functional Training Brigade speaks to students and staff at the Cashton, Wis., School District observance of Veterans Day on Nov. 11.



## NEWS

# Soldiers hold a day of service with veterans at Tomah VA Medical Center

**STORY & PHOTOS BY STAFF SGT. ROBERT LARSON**  
181st Multi-Functional Training Brigade Public Affairs

Veterans Day is a day to honor those who have served in the nation's armed forces. For Soldiers in one Fort McCoy battalion, they set up an event near Veterans Day to show their appreciation to veterans.

More than 15 Soldiers with the 1st Battalion, 337th Brigade Support Battalion (1st, 337th), 181st Multi-Functional Training Brigade at Fort McCoy volunteered their time Nov. 13 at the Veteran's Affairs (VA) Medical Center in Tomah, Wis.

The Soldiers of the Marauder Battalion helped serve lunch in the Spirit of Freedom dining facility and ate lunch and talked with many veterans there before moving on to some of the long-term care "neighborhood" floors to spend time with veterans who are staying at the medical center for more extensive care.

The visit was the initiative of Command Sgt. Maj. Ernest Peterson, 1st, 337th senior noncommissioned officer. After contacting the Voluntary Services Offices at the medical center, it was determined that enjoying a meal together and serving food would be a great opportunity for the Soldiers to interact with veterans.

"We always love to have organizations come in and provide a day of service," said Jennifer Conzemius, voluntary services officer for the Tomah VA. "We are always looking for groups to come in and spend time with our veterans."

After serving lunch and sitting with many veterans in the dining facility, Conzemius split the Soldiers into small groups and sent them to other areas of the facility to engage with those veterans in the "neighborhood" areas.

Lt. Col. Patrick Knight, commander of the 1st, 337th, spent time with 96-year-old World War II veteran Ralph Johnson and Curtis "Doc" Baltz, a 1st Cavalry Division veteran of the Vietnam War. Both Johnson and Baltz enjoyed their time talking with the commander.

"I enjoyed talking with them very much," said Johnson. "They conducted themselves in a good manner, and I consider them good friends."

"They were charming gentlemen," said Baltz. "It's always good to have Soldiers come visit."

As the afternoon continued, the Soldiers played cards and games, went bowling, took walks around the medical center campus, and socialized with the veterans and staff.

"What better week to show our appreciation to those who served before us?" Peterson said.

"This event touched the hearts of many, put smiles on the faces of the veterans and Soldiers alike, and brought a lot of laughter to the entire VA Medical Center."



**Soldiers with the 1st Battalion, 337th Brigade Support Battalion, 181st Multi-Functional Training Brigade are shown with veterans they visited Nov. 13 at the Spirit of Freedom Dining Hall at the Tomah Veterans Affairs Medical Center. The Soldiers spent several hours dining with the veterans, playing cards and games, and sharing stories of their military service.**



**Master Sgt. Amber Hillard talks with Dan Klein, a Vietnam veteran, during the visit Nov. 13.**



**Chief Warrant Officer 4 Gregory Gober plays checkers with a military veteran Nov. 13 during the visit.**



**Lt. Col. Patrick Knight, battalion commander, talks with Ralph Johnson on Nov. 13. Johnson is a World War II veteran who resides at the Tomah Veterans Affairs Medical Center.**



## NEWS

# Special Reaction Team holds training, prepares for possible responses



*Photos by Scott T. Sturkol*

Members of the Fort McCoy Special Reaction Team (SRT) of the Directorate of Emergency Services Police Department participate in training Nov. 5 on the cantonment area at Fort McCoy. The SRT is a team of specially trained police officers who are ready to respond installationwide to a hostage-taking or related event at any time. The SRT is a critical element in an installation crisis-response plan, and its role is to be the garrison commander's principle response force to a major disruption or high-risk event on the installation. By Army definition, an SRT is a team of military or security personnel armed and equipped to isolate; contain; gather information for; and, if necessary, neutralize a special threat. Specific missions and response capabilities of an SRT are determined by the threat and availability of equipment and training time.



Team members clear a room Nov. 5 during training in a building on the cantonment area.



Special Reaction Team members prepare to enter a building during training Nov. 5 on the cantonment area at Fort McCoy.



## NEWS



*Photo by Scott T. Sturkol*

### Maintenance personnel repair Fort McCoy locomotive, return it to service in time for rail offload

Workers with the Defense Non-Tactical Generator and Rail Equipment Center of Anniston Army Depot, Ala., and the Fort McCoy Logistics Readiness Center's Installation Material Maintenance Activity work on the installation's locomotive Nov. 5 at Fort McCoy. The team of maintenance personnel completed repairs on the locomotive in time for a rail offload of Army vehicles and equipment belonging to the 389th Engineer Battalion returning from a deployment to Operation Resolute Castle overseas. The repair to the locomotive took two days to complete. Whether it was moving troops and equipment during World War II or other contingencies, or bringing in or sending out equipment and supplies for a present-day exercise, rail has always been a primary mode of transportation at the installation.



