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Fort McCoy providing support to thousands for CSTX 86-19-03

STORY & PHOTOS BY SCOTT T. STURKOL Public Affairs Staff

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The 86th Training Division at Fort McCoy is conducting Combat Support Training Exercise (CSTX) 86-19-03 from July 13 to Aug. 2 at the installation.

The 86th is holding the exercise as part of the U.S. Army Reserve commanding general's Combat Support Training Program (CSTP). Thousands of service members with the Army as well as other military services and foreign militaries are participating in the multinational exercise.

CSTX 86-19-03 is the first of two CSTXs by the 86th taking place at Fort McCoy this year. According to the 84th Training Command, CSTP exercises are large-scale training exercises where units experience tactical training scenarios specifically designed to replicate real-world missions.

"CSTP exercises prepare ... Army Reserve units to be combat-ready by immersing them in realistic scenarios where they train as they would fight," states an 84th document about the exercises. "These exercises are developed to improve ... units' training readiness and to assess how they perform in a dynamic operational environment."

Installation garrison and tenant organization personnel also are providing food, shelter, and other support to help make the exercise successful. (See CSTX, Page 4)

bee **CSIA**, Page 4)



Observer-coach/trainers with the 181st Multi-Functional Training Brigade drive along a range road July 16 during operatons for Combat Support Training Exercise 86-19-03 at Fort McCoy.

Patriot North 2019 takes place at installation



Photo by Scott T. Sturkol

An aircrew lands a C-130H Hercules with the 136th Airlift Wing of the Texas Air National Guard at Fort Worth at Young Air Assault Strip on South Post on July 16 at Fort McCoy. The activity was part of the Patriot North 2019 exercise the took place at Volk Field and Fort McCoy. More than 700 civilians, volunteers, and National Guard Soldiers and Airmen from more than 20 states supported the 2019 exercise. See pages 6 and 7 for more coverage of the exercise.

Post is first Army installation testing DOD's TMS prototype

STORY & PHOTOS BY SCOTT T. STURKOL Public Affairs Staff

U.S. Transportation Command is continually working to improve the capabilities of global transportation systems on behalf of the Department of Defense (DOD), and Fort McCoy is one of the first installations to be a part of that effort with the testing of the Transportation Management System (TMS) prototype.

The command, also called USTRANSCOM, is responsible for conducting globally integrated mobility operations, leading the broader Joint Deployment and Distribution Enterprise, and providing enabling capabilities in order to project and sustain the joint force in support of national objectives.

USTRANSCOM selected Fort McCoy to try out the TMS prototype while selected cargo was deployed to the post for the 86th Training Division's Combat Support Training Exercise 86-19-03. According to the command, the TMS prototype is being tested in order to determine if a commercial off-the-shelf transportation management system can support the system requirements needed to conduct global transportation for the DOD. "We're testing a software suite that may provide us integrated transportation capabilities," said Kathryn Miller, organizational change management training lead for the TMS Prototype Core Team. "Right now, we coordinate a complex system of transportation nodes that includes aerial and seaports, distribution hubs, and staging bases. There is currently no single system that links these nodes. We often hear that our current portfolio is cumbersome. We're seeking a more modern, integrated solution to link the platforms that project combat power. Ultimately, we want the enduser to be able to track cargo in an (See TMS, Page 3)







(From left) U.S. Fish and Wildlife Service (USFWS) Director-nominee Aurelia Skipwith, Garrison Commander Col. Hui Chae Kim, Directorate of Public Works (DPW) Environmental Division Natural Resources Branch (NRB) Chief Tim Wilder, DPW Director Lian Haun, Forestry Technician Charles Mentzel, former NRB Chief Mark McCarty, Wildlife Biologist Dave Beckmann, Forestry Technician Leigh Neitzel, Fisheries Biologist John Noble, and acting Deputy USFWS Midwest Regional Director Thao Tran stop for a photo July 11 during the presentation of the 2019 USFWS Military Conservation Partner Award to the NRB at Fort McCoy. Not pictured are Forester James Kerkman and Archaeologist Kira Kaufmann.

Fort McCoy DPW Natural Resources Branch personnel presented with USFWS Military Conservation Partner Award

STORY & PHOTO BY SCOTT T. STURKOL Public Affairs Staff

Members of the Fort McCoy Directorate of Public Works Environmental Division Natural Resources Branch were presented with the U.S. Fish and Wildlife Service (USFWS) Military Conservation Partner Award on July 11 at building 60.

"The United States Secretary of the Interior David Bernhardt wanted me to convey his best wishes here today," said USFWS Director-nominee Aurelia Skipwith during the presentation. "It is wonderful to be here to express our appreciation for your success and blending the important conservation work with your national defense mission, both of which are important to our nation.

"At the Department of the Interior and the U.S. Fish and Wildlife Service, we have been working hard to increase opportunities for all Americans to get outside and enjoy our public lands, which I know is a priority here at Fort McCoy," Skipwith said.

The award recognizes significant naturalresources management achievements by military installations, particularly the conservation of important wildlife and their habitats through cooperative work with the

USFWS and other partners.

"To recognize the hard work that our nation's military installations do for conservation, the U.S. Fish and Wildlife Service created the Military Conservation Partnership Award," Skipwith said.

⁴As you all know, Fort McCoy is a special place, and all of you have made significant investments in your natural resources, which is why we are honoring you here today. One example of the significant work you have done has been your support of the Karner blue butterfly — an endangered species that resides here on the base.

"Some of the best remaining habitat, and the largest population of this species in the world, is found right here," she said.

"Another example of your creative management is the Badger Drop Zone. ... (It's) an incredible 800-acre grassland. Your work will protect this incredible habitat that is home to a variety of pollinators and sensitive bird species. The most important part is that your work meets both the military mission's and the species' needs. Whether it is conducting habitat management or species surveys, your proactive, flexible, and collaborative approach has had a big impact on the ground and has been a model for other military installations." Natural Resources Branch (NRB) Chief Tim Wilder, who was previously the endangered species biologist for Fort McCoy, said many efforts contributed to his team earning the award. the Natural Resources Branch, including former NRB Chief Mark McCarty, who recently retired; all of the employees working on the installation through Colorado State University Center for Environmental

"This is truly a Fort McCoy award and not just a Directorate of Public Works or NRB award," Wilder said.

"Although the on-the-ground work completed by each NRB team member was instrumental in Fort McCoy being selected for this award, it couldn't have happened and wouldn't have happened without the support from many others on Fort McCoy. Funding is needed to complete this work. Our budget analyst, Joanne Haefele, works with us to ensure we obtain the required funding and assists us in getting these funds obligated."

"We coordinate directly with Rey Vellido and his team within the Directorate of Plans, Training, Mobilization and Security to ensure the work we are doing is in direct support of the overall military mission," Wilder said. "These are just two examples, but the bottom line is, we appreciate the support we get from others on the installation that allows us to be recognized for the work that we do."

The team that was recognized with this **Environmental Division Natural** award, Wilder said, includes everyone within **Branch contributed to this article.**)

the Natural Resources Branch, including former NRB Chief Mark McCarty, who recently retired; all of the employees working on the installation through Colorado State University Center for Environmental Management of Military Lands agreement, who completed much of the on-the-ground work; DPTMS personnel; volunteers; and USFWS and Wisconsin Department of Natural Resources (WDNR) employees, who either assisted with surveys or worked behind the scenes to approve projects.

