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The Real McCoy®

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Photo by Scott T. Sturkol

Saluting former President Bush

Soldiers with the 426th Regional Training Institute (Wisconsin Military Academy) fire off an artillery piece as they render honors to former President George H. W. Bush on Dec. 6 with a 21-gun artillery salute at the Parade Field at Fort McCoy. In accordance with Army Regulation 600-25, guns were fired at one-minute intervals 21 times. On Nov. 30, the 41st president of the United States, President George H. W. Bush, passed away at his home in Houston. On Dec. 6, the former president was buried on the grounds of the George H. W. Bush Presidential Library and Museum in College Station, Texas. A 21-gun salute was held at Army installations worldwide. See more on Page 3.

Whitetail Ridge Ski Area staff prepare for opening day

BY AIMEE MALONE
Public Affairs Staff

Whitetail Ridge Ski Area is preparing for the upcoming season and has a few new things in store, especially for tubers.

The Whitetail Ridge season is mid-December to mid-March, as long as weather conditions hold.

This year, the facility will open Dec. 20 if enough snow can be made by that date.

Whitetail Ridge, part of Fort McCoy's Pine View Recreation Area, offers a variety of activities for the whole family. The ski hill offers both downhill skiing and snowboarding. The longest run (See **SKI AREA**, Page 4)

88th RD gains new commanding general

STORY & PHOTO BY SGT. RACHEL GROTHE
88th Readiness Division

Maj. Gen. Jody J. Daniels took the helm of the 88th Readiness Division when she accepted the unit colors from Maj. Gen. Scottie D. Carpenter during a change of command ceremony Dec. 1 at Fort McCoy.

Daniels, who previously served as the chief of staff for U.S. Army Forces Command, officially assumed the duties as 88th RD commanding general and as Fort McCoy's senior commander from Maj. Gen. Patrick J. Reinert on Dec. 8.

"I'm honored and privileged to have this position. I'm excited to take over. I still have a lot to learn about the

division, and how it's going to transform and how we're going to take it to the future," said Daniels, in a room with more than 200 people in attendance, including Wisconsin state assembly district Rep. Nancy VanderMeer; Mark Nielsen, representative for U.S. Sen. Ron Johnson; Mark Aumann, representative for U.S. Rep. Ron Kind; Flora Csontos, representative for U.S. Sen. Tammy Baldwin; and other distinguished guests from the region.

Daniels will hold the threads of the large, intricate web of the 88th RD's unit operations, overseeing 55,000 Soldiers and spanning 19 states from Ohio to Washington. And, like her predecessor, she said she will work to make improvements where possible.

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NEWS

GENERAL

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Maj. Gen. Patrick J. Reinert, former commanding general of the 88th Readiness Division, talked about the proud history of the unit and explained the mantra driving his contribution to the unit's lineage.

"Improve your foxhole. Make sure that you always take your position to the next level, because somebody is going to come behind you to take command of the position you're at. Make it better for the future," said Reinert, reflecting on the 101-year old unit that has been his Army home since December 2015.

"You are taking over a fantastic team. Jody, I've known you a long time. I know you will lead them well," Reinert said.

The change of command occurs at a time of great evolutionary potential. Daniels will manage the 88th RD on active-duty orders, developing new procedures and policies to enhance the 88th RD's broader restructuring under the Army transformation program.

The 88th RD is growing from a primarily civilian force, taking care of facilities and Soldiers in other units within the geographic region, to a parent unit with more Soldiers assigned to its headquarters and expanding its mission to better support the readiness of the U.S. Army Reserve.

"It's an honor to be taking over from such a great leader, a great American. I wish we could keep him longer. I've always respected all the work that he's done. I hope I can be half as good as him," said Daniels about Reinert. The two Soldiers have known each other for years and were selected to be general officers at the same time. Reinert serves as an assistant U.S. attorney in Iowa in his civilian capacity, which

brought a unique skillset to his command.

Daniels brings her own skillset to advance upon her predecessor's accomplishments.

"Coming out of Forces Command, out of the headquarters, which is responsible for about 750,000 troops, serving there as chief of staff, I got lots of exposure as to how the Army works, runs, interacts with the Department of the Army, Secretary of the Army, and the different initiatives they are trying to drive forward. I come here with a lot of exposure to how the overall Army runs and where it's heading," she said of her prior work experience and insight guiding her decisions at the 88th RD.

"It helps me know where I should bring the readiness division, and helps set the mission over the next couple of years."

"I think she could be the next commander of the Army Reserve. She's that good," said Carpenter, deputy commanding general, U.S. Army Reserve Command, during his speech at the change of command ceremony.

Daniels said she believes her success stems from fostering a positive work environment, lifting each individual, thus elevating the whole organization.

"My ability to work well with others, helping others succeed, and being a team player are what have helped me succeed. As a group, we do better than if I'm just trying to get out in front and lead the way for myself," she said of her leadership style.

The 88th RD is a tenant organization at Fort McCoy. Learn more about the 88th by visiting <https://www.usar.army.mil/88thRD>.



Maj. Gen. Jody J. Daniels, commanding general of the 88th Readiness Division, passes the unit colors to Command Sgt. Maj. Jeffrey L. McGlin, 88th command sergeant major, during the 88th Readiness Division change of command ceremony Dec. 1 at Fort McCoy.

2019 publication dates set for The Real McCoy newspaper, TV6

Fort McCoy organizations and community members can submit materials for consideration for inclusion in The Real McCoy and Command Information Channel TV6.

Articles must be written for the internal Fort McCoy audience, which includes military members, family members, civilian employees, and retirees.

PAO staff reserves the right to verify the clearance of stories/photos, determine suitability for publication, and to edit material to match the Associated Press Stylebook standards, etc.

All photos must have captions that include names of the individuals photographed (unless the photo has more than five people in it), the date and location of the photographed event, and a description of what is happening in the photograph.

The Real McCoy is published the second and fourth Fridays of the month, excluding December. Deadline exceptions may be made, with advance coordination, for events that occur between the submission deadline and publication date.

Publication dates for 2019, followed by deadlines in parentheses, are:

- Jan. 11 (Jan. 2) and Jan. 25 (Jan. 26).
- Feb. 8 (Jan. 30) and Feb. 22 (Feb. 13).

- March 8 (Feb. 27) and March 22 (March 13).
- April 12 (April 3) and April 26 (April 17).
- May 10 (May 1) and May 24 (May 15).
- June 14 (June 5) and June 28 (June 19).
- July 12 (July 3) and July 26 (July 17).
- Aug. 9 (July 31) and Aug. 23 (Aug. 14).
- Sept. 13 (Sept. 4) and Sept. 27 (Sept. 18).
- Oct. 11 (Oct. 2) and Oct. 25 (Oct. 16).
- Nov. 8 (Oct. 30) and Nov. 22 (Nov. 13).
- Dec. 13 (Dec. 4).

In addition, the Fort McCoy Guide will be published in May 2019.

Programming and content for command channel TV6 is updated on weeks The Real McCoy is not published, typically the first; third; and, if applicable, fifth Fridays of the month. Videos should be submitted nine days before an update to allow time for processing.

Slides for the Community Bulletin Board should be submitted three days before an update to allow time for review and reformatting.

Federal holidays may affect submission deadlines.

Contact the Public Affairs Office at 608-388-2769 for more information.

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



NEWS

America bids goodbye to President George H. W. Bush

BY JIM GARAMONE

Department of Defense News

Eulogies hailed former President George Herbert Walker Bush as both a great and a good man at a state funeral service at the Washington National Cathedral on Dec. 5 in Washington, D.C.

The nation's 41st president died Nov. 30 at the age of 94. President Donald J. Trump and former presidents Barack Obama, Bill Clinton, and Jimmy Carter attended the service to pay respects to Bush and to offer condolences to his family and to Americans.

Bush's son — former President George W. Bush — delivered a eulogy, along with historian Jon Meacham, former Canadian Prime Minister Brian Mulroney, and former U.S. Sen. Alan Simpson. More than 4,000 service members and Defense Department civilians participated in all of the events around the state funeral.

All spoke of Bush's energy, compassion, humility, and values. "His life code was: Tell the truth. Be strong. Do your best. Try hard. Forgive. Stay the course," said Meacham. "And that was, and is, the most American of creeds."

All said that Bush's Navy service during World War II affected him throughout his life.

During a bombing run on the Japanese-held island of Chichi Jima in 1944, Bush's plane was hit. He completed the bombing run and turned to the sea.