*Photos by Scott T. Sturkol*

### Equipment, vehicles on railcars unloaded from 2019 Operation Resolute Castle deployment

(Above left) Military vehicles and equipment belonging to the 389th Engineer Battalion that are loaded on railcars are shown Nov. 14 at the rail yard at Fort McCoy. (Above right) Soldiers with the 389th work on a truck Nov. 14 that was previously unloaded. The equipment movement is from the 389th's recent involvement in Operation Resolute Castle 2019 in Poland. Unit Soldiers had loaded more than 35 cars with vehicles and equipment in February 2019.



ADS



## ABOUT POST



Photo by Kevin Herman/Army Community Service

### Wooden pen workshop

Fort McCoy community members use equipment in the Army Community Service (ACS) Wood Shop on Nov. 12 during on of several wooden pen workshops held by ACS at the shop. Dozens of people participated in the hands-on workshop to learn how to make wooden pens. To learn more about future workshops, contact ACS.



Photo by Scott T. Sturkol

### Snow removal

An equipment operator with the Fort McCoy snow-removal contractor, Kaiyuh Services LLC of Anchorage, Alaska, clears snow Nov. 14 at Fort McCoy. Winter in Wisconsin can provide all kinds of bad weather, including freezing rain, snow, or sleet at any time or even all in one day. When that happens, the Fort McCoy snow-removal team plows through whatever Mother Nature dishes out. The team includes contractor Kaiyuh Services LLC and Directorate of Public Works personnel. The team helps keep more than 400 miles of roads, sidewalks, and parking areas clear so the Fort McCoy workforce can operate safely.



Photos by Sarah Wiedenfeld/Directorate of Family and Morale, Welfare and Recreation

### Fowl 5k

(Above) Participants take off at the beginning of the Fowl 5k Run on Nov. 13 in front of Rumpel Fitness Center at Fort McCoy. (Right) Run participants Tony Steinhoff and Theresa Ertl hold turkeys after placing first in the men's and women's categories respectively. Dozens of people participated despite snowy weather and cold temperatures.





FEATURE

# Army Family Fun Day held at Fort McCoy CDC



*Photos by Angela Kast/Child and Youth Services*

Soldiers with the 1st Battalion, 310th Brigade Engineer Battalion visit with Fort McCoy family members during Army Family Fun Day on Nov. 5 at the Child Development Center. Unit members brought trucks, led physical training, read books, and ate lunch with the children.



A Soldier with the 1st Battalion, 310th Brigade Engineer Battalion leads Child Development Center (CDC) students in physical training Nov. 5 at the CDC.



A Child Development center (CDC) student tries on a helmet Nov. 5 during Army Family Fun Day at the CDC.



## FEATURE

# Fort McCoy ArtiFACT: Friedrich Hotz harmonica

Archaeologists with Colorado State University's Center for the Environmental Management of Military Lands investigated a site near the Sparta/Fort McCoy Airport in summer 2019.

A wide variety of artifacts were recovered from the site, and most date from the end of the 19th to the middle of the 20th centuries. Four pieces of an old harmonica were found among nearly 2,000 total artifacts recovered from a single excavation unit.

Researchers studying the site in question suggested that this area may have been used as a dump by multiple landowners. The age range for the artifacts recovered correlates with the time of highway construction connecting Tomah and Sparta. Aerial photographs of this area taken in 1939 show multiple structures in the vicinity of the site's location.

The harmonica fragments comprised the two exterior plates and a pair of reed fragments. Lettering on the exterior plates reads "The Friedr Hotz" and "MadeT in Germany."

The history of the harmonica begins thousands of years ago in China with the sheng, a large free-reed instrument that bears little resemblance to the harmonica we see today. The modern harmonica originated in Europe and was most

commonly attributed to German instrument maker Christian Frederich Buschmann, circa 1820. The Friedrich Hotz Co. began manufacturing harmonicas in Knittlingen, Germany, circa 1828.

Mattias Hohner is most often credited with introducing the harmonica to America in 1862. His company was so successful that they were able to purchase several competing European harmonica factories, including the Friedrich Hotz Co.

It is likely that the harmonica recovered from Fort McCoy was used to play songs that we would recognize today. Finds like these show that modern residents of the area share some of the same interests and activities as those people who lived here 100 years ago.

All archaeological work conducted at Fort McCoy was coordinated by the Directorate of Public Works Environmental Division Natural Resources Branch.

Visitors and employees are reminded they should not collect artifacts on Fort McCoy or other government lands and leave the digging to the professionals. Any person who excavates, removes, damages, or otherwise alters or defaces any historic or prehistoric site, artifact, or object of antiquity on Fort McCoy is in violation of federal law.