"We are very proud of the positive relationship we have with both the USFWS and WDNR," Wilder said.

Fort McCoy Garrison Commander Col. Hui Chae Kim received the team award from Skipwith. Directorate of Public Works Director Liane Haun received a USFWS Regional Director's Award in relation to the partnership award, and individual plaques were presented to NRB members.

Those members included Wilder, McCarty, Kira Kaufmann, James Kerkman, David Beckmann, Charles Mentzel, John Noble, and Leigh Neitzel.

(The Directorate of Public Works Environmental Division Natural Resources Branch contributed to this article.)

<u>NEWS</u>

TMS

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end-to-end system, so when cargo moves from ground to ship to air, we don't lose visibility.

"We have been in this TMS prototype since March 2018 — it's a two-year prototype," Miller said. "And, fortunately, the Army volunteered to participate in our prototype at Fort McCoy."

For the Fort McCoy system trial, the TMS Prototype Core Team partnered with the Army's G-43, which integrates strategic Army logistics functions in support of DOD planning guidance and the national military strategy to sustain Army forces supporting global combatant commanders. The core team also coordinated with Fort McCoy's Logistics Readiness Center (LRC) Transportation Division.

"We completed training with Fort McCoy personnel in June to prepare for the cargo movement using the system," Miller said.

Three Army units were designated to have cargo deployed and redeployed using the TMS prototype as they prepared for CSTX. These units included the 256th Combat Support Hospital of Twinsburg, Ohio; 454th Transportation Company of Columbus, Ohio; and the 367th Engineer Company of St. Joseph, Minn. All the units had cargo successfully moved in early July.

Installation Transportation Officer D.J. Eckland and Freight Management Specialist Dean Muller, both with the LRC, have been key players in Fort McCoy's involvement with the TMS prototype. Overall, six people from Fort McCoy have received training on the system, and Eckland helped develop the blueprints for the system.

"So, before the training took place at Fort McCoy, I (previously) spent 12 weeks at Scott Air Force Base (III.) ... with the USTRANSCOM TMS Prototype Core Team and the other service components doing the blueprinting process for the prototype," said Eckland, who worked to have Fort McCoy and the Army be a part of the process from the start. "When you look at logistics systems that the DOD fields, a lot of times they don't take into consideration the needs of the reserve component or how they do business. So by putting Fort McCoy out front and bringing the Army Reserve with us, that allowed us to put the Army Reserve at the forefront and get the processes that they use embedded into the system at the start. So, we can say we had our say in this, and it's not just a system with a bunch of processes that somebody else came up with that we're trying to make it work for ourselves."

Throughout DOD, multiple transportation systems are used, and many don't communicate effectively with each other. Muller said the TMS prototype creates a possible "one-stop shop" where everyone can communicate in one system and improve capabilities throughout.

"I'm very excited to be at the spearhead of this thing because we do have that opportunity to identify the reserve components," Muller said. "There's a lot of folks who don't understand the differences between the active and reserve components. This is our opportunity to make those adjustments right at the beginning and have people consider them as we continue to the prototype, and if we go into production as well."

One of the biggest advantages in the TMS is its capability for intransit visibility.

"The in-transit visibility of cargo is going to be huge," Muller said. "And not only huge for us to see within our domestic trucks ... but also if a unit is deploying, it has the ability to see it on rail or on a ship. All the transportation methods should be highly visible within TMS as this progresses."

Eckland, who has been fulfilling transportation needs for the Army and DOD for many years, said the prototype has the capability to change everything in the DOD transportation community.

"This is a great thing for the DOD," Eckland said. "It's one system for all. We won't be swivel chairing between systems, and it will increase visibility and lower costs."

The TMS Core Team is continually making adjustments and improvements with the prototype as work continues.

"The TMS initiative is energizing cultural and technological change within the Joint Deployment Distribution Enterprise," Eckland said.



A Fort McCoy Logistics Readiness Center employee operates a Rough Terrain Container Handler to move cargo associated with the Transportation Management System prototype operations July 11 at building 2100.



Members of the Transportation Management System (TMS) Prototype Core Team with U.S. Transportation Command at Scott Air Force Base, III., Army Headquarters G-43, and the Fort McCoy Logistics Readiness Center Transportation Division discuss the TMS prototype with garrison leadership July 10 at Fort McCoy.

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CSTX

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NEWS

Fort McCoy Food Program Manager Andy Pisney with the integrated tactical training base Logistics Readiness Center (LRC) said the installation is providing full food-service contract support, through DCT Inc., to operate dining facility 2674 for the cantonmentbased CSTX units.

"We are feeding around 600 people per mealtime at breakfast and dinner," Pisney said. "Lunch is a Meal, Ready-to-Eat (MRE)."

Subsistence Supply The Management Office (SSMO), which also is part of the food-service program with the Fort McCoy LRC, issued bulk rations to the CSTX Class I point.

quantities issued by the SSMO include 13,448 cases (161,376 meals) of MREs; 340 (6,120 meals) cases of heater/shelf-stable meals; 1,780 modules (89,000 meals) of unitized group rations; 6,042 bags (120,840 pounds) of bagged ice; and hundreds of other meal enhancements, such as milk, fruits, vegetables, salad, dressings, and cereal.

The subsistence drawn by the CSTX Class I break point is reconfigured and distributed to eight different field kitchen sites," Pisney said. "These field kitchen sites are being operated by CSTX military 92G (culinary specialists) personnel."

The Directorate of Public Works mission-essential tasks." Training Facility Support Branch (TFSB) also has 357 post facilities issued to support the CSTX training, said Dustin Roberts with Integrated Logistics Services that supports the TFSB.

Issued facilities include two dining facilities (DFACs), six cantonment-area DFACs, six arms vaults, 110 basic officer quarters, 155 barracks, 19 classroom facilities, 35 administrative buildings, three brigade headquarter buildings, and 21 maintenance bays.

Troops deployed to the exercise also are supported by observercoach/trainers from several units associated with the 181st Multi-Functional Training Brigade, a Fort McCoy tenant organization. Plus, throughout North Post and South Post, exercise participants are utilizing training areas and Estimated subsistence and ice ranges managed by the Fort McCoy Directorate of Plans, Training, Mobilization and Security.

Brad Stewart, DPTMS director, said the installation is an ideal place to hold exercises like CSTX because of the many capabilities available.

"We have the right kind of communications systems, livefire capabilities, training villages, simulation facilities, and open terrain that allows the combat support and combat service support units to train here," Stewart said. "Fort McCoy is a great location to do this because we have built this combat training center-like environment here that really allows units to train to their

The second CSTX planned by the 86th will take place in August and includes other subordinate exercises taking place with it, such as Global Medic, Patriot Warrior, Northern Strike, and Nationwide Move.



Soldiers participating in Combat Support Training Exercise 86-19-03 operate communications equipment July 10 on the cantonment area at Fort McCoy.



Participants in Combat Support Training Exercise 86-19-03 drive in a convoy July 16 on South Post at Fort McCoy.



Soldiers set up a tent in a wooded area July 12 during operations for Combat Support Training Exercise 86-19-03 on South Post at Fort McCoy.

DFAS brings live coding, realism to Diamond Saber exercise at McCoy

STORY & PHOTO BY MARK ORDERS-WOEMPNER Financial Management Command

It's been said to "train like you fight," and for financial-management Soldiers preparing to deploy in the next year, the Defense Finance and Accounting Service (DFAS) brought a healthy dose of realistic training and experience.