He called on his two crewmates to bail out and then hit the silk himself.

He landed in the water and was later recovered by the submarine USS Finback.

His son said his father embraced life because he almost died twice: as a teenager with a staph infection and "a few years later, he was alone in the Pacific on a life raft, praying his rescuers would find him before the enemy did," he said.

"God answered those prayers. It turned out he had other plans for George H. W. Bush.

"For Dad's part, I think those brushes with death made him cherish the gift of life," he continued. "And he vowed to live every day to the fullest."

Bush came home from war and married his love, Barbara, and the young family moved to Texas, where the elder Bush entered the oil business.

Call to public service

But the call to public service was strong, and he was elected to serve in the House of Representatives. He later served as the director of the CIA, led the U.S. liaison office in China before formal diplomatic relations were established, and served as the U.S. ambassador to the United Nations. In 1981, he took office as the vice president of the United States. He was elected president in 1988, succeeding President Ronald Reagan, the first vice president elected to succeed his president since Martin Van Buren succeeded Andrew Jackson in 1837.

All the eulogists spoke of Bush's efforts in foreign policy. Operations Desert Storm and Just Cause, the fall of the Berlin Wall, and the implosion of the Soviet Union were just a few of the momentous events during his presidential service.

They also spoke of the American with Disabilities Act that he signed; his support for environmental laws; and his courage to reach across the aisle to hammer down a bill that put the United States on a sound fiscal path, even though it cost him his second term.

"I believe it will be said that no occupant of the Oval Office was more courageous, more principled and more honorable than George Herbert Walker Bush," Mulroney said.



Soldiers with the 426th Regional Training Institute (Wisconsin Military Academy) fire off one of 21 volleys on an artillery piece while honoring former President George H. W. Bush on Dec. 6 during an artillery salute at Fort McCoy.

Photo by Scott T. Sturkol

The younger Bush said his father was a mentor to many — including the man who defeated him in 1992, Bill Clinton.

"Of course, Dad taught me another special lesson: He

showed me what it means to be a president who serves with integrity, leads with courage, and acts with love in his heart for the citizens of our country," Bush said.

NEWS



Photos by Scott T. Sturkol

A snow-making machine makes snow on the tubing hill Dec. 6 at Whitetail Ridge Ski Area at Fort McCoy. The ski area is part of the installation's Pine View Recreation Area and has a tentative opening of Dec. 20, weather permitting. Next to the snow-making machine is the new Magic Carpet ride lift system that was recently installed to improve operations.

SKI AREA

from Page 1

is 1,300 feet, and a self-loading T-Bar carries skiers to the top.

"We also have a nice terrain park with a lot of features for skiers and snowboarders to utilize," said Recreation Specialist Matt Winchell with the Directorate of Family and Morale, Welfare, and Recreation (DFMWR).

In addition, the area offers more than 5 miles of groomed cross-country skiing trails. Ski or snowshoe along the trails to see some of the local wildlife.

One of the most popular activities at Whitetail Ridge is snow tubing. The 800-foot slope has five runs for tubers to slide down. A Magic Carpet transportation system was installed this fall to make it even easier to get tubes and rider back to the top of the hill.

"It's essentially a conveyer belt," Winchell said. "People can stand on the conveyer belt holding their tubes and be ferried up the hill."

Another new thing this year is the Grade "A" Snow Day program. Students in elementary through high school can get a free one-day snow-tubing pass if they bring in a report card with at least one A on it.

Homeschooled or younger students can bring in a report showing an equivalent grade to get a pass.

"We had really good, positive feedback about it on the local school districts' Facebook pages, so I think people are really interested in it," Winchell said.

The program is available any day that Whitetail Ridge is open. Simply bring a copy

of a report card to the facility to claim the free pass. Outdoor Recreation Manager Robin Paoletti with DFMWR said Whitetail Ridge is also offering weekend and group passes on snow tubing this year. Details are available at <https://mccoy.armymwr.com/programs/whitetail-ridge-ski-area>.

"We also have (skiing and snowboarding) instructors," Paoletti said. "People who are interested can come out, even just for an hour, and learn about the sports."

In addition to offering ski, snowboard, snow tubing, and snowshoe equipment rentals, Paoletti said staff members can service customers' equipment.

While Fort McCoy does not maintain any snowmobile trails, Snowmobile Trails of Monroe County maintains some that cross Fort McCoy, including one by Burma Road directly across the road from Whitetail Ridge. Snowmobilers are welcome to stop in to the chalet and take a break, warm up, or get a snack. For more information on trails, visit www.monroetrails.com.

For current conditions at Whitetail Ridge, visit its Facebook page at www.facebook.com/WhitetailRidge.

The facility will offer several special events throughout the season. Winter Extravaganza, scheduled for Jan. 19, is the biggest event, Winchell said. It features a variety of family-friendly winter activities, both inside the chalet and out. The area will also host a Snowshoe 5k on Jan. 5, the Cardboard Classic Sled Race

on Jan. 26, the Moonlit Snow Shoe Tour on Feb. 16, the Chili Cook-Off on Feb. 23, and the Season Finale on March 23. All events are subject to weather conditions.

During winter break (Dec. 26-31), Whitetail Ridge will be open 10 a.m. to 9 p.m. Its regular winter hours will be 4:30 to 9 p.m. Friday, 10 a.m. to 9 p.m. Saturday, and noon to 6 p.m. Sunday. It will be closed Dec. 24-25 and Jan. 1, 2019.

Tactics Paintball and Laser Tag is also located at Whitetail Ridge. The facility is open

by appointment only; reservations are required two days in advance.

Pine View Recreation Area facilities are open to the general public. Discounts are generally offered to military members or Department of Defense civilian employees. A visitor's pass is not required to access the recreation area.

For more information about costs and special events at Whitetail Ridge, call 608-388-4498/3517 or 800-531-4703. Information is also available online at <https://mccoy.armymwr.com>.



Ski-area employees prepare a snow-making machine for use at the ski area Dec. 6 on the installation's North Post.

NEWS



Photo by Scott T. Sturkol

Contractors prepare a new parking area Nov. 14 near East 12th Avenue and East M. Street on the cantonment area at Fort McCoy.

Contractors complete new parking area on Fort McCoy's cantonment

Service members coming to Fort McCoy for transient troop training now have another area for parking as contractors recently finished a 196,000 square foot lot on the cantonment area.

The contractor was Allcon Construction of Butler, Wis. Gerke Excavating of Tomah, Wis., served as a subcontractor on the project, said Construction Inspection Branch Chief Dan Hanson with the Directorate of Public Works.

“The contract amount for the project was \$447,000, and it

was complete at the end of November,” Hanson said.

“The lot was constructed with more than 10,000 cubic yards of gravel.”

The lot is located in an area that is convenient for troops to access on the cantonment area and is large enough to hold many pieces of equipment and vehicles.

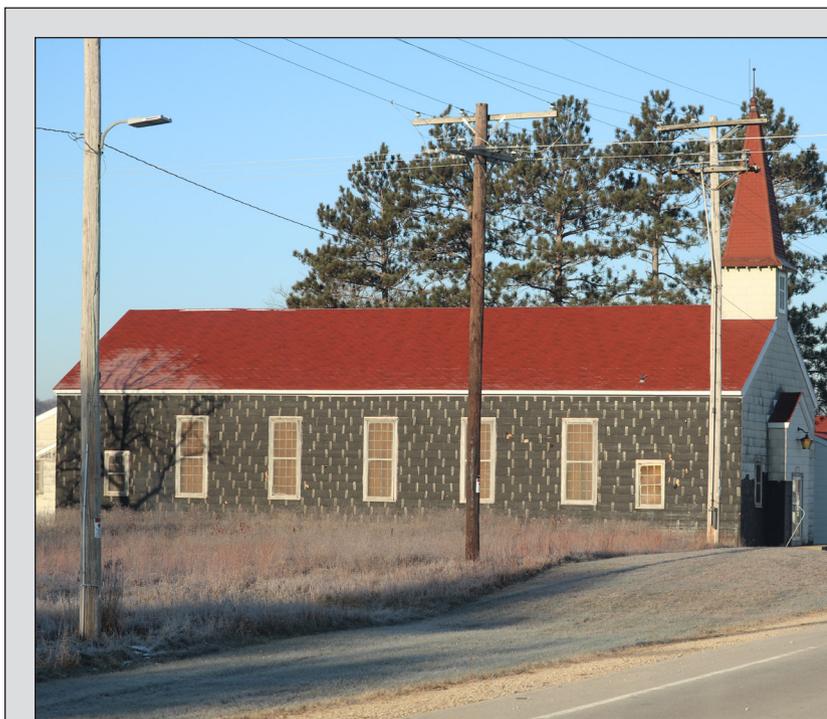
“The parking lot was constructed to support military vehicle requirements for annual training, major exercises, and mobilization if called upon,” said Engineering Division Chief

Daniel Coburn with DPW.