The discovery of any archaeological artifact should be



*Photo by Colorado State University's Center for the Environmental Management of Military Lands*

**Harmonica pieces that were found at an archaeological site at Fort McCoy are shown.**

reported to the Directorate of Public Works Environmental Division Natural Resources Branch at 608-388-8214.

*(Article prepared by the Colorado State University Center for the Environmental Management of Military Lands.)*



*Photos by Scott T. Sturkol*

## Thanksgiving meal

(Above) Fort McCoy community members are served a Thanksgiving meal Nov. 19 at the dining facility in building 1362 on the cantonment area. (Right) Jim Gouker, contract oversight representative and quality assurance evaluator with the Logistics Readiness Center Food Services Division, and Food Services Division Chief Andy Pisney set a turkey up for display during the Thanksgiving meal. Hundreds of people took part in the feast, which went on for two hours at the facility.





## SAFETY

# Stay safe when decorating for holidays

BY TRAVIS LINDEBLAD

U.S. Medical Army Research  
Institute of Chemical Defense

On a crisp December evening, I noticed some of the Christmas lights on our house were out.

The unlit strand was along the trim in an area not for the faint of heart. In that spot the trim rises sharply, perhaps 48 to 50 degrees, to an apex about 30 feet above the driveway. I have an extension ladder that easily reaches that area, so I wasn't too concerned about making the repair. It was getting dark, however, so I decided to wait until the following day.

After my morning coffee and catching the news, it was time to head outside to fix those bulbs that were interfering with my quest to be one of the better decorated homes on our street. It was chilly, so I put on my gloves, winter hat, and warm coat. Because the job wouldn't take much time, I didn't bother to change out of my house shoes. If I'd only known how bad that decision would be...

I carried the ladder from the garage and leaned it against the house. I then ensured it had a good approach angle and was firmly seated on the driveway via the rubber grips on the bottom. Before grabbing the replacement bulbs, I gave the ladder one last shake to ensure

it was sturdy.

As I climbed up, I could really feel the ladders' rungs on my feet. While my house shoes were warm, they were also soft and flimsy. They definitely did not offer a firm sole like a running shoe or boot. This should have been the first sign that it was time for me to put it in reverse and get a better shoe. Nevertheless, I continued to cautiously climb the ladder.

Once up top, I began troubleshooting the problem. Starting from one end of the dead strand, I pushed, wiggled, reseated, and inspected every bulb. Of course, the cause of the problem was something trivial. It turned out that one of the bulbs had worked itself loose. Upon reseating the bulb into the housing, all of the lights came back on.

Meanwhile, as I was fiddling with the bulbs, a light mist had begun to fall. A perfect storm was brewing, and I didn't even know it.

On the way down, I adjusted my footing a bit. Rather than standing on the rung with the middle of my foot, I stood on the ball of my foot. It definitely felt more comfortable in that position. I continued down the ladder using only one-third of my foot on the now slippery rungs while wearing a shoe that did not possess the appropriate tread or support.

I slipped down a couple rungs before finally



Courtesy Consumer Protection Safety Commission

falling off from about 7 feet up, landing on my right hip and forearm. When I hit the ground, I just lay there for a moment, taking in the fact that it was cold and the mist was refreshing. I knew I had hurt myself pretty badly. The shock of the impact resonated through my entire body.

Although my injuries were not life-threatening, they were painful. I severely sprained my right ankle and bruised my left heel and right hip bone. Once the bruising really set in a day or so later, it stretched from above my waistline to the behind my knee.

The bruising also ran from my groin and around my thigh. The bruising on my foot wrapped around my ankle and made my two smallest toes nearly black. My right forearm also suffered some bruising.

After seeking medical treatment, my doctor said he was amazed I didn't break anything. I was still in pain for about a month. I also noticed in the weeks following the accident that I didn't have as much flexibility in my ankle.

If you're going to do a job, make sure you do it right all the way. While I wore warm clothes and made sure the ladder was set up safely, I took a shortcut with my footwear and it ended up biting me.

As you're decorating your house this holiday season, remember to dress for the task at hand. And if you believe footwear isn't important, think again. Always wear the appropriate footwear for your activity. It may save your life.

Learn more about safety at Fort McCoy at the Installation Safety Office. Visit it in building 1678 or call 608-388-3403.

## Stay hydrated when you are out in cold weather, too

BY 1ST SGT. CHRISTOPHER BUSHWAY

3rd Battalion, 124th Information Operations Battalion  
Vermont Army National Guard

Dehydration is a leading cause of injury for service members. To keep them in the fight, it's essential they remain properly hydrated — even during the winter.