DFAS Defense Military Pay Office personnel brought more than 100 years of military pay experience to help train Army Reserve and National Guard Soldiers preparing to deploy during the Army Reserve's Diamond Saber 2019 from June 18 to July 1 at Fort McCoy.

Diamond Saber, the Army's only large-scale financial management exercise, is designed to provide realistic technical training to financial-management units through interactive scenarios and transactions based upon current policy in a collective environment. The exercise helps achieve the National Defense Strategy objectives of a more lethal force, strong alliances and partnerships, and greater performance and affordability.

Forty-five units took part in Diamond Saber 2019, which is a financial-management exercise that incorporates individual training and collective small unit training, as well as an assessment opportunity for commanders to see how well their units are performing, said Michael Lindsay, DFAS Finance Operations director.

"The relationship with DFAS has been amazing," said Sgt. 1st Class Karen Ardon, 326th Financial Management Support Center financial-management training noncommissioned officer. "They have really gone out of their way to ensure we are getting what we are requesting because they understand that we are trying to better our Soldiers' training, and they have a passion for Soldiers' pay."

"From a DFAS perspective, military pay is our No. 1 missionessential function," Lindsay said. "We take it very seriously, so we partner with the Army to make sure that when Soldiers go down range ... they are equipped to be able to perform."

Part of that pre-deployment preparation was focused on processing active- and reservecomponent military pay. or

Gregory Martin, Defense Finance and Accounting Service Defense Military Pay Office lead military pay technician, trains Army Reserve and National Guard financial management Soldiers on June 28 during Diamond Saber 2019 at Fort McCoy.

"Diamond Saber started 15 years ago and started as just death by PowerPoint," said William Sterling, director of DFAS Defense Military Pay Office at Fort Benning, Ga. He said the annual exercise has evolved to include live coding, in which actual Soldiers' pay is processed.

Lindsay said more than 9,000 live documents were coded with more than a 96 percent accuracy rate during Diamond Saber 2019.

"A lot of (financial-management Soldiers) get more value out of doing live transactions and performing the tasks rather than listening to a PowerPoint or going through notional scenarios," Ardon said. "This really brings the realistic training they need to ensure they're processing Soldiers' pay correctly and accurately."

Also bringing years of deployed and training experience were Soldiers from the U.S. Army

Financial Management Command's Operations Support Team.

"Diamond Saber was an incredible, incredible exercise this year," said Command Sgt. Maj. Courtney Ross, Financial Management Command senior enlisted adviser. "That technical piece of it that those Guard and Reserve men and women are getting is the best training that they'll get throughout the year.

"The things I saw last year at Diamond Saber are totally different than the things I saw this year," Ross said, explaining that even more realism is brought in by leveraging the experience of units recently deployed. "The units that are in theater now, whether they're in Afghanistan, Iraq or Kuwait, we bring those guys and gals back in to actually help facilitate the training."

To Ardon and many of the DS19 staff, the exercise training was more than just technical knowledge. "Military pay is very near and dear to my heart," Ardon said. "It ties directly to Soldiers' morale as it allows them to focus on their mission without having to worry about if they're getting paid on time or accurately."

"It is our responsibility to help to prepare those Soldiers to make sure they are equipped with the information and the training they need to be able to take care of (their fellow) Soldiers," Lindsay said.

"When you're deployed, there's always a risk there, and when you are focusing on anything except your mission — your buddy to your left and right — then you put yourself at harm in addition to the overall mission. So, it very much is an issue of life and death."

A direct reporting unit to the assistant secretary of the Army for Financial Management and Comptroller, Financial Management

Command provides finance support and liaison on matters pertaining to the adequacy of finance policies, systems and reporting requirements to Army commands, component commands, direct reporting units, installations, tactical units, and DFAS.

Financial Management Command also performs Army-wide unique actions such as financial management unit technical training, electronic commerce, and classified finance and accounting oversight.

The command is also responsible for the delivery of Army-wide financial-management functions including enterprise resource planning systems support, audit and compliance support, financial operations support, Enterprise Resource Planning business process standardization support, and Army field financial-management activities operational oversight.

Fort McCoy plays important role in National Guard's Patriot North 2019 exercise

STORY & PHOTOS BY SCOTT T. STURKOL Public Affairs Staff

Air Force special operators parachuted from a C-130 Hercules to Fort McCoy's Young Air Assault Strip and the Sparta-Fort McCoy Airport on July 17 to "secure" the airfields. This was among many scenarios that took place on post for exercise Patriot North 2019 from July 15-18.

Those special ops Airmen were with the 123rd Special Tactics Squadron of the Kentucky Air National Guard at Louisville, and the C-130 was from the 136th Airlift Wing of the Texas Air National Guard at Fort Worth. They were all part of the joint, interagency exercise, sponsored by the National Guard Bureau (NGB), that took place at the Volk Field as well as Fort McCoy, said Lt. Col. Mickey Kirschenbaum, Patriot North 2019 public affairs director.

The exercise is designed for civilian emergency management and responders to work with military entities in the same manner they would during disasters, said Lt. Col. Ashley Nickloes, deputy exercise director for Patriot North.

Nickloes said the training helps test the National Guard's homeland and deployment capabilities.

"The exercise tests the National Guard's abilities to support response operations based on simulated emergency scenarios, such as a strong storm bringing high winds or a storm surge creating a collapsed building, mass casualties, and the need for search and rescue along with evacuations of injured," she said.

During the exercise, National Guard members, along with local, state, and federal partners, deployed to various exercise venues to practice those response activities, including Fort McCoy.

Nickloes discussed how Volk Field, Fort McCoy, and Wisconsin in general are great areas to hold the kind of training completed during Patriot North.

"Wisconsin is near and dear to my heart. Why? It's because of the hospitality," Nickloes said. "The people of Wisconsin go out of their way to make sure that we are at home, and we have everything we need to accomplish the mission of this exercise to its fullest capability. I really believe that the Combat Readiness Training Center at Volk Field is unparalleled in their support of what they can supply to this mission, and we love coming back here every year.

"A lot of people also might not realize is what Fort McCoy and Volk Field bring to the area and to the Guard," she said.

A UH-72 Lakota helicopter and crew with Alpha Company, 1st Battalion, 376th Aviation Regiment (Security and Support) of the Nebraska National Guard at Lincoln waits for a simulated victim to be moved and airlifted July 16 at Young Air Assault Strip on South Post at Fort McCoy as part of Patriot North 2019 exercise operations.

"For what Fort McCoy provides, it has ... (Young Air Assault Strip), where we can bring in C-17s and C-130s in addition to other aviation assets. This is a great field where we can come in and practice. You don't have lights out here (on the airstrip), so this is what it would be like if they were flying into many areas in Afghanistan."

Nickloes said Fort McCoy's airstrip and the

installation is especially useful for numerous exercise scenarios.

"(Fort McCoy) is a unique training area that allows us to have so many different training venues to train so many troops," she said.

Exercise Director Lt. Col. Roger Brooks said the exercise is great for preparing the National Guard.

"Patriot North provides our Soldiers and

Airmen with a chance to improve their skills to respond to a natural disaster and work with emergency management agencies," Brooks said. "This exercise will allow all of us prepare for any disaster."