Fort McCoy continues to be a high-volume training venue as 148,733 personnel trained at the installation in fiscal year (FY) 2018 — just a few thousand under the record number of troops who trained on post in FY 2017, which was 155,975.

Fort McCoy first broke the 100,000 troop training level in fiscal year 1985.

(Article prepared by the Fort McCoy Public Affairs Office and the Directorate of Public Works.)



Before, after demo

(Left) A World War II-era church is shown Nov. 14 prior to demolition on the cantonment area at Fort McCoy.

(Right) Contractors clean up the remnants of the church Dec. 6 after the demolition.

Demolition of old buildings takes place at Fort McCoy every year. The work is coordinated by the Directorate of Public Works.

Photos by Scott T. Sturkol



NEWS

Combat holiday blues, fight stress with helpful hints from ACS

BY AIMEE MALONE
Public Affairs Staff

While the holidays are a joyful time, they can also be a source of stress. Learning how to handle that stress can keep the holiday season enjoyable.

A wide variety of holidays, both secular and religious, are celebrated in November and December. No matter what holidays a family celebrates, it's easy to become overwhelmed by the hectic round of activities and associated expenses. And military members can have added stressors and expenses, said Program Manager Carmen Ortiz for the Exceptional Family Member Program with Army Community Service (ACS).

Holidays cause additional pressure and increase expectations and responsibilities, Ortiz said. In addition, military members often deal with separations, whether it's because a parent is deployed or because they're stationed away from their family.

One way to deal with separations during the holidays is to celebrate together at another time. Celebrate Thanksgiving and Christmas at the same time or pick another day when time or money is less tight to get together with friends or family.

"Thanksgiving or Christmas could be any day of the year," Ortiz said.

Planning ahead can help people avoid last-minute stressors," Ortiz said. Pack ahead of time for a trip. Schedule pickups or drop-offs ahead of time. Plan on picking up dinner instead of cooking. Drop off pets a day in



advance if they need to be boarded and time is tight.

Avoid financial stress by setting a budget and sticking to it, Ortiz said. It's easy to overspend during the holidays. Don't feel pressured to join group gift exchanges if you don't feel like you can afford it.

If parents want to get an expensive video game or other toy, considering buying something that's appropriate for the whole family to share. Parents can then purchase less expensive items for individual presents.

"It's not the price of the gift that's important," she said. "It's the time spent together and the thought put into the gift."

Time management is especially important during the holidays, Ortiz said.

1. When you wake up in the morning, stop and take a moment to say good morning to your day.
2. If you are in a relationship, take a few minutes to really look at and appreciate your significant other.
3. If you are deployed with your unit, pause to think about how your buddies support and help one another to get through a rough day.
4. Take a moment to be grateful. Before you eat lunch, reflect for a moment and think about something that keeps you going everyday.
5. At dinner, spend a moment thinking about your loved ones. Have you told them lately something you appreciate about them?
6. Finally, before you go to sleep, acknowledge something about yourself you're proud of.

Space out shopping so you don't have to rush around buying presents at the last minute. Purchase gifts for children before vacation starts so they can be wrapped and hidden before they're home all day. Trade off on holiday parties when possible so one parent isn't overwhelmed by ferrying the children to every activity.

Try to focus on what you can do during the holiday season instead of what you can't, Ortiz said. Share traditions with others and learn about new ones if you can't make it home for a holiday.

"Look for something positive. Accept that you have no control over deployments or other issues out of your control," Ortiz said. "Stay connected with others — other military

families, your friends, or people from your church. Look for other support groups if you're separated from your family."

Self-care is important to help combat stress, Ortiz said. Take time to relax during the holidays, and relaxation takes different forms for different people.

"Read a book if you like to read. Watch movies or work on a scrapbook — whatever makes you relax," Ortiz said. "It could be taking a walk at a mall or sitting on a bench to watch people."

Meditation, prayer, music, or participating in a spa day are other options that many people find relaxing. Even giving in to your feelings for a little while can be helpful if it helps reduce the stress afterward.

"You know you can't do anything by crying, but it makes you feel better because you're deflating," Ortiz said. "You're taking all that negative energy ... out of the system."

It's important to reduce or eliminate stress whenever possible because of the unhealthy effects that too much stress can have on the body.

"Stress can affect you physically, mentally, and emotionally," Ortiz said. "You don't sleep well; you don't eat well. Or you go to the other side of the pendulum: you start overeating or drinking or smoking."

Army Community Service offers a number of programs to help military members and government civilians manage stress.

To get help during the holidays or any other time of year, call 608-388-3505 to learn what programs are available.

SFL-RSO to hold preretirement briefings

Beginning Jan. 7, 2019, the Fort McCoy Soldier for Life-Retirement Services Office (SFL-RSO) will offer monthly preretirement briefings in building 50, room 100B, from 9 a.m. to noon.

The purpose of the preretirement briefing is to provide an overview of retirement benefits and entitlements.

This briefing is intended for Soldiers and families transitioning from active duty to retirement and is an Army requirement.

AR 600-8-7, Chapter 4, states that "All Active Army, ARNG, and USAR Soldiers will receive the DA pre-retirement briefing including a SBP briefing, at least 12 months before their retirement dates or for medical retirements at the start of the medical retirement process.

In cases where a Soldier requests to retire in less than 12 months, the Soldier will attend the next group preretirement brief or receive an individual pre-retirement brief from a RSO."

Some of the topics that will be covered include Tricare, retirement pay, and the Survivor Benefit Plan.

Reserve service members are encouraged to

contact their servicing Readiness Division (RD) Retirement Services Office for information on Reserve-related preretirement briefings.

For more information on local Reserve-related pre-retirement briefings, contact the 88th RD RSO office at Fort McCoy at 608-388-7448/9321.

For questions and registration information about the Fort McCoy garrison SFL-RSO preretirement briefing, contact the SFL-RSO at 608-388-3716.

Preretirement briefings are scheduled for Jan. 7, Feb. 4, March 4, April 8, May 6, June 3, July 1, Aug. 5, Sept. 9, Oct. 7, Nov. 4, and Dec. 2.

If there are any changes to these dates, a message will be available on the SFL-RSO voicemail at 608-388-3716.

Attending the preretirement briefing does not satisfy the requirement to attend the Soldier for Life-Transition Assistance Program (SFL-TAP) course.

For more information on attending a SFL-TAP course, contact the Fort Knox, Ky., transition center at 502-624-2227.

(Article prepared by the Fort McCoy Soldier for Life-Retirement Services Office.)



Contributed photo

Thanksgiving meal

Fort McCoy Deputy Garrison Commander Lt. Col. Sheila L. Coker (right) helps serve troops a Thanksgiving dinner Nov. 13 at an installation dining facility. Dozens of troops participated in the meal that was organized by the Food Program Management Office with the Fort McCoy Logistics Readiness Center and the full food-service contractor, DCT Inc.

NEWS

Fort McCoy holds annual tree-lighting ceremony at McCoy's Community Center



Photos by Christie B. Clark/Directorate of Family and Morale, Welfare and Recreation

Children sing a holiday tune during the 2018 Fort McCoy Christmas Tree-Lighting Ceremony on Dec. 6 at McCoy's Community Center. Dozens of community members attended the event. In addition to the songs sung by Fort McCoy youth, the event also included door prizes, crafting activities, pictures with Santa Claus, and a gift shop for children to purchase presents for parents.



Two Fort McCoy youth are cheered on after lighting the Christmas tree Dec. 6 at McCoy's Community Center during the event.

NEWS

Fort McCoy NCO Academy students visit veterans at Tomah VA Medical Center

STORY & PHOTOS BY DERRICK SMITH

Tomah Veterans Affairs Medical Center Public Affairs

Students and instructors with the Fort McCoy Noncommissioned Officer (NCO) Academy Basic Leadership Course (BLC) members and instructors spent an afternoon volunteering to assist and fraternize with veterans Nov. 20 at the Veterans Affairs (VA) Medical Center in Tomah, Wis.