The average adult loses 1.5 to 2 liters of water each day. Being in a cold-weather climate can add to this water loss through the increased excretion by the kidneys, perspiration, and evaporation from the lungs (the breath you see on a cold day). To make matters worse, service members may be less interested in drinking water during cold weather and, as a result, become dehydrated. This can lead to inadequate blood flow to the extremities, which can contribute to a service members developing a cold-weather injury, such as frostbite or trench foot.

According to the U.S. Army Research Institute of Environmental Medicine, Soldiers should take the following steps to maintain adequate hydration during cold-weather operations:

- Cold suppresses thirst, so schedule drinking at regular intervals. Leaders should establish a program of regularly scheduled hydration.
- Soldiers should drink at least two to six canteens of water each day.
- Eating snow or ice for moisture is inefficient, can irritate the lining of the mouth, and may lower body temperature. It is better to melt snow or ice and purify it before consuming.
- A cup of hot coffee or tea can be a welcome pick-me-up in the cold, but excessive caffeine consumption leads to difficulty



Photo by Scott T. Sturkol

**A student in Fort McCoy's Cold-Weather Operations Course 19-02 takes a drink of water and rests by an improvised shelter Jan. 17 at a remote location on South Post at Fort McCoy.**

sleeping, depending upon individual tolerances. Soldiers should be cautious to avoid sudden withdrawal from caffeine, however, as this can cause adverse symptoms such as severe headaches and nausea. Hot cocoa is generally a better beverage than coffee in the cold. Cocoa is warming, much lower in caffeine, and high

in needed carbohydrates.

- Alcoholic beverages can give a false feeling of warmth and impair judgment, which may be detrimental in the harsh cold.
- Avoid consuming excess salt (more than the amount normally provided in military rations).

First sergeants and support personnel bringing water to line units can usually tell if troops are hydrating properly by their daily consumption. During winter, it's not unusual for service members to drink a gallon of water or more each day when moving extended distances in mountainous terrain.

The adequacy of fluid intake can also be judged by urine color and volume. Dark-colored urine and not needing to urinate upon waking from a night's sleep are indicators of significant dehydration. Be aware, however, that this technique may not work for Soldiers who take vitamins, supplements, or medications that discolor the urine.

Buddy teams must also be trained to encourage each other to drink plenty of water. Troops must understand the importance of pushing fluids before, during, and after exertion.

Staying hydrated in cold weather also takes more effort than in warmer temperatures because canteens sometimes freeze. To prevent this, troops should carry at least one canteen in the front chest pocket of their Gore-Tex jackets to allow body heat to keep the water from freezing. Because water freezes from the top down, the canteen should be placed upside down in the pocket. The simple act of positioning the canteen properly will ensure there is at least a quart of water always available.

For service members, working and training outdoors is part of the job — no matter how extreme the temperature. Enforcing proper hydration during cold weather is one of the easiest ways to ensure they stay healthy and arrive ready to fight.



## Gun Deer Meet & Greet scheduled for Nov. 22

A gun deer season meet and greet will be held 4 to 6 p.m. Nov. 22 at the Whitetail Ridge Chalet.

Fort McCoy biologists will discuss deer management and the 2019 gun deer season. Permit Sales officials can help with and answer questions about the iSportsman and Wisconsin Department of Natural Resources GoWild systems. Law-enforcement personnel will be on hand to answer questions about firearm registration and accept forms.

For more information, call 608-388-6791.

## Hunter's Brunch planned Nov. 23-24

Hunter's Brunch will be offered 10 a.m. to 2 p.m. Nov. 23-24 at Whitetail Ridge.

A buffet-style brunch will be available at the chalet. The pub will also be open 4 to 9 p.m. Nov. 22-23 and noon to 8 p.m. Nov. 24.

For more information, call 608-388-3517.

## Flu vaccine available at Fort McCoy clinic

The flu vaccine is available to selected Fort McCoy personnel: Child and Youth Services, police, fire, and Emergency Operations Center personnel.

Clinic times and dates are 8 a.m. to noon and 1 to 2 p.m. Nov. 26 at the Fort McCoy Occupational Health Clinic, building 2669.

Starting Dec. 3, the vaccine will be available to garrison appropriated fund employees and active-duty and active Guard and Reserve Soldiers, while supplies last.

For more information, call 608-388-2414.

## Salt, pepper mill workshop set for Dec. 2-4

"Create Your Own Salt & Pepper Mill" workshops are scheduled for 4 to 6:30 p.m. Dec. 2-4 at building 1133.

All materials and instruction are provided. Children must be accompanied by an adult (one child per adult). Exceptional Family Member Program members may start two hours early.

Class size is limited, so registration is required one week in advance for each session.

For more information, call 608-388-3505.

## Real Colors workshop planned for Dec. 4

The Real Colors workshop is scheduled for 8 a.m. to noon Dec. 4 at Army Community Service (ACS), building 2111.