According to exercise officials, more than 700 civilians, volunteers, and National Guard Soldiers and Airmen from more than 20 states supported the 2019 exercise.

NEWS



A Storm Search and Rescue Tactical Vehicle is unloaded from a C-130H Hercules with the 136th Airlift Wing of the Texas Air National Guard at Fort Worth during Patriot North 2019 operations July 16 at Young Air Assault Strip on South Post at Fort McCoy.



Air Force firefighters supporting the Patriot North exercise park a fire-response vehicle July 16 at Station 2 of the Fort McCoy Fire Department during an exercise scenario.



Lt. Col. Ashley Nickloes, deputy exercise director for Patriot North 2019, talks with local media about the exercise July 16 as part of a media day by exercise organizers at Young Air Assault Strip on South Post.



Special operations Airmen with the 123rd Special Tactics Squadron of the Kentucky Air National Guard at Louisville land at Sparta-Fort McCoy Airport on July 16 after parachuting from a C-130H Hercules for a Patriot North 2019 exercise scenario.

NEWS Rail movement held at Fort McCoy for National Guard units

STORY & PHOTOS BY SCOTT T. STURKOI Public Affairs Staff

Fort McCoy demonstrated its strategic rail transportation capability once again as two Wisconsin National Guard units completed a rail movement with installation support in early July.

Seventy-nine military vehicles and pieces of equipment belonging to the 1158th Transportation Company and 107th Surface Maintenance Company of the Wisconsin National Guard were loaded on 46 railcars during the movement, said Movements Branch Chief Douglas T. Altman with the Logistics Readiness Center (LRC) Transportation Division.

The units were shipping the equipment to Fort Hood, Texas, to be a part of a large exercise later in the year, said Capt. Chris Kauer, 1158th company commander.

"We're going to support an XCTC (Exportable Combat Training Capability) exercise at Fort Hood," Kauer said. "Most of the equipment is ours, but some also belongs to the 107th. They are sending a platoon of Soldiers with us to the exercise.

Many of the railcars were loaded with the 1158th's Heavy Equipment Transporter System (HETS) vehicles. HETS consists of two pieces of equipment — the M1070 tractor and the M1000 semi-trailer.

"We had all of our equipment (at Fort McCoy) well ahead of time," Kauer said. "We completed quite a bit training here in June to get our Soldiers ready, as well."

The rail loading and related work wasn't only completed by 1158th and 107th Soldiers. Employees with the Fort McCoy Logistics Readiness Center (LRC) Transportation Division are key players in any rail movement from the post, said Fort McCoy Transportation Officer D.J. Eckland.

Eckland also said the 829th Engineer Company, also a Wisconsin National Guard unit, helped with the rail move. "The 829th participated in the Rail Operations Course we conducted on July 9, and then they assisted with tie-down of equipment on the railcars," he said.

Kauer said he appreciated all the support Fort McCoy LRC staff provided for the movement.

"They are all excellent at what they do," Kauer said. "They were really great leading up to and during the rail movement."

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 will always be a primary mode of transportation at the installation, Eckland said.

"Rail is one of our strategic transportation missions, and these events allow us to exercise our capability," he said.

Kauer said the rail operation also was a great training event for all the Soldiers involved.

"We don't often get to practice this kind of work as a transportation company, so it was very beneficial," Kauer said. "This experience will also be helpful when we bring the equipment back later this year."



Military vehicles and equipment belonging to the 1158th Transportation Company and the 107th Surface Maintenance Company of the Wisconsin National Guard are loaded on railcars July 10 at Fort McCoy.

Force Base., Ill.; Combined Arms Support rail loading as well.

Eckland said officials with U.S. Command of Fort Lee, Va.; and the Army Transportation Command of Scott Air G-43 Directorate observed the progress of the





An M1000 trailer is loaded on to a railcar by a crane July 10 at the Fort McCoy rail yard. The Fort McCoy locomotive team moves loaded railcars July 12 at the post rail yard.

NEWS New CSM joins Fort McCoy command group

sergeant major for the Fort McCoy Garrison on July 16.

Mantha took the position during an assumption of responsibility ceremony at building 905.

The previous command sergeant major, Command Sgt. Maj. Frank Mathias, left the installation in April.

Mantha was previously he NSA Counter-Intelligence

Command Sgt. Maj. Paul Mantha became the new command noncommissioned officer for the 902nd Military Intelligence Group (Counter-Intelligence) in Fort Meade, Md.

> Located in the heart of the upper Midwest, Fort McCoy is the only U.S. Army installation in Wisconsin.

> The installation has provided support and facilities for the field and classroom training of more than 100,000 military personnel from all services each year since 1984.





Photos by Aimee Malone

Command Sgt. Maj. Paul Mantha, new command sergeant major for Fort McCoy Garrison, speaks to community members during his assumption-of-responsibility ceremony July 16 in building 905.

Command Sgt. Maj. Paul Mantha, incoming command sergeant major for Fort McCoy Garrison, accepts the flag from Col. Hui Chae Kim, garrison commander, during an assumption-of-responsibility ceremony July 16 in building 905.

Garrison HHC welcomes new commander during ceremony



Maj. Eddie Woody, new commander of the Fort McCoy Headquarters and Headquarters Company, passes the flag to 1st Sgt. Leonardo Ramos during the change of command ceremony July 10 at building 905.

Woody took command of the company from Maj. Edward Park (left), who had been at Fort McCoy since April 2017.

Photo by Aimee Malone

ADS

ABOUT POST

ACOE presentation Garrison Commander Col. Hui Chae

Garrison Commander Col. Hui Chae Kim connects an Army Communities of Excellence (ACOE) streamer to the garrison flag July 10 at McCoy's Community Center.

The Army's Office of the Assistant Chief of Staff for Installation Management awarded Fort McCoy the ACOE Bronze Award in the active Army category in the 2019 ACOE competition.

Several members of the Fort McCoy ACOE team were on hand for the award ceremony.

ACOE is an annual competition that uses the Baldrige Framework for Performance Excellence to evaluate Army installations. That framework is based on seven criteria: leadership, strategic planning, customers, knowledge management, workforce, operations, and results.

Photo by Scott T. Sturkol





Photo by Dustin Lakowske/Directorate of Family and Morale, Welfare and Recreation

New CYS training building opens

Garrison Commander Col. Hui Chae Kim and Fort McCoy Child and Youth Services (CYS) Coordinator Corissa Yahnke (both in center) with the Directorate of Family and Morale, Welfare and Recreation (DFMWR) prepare to cut the ribbon July 11 to officially open the new CYS traning center in building 1765. Also present were other members of DFMWR and the garrison.



Northern Lightning support recognized

Garrison Commander Col. Hui Chae Kim receives a special award from Col. Dave May, commander of Volk Field, Wis., on July 10 at Volk Field. May presented the award as appreciation for the installation's support for the Northern Lightning exercise that took place at Volk Field in May.



Christmas in July at Pine View

Photo contributed by Directorate of Family and Morale, Welfare and Recreation

A pop-up camper is decorated in a Christmas theme July 12 as part of the Christmas in July event at Pine View Campground at Fort McCoy. Dozens of campground visitors decorated their campers and recreational vehicles to participate in the theme, which took place along with other related activities at the campground. For more information about Pine View and upcoming themed weekends, call 608-388-3517.