The volunteer effort was promoted by a suggestion made by an NCO Academy instructor.

“We just changed to a new curriculum for the Basic Leader Course where there is a little bit of space at the end, so we started trying to find things in the community that they could do,” said Sgt. Dustin Reetz, small-group instructor for BLC. “I remember when I got back from Afghanistan, I was not in a good place and I hung out with a lot of veterans who were at the American Legion. ... They helped me through my hard times. So, I thought, what better thing than to bring students here to learn from our past from the people who were there and possibly help them in their time of need.”

According to the NCO Academy, the BLC students receive basic leadership training and are instilled with leadership skills, knowledge, and experience needed to lead a team- or squad-sized element. BLC also provides the foundation for further training and development and builds functional leadership attributes and competencies.

The NCO Academy was activated at Fort McCoy in 1988. The academy is one of the largest tenant organizations at Fort McCoy, providing institutional training to more than 1,800 students; attending annually for the Battle Staff Noncommissioned Officer Course and BLC.

“It’s for junior leaders to develop to become NCOs, or, if they are already NCOs, to become future leaders to go back to the (Army) Reserve or the National Guard and become better leaders,” said BLC Instructor Staff Sgt. Alex Blas.

One Wisconsin Soldier said he was ready for the opportunity the training provides.

“My unit recognized that I was stepping up and helping a lot of the other people in my unit, and so they asked me if I wanted to go, and I said yes,” said student Spc. Gary Williams of Phillips, Wis.

After receiving a briefing from Jennifer Conzemius, the Tomah VA Voluntary Services officer, the 30 NCO Academy participants met with veterans for hours of conversation, bowling, games, and other interactions. For many, it was their first time at a VA medical facility.

Sgt. Travis Blocker, a BLC student from Fort Bragg, N.C., has served 14 years in the Army Reserve and plans to bring his family to his next visit with veterans.

“I don’t know how many people come and visit, but it is something I have never done,” Blocker said. “It is good talking to other vets. I would take my young children to get them familiar with what we go through for their freedom.”

“It was extremely fun,” said Spc. Ashley Wesley, a BLC student and a human-resources specialist from Fort Jackson, S.C. “It was eye opening. I definitely want to do it more often if I can. This was my first time coming to anything like this. Everybody here is a person. They want to have conversations and have somebody to talk to just like anybody else. The person I was with just wanted to talk. We watched a movie, and it was a good time.”

Spc. Torean Shaw, a BLC student from St. Paul, Minn., said he enjoyed his conversation with a veteran and was surprised by the outcome of a checkers match.

“I wasn’t expecting him to kick my butt. He was very skilled,” Shaw said. “The conversation I had a chance to have with him



A student in the Basic Leader Course with the Fort McCoy Noncommissioned Officer Academy talks with a military veteran Nov. 20 at the Tomah, Wis., Veterans Affairs Medical Center. Several course students spent the day visiting numerous veterans as part of a class community outreach effort.



Another Basic Leader Course student helps a veteran participate in bowling Nov. 20 at the Tomah, Wis., Veterans Affairs Medical Center.

was very interesting. Being a veteran is something special to people who have served. It was a really good conversation.”

Spc. Zach Patrick, a BLC student from Galloway, Ohio, said he sees how this type of interaction is useful.

“This needs to be done more often as it continues to build that unit cohesion,” Patrick said.

“They are in here, and we live in such a fast-paced society that we often times forget that.”

The Fort McCoy NCO Academy is hoping to continue the VA volunteering with future classes, and some of the instructors are planning to return on their own time.

“This is the first time going, and I hope it turns into something that happens with every class,” said Reetz. “I know I plan on probably visiting here more. ... It is really helpful.”

Learn more about the Tomah VA Medical Center by visiting www.tomah.va.gov.

NEWS

First CWOC class starts training for 2018-19 winter season



Photo by Scott T. Sturkol

Instructor Joe Ernst with the Cold-Weather Operations Course discusses how to prevent cold-weather injuries during the first day of training for Class 19-01 in the course. The course is 14 days long and, in addition to classroom training, includes training in a wide range of cold-weather subjects, including skiing and snowshoe training, using the ahkio sleds, setting up the Arctic 10-person cold-weather tent, and more. Training also focuses on terrain and weather analysis, risk management, cold-weather clothing, developing winter fighting positions in the field, and camouflage and concealment.



Photo courtesy of Cold-Weather Operations Course staff

Students in Cold-Weather Operations Course 19-01 practice snowshoeing at a training area Dec. 6 on the Fort McCoy cantonment area. The class has 38 students.

ADS

OUTDOORS

Early catch-and-release trout season at Fort McCoy opens Jan. 5

Wisconsin's early catch-and-release trout season, which includes Fort McCoy streams and tributaries, opens 5 a.m. Jan. 5 and continues until 11:59 p.m. May 3.

Only artificial lures may be used during the early catch-and-release trout season, and all fish caught must be released immediately, said Fort McCoy Fisheries Biologist John Noble with the Directorate of Public Works Environmental Division Natural Resources Branch. The appropriate Fort McCoy permit, Wisconsin license, and trout stamp are required.

Access to Fort McCoy's trout streams and tributaries is fairly easy. "There are many great trout fishing opportunities available within close proximity of several major roadways at Fort McCoy," Noble said.

Fishing licenses and permits for 2018 are valid through March 31, 2019. A 2019 Wisconsin fishing license, trout stamp, and related Fort McCoy permit will be required starting April 1.

The 2018 licenses can be purchased from the Wisconsin Department of Natural Resources (WDNR) online at <https://gowild.wi.gov>. All prospective anglers have to do is create an account at the Go Wild site, select the licenses they need, pay for the licenses, and print them, all online. Starting March 1, Fort McCoy fishing permits will only be available through the iSportsman automated permit issuance system at <https://ftmccoy.isportsman.net>.

Noble said many larger trout, such as brook and brown trout, have been caught in the approximately 71 miles of installation cold-water streams and tributaries.

"Our trout fisheries produce

decent-sized trout and have been fairly resilient to the rainfall succession and extensive stream flooding," Noble said. "Moderate winter temperatures the last several years have helped trout survival as well as benefiting from the completion of trout habitat improvement projects. Our trout numbers have been consistently good and especially in the lower reaches of Silver Creek, Tarr Creek, and the La Crosse River for bigger trout."

New for 2019, Fort McCoy hunting, fishing, trapping and firewood permits will be sold on the iSportsman site. Fort McCoy permits will no longer be available through the Wisconsin Go Wild site or their vendors. Further information on the new process will be posted on iSportsman throughout the winter.

Anglers are reminded to read the new Fort McCoy fishing regulation that is on the Fort McCoy iSportsman web site, <https://ftmccoy.isportsman.net>. Several changes were made related to access control in regards to fishing, hunting, trapping and firewood cutting activities. Most important is the new requirement for anglers to check in and out of iSportsman each time they go fishing at the installation, beginning in March. The only exception is on the cantonment area and at the Pineview Campground.

"Starting on March 1, 2019, all anglers must sign in/sign out daily and select the zone they intend to fish through iSportsman," states the fishing regulation. "The iSportsman system can be accessed by calling (866) 277-1597, visiting <https://ftmccoy.isportsman.net> online, or at the kiosk located at the Hunter Information Point (just off of Highway 21)."

Anglers must establish an iSportsman account, then identify the zone they will be fishing at, and then check in when they start and check out when they leave.

Anglers also are required to keep an activity information card in their vehicle.

"All recreational participants/permit holders are required to display an activity information card on the passenger side of the windshield/dash with the following information: permit holder's full name (if there is more than one permit holder per vehicle, the names

of all permit holders will be noted), activity (fishing), personal cellphone number, and two emergency contact phone numbers for each permit holder in the vehicle," the regulation states.

Directorate of Emergency Services (DES) police and conservation officers are actively checking to see if recreational participants/permit holders are following the guidelines of the regulation. For example, if an activity information card is not displayed in the exact location required and does not have the exact information required, recreational participants/permit holders may be found in violation and ticketed immediately.

Refer to the regulation, available on iSportsman, for more information about violations.

Fishing success can vary due to many factors, Noble said. Early trout angler who keep track of their success often elect to fish on warmer winter days for best activity.