Real Colors is a temperament tool and workshop designed to improve communication skills to lead to better teamwork, both in and out of the workplace.

The workshop covers recognizing strengths, how people process information, recognizing others' learning styles, listening and speaking in the language of other colors, and building rapport.

## NEWS NOTES



Photo by Aimee Malone

## Health Fair

**Fort McCoy community members attend the annual Health Fair on Nov. 18 at building 2187. The Health Fair offers a chance for insurance vendors to answer questions about their plans and products during the annual federal benefits open season, which runs through Dec. 9.**

ACS events are open to military members, retirees, civilian workers, family members, and registered Fort McCoy volunteers.

For more information, call 608-388-6507.

## Christmas Tree Lighting set for Dec. 5

The annual Christmas Tree Lighting is scheduled for 4:30 to 7 p.m. Dec. 5 at McCoy's Community Center, building 1571.

The event features crafts, activities, pictures with Santa, carols, Santa's Gift Shop, and food specials.

The event is open to eligible Directorate of Family and Morale, Welfare, and Recreation patrons.

For more information, call 608-388-4161.

## Trees for Troops available Dec. 5

Free Christmas trees will be available Dec. 5 for active-duty, National Guard, and Reserve Soldiers.

Trees will be available at noon Dec. 5 at the Fort McCoy Housing Office, building 6158 at South Post. Trees are available while supplies last. One tree per family, and trees cannot be held for later pickup.

For more information, call 608-388-3704.

## Old-Fashioned Christmas trip planned for Dec. 7

A bus trip to Norskedalen's "Old-Fashioned Christmas" in Coon Valley, Wis., is scheduled for 9 a.m. to 7 p.m. Dec. 7.

The bus will depart from and return to McCoy's Community Center, building 1571. The

trip costs \$15 and only includes transportation.

Entrance to Norskedalen costs \$6 per adult and \$3 per child.

The event features ornament crafting at the blacksmith shop, tours in horse-drawn wagons, craft projects, holiday music, an old-fashioned Christmas dinner, and a bake sale. The dinner and bake sale are not included in general admission.

The trip is open to Fort McCoy employees and their guests. Registration is required by Nov. 29.

For more information, call 608-388-3011.

## Breakfast with Santa scheduled for Dec. 7

Breakfast with Santa is scheduled for 9 to 11 a.m. Dec. 7 at McCoy's Community Center, building 1571.

Breakfast includes French toast sticks, scrambled eggs, sausage, juice, and coffee. The cost is \$3 for children 5 years old or younger and \$7 for everyone else.

Registration is required by Dec. 5. For more information, call 608-388-2065.

## Holiday card workshop set for Dec. 7

A family holiday card workshop is scheduled for 9:30 a.m. to 4 p.m. Dec. 7 at the Army Community Service Family Building, 2161.

All supplies are provided.

Families may register for two- to three-hour time blocks. Exceptional Family Member Program members may start one hour early. Children must be accompanied by an adult.

Registration is required by Dec. 2. For more information, call 608-388-3505.

## Open Season ends Dec. 9

The federal benefits open season runs through Dec. 9.

Federal employees and retirees may make changes to dental, vision, and health insurance selections during this period. Making changes outside of the open season requires a qualifying life event.

Information on 2019 plans and changes can be found online at [www.opm.gov/healthcare-insurance/open-season](http://www.opm.gov/healthcare-insurance/open-season).

TRICARE Open Season also runs Nov. 11 through Dec. 9. Open season does not apply to TRICARE Retired Reserve, TRICARE Reserve Select, TRICARE Young Adult, Continued Health Care Benefit Program, or TRICARE For Life.

For information on TRICARE plans and changes, visit [www.tricare.mil/openseason19](http://www.tricare.mil/openseason19).

## Gingerbread house contest scheduled for Dec. 11

A gingerbread-house building contest is scheduled for 4:30 p.m. to 7 p.m. Dec. 11 at McCoy's Community Center.

All supplies are provided. There is no cost for this contest.

Registration is required by Dec. 6. For more information, call 608-388-3505.

## Preretirement briefing dates set for 2020

Beginning March 2, 2020, the Fort McCoy Garrison Soldier for Life-Retirement Services Office (SFL-RSO) will offer a quarterly preretirement briefing from 9 a.m. to noon in building 50, room 100B.

The briefing provides an overview of retirement benefits and entitlements. This briefing is an Army requirement.

The pre-retirement briefing is not a part of the Soldier for Life - Transition Assistance Program (SFL-TAP). The preretirement briefing covers topics not addressed in SFL-TAP.

Some of the topics that will be covered include TRICARE, retirement pay, and the Survivor Benefit Plan (SBP). Reserve service members are encouraged to contact their servicing RSO for information on Reserve-related pre-retirement briefings.