Army Community Partnership conference

Leaders from throughout the Fort McCoy Garrison, tenant organizations, and state and local government agencies meet in McCoy's Community Center on July 10 as part of a follow-up Army Community Partnership (ACP) Conference at Fort McCoy. An initial related conference took place April 25. The conference supported the ACP Program at Fort McCoy, which leverages the strength of federal, state, and local governments to form partnerships that increase efficiencies and produce cost savings.



Garrison-Tenant Staff Meeting held Garrison Deputy Commander Sheila L. Coker speaks with garrison and tenant organization personnel during the 2019 Garrison-Tenant Staff Meeting on July 11 in building 60 at Fort McCoy. The meeting offers garrison and tenant organization leadership a chance to provide updates, share ideas, and network with one another.

FEATURE This month in Fort McCoy history

60 years ago — July 29, 1959 The chaplains serving with civilian component units and those on temporary duty as members of units in support of the 1959 summer encampment joined in. observance of the 184th anniversary of the U.S: Army Chaplaincy.

The "soldiers of God" met for a special luncheon at the Sidney hotel in Sparta.

The anniversary marks the enactment by the Continental Congress of legislation that established the corps of dedicated men who ministered to the welfare of U.S. Army troops since the beginning of the Revolutionary War.

Hundreds of chaplains have given their lives, suffered wounds or been captured and gone through tremendous hardships to bring comfort and guidance to men of the Army in every U.S. war.

50 years ago — July 19, 1969 Wisconsin Gov. Warren P. Knowles visited the Wisconsin Army National Guard units in summer training July 19 at Camp McCoy and Camp Williams. As part of the official Governor's Day ceremony, Knowles reviewed the National Guard troops and spoke highly of their service to Wisconsin and the nation.

Other dignitaries with the governor were Air Force Maj. Gen. Collins Ferris, commanding general of the Wisconsin Air National Guard; Brig. Gen. James Lison Jr., Wisconsin adjutant general; Brig. Gen. Gaylord Shepard, commanding general of the Emergency Operations Headquarters of the Wisconsin Army National Guard; and Col. Joseph E. Venables, post commander of Camp McCoy.

40 years ago — July 1979 The whole day has been a scorcher, the morning coffee stayed with you until afternoon, and when you finally reach the comfort of your barracks room, you arrive only to find out that the roof that was over your bunk is now scattered at the bunk's sides.

If this scene happened anywhere else, you'd probably have to sleep with the roof in your lap at nights for weeks. But on Fort. McCoy, a new Work Control Center under the guidance of the Directorate of Facilities Engineers (DFE) will come to your aid and let you sleep easy again.

"We're looking at service for the troops," said Bill Odell, chief of the Engineer Resource Management Division at DFE.

"We work quickly and immediately to insure that the soldiers are not left out in the cold no matter how serious the situation."

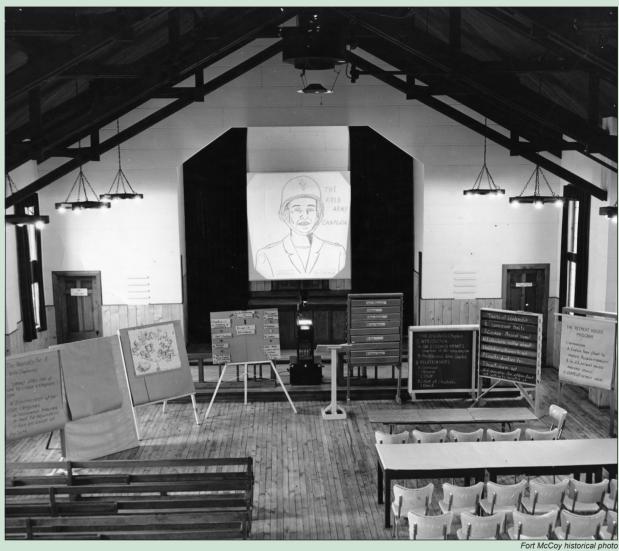
Using a popular HELP call number, soldiers on Fort McCoy can now have problems such as gas line leaks, water freeze-ups, and any other small service jobs answered and repaired by the engineers quickly.

All it takes for the soldier to relieve the situation is a call to extension 4357, and almost immediately the engineers will have one of their technicians, qualified in handling problems such as yours, to your house and working for you.

20 years ago — July 23, 1999 British soldiers brought their enthusiasm, esprit de corps,

and willingness to learn American ways to the annual training of the 66th Infantry Brigade of the Illinois National Guard.

Capt. Jim Fisher, the Company C commander for the



Building 1754, a former chapel, is set up for chaplain training in 1969 at then-Camp McCoy.

1st/131st Infantry Regiment of the 66th, said approximately 150 British soldiers were incorporated into the 66th's training. The soldiers were from the East of England Regiment, Royal British Territorial Army, which is headquartered in Nottingham.

Meanwhile, members of Company C and Company B. of the 1st/131st were in Senny Bridge, Wales, training with their British counterparts from the East of England Regiment as part of a training exchange, Fisher said. The Americans fired British weapons and also learned about British army tactics for military operations in an urban terrain.

The British soldiers at Fort McCoy fired American weapons, participated in a live-fire exercise, and participated in and/or observed other training, such as military tactics, he said.

Capt. Richard Seward of the Royal Artillery, whose unit is stationed in Luton, England, said the British army was reinforced by American artillery during Operation Desert Storm, so it is important to learn each other's way of doing business.

The training at Fort McCoy was his first experience training with Americans in the United States. Seward was attached to a five-member forward observer team and served as its artillery

officer during training at Fort McCoy.

"It's great to get the hands-on training here," Seward said. "I get to see the end-to-end task. I issued calls for fire and saw the rounds land safely and on the right target."

10 years ago — July 2009

An era came to an end with the demolition of the last remaining wooden buildings in Fort McCoy's 1000 block, which once was home to the installation's hospital.

The buildings in the area housed a complete hospital, which included surgical capabilities, during the World War II era. The buildings were part of the new Camp McCoy cantonment area, which was built in 1942.

The 1,800-bed station hospital was one of the 15 induction and basic training centers for Army nurses during World War II. Altogether, 27,330 nurses underwent training throughout the Army, with Camp McCoy serving as one of the largest sites. A four-week course included 144 hours on military courtesy, discipline, correspondence, security, selfprotection (e.g. gas-mask training), physical fitness, drill, sanitation, insect control and care of chemical casualties.

FEATURE

Fort McCoy ArtiFACT: Prehistoric copper

There is a long history of archaeological investigations at Fort McCoy, dating back to the early 1960s. In fact, six of the first seven archaeological sites recorded in Monroe County lie within the installation boundary.

These investigations span the efforts of hundreds of individuals who very carefully dug thousands of holes by hand across tens of thousands of acres.