"Not only is it better for your hands to keep them from freezing, fish feeding activity appears to be tied to stream temperatures when rising above 40 degrees Fahrenheit," Noble said. "Observant anglers may also find more aquatic insects immigrating during these days that can inspire more fish feeding activity. So anglers may find optimal fishing action to be in the middle to late afternoon with cloud cover or trees providing shade so trout are more boldly moving about the stream rather than tucked into seclusion of an undercut stream bank.

"Some will say you need to fish with smaller fly patterns or match insect patterns however, stick baits and spinners can entice trout to be aggressive feeders," Noble said. "If nothing else, create your own experience and just go fishing. The early trout season will help you prepare for the season opener, explore new water so you are more familiar with these water when the fishing season opens for harvest on May 4, 2019."

Also, through a number of resources available online, following are some tips on how to properly catch and release trout:

- When catching and releasing a trout, face the fish upstream in gentle flowing water, preferably in the stream water near the shore and not in fast current.

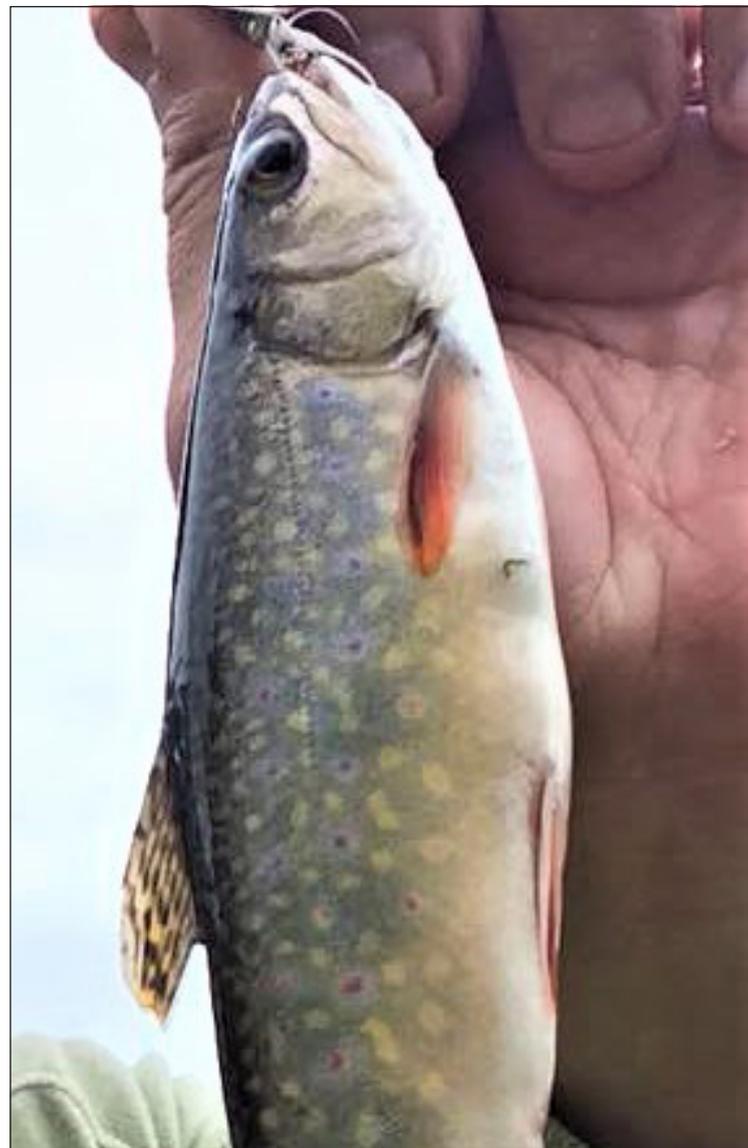


Photo by Scott T. Sturkol

A trout caught in a Fort McCoy stream in summer 2018 is shown. Brook trout and brown trout are the most common trout caught in Fort McCoy streams.

- When releasing the fish, don't let the fish go until it gives strong tail-swimming movements and swims firmly out of your gentle grip.

- Handle trout gently, keeping it in the water as much as possible. Unhooking the trout without lifting it from the water is best.

- Remove hooks with needle-nosed pliers or forceps. Using barbless hooks makes releasing trout much easier.

- If a trout is hooked deeply, cut the line and release the fish. The hook eventually will dissolve, leaving the trout unharmed.

More information about inland trout fishing is available online at

the WDNR website at <https://dnr.wi.gov/topic/fishing/trout>. For Wisconsin fishing license rates and regulations, visit <https://dnr.wi.gov/permits/residentlicense.html>.

Anglers looking for more information about installation fishing regulations should go to the Fort McCoy iSportsman website at ftmccoy.isportsman.net, or contact the Permit Sales Office at 608-388-3337.

For more information about police enforcement of regulations and rules, call DES at 608-388-2266 and ask for a conservation warden.

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

Starting on March 1, 2019, all anglers must sign in and sign out daily and select the zone they intend to fish through Fort McCoy iSportsman.

OUTDOORS

Hundreds of hunters find success during 2018 gun-deer season

BY SCOTT T. STURKOL

Public Affairs Staff

Hundreds of hunters found success during the 2018 gun-deer season at Fort McCoy held Nov. 17-25.

There were 1,394 hunters who took to the woods at Fort McCoy, harvesting more than 440 deer during the post's 2018 nine-day gun-deer season.

A final harvest total for Fort McCoy will be known later in December after Wisconsin Department of Natural Resources (WDNR) online harvest data are checked and verified.

The annual hunt is important in helping to control the deer population on post, said Wildlife Biologist Dave Beckmann with the Directorate of Public Works Environmental Division Natural Resources Branch (NRB).

For 2018, approximately 2,000 regular permits were made available as well as 400 antlerless deer bonus tags, Beckmann said. The final number of people selected for a permit was also 2,000, of which 1,485 were actually purchased, which is an increase from 2017 when 1,414 were purchased.

"Our goal again this year was to have a deer harvest of around 500, and we're really close to that," Beckmann said.

Going into the season, Beckmann said it was estimated that Fort McCoy averaged about 35-40 deer per square mile.

"Our goal is to have an over-winter population of 20 to 25 deer per square mile," Beckmann said.

"That's why these hunts are so important — they help us meet our wildlife and training land-management goals." A deer population higher than this level will start to impact the landscape that is important for all species and the military training mission.

A large number of big bucks were taken during the season.

"We had quite a few hunters get trophy-sized bucks," Beckmann said. "We've had several winters now that were good for deer survivability, and as a result, we're seeing a lot of older, bigger bucks being taken."

In the 2018 season, all harvested deer had to be brought through the Deer Data Collection Point on South Post for collection of biological data by the Colorado State University (CSU) contracted wildlife-management staff. The data is important to monitor deer health, especially going into the winter, and to calculation the overall installation deer population.

"In conjunction with the WDNR, CSU wildlife staff also collected samples from deer to be test for possible signs of Chronic Wasting Disease (CWD) in the local deer population," Beckmann said.

"All the data and samples were provided to the WDNR for testing and final reporting. This information is important in managing the deer herd on the installation and within the surrounding area for the future and keeping



(Above and below) Successful hunters stop for photos with deer they harvested during the 2018 gun-deer season at Fort McCoy.

Contributed photos



things like CWD under control."

The 2018 season was the third season in which carcass tags were issued electronically through the WDNR. It was the fourth year the WDNR used an all-electronic deer-harvest registration system.

Hunters registered their deer harvests through a smartphone app, through the WDNR's webpage, or by phone. And at Fort McCoy, this was the third year that permit notifications for hunters were issued through the iSportsman website.

Looking ahead to the 2019 season,

Beckmann said he thinks hunting possibilities should continue to be good.

"Winter always plays a role in forecasting the next season, but if we have another winter like we've had the last few years, then the deer will continue to do well," Beckmann said.

Permit applications for the 2019 Fort McCoy gun-deer season will be available in late spring with an application deadline in June or July.

Starting March 1, 2019, Fort McCoy hunting, trapping, and fishing permits will only be available for purchase through iSportsman.

They will no longer be available through the WDNR GoWild system or local vendors. Further information on the new process will be posted on iSportsman throughout the winter.

For more information about hunting on Fort McCoy, call the Permit Sales Office at 608-388-3337, or go online to <https://ftmccoy.isportsman.net>.

For more information on hunting in Wisconsin, go online to the Wisconsin Department of Natural Resources Webpage at <https://dnr.wi.gov/topic/hunt>.