The 2020 pre-retirement briefing schedule is March 2, June 1, Sept. 14, and Dec. 7. If there are any changes to these dates, a message will be available at 608-388-3716.

For information on Reserve-related preretirement briefings, contact the 88th Readiness Division RSO office at 608-388-7448/9321.

For questions and registration information for the garrison SFL-RSO preretirement briefing, call 608-388-3716.

## Next issue of The Real McCoy

The next issue of The Real McCoy will be published Dec. 13. The deadline for submissions is Dec. 4.

Call 608-388-4128 for information.



Dining Facility

Dining Facility 1362, located at the Noncommissioned Officer Academy, is open. Military members and Department of Defense civilians on official orders for temporary duty training may use dining facilities. Groups of 10 or more must first coordinate through the Food Program Management Office at 608-388-6518/4739.

Closed Nov. 26-Dec. 3.

Hours

Breakfast — 6-8 a.m.  
Lunch — 11:30 a.m.-1 p.m.  
Dinner — 5-6:30 p.m.

Rates

Breakfast — \$3.45  
Lunch — \$5.60  
Dinner — \$4.85

Recreation

Automotive Skills Center: Building 1763. Open 1-9 p.m. Thurs.-Fri. and 9 a.m.-5 p.m. Sat.-Sun. Call 608-388-3013.

Better Opportunities for Single Soldiers (BOSS): Meets at 4 p.m. each quarter in building 1363. Call 608-388-3200.

iSportsman: Portal for hunting, fishing, and outdoor recreational activities. Register, apply for permits, and sign in or out at <https://mccoy.isportsman.net>.

McCoy's Community Center: Building 1571. Offers books, arcade, gaming area, and bowling. Manager has discretion on closing time. Call 608-388-7060.

Bowling Center: Open 11 a.m.-11 p.m. Mon.-Fri. and 4-10 p.m. Sat.-Sun. Extreme bowling 4-9 p.m. Fri.

Leisure Travel Services Office: Open 10 a.m.-5:30 p.m. Mon.-Fri. Call 608-388-3011.

Pine View Campground/Recreational Equipment Checkout Center: Building 8053. 9 a.m.-5 p.m. Mon.-Fri. Call 608-388-2619.

Rumpel Fitness Center: Building 1122. Open 5 a.m.-8 p.m. Mon.-Thurs., 5 a.m.-7 p.m. Fri., and 6 a.m.-2 p.m. Sat.-Sun. 24-hour access available to those who register. Call 608-388-2290.

Indoor swimming pool, atrium, sauna and steamroom: Open 6 a.m.-7 p.m. Mon.-Thurs., 6 a.m.-6:30 p.m. Fri., and 9 a.m.-1:30 p.m. Sat.-Sun.

Sportsman's Range: Open 3-7 p.m. Fri. and 9 a.m.-5 p.m. Sat.-Sun. Call 608-388-9162/3517.

Tactics Paintball & Laser Tag: By appointment with two-day notice. Call 800-531-4703.

Dining

McCoy's Community Center: Building 1571. Catering/administration, call 608-388-2065.

Food: Open 11 a.m.-9 p.m. Mon.-Fri., 4-11 p.m. Sat., and 4-10 Sun. Buffet available 11 a.m.-1 p.m. Mon.-Fri. Call 608-388-7673.

Sports bar: Open 4-11 p.m. Mon.-Fri. and 4-10 p.m. Sat.-Sun. Manager has discretion on closing time.

Snack Avenue: Building 1538. Located inside Express. Open 6 a.m.-7 p.m. Mon.-Sat. and 8 a.m.-3 p.m. Sun. Call 608-269-5604 or 608-388-4343.

Specialty Express Food Court: Building 1538. Open 10 a.m.-6 p.m. Mon.-Fri. Call 608-269-5615, ext. 303.

Whitetail Ridge Chalet: Building 8061. Closed for the season. Chalet available year-round for private parties. Call 608-388-3517.

Services

Alteration Shop: Building 1538. Open 9 a.m.-5 p.m. Mon.-Fri. and 10 a.m.-2 p.m. Sat. Call 608-269-1075.

Barber Shop (Exchange): Building 1538. Open 9 a.m.-5 p.m. Mon.-Fri. and 10 a.m.-2 p.m. Sat. Call 608-269-1710.

Car Rentals (Enterprise): Info available at the Exchange, building 1538. Use the phone at the Enterprise sign. Call 608-782-6183 or 800-654-3131; use CDP# 1787245.

Car Wash: Building 1568. Offers self-service and automatic bays and vacuums. Open 24/7. May close during extremely cold weather. Accepts cash, tokens, or credit cards. Token machine on site. Tokens also sold at McCoy's Community Center, building 1571. Call 608-388-4161.

# facilities services

This schedule is projected through Nov. 22.