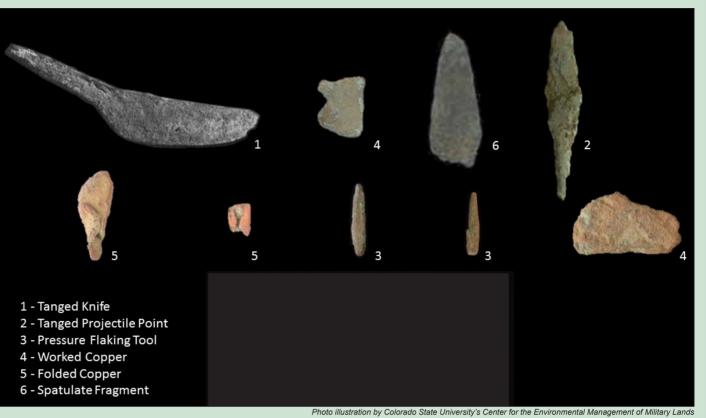
Of the hundreds of thousands of artifacts recovered from these investigations, some of the rarest finds were prehistoric tools made out of raw copper; 11 prehistoric copper artifacts have been recovered from nine separate sites separated by more than 12 miles across the installation.

Native Americans had mastered the technology of hammering, rolling, cutting, drilling, joining, and decorating copper long ago. They began making tools such as fish hooks, knives, and projectile points out of native copper more than 6,000 years ago using a process often referred to as cold hammering.

Copper is a malleable (easily bent) material which can be shaped with a stone used as a hammer and then strengthened by heating and rapid cooling or "quenching," which is simply dunking the heated material into cold water.

The first copper artifact recovered at Fort McCoy was the most complete tool when compared to subsequent finds. This tool was identified as a tanged knife (#1) and was likely hafted to a handle or hilt made of bone or wood. Another of these copper artifacts (#2) was likely affixed to the end of a spear to serve as a projectile weapon.

Other copper artifact discoveries included tool fragments and items (#3 and 4) which could have been used in the later stages of stone tool manufacture, and two were described by researchers as folded copper.



Copper items found in past archaeological digs at Fort McCoy are shown. These items were created by Native Americans.

Other copper items (#5 and 6) may represent decorative items.

The use of copper by Native Americans changed in focus over time, with more recent copper artifacts which would have dated from 1,500-1,000 years ago to more recent times.

Copper beads or tinkling cones (#5) area unique copper artifact, frequently recognized as ornamental items. They were nicknamed "tinklers" because of the jingling sound they made when they hit against each other and adorned clothing or special costumes in large numbers to make this sound.

They were made from sheet copper that damages, or otherwise alters or defaces any was rolled into a cone and were also attached to pouches, knife sheaths, moccasins and clothing.

All archaeological work conducted at Fort McCoy was sponsored by the Directorate artifact should be reported to the Directorate of Public Works, Environmental Division, of Public Works Environmental Division Natural Resources Branch.

Visitors and employees are reminded they should not collect artifacts on Fort McCov or other government lands and leave the digging to the professionals.

Any individual who excavates, removes, Division Natural Resources Branch.)

historic or prehistoric site, artifact, or object of antiquity on Fort McCoy is in violation of federal law.

The discovery of any archaeological Natural Resources Branch at 608-388-8214.

(Article prepared by Colorado State University's Center for the Environmental Management of Military Lands and the Directorate of Public Works Environmental

Fort McCoy's oldest building

This concrete storehouse, shown July 16, is the oldest standing building at Fort McCoy. The building was built in 1911 and its location was once next to the southern spur of the joint Chicago and northwestern-Chicago, Milwaukee, and Saint Paul railways that went through the area.

Also known as the Ordnance Magazine, it served as a storehouse for targets and equipment for the adjoining small-arms range on the installation's South Post.

Outdoor safety highlighted during quarterly SOHAC meeting

Staying safe outdoors was the topic of Fort McCoy's summer Safety and Occupational Health Advisory Council, held July 16 at building 905.

The topics included heat-related injuries, hazardous plants, and the various types of wildlife found on Fort McCoy.

Heat-related injuries are a common hazard in summer months. Possible heat-related injuries include heat cramps, heat exhaustion and heat stroke.

Heat cramps are typically the first injury to develop and can be a precursor to heat exhaustion and heat stroke. The symptoms are muscle pain and muscle spasms. To treat heat cramps, stop activity, move to the shade, and drink fluids. It's best to drink a sports drink or water or juice with half a pack of salt added.

The symptoms of heat exhaustion include dizziness, nausea, weakness, clumsiness, and muscle cramps. Those afflicted should rest in the shade, loosen clothing, remove head gear, and drink two quarts of water over the course of an hour (if the person has not already consumed much water). Evacuate the victim immediately if the condition worsens or if there is no improvement after 30 minutes.

Heat stroke is the most severe heat-related injury and is considered a medical emergency. The symptoms can include convulsions, chills, vomiting, confusion (often indicated by mumbling), aggression, and unconsciousness. People with heat stroke need to be evacuated and seek medical attention immediately. Strip the person's clothing and cool them. Continue cooling him/her while waiting for emergency personnel; the same person should stay with the patient to observe and report any changes in mental state.

Prevention is key with heat-related injuries. Use the Work Rest Cycle and Fluid Replacement Guide, which takes into consideration the temperature and how strenuous of work a person is doing. Take breaks, keep hydrated, and watch out for individuals with a higher risk of heat-related injuries, including those with past injuries, who are not physically fit, are ill, or taking some medications. For more information on heat-related injuries, including the Work Rest Cycle and Fluid Replacement Guide, visit https://phc.amedd.army.mil/PHC%20Resource%20Library/HeatIllness_FS 12-005-0316.pdf.

Hazardous plants found on Fort McCoy include poison ivy, poison sumac, and wild parsnip. Poison ivy is perhaps the best known of the three and is commonly found in wooded areas and floodplains. In Wisconsin, it is typically a low-growing shrub or rambling vine with leaves that grow in groups of three. Poison ivy contains an oil called urushiol. Contact with all parts of the plant causes rashes and blisters.

Poison sumac is a shrub that likes wet areas, shady areas, including swamps and stream banks. Leaves have smooth edges and grow in



Fort McCoy workforce members tour Equipment Concentration Site-67 on July 16 during the quarterly Safety and Occupational Health Advisory Council meeting.

groups of seven to 13 per branch. The bark is bone-colored, and it can grow up to 20 feet tall. All parts of the plant contain urushiol. Its effects are sometimes considered worse than that of poison ivy.

Wild parsnip is an invasive species. It's an upright perennial that can grow up to 5 feet tall with yellow flowers that form an umbrella shape. It is usually found on Fort McCoy in disturbed soil, wet areas, and roadside ditches. The sap of the plant is a phototoxin; if sap is allowed to remain on the skin and then exposed to the sun, it causes a chemical burn with blisters. Phototoxicity can be amplified by humidity and perspiration.

Prevention is the best way to avoid exposure. Wear long sleeves, heavy pants, and gloves if you can't avoid contact with these plants. Barrier creams may also be helpful. Wash any clothes that come in contact with these plants separately from other clothes. Use hot water and detergents that are designed to neutralize oils.

If you've been exposed to any of these plants, wash exposed skin with soap and water. Wet compresses and cool baths, as well as antihistamines and calamine lotion, can soothe the symptoms. Rashes typically last one to three weeks but can last up to six weeks. Consult a medical professional if you have a severe case or any concerns.

Some of the wildlife commonly found on Fort McCoy includes black bears, gray wolves, snakes, badgers, raccoons, foxes, coyotes, and skunks. While many wild animals avoid human contact, it's helpful to know what sort of wildlife is around and how to react if you encounter it.

To avoid black bears, dispose properly of garbage and make sure cans are covered so that the smell does not attract them. Never feed a bear. If you see a black bear, try to alert it to your presence. Bears will likely avoid confrontations.