OUTDOORS



Photo by Scott T. Sturkol

Whitetail deer try to blend in with the snowy landscape on the cantonment area during a snow storm April 3 at Fort McCoy.

Archery seasons return on post through December to early January

Both the regular archery/crossbow and cantonment archery deer seasons went back in session at Fort McCoy on Nov. 26 following the completion of the gun-deer season.

The “second half” of these seasons are Nov. 26, 2018, to Jan. 6, 2019, said Wildlife Biologist David Beckmann with the Natural Resources Branch (NRB) of the Directorate of Public Works Environmental Division.

The installation awarded permits for the cantonment archery season to 165 archers who were picked through a drawing earlier in the year, Beckmann said. Each was awarded two antlerless tags.

“Cantonment archery rules are different than for regular archery/crossbow hunters in that crossbows are not allowed,” Beckmann said. “Hunters participating in cantonment archery must use a regular compound or recurve bow.

“The Fort McCoy regular archery permits are not part of a drawing like the cantonment archery and gun-deer permits are,” Beckmann said. “Cantonment archery permits are for cantonment archery only, so if you want to archery hunt outside the cantonment area, you will have to purchase that separate regular archery permit.”

A Fort McCoy archery permit and a Wisconsin Department of Natural Resources (WDNR) bow or crossbow hunting license are required to hunt on Fort McCoy for regular archery/crossbow, Beckmann said. Harvest is limited to one deer (antlered or antlerless) with the appropriate WDNR carcass tag.

For cantonment archery hunters, an antlered deer can be harvested only after two antlerless/spike deer have been harvested, Beckmann said.

The Earn-A-Buck authorization will be issued through the

Permit Sales Office after confirmation that two antlerless/spike deer have been harvested in the Cantonment Area. Any antlered deer harvested must be registered using the WDNR archery buck tag.

Archery hunters also must remember that when hunting with both bow and crossbow, they must have the appropriate Wisconsin bow/crossbow license upgrade.

Regular Wisconsin archery licenses are \$24 for resident archery and \$24 for resident crossbow. An upgrade on either license is \$3. The Fort McCoy regular archery/crossbow permit is \$17, and the cantonment archery permit is \$13.

People who have more questions on appropriate licensing requirements for Fort McCoy can get answers by visiting the Fort McCoy i-Sportsman page at <https://ftmccoy.isportsman.net> or by calling the Permit Sales Office at 608-388-3337. For Wisconsin archery rules and regulations, visit <https://dnr.wi.gov/files/PDF/pubs/wm/WM0431.pdf>.

Hunters are also reminded to check in and check out each time they hunt at Fort McCoy as shown in the new hunting regulation posted on the Fort McCoy iSportsman website. The iSportsman system can be accessed by calling (866) 277-1597, visiting <https://ftmccoy.isportsman.net> online, or at the kiosk located at the Hunter Information Point just off of Highway 21.

Hunters must establish an iSportsman account, then identify the zone they will be hunting at, and then check in when they start and check out when they leave.

Hunters also are required to keep an activity information card in their vehicle.

“All recreational participants/permit holders are required to

display an activity information card on the passenger side of the windshield/dash with the following information: permit holder’s full name (if there is more than one permit holder per vehicle, the names of all permit holders will be noted), activity (such as archery, cantonment archery, fishing), personal cellphone number, and two emergency contact phone numbers for each permit holder in the vehicle,” the hunting regulation states.

Directorate of Emergency Services (DES) police and conservation officers are actively checking to see if recreational participants/permit holders are following the guidelines of the regulation. For example, if an activity information card is not displayed in the exact location required and does not have the exact information required, recreational participants/permit holders may be found in violation and ticketed immediately. Refer to the regulation, available on iSportsman, for more information about violations.

Hunters are reminded that use of any tree stands or blinds must be temporary and must be taken down each day. Also, if hunters succeed in harvesting a deer, that deer must be registered with Wisconsin, which can be done online through the WDNR Go Wild website at <https://gowild.wi.gov>.

For more information about the installation’s hunting, fishing, and other outdoor opportunities, go online to the Fort McCoy i-Sportsman page at <https://ftmccoy.isportsman.net> or call the Permit Sales Office at 608-388-3337.

For more information about police enforcement of regulation and rules requirements, call DES at 608-388-2266 and ask for a conservation warden.

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

FEATURE

This month in Fort McCoy history

75 years ago — December 1943

In a move designed to step up the food-conservation program already in effect at Camp McCoy, Col. George M. MacMullin, post commander, announced plans to build an addition to the cold-storage warehouse. The new structure was to be used for meat cutting and rendering.

All meat carcasses will be bonded and have the fat cut off for rendering in the new building, Col. MacMullin revealed. The rendered fat will be used for baking and cooking purposes on the post, a plan which has already found great success among units here.

Several units have been using rendered fats exclusively for this purpose for months now, saving hundreds of dollars otherwise spent for the purchase of lard and cooking oils.

Other rendered fat may be used in the manufacture of gunpowder.

72 Years Ago — Dec. 6, 1946

A long-established precedent, enduring for a year and a half at Camp McCoy's Separation Center, was broken when three Army nurses of the station hospital nursing staff were released from active duty at the post Separation Center.

The three nurses, Lts. Eileen O'Neill, Mary C. Kieffer, and Esther J. Thomsen, began their processing upon receipt of authority from Fifth Army Headquarters in Chicago.

The procedure remained the same as always, and upon completion of the nurses' processing, the separation personnel said the women were no trouble at all, although a few did say they were a bit skeptical at first.

All three nurses had overseas service. Thomsen served in the European theater of operations from November 1944 until December 1945 with the 240th General Hospital.

Kieffer served with the 5th Field Hospital and the 248th



File photo

A Soldier inspects meat at a cold storage area in December 1943 at hen-Camp McCoy.

General Hospital in Manila, Philippines.

O'Neill was assigned to the 18th Hospital train located in Paris.

30 Years Ago — Dec. 16, 1988

Two locations were tentatively selected as likely sites for Fort McCoy's scheduled 80-unit "801" family housing project.

The project-site selection committee, headed by Deputy Garrison Commander Lt. Col. Richard Lantry, chose one site in Tomah and one in Sparta for the project. More than 50 local landowners showed interest in having their properties considered when the project was announced. Based on site selection criteria for the project, engineers from the Omaha District of the U.S. Army Corps of Engineers narrowed those dozens of proposals to just a handful. The committee then chose the two parcels because they best met those criteria.

Officials said they hoped to place half of the 80 single- and multi-family housing units on each of the two roughly 20-acre sites.

10 Years Ago — Nov. 28, 2008

Access to Fort McCoy became more secure with the use of a bomb-sniffing dog to help screen incoming vehicles.

Marion Byerson, who formerly worked in law enforcement in La Crosse, Wis., brings two dogs to support security checks at Fort McCoy. Ira, a Dutch Malinois bomb-sniffing dog, visited Fort McCoy last month. Logan, a narcotics dog, also a Malinois, is scheduled to visit Fort McCoy, as well.

The dogs provided excellent support to the security measures because of their superb sense of smell, which was well beyond a human's sense of smell. The key benefits to a K-9 program are the dog's ability to quickly and reliably search for contraband and explosives. Trace material can be missed by the human eye; however, it is hard to defeat the sense of smell that a K-9 brings to the team.

Fort McCoy ArtiFACT: Marion thick-ware pottery

Archaeologists with Colorado State University's Center for Environmental Management of Military Lands have recovered many pieces of prehistoric (or pre-contact) ceramics, referred to as sherds, at numerous sites throughout Fort McCoy.

The oldest of these come from a vessel style that has been dubbed Marion thick in Wisconsin and other parts of the Upper Midwest.

Marion thick-ware pottery represent a distinct type of pot which is recognized as being about 2,500 years old. The vessel style gets its name, in part, from the thick walls of the pot, which are typically about 8 to 12 millimeters (mm) thick.

For comparison, the average dinner plate at a restaurant is about 7.5 mm thick, and a generic paper plate is about 0.5 mm thick. Other distinctive characteristics of Marion thick vessels include relatively straight walls and cord-marking.

Vessels from this time were most likely produced using a strategy similar to basketry. A potter would make a ribbon of clay by rolling

it back and forth between both hands and then stacking coils upward for the general shape of the pot, pinching the coil seams to create a continuous surface, and often using a paddle-shaped stick wrapped with cordage to smooth and shape the surface.