Most offices closed Nov. 28-29 for Thanksgiving.

Bold, italic typeface indicates a change since the last publication.

Call facilities to verify hours. To report updates, call 608-388-2769.

Commissary: Building 1537. Open 10 a.m.-6 p.m. Mon.-Sat. Early bird/self-checkout open 9-10 a.m. Mon.-Fri. Call 608-388-3542/3543.

Computer Lab: Building 50, room 100A. Open 7:30 a.m.-4 p.m. Mon.-Fri. Computers, projector, printer, scanner, fax machine available. Call 608-388-2474.

CWT (Carlson Wagonlit Travel) SatoTravel: Building 2180. Open 7:30 a.m.-4 p.m. Mon.-Fri. Call 608-388-2370, 608-269-4560, or 800-927-6343.

Education/Learning Center: Building 50, room 123. Open 8 a.m.-4 p.m. Mon.-Fri. Call 608-388-7311.

Exchange: Building 1538. Open 8 a.m.-7 p.m. Mon.-Sat. and 8 a.m.-3 p.m. Sun. Call 608-269-5604, ext. 101 or ext. 4343.

ID Card/DEERS Section: Building 35. Open 7:30 a.m.-3 p.m. Mon.-Fri. Call 608-388-4563 to verify ID Section is operational.

IHG Army Hotels: Building 51. Open 24/7. Call 608-388-2107 or 877-711-TEAM (8326).

Laundrette/Dry Cleaning: Building 1538. Open 10 a.m.-5 p.m. Mon.-Fri. and 10 a.m.-2 p.m. Sat. Call 608-269-1075.

Laundry Facilities: Open 24/7. Exclusively for use by Soldiers training on Fort McCoy. Civilian, family members, and retired military members are not authorized to use these facilities. Call 608-388-3800 to find out which buildings are open.

Military Clothing: Building 1538. Open 8 a.m.-7 p.m. Mon.-Sat. and 8 a.m.-3 p.m. Sun. Call 608-269-5604, ext. 203.

Patriot Outfitters: Building 1538. Open 9 a.m.-6 p.m. Mon.-Fri. and 9 a.m.-4 p.m. Sat.-Sun. Call 608-269-1115.

Permit Sales: Building 2168. Hunting, fishing, and firewood permits. Open 7 a.m.-3:30 p.m. Mon.-Fri. Call 608-388-3337.

Retirement Services Office: Building 35. Open 7:30 a.m.-3 p.m. Mon.-Tues. and Thurs.-Fri. Call 608-388-3716.

R.I.A. Credit Union: Building 1501. Open 9 a.m.-1 p.m. Mon.-Wed. and 9 a.m.-1 p.m. and 2-5 p.m. Thurs.-Fri. ATMs are located in building 1501 (available 24/7); McCoy's, building 1571; Exchange, building 1538; and IHG Army Hotels, building 51 (available 24/7). Call 608-388-2171.

Service Station/Express/Class VI: Building 1538. Open 6 a.m.-7 p.m. Mon.-Sat. and 8 a.m.-3 p.m. Sun. Call 608-388-4343. Pay-at-the-pump gas is open 24/7.

Visitor Control Center: Building 35. Call 608-388-4988 for hours.

## Family Support

Army Community Service: Building 2111. Open 7:30 a.m.-4 p.m. Mon.-Fri. or by appointment. Call 608-388-3505.

Army Substance Abuse Program: Building 1344. Open 7:30 a.m.-4 p.m. Mon.-Fri. or by appointment. Call 608-388-2441.

Child Development Center: Building 1796. Open 6:30 a.m.-5:15 p.m. Mon.-Fri. Call 608-388-3534/2238.

Housing Office: Building 6158. Open 7 a.m.-4 p.m. Mon.-Fri. Family Housing, Single Soldier Housing, and referral services. Call 608-388-2804.

Military and Family Life Consultant Program (MFLC): Building 2111. Provides education, information, and support for anyone affiliated with the military. MFLC services are confidential. Available 8 a.m.-4 p.m. Mon.-Fri. or by appointment. Call 608-388-8068 or 608-598-7324

Red Cross: Fort McCoy active-duty Soldiers and Family members can call 877-272-7337 for emergency assistance. For other Red Cross services, call 800-837-6313 or 608-788-1000.

School Age/Youth Center: Building 1792. Activities for youth grades kindergarten through 12. Offers after-school, nonschool, and inclement-weather care for eligible youth. Open nonschool days 6:30 a.m.-5:30 p.m. or 2:30-5:30 p.m. Mon.-Fri. for After School Program. Call 608-388-4373.

## Health Care

Alcoholics Anonymous: For more information, call 608-388-5955/2441.