Gray wolves are a federally endangered species. It's unusual to see wolves as they are secretive animals that avoid contact with humans.

However, wolves can also be very territorial and defend their territories against those that intrude on it, especially coyotes and dogs. Keep dogs confined to the house or the yard, and retreat if you encounter wolves while walking or in the woods.

Fort McCoy is home to 11 species of snakes, none of which are venomous. Wisconsin's largest snake is the bullsnake, which can reach 6 feet in length and feeds mostly on rodents. All 11 species are protected species in Wisconsin and should not be harmed. Snakes will generally leave you alone if you leave them alone.

Badgers are typically spotted during spring and summer months. They are mostly found in open areas where they dig burrows but occasionally take up residents in culverts or building foundations. Badgers will avoid humans but can be very aggressive if provoked or taunted. Never approach a badger. If you spot one, leave the area.

[^] Raccoons, foxes, coyotes, and skunks are not considered typically considered dangerous to humans, but they may carry canine distemper or rabies. Cases of canine distemper have been documented at Fort McCoy in recent years.

Symptoms of canine distemper include disorientation, a lack of fear around humans, an emaciated appearance, and nose and eye discharge.

If you spot an animal with these symptoms, contact Pest Management at 608-388-2557 or the Natural Resources Branch at 608-388-2252.

Do not attempt to handle, catch, or disturb these animals. If you have a dog, be sure to keep its vaccinations up to date.

For more information about safety, contact the Installation Safety Office at 608-388-3403.

(Article prepared by the Fort McCoy Public Affairs Office and Installation Safety Office.)

COMMUNITY August observed as Antiterrorism Awareness Month

U.S. Army senior leaders have proclaimed August as Antiterrorism Awareness Month. The intention is to instill and sustain communitywide heightened awareness and vigilance to protect all Army critical resources and personnel from acts of terrorism.

Fort McCoy will conduct antiterrorism training, education, and awareness throughout the month of August 2019. During this month, installation facilities and forces will focus their efforts on heightening awareness and vigilance to prevent and protect the community from acts of terrorism.

By integrating antiterrorism principles with awareness, the Army ensures the safety and security of its people (Soldiers, DA civilians, contractors, and family members) while ensuring mission success. As such, antiterrorism training, education and awareness support the entire Army community and are a critical part of our overall protection.

Fort McCoy will ensure completion of required annual Antiterrorism Level 1 Awareness Training, which is offered online at ttps://jkodirect.jten.mil/Atlas2/faces/page/ login/Login.seam.

Alternatively to online training, classes will be offered from 10 to 11 a.m. Aug. 6 and 20 at building 2113 by the Fort McCoy Antiterrorism Office.

Completion of either the computer-based or face-to-face training will meet the annual Antiterrorism Level 1 Awareness refreshertraining requirement.

In order to leverage every member of the Army community to help identify and prevent potential terrorist acts, Fort McCoy uses the



U.S. Army graphic illustration

iWATCH program. This program aims to equip all members of the Army community with the knowledge of what constitutes suspicious activity and to disseminate iWATCH materials to the Army community as widely as possible through multimedia means.

During the month of August, look for antiterrorism displays at different locations on the installation and feel free to pick up posters, handouts, and ask questions. There will also be antiterrorism-elated videos played on Fort McCoy Command Channel TV-6..

A simple report of a suspicious observation can lead to action that may stop a terrorist attack. Indicators to watch for include, but are not limited to the following: • people drawing or measuring important buildings.

• strangers asking questions about security procedures.

• briefcase, suitcase, backpack, or package left behind.

• vehicles left in "no parking" zones in front of important buildings.

• intruders in secure areas where they do not belong.

• chemical smells or fumes that seem of the ordinary for location.

• people purchasing bomb- or weaponmaking materials.

• people asking questions about sensitive information such as building blueprints,

security plans, or VIP travel.

Everyone in the Fort McCoy community can help keep the installation safe by reporting suspicious activities on Fort McCoy to the Police Department by calling 608-388-2266 or to the local police if off post. All emergency situations should be reported by calling 911 or the local emergency number.

For more information about Antiterrorism Awareness Month, antiterrorism-awareness training, reporting suspicious activity, U.S. Army iWATCH, or other antiterrorism-related issues, call the Installation Antiterrorism Office at 608-388-4719.

(Article prepared by the Fort McCoy Antiterrorism Office.)



Paralegal Warrior

Photo by Sgt. James Garvin/Exercise News Day 2019

Army Reserve, National Guard, and active-duty paralegal specialists from around the United States hold morning formation July 20 before classes at Fort McCoy for the 2019 Paralegal Warrior Training Course. The course takes place annually at the installation with dozens of students each year. Learn more about the course in the Aug. 9 edition of The Real McCoy.

NAF property sale scheduled for Aug. 7

A Nonappropriated Fund (NAF) property sale is scheduled for Aug. 7 at Fort McCoy.

Some of the items available for sale will include washer and dryer combos, exercise equipment, furniture, children's toys, bicycles, and carpet remnants.

The sale opens at 8 a.m. for military members, family members, and retirees. IDs are required.

At 8:30 a.m., Department of Defense ID card holders may enter.

The sale will be open to the general public from 9 a.m. to 1 p.m. Members of the public must get visitors' passes at the Visitor Control Center, which is accessible off Highway 21.

The sale will be held in building 1560. Customers are asked not to park in the R.I.A. Federal Credit Union parking lot, which is across the street from building 1560.

Items are offered a first come, first served basis.

Items must be paid for by cash or check and picked up at the time of purchase. Loading assistance will not be available.

For more information, call 608-388-2232.

Troop Olympics set for Aug. 7

Troop Olympics are scheduled for 4:30 p.m. Aug. 7 at Rumpel Fitness Center, building 1122.

The events will be tug of war, a pedal cart race, Football 500, an obstacle course, base run, and relay race. Two people per team will compete in each event. There is no maximum number of teammates allowed, but female team members must compete in at least half of the events.

The event is free and open to the Fort Mc-Coy community.

Prizes will be awarded to the top-scoring team.

Registration is required by Aug. 5. For more information, call 608-388-2290.

Lunch & Learn webinars planned monthly

Lunch & Learn webinars, sponsored by the Directorate of Human Resources Workforce Development Team, are planned monthly at Fort McCoy.

Participants will bring their own lunches (a microwave is available near the conference room in building 2187).

Topics are: Advanced MS PowerPoint on Aug. 7, Assertiveness Skills for Women on Sept. 11, Combating Apathy in the Workplace on Oct. 9, and Developing a Leadership Presence on Dec. 12.

Space is limited, so registration is required. Participants may register for individual seminars or attend them all.

For more information or to RSVP, call 608-388-5872/8929 or email john.j.ott1.civ@mail. mil.

NEWS NOTES



Photo by Dale Gibson/Religious Support Office

Centershot archery

Fort McCoy community members participate in the Centershot archery program June 25 at South Post Community Center. Centershot is a ministry program that combines archery and Bible study. The event is organized by the Religious Support Office (RSO). RSO staff members would like to organize another session during the school year if there is enough interest. Anyone interested in either participating in or volunteering for the Centershot program can contact the office at 608-388-3528.

Commemorative Area open Aug. 9, 17, 23 to visitors

The Fort McCoy Commemorative Area will be open for walk-in visitors from noon to 4 p.m. Aug. 9 and 23 and 9 a.m. to 3 p.m. Aug. 17. Members of the public are welcome.