The clay needed to be infused with tempering agents, such as crushed rock, sand, shell, fragments of other pots, or plant fibers to avoid cracking or outright failure during the firing process.

Pre-contact ceramics are an important indicator of the time period an archaeological site was in use, much like different styles of spear points, arrowheads, and radiocarbon dates are.

Ceramics first appear in the archaeological record during the Woodland Tradition and continue through the Oneota and Mississippian Traditions cultural periods. North American archaeologists use the term "tradition" in archaeological contexts to recognize the connections of widely dispersed prehistoric peoples through their shared use of specific technologies and cultural practices.

A good example of this is the introduction of prehistoric ceramics in the Woodland period. Other advancements from this time period include the transitions to horticulture and agriculture, as well as a less mobile, more sedentary lifestyle.

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

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 reported to the NRB at 608-388-8214.

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



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

A Marion thick ware pottery piece is shown in the ground during a past archaeological dig at Fort McCoy.

SAFETY

Kill the chill: Understanding cold-weather injuries

Each year, many people experience cold-weather-related injuries.

Exposure to the cold can lead to a variety of problems.

While the cold makes tasks more difficult, it does not make them impossible. The key to overcoming the cold and successfully completing the mission lies within an understanding of cold-weather injuries and how to prevent them.

Officials at the Armed Forces Health Surveillance Center offer the following descriptions of the most common cold-weather injuries and information on how to prevent them.

• **Chilblains** — Chilblains are a nonfreezing cold injury resulting from repeated, prolonged skin exposure to cold and wet (high humidity) temperatures above freezing. Exposed skin becomes red, tender, and hot to the touch and is usually itchy. These symptoms can worsen to an aching, prickly (pins and needles) sensation and then numbness.

Chilblains can develop in exposed skin in only a few hours. The most commonly affected areas are the ears, nose, fingers, and toes.

• **Immersion foot/trench foot** — Immersion foot/trench foot is a nonfreezing injury that results from prolonged exposure to wet conditions between 32 to 60 degrees Fahrenheit (F) or inactivity with damp socks and boots.

Immersing feet in cold water, not changing socks frequently, not maintaining proper hygiene, and allowing sweat to accumulate inside boots or gloves will soften the skin, causing tissue loss and often infection. Symptoms in affected areas include cold, swollen, discolored, and waxy flesh accompanied by tingling sensations, numbness and pain. In extreme cases, the flesh dies, and amputation may be necessary.

• **Frostnip** — Frostnip is the freezing of the top layers of skin tissue and is considered the first degree of frostbite. Frostnip usually results from short-duration exposure to cold air or contact with a cold object such as metal. Exposed skin such as the cheeks, ears, fingers, and wrists are more likely to develop frostnip.

The top layer of frozen skin becomes white and waxy and feels hard and rubbery while the deeper tissue is still soft. Affected areas feel

numb and may become swollen but do not blister. Frozen skin thaws quickly, becoming red and painful with eventual peeling. Complete healing usually occurs within 10 days, and frostnip is normally reversible.

• **Frostbite** — Frostbite is the actual freezing of skin tissue. It can extend through all layers of the skin and freeze muscle and bone. Frozen skin may turn red and then gray-blue with blisters. In the worst cases, the skin dies and turns blue-black. At this stage, amputation is often required. Deep frozen skin feels wooden to the touch with zero mobility of the affected body part. Instantaneous frostbite can occur when skin comes in contact with super-cooled liquids, including petroleum, oils and lubricants, fuel, antifreeze, and alcohol — all of which remain liquid at temperatures as low as minus 40 F.

• **Hypothermia** — Hypothermia is a potentially life-threatening condition. It is defined as a general cooling of the body's core temperature below 95 F (normal body temperature is 98.6 F). Hypothermia sets in when body heat loss exceeds the body's heat production due to prolonged cold exposure.

Although hypothermia is usually associated with cold climates, it can occur at temperatures well above freezing, especially when a person is exposed to wet conditions over an extended period of time.

Signs and symptoms of hypothermia change as body temperature falls. Mental functions typically decline first, marked with impaired decision-making ability, slurred speech, disorientation, incoherence, irrationality and possible unconsciousness.

Muscle functions deteriorate with shivering and loss of fine motor ability (i.e., unable to complete tasks with hands), progressing to stumbling, clumsiness, and falling. In severe cases, shivering ceases and the victim exhibits stiffness and an inability to move.

Pulse and respiration rates can decrease, progressing to unconsciousness, irregular heartbeat and death.

Unfortunately, early signs and symptoms of hypothermia can be difficult to recognize and may go undetected. Victims may deny they are in trouble, so believe the symptoms, not the victim.



GETTIN' COLD FEET

Cold Weather clothing:

- Keep it Clean
- Avoid Overheating
- Wear it Loose and in Layers
- Keep it Dry

WATCH FOR EFFECTS TO THE SKIN, SUCH AS:

- SWOLLEN RED OR DARKENED
- PAIN, TENDERNESS, HOT OR ITCHY
- NUMBNESS OR TINGLING
- BLEEDING OR BLISTERED
- GRAY, WAXY FEELING OR "WOODEN" TO THE TOUCH
- DIZZINESS, WEAKNESS OR BLURRED VISION
- VIGOROUS SHIVERING
- LACK OF COORDINATION AND IMPAIRED JUDGMENT
- PAINFUL, RED, WATERY OR GRITTY FEELING IN THE EYES (SNOW BLINDNESS)

U.S. Army graphic

• **Dehydration** — Dehydration is a lack of water in the body. Most people associate dehydration with hot weather, but it is very easy to become dehydrated in cold weather. Soldiers can fall victim to dehydration when they fail to drink enough liquid and underestimate fluid loss from sweating.

Proper hydration is especially important in cold-weather because dehydration adversely affects the body's resistance to cold injury, increasing the chance of cold weather injuries. Remember that proper hydration is essential to supplying the fuel and energy

necessary for heat production.

Understanding the factors contributing to cold weather injuries provides a better understanding of the best methods to combat the cold. Environmental factors that can contribute to cold weather injuries include temperature, wind, rain, immersion and altitude; workload; duration of cold/wet exposure; and individual risk factors such as physical fitness, fatigue, health, prior history of cold injury, use of medications, alcohol, nicotine, and poor nutrition.

Cold-weather injuries are preventable, so people should be

prepared to kill the chill. Remember, battling the cold is like battling any other enemy — mission success happens only through proper planning and training. Don't get left out in the cold this winter.

More information on cold-weather safety and many other winter-safety topics is available on the U.S. Army Combat Readiness Center's autumn/winter seasonal safety campaign website at <https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/AutumnWinter2016-17.aspx>.

(Article prepared by the Army Combat Readiness Center.)

NEWS NOTES

Early bird special offered on Whitetail Ridge passes

Early bird specials are available through Dec. 15 on Whitetail Ridge season passes.

Military members and Department of Defense civilian employees can get individual lift passes for \$150 (add \$65 for each additional family member) and equipment rental for \$130.

Prices increase to \$170 (add \$85 for each additional family members) for lift passes and \$150 for equipment rental on Dec. 16.

Members of the public can get individual lift passes for \$210 (add \$95 for each additional family member) and equipment rental for \$180.

Prices increase to \$230 (add \$115 for each additional family member) for lift passes and \$200 for equipment rental on Dec. 16.

Daily rates are also available during the season. Whitetail Ridge's season is mid-December through mid-March, dependent on the weather.

Hours in 2018-19 will be 4:30 to 9 p.m. Friday, 10 a.m. to 9 p.m. Saturday, and noon to 6 p.m. Sunday.

Season passes are available 9 a.m. to 5 p.m. Monday through Friday at the Pine View Campground office, building 8053, or by calling 608-388-3517.

Scholarship applications open Dec. 14

The Scholarships for Military Children Program for school year 2019-2020 kicks off Dec. 14 and continues accepting applications through Feb. 15, 2019.

This marks the first time the entry process will happen entirely online, said Jim Weiskopf, Fisher House vice president. "It will be simple to create an account, save your work and submit your application when finalized," he said.

The program recognizes the contributions of military families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life. It's administered by Fisher House Foundation, a nonprofit organization that helps service members and their families. So far, the program has awarded more than \$18 million to 10,814 students.

Requirements include completing the application, submitting the student's official transcript indicating a minimum cumulative GPA of 3.0 or above on a 4.0 scale for high school applicants or college transcript indicating a cumulative minimum GPA of 2.5 or above on a 4.0 scale, and an essay of 500 words or less.