Fort McCoy Civilian Employee Assistance Program: Screening and referral services for civilian employees and Family members experiencing difficulties due to problems related to substance abuse, mental health, marital/family discord, or other causes. Call 608-388-2441/5955.

Fort McCoy Sexual Harassment/Assault Response & Prevention (SHARP): 24/7 hotline: 608-388-3000.

Occupational Health Clinic: Building 2669. Open 7 a.m.-3 p.m. Mon.-Fri. Call 608-388-3025.

TRICARE: TRICARE North Region, 877-874-2273; TRICARE West Region, 877-988-9378; TRICARE South Region, 800-444-5445; TRICARE for Life, 866-773-0404; or [www.tricare.mil](http://www.tricare.mil).

Troop Medical Clinic: Building 2669. Call 608-388-3025 for available services or assistance locating local services while training at Fort McCoy.

## Worship

Catholic: Chapel 10, building 1759. Mass at 9:15 a.m. Sun. Fellowship 9:30-11 a.m. Sun. at building 2675.

Jewish: Congregations of Abraham, 1820 Main St., La Crosse, Wis. Call 608-784-2708.

Mormon: Church of Jesus Christ of Latter-day Saints, 702 E. Montgomery St., Sparta, Wis. Services from 10 a.m.-1 p.m. Sun. Call 608-269-3377.

Protestant: Chapel 1, building 2672. Service at 10:30 a.m. Sun. Fellowship 9:30-11 a.m. Sun. at building 2675.

Protestant Women of the Chapel: Building 2675. Bible study. Call 608-388-3528.

Spanish Language: Catholic services in Norwalk at 4 p.m. Sun.; call 608-823-7906. Seventh-Day Adventist services in Tomah; call 608-374-2142.

If you have an emergency, call 608-388-2266, and the on-call duty chaplain will be contacted.

## Organizations

American Federation of Government Employees (AFGE), Local 1882: Building 1411. Open 7 a.m.-4 p.m. Mon.-Fri. Meets at 5 p.m. second Tuesday of each month. Call 608-388-1882.

American Society of Military Comptrollers: Meets several times throughout the year. For more information, call 608-269-1912.

Reserve Officers Association, Fort McCoy-Readiness 43: For more information, call 920-535-0515 or email [justdave49@centurylink.net](mailto:justdave49@centurylink.net).

USO Wisconsin at Fort McCoy: Building 1501. Open noon-8 p.m. Thurs.-Mon. For more info or to volunteer, call 414-477-7279 or email [ehazlett@usowisconsin.org](mailto:ehazlett@usowisconsin.org).

Warrant Officers Association, Chapter 0317: For more information, email [usawoamccoy@outlook.com](mailto:usawoamccoy@outlook.com).

SEVERE WEATHER ANNOUNCEMENTS/PROCEDURES

During any severe winter weather situation, a liberal leave policy will automatically be in effect.



This policy affords supervisors and employees flexibility in addressing an individual request for leave or a work schedule adjustment due to weather, accommodating a late arrival, and/or an employee's request for an early departure due to weather conditions.

Annual leave may be requested and approved in 15-minute increments.

If the Garrison Commander should deem that due to an extreme weather situation all post operations would need to be suspended during the duty day, then that announcement will be made via a command-approved, postwide email communication, with employee notifications then disseminated through their supervisory channels.

If such a decision were to be made outside of the normal duty day, then a Fort McCoy Public Affairs Office authorized announcement will be released through Fort McCoy's Facebook page at [www.facebook.com/FtMcCoy](http://www.facebook.com/FtMcCoy).

In addition, information regarding liberal leave/post closure can be obtained after duty hours by calling 608-388-7777.

  
<https://home.army.mil/mccoy>  
  
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[www.twitter.com/USAGMcCoy](https://www.twitter.com/USAGMcCoy)

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Send news items to the Public Affairs Office, ATTN: (IMMC-PA), 100 E. Headquarters Road, Fort McCoy, WI 54656-5263, or call 608-388-4128 or 2769 or send e-mail to [usarmy.mccoy@imccentral.list.pao-admin@mail.mil](mailto:usarmy.mccoy@imccentral.list.pao-admin@mail.mil)

Send advertising inquiries to River Valley Newspaper Group, P.O. Box 4008, La Crosse, WI 54601 or call 608-374-7786/877-785-7355.

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Read this publication online at <https://home.army.mil/mccoy>.

FIREARM REGISTRATION POLICY

All privately owned firearms brought on the installation must be registered through the Directorate of Emergency Services (DES) Police Department. Firearm registration is required by Army Regulation 190-11, 4-5, "Privately owned weapons and ammunition." Firearms are required to be registered prior to entrance or immediately upon entering any lands identified as Fort McCoy property. For more information, call 608-388-2266.

Looking for work on the installation? Search for Fort McCoy jobs at [www.USAJOBS.gov](http://www.USAJOBS.gov).