The Commemorative Area consists of the Equipment Park, five World War II-era buildings with historical displays, the History Center, and Veterans Memorial Plaza. The History Center and World War II-era buildings contain artifacts dating from 1909 up to present day.

On Fridays, members of the public must present valid photo IDs at the Visitor Control Center to get a visitor's pass. For information on visitors' passes, call the Visitor Control Center at 608-388-4988.

On Saturdays, visitors may proceed directly to the temporary main gate, which is marked by electronic signs.

Groups of 15 or more may schedule tours from 7:30 a.m. to 4 p.m. Monday through Friday.

For more information, call the Public Affairs Office at 608-388-2407.

'Saturday on the Square' trips planned for Aug. 10, 24

"Saturday on the Square" trips to Madison are scheduled for 8 a.m. to 4 p.m. Aug. 10 and 24 The bus trip will visit Dane County Farmers Market at Capitol Square in Madison. The cost is \$5 per person, which covers transportation.

Participants should bring money to buy their own lunches and any items from the farmers market.

The bus will pick up and drop off patrons at McCoy's Community Center, building 1571, and the Walmart parking lot in Tomah.

Registration is required one week in advance.

For more information or to RSVP, call 608-388-3011.

Coping with Caregiver Stress scheduled for Aug. 22

"Coping with Caregiver Stress" is scheduled for 5-7 p.m. Aug. 22 at South Post Community Center.

Caregiving can be rewarding, but it can also be challenging. Stress from caregiving is common.

Caregiver stress can cause harmful health problems, including depression or anxiety. The class will cover ways to manage and prevent stress related to caregiving.

The class is open to Fort McCoy community members, including registered Army Community Service volunteers. Registration is required one week prior to the class.

For more information or to register, call 608-388-3505.

Themed weekends planned at Pine View Campground

Pine View Campground offers themed weekends and activities throughout the summer.

Upcoming themes include: Hike & Bike at Mirror Lake State Park on July 27, Freddie's Amazing Race on Aug. 3, Wet & Wild Weekend from Aug. 8-10, Haunted Trails from Aug. 16-18, Junior Camp Day from Aug. 23-25, and Pajama Party/Painters Weekend on Aug. 30-Sept. 1.

Most activities are held at Freddie's Fort near the Suukjak Sep Lake beach.

Registration is not required, and materials are supplied.

For more information or to confirm an event, call 00-531-4703.

Virtual fitness classes on demand at fitness center

Rumpel Fitness Center offers virtual fitness classes through Wellbeats.

Wellbeats offers a variety of on-demand fitness classes for people at all states of fitness. Classes are up to 50 minutes long.

For more information, call 608-388-2290 or visit the fitness center in building 1122.

Computer lab located in building 50

Computer access is available to all Department of Defense personnel in building 50.

Three classrooms with 13 computers each are available. The lab also a projector, printer, scanner, and fax machine.

For more information, call 608-388-2474 or visit room 100A in building 50.

24/7 access available at fitness center

Rumpel Fitness Center now offers 24/7 access to Department of Defense personnel.

Interested Soldiers and civilians must register their common access cards (CAC); sign a memorandum of agreement and liability waiver; and get an orientation about emergency procedures, phone usage, and the automated external defibrillator. Patrons will be required to swipe their CACs for entry and be logged into a database.

Due to safety concerns, the pool, whirlpool, and sauna are only available during staffed hours. Fitness center and safety officials recommend that patrons exercise with a partner in case of emergencies.

For more information, call 608-388-2290 or visit the fitness center in building 1122.

Next issue of The Real McCoy

The next issue of The Real McCoy will be published Aug. 9. The deadline for submissions is July 31.

For more information about submissions or to suggest a story, call 608-388-4128.

Recreation

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

Better Opportunities for Single Soldiers (BOSS): Meets at 4 p.m. each quarter in building 1363. Next meeting: Sept. 12. Call 608-388-3200

iSportsman: Portal for hunting, fishing, and outdoor recreational activities. Sign in or out at https://mccov.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. daily. 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. 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

McCov's Community Center: Building 1571. Catering/administration, call 608-388-2065. Primo's Express: 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 vearround 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 McCov's Community Center, building 1571. Call 608-388-4161

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.

facilities services

This schedule is projected through Aug. 8. Bold, italic typeface indicates a change since the last publication. Call facilities to verify hours. To report updates, call 608-388-2769.

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).

Launderette/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.
 Open
 7:30
 a.m.-4
 p.m.
 Mon.-Fri.
 or
 by appointment.
 Call 608-368-3505.

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.

Station/Express/Class VI: Service 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 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

from 10:30-11:30 a.m. at building 2675. Call education information and support for

anyone affiliated with the military. MFLC services are confidential. Available 8 a.m.-4 608-388-3528 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

Troop Medical Clinic: Building 2669. Call 608-388-3025 for available services or assistance locating local services.

Worship

Military and Family Life Consultant Program (MFLC): Building 2111. Provides at 9:30 a.m. Sun. Fellowship follows service

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

> Mormon: Church of Jesus Christ of Latterday 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. Protestant worship at 9:30 a.m. Sun. Fellowship follows service from 10:30-11:30 a.m. at building 2675.

> Protestant Women of the Chapel: Building 2675. Bible study. 8:30-10:30 a.m. Wed.

> 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.

Association of the United States Army - AUSA (Robert B. McCoy Chapter): For information on meetings, visit www. mccoyausa.org.

Reserve Officers Association, Fort McCoy-Readiness 43: For more information, call 920-535-0515 or email justdave49@ centurvlink.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.

Warrant Officers Association. Chapter 0317: For more information. email usawoamccoy@outlook.com.

GIANT VOICE EMERGENCY-NOTIFICATION SIGNALS				
CONDITION	IF YOU HEAR	THIS INDICATES	INDIVIDUAL ACTIONS	
Natural Disaster	3- to 5-minute steady tone or voice announcement	Disaster imminent or in progress. Examples: Tornado, flash flood, hazardous-materials release, wildfire.	Be alert. Ensure all personnel are warned. Take cover by evacuating to a safe location or sheltering in place. Notify supervisor of location. Tune in to local radio or TV stations for emergency information.	
Attack	30-sec. to 5-min. wavering tone or voice announcement	Attack imminent or in progress. Examples: Vehicle bomb, terror- ist action, release of biological or radioactive materials.	Be alert. Ensure all personnel are warned. Implement force-protection condi- tion (FPCON) procedures as indicated. Take cover by evacuating to a safe location or sheltering in place. Notify supervisor of location.	
All Clear	Voice announcement	Immediate threat from disaster or attack is over.	Be alert for secondary hazards. Account for all personnel. Check building. Await instructions on FPCON level. Report fires, injuries and other hazards.	

GIANT VOICE EMERGENCY NOTIFICATION SIGNALS

Looking for work on the installation? Search for Fort McCoy jobs at www.USAJOBS.gov.

DAILY BUGLE CALLS

5:50 a.m. - First Call • 6 a.m. - Reveille • 6:45 a.m. - Assembly • 7 a.m. - Breakfast • Noon - Mess Call (Dinner) • 5 p.m. - Retreat/To the Colors • 5:45 p.m. - Mess Call (Supper) • 10:30 p.m. - Tattoo • 11 p.m. - Taps

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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.