Eligibility for the program is determined using the Defense Enrollment Eligibility Reporting System (DEERS) database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military dependent ID card. The applicant must also be planning to attend an accredited college or university, full time, in the fall of 2019 or be enrolled in a program of studies designed to transfer directly into a



Photo by Scott T. Sturkol

RTS-Medical cargo mover

An employee with Regional Training Site-Medical operates a Rough Terrain Container Handler to move cargo to a site in the training site's complex Dec. 3 at Fort McCoy. RTS-Medical at Fort McCoy is one of three regional training sites available to units in the Army Reserve. The organization has been a tenant activity and training partner at Fort McCoy since 1991.

four-year program.

All rules and requirements for the program, as well as links to frequently asked questions, are available at militaryscholar.org.

Meet at McCoy Mingle 1st Wednesday every month

McCoy Mingle, a chance to socialize with other Fort McCoy community members, is held 4-5 p.m. the first Wednesday of each month at McCoy's Community Center.

Food and drink specials will be available. The event is open to the entire Fort McCoy community.

Upcoming dates include Jan. 2, Feb. 6, and March 6.

Connect the Tots play group set for Jan. 8

The "Connect the Tots" play group will meet at 9:30 a.m. Jan. 8 at Army Community Service Family Building, building 2161.

The play groups are for children 5 years old or younger.

Through play, transitions, circle time, songs, activities, and informal conversations, parents learn about developmental ages and stages and gain tools to help understand their children's behavior. ACS events are open to military members, retirees, civilian workforce, family members, and registered Fort McCoy volunteers unless otherwise stated.

Additional play groups are scheduled for Dec. 4 and 11. For more information or to register, call 608-388-2412.

Intro to Dance class offered Jan. 8-31 at CDC

Fort McCoy Child and Youth Services (CYS) is offering an Introduction to Dance class Tuesdays and Thursdays from Jan. 8-31

at the Child Development Center (CDC).

Each class is eight sessions. The class costs \$20 for 2-year-olds and \$40 for 3- to 5-year-olds. Classes are at 9:15 a.m. for 3- to 4 1/2-year-olds, 10 a.m. for 4 1/2- to 5-year-olds, and 10:45 a.m. for 2-year-olds. Family members are invited to watch the last class on Jan. 31.

Children must be registered with CYS to attend. Registration is required by Jan. 2 for the classes.

For more information or to register, call the CDC at 608-388-2238.

CFC accepting donations through Jan. 11

The Combined Federal Campaign (CFC) is accepting donations until Jan. 11, 2019.

CFC is the only campaign authorized in the federal workplace and is the world's largest and most successful annual workplace charity campaign, with almost 200 CFC campaigns throughout the country and overseas raising millions of dollars each year.

Pledges made by federal civilian, postal, and military donors during the campaign season support eligible nonprofit organizations throughout the world.

More than 8,500 charities are included in the 2018-19 campaign. Search through eligible charities online at <https://cfcgiving.opm.gov/> offerings.

CFC campaigns are delineated geographically along county lines. Fort McCoy is located in "Zone 015 Midwestern." Those wishing to donate visit the Midwestern CFC website at <https://midwesterncfc.org>.

Those wishing to donate by check can download a pledge form at the website under Donors, Campaign Materials.

Mail it and the check to CFC Processing Center; P.O. Box 7820; Madison, WI 53707-7820.

Suicide-prevention class scheduled for Jan. 29-30

Applied Suicide Intervention Skills Training (ASIST) is scheduled for 8 a.m. to 4:30 p.m. Jan. 29-30, 2019, at the Wisconsin Military Academy, building 90.

ASIST is intended for anyone who wants to be able to provide suicide first aid. The model teaches effective intervention skills while helping build suicide-prevention networks in a community.

Participants will learn to recognize and assess the potential risk of suicide, keep an at-risk person safe until help arrives, reach out and offer support, and link people with helpful resources.

Registration is required by Jan. 22. For more information or to register, call Terrence Rogalla at 608-388-2441 or email terrence.a.rogalla.civ@mail.mil.

Exchange offers holiday price guarantee

The Army & Air Force Exchange Service is making sure that military members and their families get the lowest price this holiday season with an extended price guarantee.

From Dec. 1 through 24, authorized shoppers who make an in-store or online purchase at ShopMyExchange.com and find an identical item offered elsewhere for less will receive an Exchange gift card for the difference in price.

To receive a gift card, shoppers should bring their original Exchange receipt or online order confirmation along with a competitor's current ad to their local Exchange customer service area.

Shoppers, including honorably discharged veterans eligible to shop online at ShopMyExchange.com, can also call Exchange Customer Relations at 800-527-2345 or fill out the Customer Feedback form at www.shopmyexchange.com/customer-service.

Fort McCoy welcomes new employees

New employees started working in several post organizations in November and December.

Welcome to the following new employees:

- **Kyle Helm** — Civilian Personnel Advisory Center.
- **Jaime Herrera** — Directorate of Family and Morale, Welfare and Recreation.
- **Justin Radloff** — Equipment Concentration Site-67.
- **Mary Gleason, Joshua Harazin, and Marie Larson** — USARC Military Pay.

Next issue of The Real McCoy

The next issue of The Real McCoy will be published Jan. 11, 2019. The deadline for submissions to be considered for publication is noon Jan. 2.

For more information about The Real McCoy, 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 4:30 p.m. third Thurs. of each month at McCoy's Community Center. Call 608-388-3200.

McCoy's Community Center: Building 1571. Offers books, arcade, gaming area, and bowling. Manager has discretion on closing time. **Closed Dec. 22-Jan. 1.** 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. 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: Closed for the season. Call 608-388-9162/3517.

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

Whitetail Ridge Chalet: Building 8061. **Opens Dec. 20, dependent on weather. Open 4:30-9 p.m. Fri., 10 a.m.-9 p.m. Sat., & noon-6 p.m. Sun. Open 10 a.m.-9 p.m. Dec. 26-31.** Call 608-388-3517.

Dining

McCoy's Community Center: Building 1571. Catering/administration, call 608-388-2065. **Closed Dec. 22-Jan. 1.**

Primo's Express: Open 11 a.m.-9 p.m. Mon.-Fri., 4-11 p.m. Sat., and 4-10 Sun. Buffet (pizza, pasta, and rotating hot dishes) 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. **Opens Dec. 20, dependent on weather. Open 4:30-9 p.m. Fri., 10 a.m.-9 p.m. Sat., & noon-6 p.m. Sun. Open 10 a.m.-9 p.m. Dec. 26-31.** 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.

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.

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 **Jan. 10, 2019.**
Most offices closed Dec. 25, 2018, and Jan. 1, 2019, for Christmas Day and New Year's Day.
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. Civilians and retired military are not authorized to use these facilities. Call 608-388-3800 for 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 608-269-604, 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. 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. ATM inside. Cash transactions available during Express hours.

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. **Closed noon-4 p.m. Dec. 20. Call 608-347-4663 for emergencies. Closed Dec. 24-25.** 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. **Closed Dec. 24-25.** Call 608-388-3534/2238.

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 815-793-0148

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. **Closed Dec. 24-25.** 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 608-388-2414.

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 visit www.tricare.mil.

Troop Medical Clinic: Building 2669. Authorized use only for Extended Combat Training Soldiers on orders of less than 30 days. Personnel on orders for more than 30 days are eligible for TRICARE Prime Remote and will see off-post providers. Call 608-388-3025.

Worship

Catholic: Chapel 10, building 1759. Mass at 9:30 a.m. Sun. Fellowship follows service from 10:30-11:30 a.m. at building 2675. Call 608-388-3528.

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. 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.

Call 608-388-3528 for worship schedules in surrounding communities. 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 Maureen Richardson at 608-269-1912.

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

Friends and Spouses of Fort McCoy: Meets third Wednesday of each month. For info, email fsofmcocoy@gmail.com.

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

USO Wisconsin at Fort McCoy: Building 1501. Open 10 a.m.-4 p.m. Mon., Wed., Fri. For more information or to volunteer, call 414-477-7279 or email hazlett@usowisconsin.org.

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

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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Read this publication online at <http://www.mccoymail.com>

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.

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.

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



<https://home.army.mil/mccoymail.com>

www.facebook.com/FtMcCoy

www.twitter.com/USAGMcCoy

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